To find out more information please contact or call in to your local Children’s Centre, we look forward to meeting you and your family.

Or contact the Families Information Service (FISH) on (01482) 396469.

You can also find a copy of the Children’s Centre privacy notice at www.eastriding.gov.uk, search privacy notice, which will tell you how your information will be stored and shared in accordance with the Data Protection Act 2018 and the General Data Protection Regulation (GDPR).

### EAST RIDING CHILDREN’S CENTRES

Parents, parents to be, carers, grandparents, foster carers and child minders; take a look and find out more about the services we can offer you and your family.

East Riding Children’s Centres are with you from bump to baby and beyond, to give all children the best start in life.

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Postcode</th>
<th>Telephone</th>
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<tbody>
<tr>
<td>Anlaby</td>
<td>First Lane</td>
<td>HU10 6UE</td>
<td>(01482) 565560</td>
</tr>
<tr>
<td>Beverley</td>
<td>Colman Avenue</td>
<td>HU17 9LP</td>
<td>(01482) 880066</td>
</tr>
<tr>
<td>Bridlington</td>
<td>Butts Close</td>
<td>YO16 7BS</td>
<td>(01262) 409596</td>
</tr>
<tr>
<td>Bridlington</td>
<td>Hilderthorpe School, Shaftsbury Road</td>
<td>YO15 3PP</td>
<td>(01262) 606053</td>
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<tr>
<td>Brough</td>
<td>Springfield Avenue</td>
<td>HU15 1AE</td>
<td>(01482) 669474</td>
</tr>
<tr>
<td>Cottingham</td>
<td>The Garth</td>
<td>HU16 5BP</td>
<td>(01482) 845636</td>
</tr>
<tr>
<td>Driffield</td>
<td>Beckside, Brook Street</td>
<td>YO25 6QN</td>
<td>(01377) 240782</td>
</tr>
<tr>
<td>Goole Rural</td>
<td>Marshlands, Hall Road</td>
<td>DN14 5UE</td>
<td>(01405) 762614</td>
</tr>
<tr>
<td>Goole Town</td>
<td>Kingsway, Fountayne Street</td>
<td>DN14 5HQ</td>
<td>(01405) 761287</td>
</tr>
<tr>
<td>Hedon</td>
<td>George Street</td>
<td>HU12 8JH</td>
<td>(01482) 899962</td>
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<tr>
<td>Hessle</td>
<td>The Hounge, Eastgate</td>
<td>HU13 9LJ</td>
<td>(01482) 629085</td>
</tr>
<tr>
<td>Hornsea</td>
<td>Hornsea School, Eastgate</td>
<td>HU18 IDW</td>
<td>(01964) 537160</td>
</tr>
<tr>
<td>Howden</td>
<td>Customer Service Centre, 69 Hailgate</td>
<td>DN14 7SX</td>
<td>(01482) 395220</td>
</tr>
<tr>
<td>Market Weighton</td>
<td>Princess Road</td>
<td>YO43 3BY</td>
<td>(01430) 874090</td>
</tr>
<tr>
<td>Pocklington</td>
<td>Woldgate College, Kilwick Road</td>
<td>YO42 2LL</td>
<td>(01759) 307154</td>
</tr>
<tr>
<td>Withernsea</td>
<td>Withernsea High School, Hull Road</td>
<td>HU19 2EQ</td>
<td>(01964) 612618</td>
</tr>
</tbody>
</table>
What is a Children's Centre?
East Riding Children's Centres are here for the whole family; from the moment you know you are expecting a baby, and until your child or the child you are caring for is nine years of age. East Riding has eighteen Children's Centres that offer a range of activities and services for children and their families, to give every child the best start in life. We offer the right help at the right time so that our families feel confident, safe, healthy and happy.

The Children's Centre core purpose is:

- Child development and school readiness
- Parenting aspirations and parenting skills
- Child and family health and life chances

Who are Children's Centres for?
The Children's Centres are open to anyone living in the East Riding who is pregnant or who is caring for a young child. You could be a mum, dad, carer, grandparent, foster carer or child minder.

What do Children's Centres offer?
East Riding Children's Centres have developed a complete range of activities and services for young children, their families, carers and pregnant women to meet the individual needs of each centre's community. All the services the centres provide are free. The services are inclusive for children and parents with additional needs. We work closely with health professionals, nurseries, schools and other agencies and services to provide a wide range of support.

1:1 Support
Children's Centres have experienced, qualified and friendly staff who provide support to you and your family in different ways. We offer tailored support through our family support work, which can be done 1-1 in the family home or during sessions at one of our Children's Centres.

In your journey with us we can help with:
- Support during pregnancy
- Becoming a new parent and developing parenting skills
- Breastfeeding
- Understanding babies' cues
- Supporting bonding and attachment
- Baby led weaning
- Toilet training
- Safe sleep
- Healthy lifestyles
- Promoting positive emotional well-being
- Child Development in line with the Early Years Foundation Stage Framework
- Establishing daily household routines

You can access Children's Centre activities, resources and sessions such as:
- Antenatal Parent Education
- Infant Massage
- Feeding information and advice
- Play and learn sessions
- Babies Playing
- Talk Time – Supporting your child's communication and language development
- Home learning opportunities including Bookstart and bags of support
- Family Links Nurturing Programme
- Sensory Room
- Take and Make

Advice and support is also given around:
- Help to access 2, 3 and 4 year funded childcare places
- Benefits
- Housing
- Budgeting
- Support with further education
- Form filling and attending appointments
- Where to go for specialist advice and support for example speech and language, domestic abuse, alcohol and drug misuse and mental health issues.

Family Contact
As part of our work with families, Children's Centres facilitate family contact.