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Age category index for activities (unless otherwise stated)



Ages 0 - five



Ages six - 11



Ages 12 - 16



Family



Adult

Looking for information on services or activities in the East Riding? Contact FISH (01482) 396469

# Introduction

## Hello parents and carers!

Welcome to the second What's on booklet for parents and carers in the Beverley area which includes details of a wide range of activities happening throughout the Spring term 2009.

We received some excellent feedback from some of you about the first booklet, and have already taken on board your suggestions for improving it.

This edition contains a handy key which allows you to see at a glance which age group activities are suitable for and whether they are family activities or for adults only.

There is also a calendar that you can use to make a note of the activities you are intending to go to.

This edition also includes a feature about FISH and the wide range of information it provides both on-line and by phone, we are sure you will be surprised!

We'd also like to take this opportunity to encourage you to book early for those activities that ask you to; Extended school half-term activities were particularly popular last time and we are conscious that a number of families were disappointed.

Finally, we are keen to hear what you think about the booklet generally and your ideas for future features. There is a feedback form included in this booklet, if you complete it and return it to FISH using the freepost address you will be entered into a prize draw to win £40 of high street shopping vouchers.

We look forward to hearing from you....

Regards, **Jacky, Lisa and Shane**

Extended services for extended schools in Beverley  
**and all of the FISH team!**



***“We received some excellent feedback from some of you about the first booklet, and have already taken on board your suggestions for improving it. This edition contains a handy key which allows you to see at a glance which age group activities are suitable for and whether they are family activities or for adults only.”***



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## Where to find information.. FISH for it!

The Families Information Service Hub (FISH) is a FREE telephone helpline and web based service.

FISH provide impartial information to parents/carers, young people and professionals and are the only service to hold information on all Ofsted registered childcare in the East Riding.

- **Childminders**
- **Out of school clubs**
- **Day nurseries**
- **Pre-schools**
- **Crèches**
- **Home childcarers**

We hold information on local services, activities, events and organisations for children and young people aged 0 – 20 years including parent and toddler groups, Children's Centres, play and leisure, money matters, parenting support, and much more.

If you are looking for any information on any services or organisations in the East Riding, or have a query regarding childcare, or careers in the childcare workforce, then please contact us!

**Tel: (01482) 396469, email: fish@eastriding.gov.uk or visit www.fish.eastriding.gov.uk**



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## Activities

**Lyric music workshop DJ-ing course**  
**Starting Saturday, 17 January 2009 10am - 12 noon, Minster Rooms, Beverley**



Eight - 12

Try your hand at DJ-ing using both the latest in CD DJ technology and traditional turntables. Explore the concepts of beat mixing, scratching and using the microphone (MC techniques). In addition to this you can make your own music using laptop computers running Acid Pro software.

No previous experience required, just enthusiasm to come along, have fun and meet new people.

There are eight sessions on this course which take place on Saturday 17, 24 and 31 January, 7, 21 and 28 February, 7 and 14 March 2009. All eight sessions are included in the cost of £18.00.

**Venue:** Minster Church, Minster Rooms, Minster Yard North Beverley, East Riding of Yorkshire, HU17 0DP.

**Contact:** Christine Lison

**Tel: (01482) 392652 Email: chris.lison@eastriding.co.uk**

**Cost: £18.00** for eight sessions.

**Ages:** Eight - 12.

**Lectures workshops, local history resources**  
**Saturday, 17 January 2009**  
**10am - 11.30am, Treasure House, Beverley**



An opportunity to look at some of the books, directories, newspapers, journals, poll books and postcards we hold. Places are limited so book early to avoid disappointment, booking essential please call (01482) 392790.

**Venue:** Treasure House, Champney Road, Beverley East Riding of Yorkshire, HU17 9BG.

**Contact:** Pamela Martin

**Email: pamela.martin@eastriding.gov.uk**

**Tel: (01482) 392755 Cost: £3.00** per session **Ages: 16 - 100.**

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## Lectures workshops, clay tobacco pipes, 1585 to the present

**Wednesday, 18 February 2009  
2pm - 3.30pm, Treasure House, Beverley**

Peter Rayner describes his collection and hobby. Places are limited so book early to avoid disappointment. Please call (01482) 392790.

**Venue:** Treasure House, Champney Road, Beverley  
East Riding of Yorkshire, HU17 9BG.

**Contact: Pamela Martin**

**Email:** [pamela.martin@eastriding.gov.uk](mailto:pamela.martin@eastriding.gov.uk)

**Tel:** (01482) 392755

**Cost:** £3.00 per session

**Ages:** 16 - 100.



## Lectures workshops, maps

**Saturday, 14 March 2009 10am - 11.30am  
Treasure House, Beverley**

Primarily looking at Ordnance Survey and other published maps with a hands on session. Places are limited so book early to avoid disappointment. Please call (01482) 392790.

**Venue:** Treasure House, Champney Road, Beverley  
East Riding of Yorkshire, HU17 9BG.

**Contact: Pamela Martin**

**Email:** [pamela.martin@eastriding.gov.uk](mailto:pamela.martin@eastriding.gov.uk)

**Tel:** (01482) 392755

**Cost:** £3.00 per session

**Ages:** 16 - 100.



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## Using the internet for family history

**Starting Tuesday, 27 January 2009 6pm - 7.30pm  
Treasure House, Beverley**

A beginner's guide. Learn how to use the internet to start tracing your family history. An expert tutor will take you through the most commonly used websites including: Ancestry.com, Family search and FreeBMD. Places are limited so book early to avoid disappointment. Call (01482) 392790.

There are three sessions running on 27 January, 24 February and 24 March 2009.

**Venue:** Treasure House, Champney Road, Beverley  
East Riding of Yorkshire, HU17 9BG.

**Contact: Pamela Martin**

**Email:** [pamela.martin@eastriding.gov.uk](mailto:pamela.martin@eastriding.gov.uk)

**Tel:** (01482) 392755

**Cost:** £3.00 per session

**Ages:** 16 - 100.

## An evening with Gilbert and Sullivan

**Thursday, 15 January 7.30pm - 9.30pm  
Toll Gavel Methodist Church**

Musical evening back by popular demand direct from London's West End, The London Theatre Voices present an evening of Gilbert and Sullivan. They perform an evening of light-hearted musical entertainment with well known numbers from The Gondoliers, Iolanthe, The Yeoman of the Guard, Ruddigore, The Pirates of Penzance and The Mikado.

**Venue:** Toll Gavel Methodist Church, Toll Gavel, Beverley  
East Riding of Yorkshire, HU17 9AA.

**Contact:** June Mitchell

**Email:** [june.mitchell@eastriding.gov.uk](mailto:june.mitchell@eastriding.gov.uk)

**Tel:** (01482) 392651

**Cost:** £12.00 (Adults) £10.00 (OAP's and children)

**Ages:** 12 - 100.



12 - 100



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## Simon Mayer and Hilary James present Hoagy, Hornpipes, Handel and Hoedown

**Thursday, 19 February 2009 7.30pm - 9.30pm**  
**Toll Gavel Methodist Church**

Simon's hilarious banter and mandolin wizardry (he's one of the world's leading virtuosos, not to mention his fine guitar and fiddle playing) meets Hilary's "wonderfully honey-dripping voice" and unusual basses! She might even manage a step-dance if the wind's in the right direction.

**Venue:** Toll Gavel Methodist Church, Toll Gavel, Beverley East Riding Of Yorkshire, HU17 9AA.

**Contact:** June Mitchell

**Email:** [june.mitchell@eastriding.gov.uk](mailto:june.mitchell@eastriding.gov.uk)

**Tel:** (01482) 392651

**Cost:** £12.00 (Adults) £10.00 (OAP's and children)

**Ages:** 12 - 100.



12 - 100



12 - 100

## Richard Durrant the guitar whisperer

**Thursday, 26 March 2009 7.30pm - 9.30pm**  
**Toll Gavel Methodist Church**

A must for all guitar lovers and the acoustically curious, the Guitar Whisperer show displays the skills of a uniquely inventive musician.

