

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	<p>Turning Point Appointments 09:30am to 5:00pm</p>	<p>Parent Forum Alternate Weeks 12:00 to 2:00pm Ring for more information</p>
TUE	<p>*Wellbeing Group 9:30am to 11:30am</p> <p>*Well Woman 9:30am to 5:00pm</p> <p>*Turning Point Appointments 09:30 to 11:30am</p> <p>Henry 09:30 to 11:30am</p>	<p>Happy Healthy Homes* 1:00 to 3:00pm</p> <p>*Young Carers 3:30 to 5:00pm Alternative weeks</p> <p>Family Activities 12th December 2023 3:00 to 5:00pm</p> <p>Family Activities with SEND 28th November 2023 3:00 to 5:00</p>
WED		<p>*Partners Delivery Offer Ring for more information 1:00 to 3:30pm</p>
THU	<p>*Who's in Charge 9:30 to 11:30am</p> <p>Stay & Play 9:15 to 11:00am</p> <p>*Turning Point Appointments 09:30am to 5:00pm</p> <p>*Speech and Language (Invite only)</p>	<p>*Midwife Appointments 12:00 to 4:30pm</p> <p>Rhythm & Rhyme 1:00 to 1:45pm</p> <p>Fab Breastfeeding Support 1:00 to 2:30pm</p>
FRI	<p>Baby Stay & Play 9:30 to 11:00am</p> <p>*Triple P 9:30 to 11:30am</p> <p>Stop Smoking 9:00 to 13:00</p>	

Cedars Family Hub

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All
Week /
Varies

Sensory Room
***Baby Massage**
***Freedom Programme**
Connect Café

Cedars Family Hub
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Session Information

Session Name	Age range/ Audience	Description
*Aspirations & Wellbeing Group	5-11 Years	6 weekly sessions tailored to the group which looks at young people's needs including identity, safety, education, physical health, mental health and positive futures.
*Introducing Solids	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.
*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.
Baby Stay & Play	0 to Confident Walker	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.
*Behaviour, Exercise & