Castle Family Hub

What's On Guide

Groups for families and children aged 0-18 years (and SEND up to 25 years)

All our Groups and Activities are Free of Charge

***Programmes by Invitation Only**
Programmes for Everyone

	AM	PM
MON	**SEND Parent Support Group Drop-In** (Please bring your child/children ages 0 to 5 years old if necessary) 9:00am to 10:30am, The Castle Nursery School Annexe, 255A Barnsley Road, Wakefield WF1 5NU ***Community Paediatrics 9am to 12pm** By appointment only ***Freedom Programme** 10:30am to 12:30pm Please call to be put on the waiting list	**Baby Group (0-12 months pre walkers)** 1:30pm to 3:00pm (Term time only) ***Triple P – Family Transitions (Parents) Group** 1:30pm to 4pm Please call to be put on the waiting list
TUE		***Parental Wellbeing** 1:00pm to 2:30pm Please call to be put on the waiting list
WED	***Triple P Baby (Pre Natal to 2 years) Group** 9:30am to 11:30am Please call to be put on the waiting list ***Speech and Language Therapy (SALT)** Please call 01977 465417	***Free First Aid Awareness Training** 1:30pm to 2:30pm Please call to be put on the waiting list ***Aspirations** From 3:00pm to 5:00pm Please call to be put on the waiting list
THU	**Open Access Drop-In Group for Parents/Carers 11:00am to 12:30pm** ***Speech and Language Therapy (SALT)** Please call 01977 465417	***Triple P Steppingstones Group (0 to 12 years)** 1:00pm to 3:00pm Please call to be put on the waiting list **Stay & Play (0 to 5 years)** (Term time only) 1:30pm to 3:00pm ***Young Carers Group** 3:30pm to 5:00pm Please call to be put on the waiting list
FRI	**Open Access Group/Stay and Play for Parents and children (Ages 0 to 5 years)** 9:00am to 10:30am Crigglestone Nursery, High Street, Crigglestone WF4 3EB ***Midwife Clinic** By appointment only ***Empowering Parents Empowering Communities (EPEC)/Being A Parent (BAP) Course (2 to 11 years)** 9:30am to 12:00pm Please call to be put on the waiting list	***Baby Massage** Please call to be put on the waiting list ***Who's In Charge (WIC) Parenting Group** 1:00pm to 2:30pm Please call to be put on the waiting list ***Parents To Be and Beyond** Please call to be put on the waiting list

Castle Family Hub
255 Barnsley Road
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Session Information		
Session Name	**Age range/ Audience**	**Description**
***Aspirations & Wellbeing Group**	Aspirations – 8-11 years Unless stated for adults	A weekly session tailored to the group which looks at young people's needs including identity, safety, education, physical health, mental health and positive futures.
Baby Group	0-12 months Pre walkers	A social experience and early learning-based activities for children. A great opportunity to meet other families and a chance to talk to staff about sleep, weaning, health and development etc.
***Baby Massage**	4 weeks to crawling	5-week course. Learn strokes and rhymes to help soothe and relax you and your baby. Supports bonding, health and wellbeing.
Balne Lane Stay & Play	0-5 years	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development, and behaviour.
***BEAM**	8-12 years	A one-off session to recognise anger cues and triggers, working towards gaining control using exercise, breathing and other strategies.
***Bookstart**	2-4 years	6-week programme. Activity ideas around exploring books and nursery rhymes that support speech and language, listening skills and school readiness.
***Chit Chat Speech and Language Therapy (SALT)**		Children's Speech and Language Therapy helps children with a range of Speech, Language and Communication Needs (SLCN) to achieve and maintain their potential. It also provides support and advice to families. Ring 01977 465417 for more information and to book a place.
Connect Café	From 7 years	Use our devices and access the internet for free. Come and do homework, revision, link to services across the district, applications and form filling and well has job and housing searches etc. Call in any time.
***Empowering Parents Empowering Communities (EPEC)**	Adults	The Being a Parent Course aims to improve child development and outcomes, parenting, family resilience, and family relationships.
***Early Years Parenting**	Parents / Carers of children aged 6-11 Years	Over 5-weeks we will look at play and interaction, child development, routines and boundaries, behaviour and strategies.
***Freedom Programme**	Adults	This 10-week programme explores violent and abusive behaviours. To support women to recognise when they are being controlled. What is a perpetrator? What are the warning signs? The group also looks at the effect that domestic violence has upon children.
***Infant Led Weaning**	4-12 months	A one-off information session. A guide for parents of babies aged between 4 to 12 months. Weaning recommendations from 6 months onwards.
***Midwife Clinic**		Midwife appointments – To be booked directly with your midwife.

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***Open Access Drop-In Group**	Parents/Carers 0-19 years	An open access drop-in group for parents to meet with other parents in a supportive and safe space. Gain friendly and honest advice on all aspects of family life and the challenges of bringing up children.
***Paediatric First Aid**	Adults	A 4-week Paediatric First Aid course run by Yorkshire Ambulance Service. Includes: CPR, choking for an adult and a child, stroke and bleeding, danger, understanding the difference between a heart attack and a cardiac arrest and the recovery position. Taking place at Sunbeam, Castle & Stanley Family hub.
***Parental Wellbeing**	Adults	A group session to help cope with stress, anxiety or low mood. Topics include - support with bereavement, domestic abuse, staying safe online, drug and alcohol misuse, gambling, future aspirations and mental wellbeing.
***SEND Open Access Drop-In Group**	Parents/Carers 0-25 years	An open access drop-in group for parents to meet with other parents in a supportive and safe space, gain friendly and honest advice on all aspects of family life and challenges of bringing up children with additional needs.
***Speech and Language Therapy (SALT)**	2-16 years	Children's Speech and Language Therapy helps children with a range of Speech, Language and Communication Needs (SLCN) to achieve and maintain their potential. It also provides support and advice to families. Ring 01977 465417 for more information.
Stay & Play	0-5 years	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development, and behaviour.
***Triple P**	Adults	Designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. During the five-week programme, support is given to parents to: understand the impact on children, maintain positive relationships, explore stress, anger and how to communicate better – as well as considering parent wellbeing and support.
Toddler Stay & Play	Confident crawlers to 2 years	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development, and behaviour.
***Who's in Charge (WIC)**	Adults	Parents/carers welcome to this 6-week programme. Learn strategies to help you change behaviours and attitudes which will produce behaviour in your children. The group explores anger, both in parents and children, encourage assertiveness and self-care. Reinforce progress and provide emotional support.
Young Carers Group	6-11years	A session for 6–11-year-olds who have caring responsibilities for a family member. The group offers support, activities, and a place for a young carer to meet with other young carers to relax and have fun.

To book any of these sessions and groups please phone the Hub on the number below or the number stated in the description.
New group users will be required to complete a registration form to access our groups.

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