The evening begins as a classical guitar recital but very quickly moves into its own highly individual territory blending recital music with animated film, new technology, improvisation and story telling.

The concert includes many popular guitar classics, works by Spanish and South American composers, and Durrant's own compositions. Bach on the ukulele and finger-picked steel strung guitar in open tunings.

Richard performs acoustically on Gary Hearn's "Richard Durrant Concert Model" and plugged in on the Gary Hearn "Skeleton Guitar".

**Venue:** Toll Gavel Methodist Church, Toll Gavel, Beverley East Riding Of Yorkshire, HU17 9AA.

**Contact:** June Mitchell

**Email:** [june.mitchell@eastriding.gov.uk](mailto:june.mitchell@eastriding.gov.uk)

**Tel:** (01482) 392651

**Cost:** £12.00 (Adults) £10.00 (OAP's and children) **Ages:** 12 - 100.



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## Basic referee training course

**Monday, 16 February 2009 and Tuesday, 17 February 2009 9am - 3pm, Longcroft School sports hall**

Are you looking at gaining a football qualification and the possibility of earning additional money?

This course is open to 14 and 15 year old pupils and is run in association with East Riding County Football Association Ltd, and Hull Boys' Sunday football league. Please bring a packed lunch.

**Venue:** Longcroft School

**Email:** [BeverleyExtendedServices@eastriding.gov.uk](mailto:BeverleyExtendedServices@eastriding.gov.uk)

**Tel:** (01482) 389092

## Children's activities

### Beverley Leisure Complex

Beverley Leisure Complex offers the following activities for children:

#### Urban Street

The latest in street urban dance moves and grooves for age three and a half to 16 years. **Cost: £28.00** for a course of ten weeks.

#### Short Tennis

Tuesdays: 4pm - 4.55 pm (beginners)  
5pm - 5.55 pm (intermediate/advanced)

For children aged four and a half to eight years.

**Cost: £28.80** for a course of six weeks.

#### Gymnastics

Wednesdays: 4pm - 4.45 pm (beginners)  
4.45pm - 5.45 pm (intermediate)  
5.45pm - 6.45 pm (advanced)

For children aged five years and above.

**Cost: £32.00** (ten weeks).

Please note there is a waiting list.



14 - 15



Three - 16



Four - eight



Five +



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### Self defence

Thursdays 6.30pm – 8pm.

**Cost: £3.60** each week. Anyone interested is advised to come along to watch and speak to coaches first.

### Jack in the box

Mondays, Wednesdays, Thursdays and Fridays (term time only).  
For children aged between nine months and five years. For timings, pricing and any other enquiries please call Gail Lunn on **(01482) 665317**.



### Fun Club

Thursdays 5pm – 6pm

For children and young people with moderate and severe learning difficulties. Activities to include parachute games, bouncy castle, fun games, ball games, colouring and drawing.

**Cost: £2.20** per session.



Five - 16

### Judo

Saturdays	8.30am – 9.30am	five – eight years
	9.30am – 10.30am	nine – 12 years
	10.30am – 11.30am	12 – 16 years

Run by Beverley Haltemprice Judo Club.  
Further details, including coach photographs, qualifications and contact information can be viewed at the Club's comprehensive website – [www.haltempricejudo.co.uk\Beverley\HomePage.htm](http://www.haltempricejudo.co.uk/Beverley\HomePage.htm).  
or by contacting Danny Kissensky on **(01482) 652338** or **441255**.

### S Club Soccer

Saturdays 8am – 12 noon three – nine years  
(hourly sessions) **Cost: £35.00** for a course of ten weeks.



Three - nine



### Aqua Babes and Swim Tots

Instructor led group swimming lessons for adults and their children.

Aqua Babes is aimed at children aged four months to two years  
Swim Tots is aimed at children aged two years to four years.

**Cost: £31.00** for a ten week course.

### Cheerleading

Fridays 4pm - 7pm for children aged 11 - 19.

### Swimming lessons

Running lunchtimes, after school and Saturday mornings for children aged three years and over.

### Walking the way to health

Thursdays, walks range from 30 minutes to two hours.

