

Activities for Young Parents



Information Sheet on Activities for Young Parents December 2010

Younger mums, dads and carers

Being a parent is probably the hardest job there is. It is often pleasurable and rewarding, but there are times when it can feel exhausting, stressful, frustrating and overwhelming.

Life as a young mum, dad or carer can also present its own unique challenges. Young parents sometimes feel they are being judged, that they miss out on what their friends are doing and that there are no activities for them and their children.

However, there is a lot of help and support available. This can be with pregnancy, education and training as well as groups for young parents to be and young parents. To find out about what's on offer please contact the Family Information Service on 01904 554444 or go to www.yor-ok.org.uk.



Support and Advice

Castlegate is a confidential information, advice, support and counselling service for young people aged 16 - 25 in the City of York. You might be worried about money, finding somewhere to live, sexual health or being kicked out of home. Feeling stressed or worried and want to talk to somebody? Need advice or guidance on career, work and learning options? Or maybe there is something going on in your life that's upsetting you. Perhaps you just need a small piece of information or a leaflet about something. All you need to do is call in to the drop-in session at Castlegate.

We offer you information, support and advice in person, over the phone, by email or by letter. You can drop in or phone during our opening hours, to talk to a Castlegate worker or to make an appointment to see someone. If we aren't the best people to help you, we will find out who is and help you to contact them.

We will listen to you, explore your options and help you to make decisions for yourself. Contact us on 01904 555400 or go to www.29castlegate.org

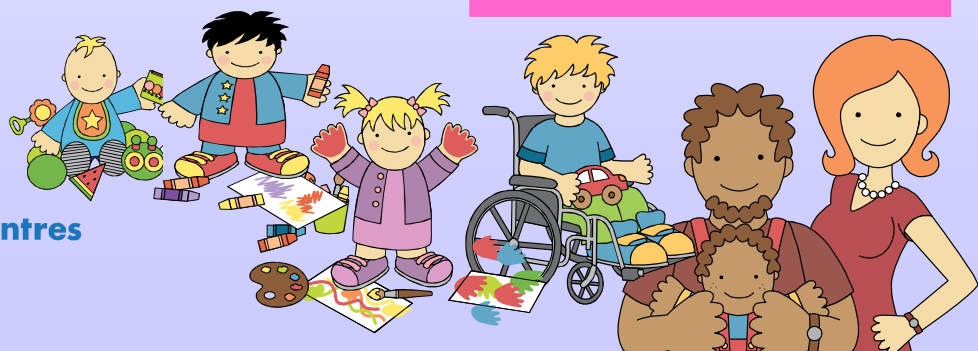
Young People's Survival Guide is an essential guide for young people in York. This contains lots of information on being a parent, relationships, housing, money etc.

This can be accessed online at www.yorksurvivalguide.co.uk or you can request a copy by contacting York Family Information Service on 01904 554444.

YOUNG PEOPLE'S SURVIVAL GUIDE YORK



Sure Start
Children's Centres
York



Groups for young parents and parents to be

Yorbabe

The Yorbabe programme offers support to mums and dads to be who are under 19. This course covers subjects such as preparing for the birth, coping with a new baby, help with housing benefits and looking at the future with your family. Contact Denise Robson on 01904 725436 for more details.

Babes in Arms

Babes in Arms is a group for parents under the age of 19. This is a very informal group, come for a cuppa and a chat. Fun sessions plus advice and guidance from a range of people to support you. Dads and expectant mums are also welcome. Sessions on fun with food, play and stimulation, baby massage and communicating with your baby. For more information give Trina a call on 07920 021434.



Local mum Rachel models for the beastar campaign

What children's centres offer

Young parents are welcome to attend any of the drop in sessions for parents/carers and children under 5 where you can just turn up. At these sessions there will be opportunities to play in a stimulating environment with your child as well as receive information and advice from children's centre staff. There are also groups for young parents and parents to be where you can meet up and chat to other young parents.

Children's centres also have drop-in groups for dads, multicultural families, parents and carers of children with additional needs and babies under one. There are groups with limited places where you will need to book a place including parenting courses, speech and language activities, groups on healthy lifestyles and music and movement groups.

Young mums, dads and carers can also sign up for Family Learning courses. Family Learning offer free courses in children's centres and in the community all over the city and most courses have free childcare.

Young parents can access advice and support and use the children's centre to look at latest job vacancies and training opportunities. The children's centres also have a Jobcentre Plus Employment and Training Adviser who can help with job searches and offer advice about training and benefits.

Useful websites

www.netmums.com Netmums is a family of local sites that offer information on everything from where to find playgroups and how to eat healthily to where to meet other mothers

www.beastar.org.uk Be a Start offer advice and support for young mums wanting to breastfeed

www.yor-ok.org.uk/youngparent Family Information Service webpage for young parents

<http://www.bubbalicious.co.uk/> Social networking site for young parents

For more information about children's centres please contact the Family Information Service on 01904 554444 or visit www.yorkchildrenscentres.org.uk. Up to date leaflets on this and other topics can also be downloaded from the website.