

# 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<br>Programmes for Everyone                     |
|--|---|---|
|  | AM  | PM  |
| MON  | <p><b>Registered Childminder Group*</b><br/>9:30 to 11:30am</p> <p><b>Triple P Parenting*</b><br/>9:30am to 12:00pm</p>   | <p><b>Aspirations &amp; Wellbeing Group* (Nurture)</b><br/>3:30 to 5:00pm</p> |
| TUE  | <p><b>Family Activity</b><br/>9am to 12pm</p>   | <p><b>Infant Massage*</b><br/>1:30 to 3.00pm</p>                              |
| WED  | <p><b>EPEC Being a Parent*</b><br/>10:00am to 12:00pm</p>   | <p><b>BEAM *</b><br/>3.30 to 5:00pm</p>                                       |
| THU  | <p><b>Baby Stay &amp; Play</b><br/>9.30 to 11.00am</p> <p><b>Who's In Charge*</b><br/>9:30am to 12:00pm</p>   | <p><b>Young Carers Group*</b><br/>3.30 to 5.00pm- Alternate Weeks</p>         |
| FRI  | <p><b>Aspirations &amp; Wellbeing Group* (Parents)</b><br/>9:30am to 12.00pm</p>  | <p><b>Stay and Play</b><br/>1.30 to 3.00pm</p>                                |
| All Week / Varies                                | <p><b>Connect Café</b> – Please call for further information.<br/> <b>Infant Led Weaning</b>- Please enquire about upcoming dates.<br/> <b>Midwife Clinics</b> -TBC</p> |   |

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## Session Information

| Session Name   | Age range/<br>Audience                                   | Description   |
|--|--|---|
| <b>Midwife Clinics</b>                                     | Antenatal/<br>New Baby                                   | Midwife appointments - to book directly with your midwife.  |
| <b>Aspirations and Wellbeing Group (Parents)*</b>          | Parents and Carers Only                                  | Caring for children means caring for yourself too. A time to be just 'you', meet other local parents and share experiences. Call to discuss for further information.  |
| <b>Triple P Parenting *</b>                                | Parents/<br>Carers of<br>Children Aged<br>up to 12 Years | Broad-based parenting intervention delivered over eight weeks for parents of children up to 12 years. The programme involves 5 (2 hour) group sessions followed by 3 one-to-one sessions. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems.                     |
| <b>Who's In Charge*</b>                                    | Adults   | Parents/carers welcome to this 6-week programme. Learn strategies to help you change behaviours and attitudes which will produce behavioural changes in your children. The group explores anger, both in parents and children, encouraging assertiveness and self-care. Reinforce progress and provide emotional support. |
| <b>Freedom Programme *</b>                                 |  | Call to discuss/ for further information.   |
| <b>Behaviour, Exercise &amp; Anger Management (BEAM) *</b> | Groups for 7-10 Year-Olds and their Families             | Sessions to recognise anger cues and triggers, working towards gaining control using exercise, breathing and other strategies. Three weeks activity: Weeks 1 & 2 Group Work with young person, Week 3 invitation for family to join session to create family plans.   |
| <b>Stay &amp; Play</b>                                     | Confident Walkers to Children Aged 5 years               | Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development, and behaviours.   |
| <b>Connect Café</b>  | Everyone   | Use our devices and access the internet for free. Come and do homework, revision, link to services across the district, applications and form filling, as well as job and housing searches etc.   |
| <b>Baby Stay &amp; Play</b>                                | Birth to Confident 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.  |
| <b>*Infant Massage</b>                                     | 0 to Actively Moving                                     | Learn massage strokes and rhymes to help soothe and relax you and your baby. Supports bonding, health and wellbeing. Provided by IAIM accredited trainers.  |
| <b>Registered Childminder Group</b>                        | -  | A play session for childminders only, with their minded pre-school children. Peer support and sharing a good practice available. Childminder led.   |

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| <b>Aspirations &amp; Wellbeing Group (Nurture) *</b> | Children Aged 6 to 10/11 Years<br>Primary Age | 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.  |
| <b>EPEC Being a Parent *</b>                         |   | The course helps parents to learn practical communication skills for everyday life to help bring up confident, happy and supported children. To provide parents with positive strategies to take away to help manage their children's behaviour. Learn how to better understand and support your children's feelings. Effective parent-child communication.<br><br>The course is led by parents for parents<br>8 week |

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.