### Master swimming

Fridays 8.30pm - 10pm. Structured lane swimming sessions where an instructor will be on the poolside to give programmes. Aimed at over 25's interested in swim training competition.

### Women's fun netball league

Wednesdays 7.30pm - 9.30pm outside hard court area.

### Football sessions for women

Thursdays 7.30pm - 8.30pm outside hard court area.

For full list of pool programmes, fitness classes or if you require any other information please do not hesitate to contact reception on **(01482) 395231**

or log on to the Beverley leisure complex website on

[www.beverleyleisurecomplex.co.uk](http://www.beverleyleisurecomplex.co.uk).



11 - 19



Three +





Eight +

## Parts February half term workshops

**Dance, drama and magic, Toll Gavel Methodist Church 16, 18 and 20 February, 2009**

Parts are performing arts workshops that will be touring to a venue near you during half term.

Whatever you like doing you'll like doing these... This half term why not come along and make jewellery in the art workshops, create and learn some funky dance routines, use your imagination to produce a play or step behind the scenes of the world of magic? - There is something for everyone!

- Workshops are suitable for young people aged eight years upwards.
- All workshops commence at 10.30am and run until 3pm.
- Tickets are £7.00 per day.
- Please bring a packed lunch.

No previous experience is required, just an enthusiasm to come along, have fun and meet new people.

Parts is brought to you by the arts development team of East Riding of Yorkshire Council.

To find out more about art events in the area visit our website: [www.eastriding.gov.uk/culture/arts](http://www.eastriding.gov.uk/culture/arts)

We look forward to seeing you there!!

**Ticket and information hotline: (01482) 392706 / 392699**

or book online at [www.eastriding.gov.uk/events](http://www.eastriding.gov.uk/events)

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What you can get up to...

### Enter the world of magic

Vicki and Sam Lane are collectively known as VIZAGE International Vocal Illusion Act and Quick Change Artists. They reached the semi finals in Britain's Got Talent 2008 with their amazing quick-change routine.

VIZAGE will be giving you a glimpse into the world of entertainment which is fun and easy to learn whether you are already a performer or a complete beginner. Take this opportunity to venture into the world of magic and puppet making.

### Take to the street

Come join us for a fun day of dance, learning new moves, different styles and a chance to create your own hip dance moves!!!! This will be a day full of exciting street dance and much more, and is not to be missed by anyone looking for a fun time!!!

No experience necessary, just come along and give it a go, meet new friends and just have FUN.

### Tread the boards

Here's the challenge - make a play in a day!

Stretch your imagination, working together, using drama games and exercises to create characters and stories.

Have fun putting your scenes together for a short performance at the end of the day!



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## Parenting support

### ADHD support group Beverley

Do you have a child with diagnosed or suspected ADD/ADHD?

Find it difficult to explain your child's behaviour to others?

Feel like you don't have enough information?

Need someone to talk to who understands?

Yes? Then Beverley ADHD is here for you!

The group can offer you the chance to talk to other parents who understand, share experiences and information, listen to speakers from local support services and the health profession on topics related to ADD/ADHD and the needs of your family.

For more information, **tel: (01482) 389092**

**Email: [BeverleyExtendedServices@eastriding.gov.uk](mailto:BeverleyExtendedServices@eastriding.gov.uk)**



### Autism Spectrum Disorder support group

**15 January 2009 and 23 March 2009 7pm - 9pm  
Beverley Grammar School**

Do you have a child with diagnosed ASD?

The group can offer you the chance to talk to other parents, who understand, share experiences and information; and speak to trained professionals.

For more information: **tel: (01482) 389092**

**Email: [BeverleyExtendedServices@eastriding.gov.uk](mailto:BeverleyExtendedServices@eastriding.gov.uk)**



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## Family links programme

**From Thursday, 22 January 2009  
6.30pm - 8.30pm**

For families with children aged one - 13. Bringing up children can be fun, but also demanding and hard work.

This FREE 10 week programme is run by qualified parent support workers, in a friendly and informal setting. Learn more about positive discipline, family rules, self esteem and helping children grow up.

To support parents who would like to join this programme we are looking at providing a free activity for children running at the same time for those parent/carers that would experience childcare difficulties.

All parents and carers are welcome! Please call the number below for further information.

**Venue:** Tickton Primary School, Main Road, Tickton Beverley East Riding of Yorkshire, HU17 9RZ.

**Contact:** Joanne Brooman, East Riding Children's Centre Beverley

**Tel: (01482) 880066**

**Email: [joanne.brooman@eastriding.gov.uk](mailto:joanne.brooman@eastriding.gov.uk)**

## Getting to grips with adolescents

**Tuesday, 27 January 2009 7pm - 9pm for seven weeks, Beverley High School, Norwood**

Living with teenagers? Want to know how to manage the ups and downs of raising a teenager?

The adolescent parenting programme is a FREE course run by qualified parenting support workers, and offers information, advice and help on a wide range of topics including: How to value yourselves as parents, body changes and mood swings, sexual health, drugs alcohol and smoking, positive discipline, boundaries and consequences, communicating and listening, resolving difficulties.

**Venue:** Beverley High School, Norwood, Beverley East Riding of Yorkshire, HU17 9EX.

**Contact:** Lisa Deeming

**Tel: (01482) 389092**

**Email: [lisa.deeming@eastriding.gov.uk](mailto:lisa.deeming@eastriding.gov.uk)**



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## Anger Management

**Wednesday, 4 February 2009 7pm – 9pm**  
**East Riding Children's Centre Beverley**

This workshop is for parents and carers with children at both primary and secondary school and will explore: why young people get angry, what is 'normal', helping young people deal with their anger and managing our responses.

To book a place please contact the extended services team on  
**Tel: (01482) 389092.**



## Developing your child's self esteem

**Wednesday, 25 March 2009 7pm – 9pm**  
**East Riding Children's Centre Beverley**

This workshop is for parents and carers with children at both primary and secondary school and is aimed at helping parents to understand how children develop self esteem.

The workshop will cover: an introduction to self esteem, self esteem and the growing child, what parents can do to help and what gets in the way of self esteem.

To book a place please contact the extended services team on  
**Tel: (01482) 389092.**



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## Health

### Beverley baby clinics

**Monday:** Molescroft pavillion (*term time only*) 9.30am – 11am  
Baby massage, Beverley health centre 2pm – 2.45pm  
(*six weeks to seven - nine months*) (two sessions)

**Tuesday:** Beverley health centre 9.30am – 11.45am

**Wednesday:** Children's Centre 9am – 11.30am

**Thursday:** Baby Massage, Beverley health centre  
Please contact centre to book a place. 11am – 11.45am  
Sleep clinic (self referral) health centre tel: (01482) 677618 to book a place  
(six months plus)

Behaviour clinic tel: (01482) 677618  
Must have completed a parenting support course, and be referred by a professional, (for those with children aged 0 to 17 years.)  
Beverley library (evening) 5pm – 7pm  
(Nursery nurse led)

**Friday:** 'Soft Play' at Beverley leisure complex 12noon – 1pm

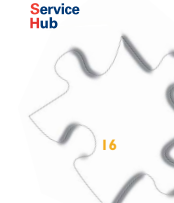
If parents want to discuss any aspect on health and development, please contact the health visiting team, **tel: (01482) 677618.**

### Stopping smoking clinic

Help to stop smoking is available free on the NHS at clinics in Beverley on Tuesday evenings and Friday mornings.

Other clinics run across Hull and the East Riding at various times. They are free, friendly and give medication on prescription.

Please ring the freephone on **0800 915 59 59** or **text QUIT to 81800** for more information and to book in.



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# Libraries

## Libraries/toy library

Beverly library, Champney Road, Beverley  
East Riding of Yorkshire, HU17 8HE  
**Tel: (01482) 392750**

### Opening hours:

Monday 9.30am - 5pm      Tuesday 9.30am - 8pm  
Wednesday 9.30am - 5pm      Thursday 9.30am - 8pm  
Friday 9.30am - 5pm      Saturday 9am - 4pm

### Storytime for pre-school children

Every Tuesday 2.30pm - 3pm

### Bounce and rhyme

Actions songs and rhymes every three weeks. Please ask for further details. No need to book, just turn up on the day.

### Small talk

Rhymes and songs to encourage speech development in partnership with local health visitors. Every Wednesday during term time 2.15pm - 2.45pm. Booking is required.

### Chatter books children's book club

First Thursday of each month (excluding summer holidays).  
4.15pm - 5.15pm, for children aged seven to 10 years.  
Booking is required.

To book a place please contact the library on the telephone number above or call in and book at the main library counter.

Seven - 10



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## Beverly reader's group

### Last Thursday of every month 5.30pm - 7pm

An informal friendly group meeting to discuss books of all kinds.

**Venue:** Beverley library, Champney Road, Beverley, HU17 8HE.

**Contact:** Beverley lending library, tel: (01482) 392750

**Email:** [beverley.library@eastriding.gov.uk](mailto:beverley.library@eastriding.gov.uk)

## Beverly toy library, first Thursday of the month 11.30am - 2.30pm (term time only)

Run by the Pre-school Learning Alliance (PLA)  
St Nicholas community centre, Holme Church Lane, Beverley PLA, tel: (01482) 229859.

The toy library provides a toy lending facility for a small annual membership fee, to parents, carers, childminders, pre-schools, out of school clubs, day nurseries and crèches. There is an excellent selection of quality toys, jigsaws, musical instruments, games, costumes and outdoor play equipment for children aged 0 to 14.

## Buggy burning walks, every Friday 10.30am - 11am, Beverley leisure complex

**FREE** led walks for all mums, dads or carers who have little ones in buggies!

Meet in the café area at 10.15am to register. After the walk, we go into the café for coffee and a chat and let the little ones enjoy soft play at Beverley leisure complex.

Please note, we are only able to do buggy burning with children that are securely in buggies. Unfortunately we are unable to walk with children that are not in buggies.

If you have any questions or queries, please contact Beverley leisure complex, tel: (01482) 881127 or visit

[www.beverleyleisurecomplex.com](http://www.beverleyleisurecomplex.com)



0 - 14



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## East Riding Children's Centre Beverley



East Riding Children's Centre Beverley offers FREE activities and individual support for families with children under five. Beverley Children's Centre supports families with young children offering access to a full range of services, all from under one roof. It is somewhere parents can go for support from the time they first discover they are pregnant, right through until their child reaches school age.

### What's happening at the Children's Centre?

#### Mondays

#### Midwives postnatal clinic

9am – 12noon

Make an appointment to see a local midwife for check-ups and advice on those early days with your baby.

**'Toddler Time'** 9.30am – 10.45am and 10.45am – 12noon (for children aged one to two.)

Once your toddler graduates from baby club, come along to this fun session with books, songs, toys, storytime, parachute games, soft play and messy play, (please book).

#### Parentcraft classes

7.15pm – 9.15pm (for expectant families)

Includes preparation for birth, pain relief in labour, exercise and relaxation during pregnancy and what to expect with your new baby. For bookings please contact your midwife.



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#### Tuesdays

#### Childminders play session

For registered childminders only. 9am – 11am

#### 'Baby Café'

(For families with children under one.) 11.30am – 1pm

Come along and enjoy socialising with other parents in a relaxed atmosphere and allow your little one to play in a safe and stimulating environment. Light lunch is provided for parents.

#### Young parents support group

3.30pm – 5.30pm (For young parents up to the age of 21.)

A chance to meet and chat with other young parents over lunch-time. Help to prepare and eat a healthy meal, and have fun with your child.

#### Wednesdays

#### Baby health clinic with baby massage

9am – 12noon  
(For families with children under two.)

Get your baby weighed, discuss health and development with the health visitor, and also enjoy a relaxing massage session with your baby.

#### Tantrums to tiaras 2.30pm - 3.30pm.

Starts 7 January 2009 running for six weeks. Booking only, places are limited to six families. The course gives parents some ideas for addressing the 'terrible twos'.



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### Thursdays

## KIDS play development session

9.30am – 11am For families with children under five – please book.

Structured play sessions in small groups to encourage communication and development.



## 'Tiny Tigers'

11.45am – 12.45pm For families with pre-school children displaying very challenging behaviour.

This group provides a supportive environment for children who have been identified as benefiting from a small group situation with high adult to child ratios, in which to develop personal and social skills whilst learning to communicate and interact appropriately with others. By referral only, please speak to your health visitor.

## Childminders play session

(For registered childminders only) 9am – 11am



## 'Me Time' 1.30pm – 3pm

For mums of children of infant school age and under.

An eight-week course for mums feeling a bit down and lonely.

Includes pampering, stress management and confidence building. The course is referral only – for more information please call the Children's Centre or speak to your health visitor.

### Fridays

## Midwives postnatal clinic

9am – 12noon

Make an appointment to see a local midwife for check-ups and advice on those early days with your baby.



## 'Messy Play'

For children aged three to five years. 9.30am – 11am

A rolling programme of messy activities to enjoy with your child, including play dough, junk modelling, glue painting, clay cutting and gloop.

### Alternate Saturdays

## Dads and kids club ('Saturdays')

10am – 12noon every other Saturday morning

For all male carers.

A chance for dads and kids to have fun together in a child friendly environment – soft play, painting, swing ball, reading, arts and crafts, multi-sport and lots more!

## Bun in the oven

From January onwards

A peer support group for women over 24 weeks pregnant. Learn relaxation techniques and talk to other pregnant mums over a healthy snack. Contact the Children's Centre for more information.



## Baby sitting course

6, 7 and 8 April, 2009

A FREE babysitting course run over two and a half days (lunch provided.) 10am - 3pm and 10am - 12noon.



14 - 16

For young people aged between 14 - 16 years who want to develop skills and earn money as a recognised babysitter. You'll learn a range of child and baby care skills including looking after babies/young children, behaviour management, food hygiene, child protection, child play/activities, safe environments, roles and responsibilities of babysitters and parents and first aid and emergency procedures.

If you are interested in attending please contact Beverley Children's Centre on **(01482) 880066** for a booking form.





Eight - 15



## Disabled children

### Beverley fun club for young people with disabilities, Thursdays 5pm - 6pm

All children and young people aged between eight and 15 years old with moderate learning difficulties and severe learning difficulties.

Siblings are more than welcome to come along. Activities include: Boccia, Curling, parachute games, soft play, fun games, colouring and drawing, ball games, hoop and target games.

**Venue:** Beverley leisure complex, Flemingate, Beverley East Riding of Yorkshire, **tel: (01482) 392534**  
**£2.20** per session.

### Mini-Moves creative movement and dance for children with learning disabilities

Four - 10



Funded by National Lottery Awards for All, creative and developmental movement play is a non-competitive group activity for fun and learning, structured for the physical, social and emotional development of the young child.

A wide variety of enjoyable movement activities and games which help to promote the young child's communication skills, social

interaction skills, body confidence, imagination, self-confidence co-ordination, concentration, rhythmic skills and much, much more!

Weekday and weekend sessions.

**Venue:** Central Hull and Beverley areas  
**Tel: 07981 690215**  
**Email: [eastridingspecialdance@hotmail.co.uk](mailto:eastridingspecialdance@hotmail.co.uk)**  
**Ages:** four to 10 year olds.



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### Beverley multiskill club for children with disabilities

Come along and join in these fun and informal multi skill sessions including Boccia, Curling, parachute games and target games.

Why not come along with your friends or siblings? Meet our fantastic coaches and make some new friends.

Thursdays (term time only)

**Venue:** Beverley leisure complex sports hall  
**Tel: (01482) 392534**  
**Email: [cate.gillingwater@eastriding.gov.uk](mailto:cate.gillingwater@eastriding.gov.uk)**  
**Cost: £2.00** per session.



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Looking for information on services or activities in the East Riding? Contact FISH (01482) 396469

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## A-Z of services in Beverley

**Adult education – Skills for life**  
Burden Road, Beverley, **tel: (01482) 869794**

**Beverley leisure complex**  
Flemingate, Beverley, **tel: (01482) 395230**

**Connexions/Next step for adults 3 North Bar** Within Beverley, **tel: (01482) 862741**

**East Riding Children's Centre Beverley**  
Beverley Swinemoor Primary School, Coltman Avenue Beverley, **tel: (01482) 880066**

**Customer Service Centre, tel: (01482) 393391**

**East Riding Voluntary Action Service (ERVAS)**  
Morley's Yard, Beverley, **tel: (01482) 871077**

**Extended services**  
c/o Longcroft School and performing arts college, Beverley  
**Tel: (01482) 389092**

**Family support service**  
Burden Road, Beverley, **tel: (01482) 866604**

**Health visiting team**  
Manor Road Health Centre, Beverley, **tel: (01482) 677618**

**Jobcentre Plus office**  
Crosskill House, Mill Lane, Beverley, **tel: (01482) 332800**

**Library**  
Champney Road, Beverley, **tel: (01482) 392750**

**Safeguarding**  
If you have concerns about the safety of a child please call  
**Tel: (01482) 393939**

**Working Tax Credit/Child Tax Credit**  
**Tel: 0845 300 3900, [www.hmrc.gov.uk/taxcredits](http://www.hmrc.gov.uk/taxcredits)**

For details of schools, colleges, doctors surgeries and more please contact FISH (Families Information Service Hub)

**Tel: (01482) 396469 email: [fish@eastriding.gov.uk](mailto:fish@eastriding.gov.uk)**  
**[www.fish.eastriding.gov.uk](http://www.fish.eastriding.gov.uk)**





## Spring Term Calendar

January	
Thursday	1
Friday	2
Saturday	3
Sunday	4
Monday	5
Tuesday	6
Wednesday	7
Thursday	8
Friday	9
Saturday	10
Sunday	11
Monday	12
Tuesday	13
Wednesday	14
Thursday	15
Friday	16
Saturday	17
Sunday	18
Monday	19
Tuesday	20
Wednesday	21
Thursday	22
Friday	23
Saturday	24
Sunday	25
Monday	26
Tuesday	27
Wednesday	28
Thursday	29
Friday	30
Saturday	31

February	
Thursday	
Friday	
Saturday	
Sunday	1
Monday	2
Tuesday	3
Wednesday	4
Thursday	5
Friday	6
Saturday	7
Sunday	8
Monday	9
Tuesday	10
Wednesday	11
Thursday	12
Friday	13
Saturday	14
Sunday	15
Monday	16
Tuesday	17
Wednesday	18
Thursday	19
Friday	20
Saturday	21
Sunday	22
Monday	23
Tuesday	24
Wednesday	25
Thursday	26
Friday	27
Saturday	28





## Spring Term Calendar

March	
Sunday	1
Monday	2
Tuesday	3
Wednesday	4
Thursday	5
Friday	6
Saturday	7
Sunday	8
Monday	9
Tuesday	10
Wednesday	11
Thursday	12
Friday	13
Saturday	14
Sunday	15
Monday	16
Tuesday	17
Wednesday	18
Thursday	19
Friday	20
Saturday	21
Sunday	22
Monday	23
Tuesday	24
Wednesday	25
Thursday	26
Friday	27
Saturday	28
Sunday	29
Monday	30
Tuesday	31

April	
Wednesday	1
Thursday	2
Friday	3
Saturday	4
Sunday	5
Monday	6
Tuesday	7
Wednesday	8
Thursday	9
Friday	10
Saturday	11
Sunday	12
Monday	13
Tuesday	14
Wednesday	15
Thursday	16
Friday	17
Saturday	18
Sunday	19
Monday	20
Tuesday	21
Wednesday	22
Thursday	23
Friday	24
Saturday	25
Sunday	26
Monday	27
Tuesday	28
Wednesday	29
Thursday	30



# What's on

for parents and carers in the  
Beverley area *Spring term*

*In association with*

East Riding  
of Yorkshire   
**Families  
Information  
Service  
Hub**

**SureStart**

 **EAST RIDING**  
OF YORKSHIRE COUNCIL

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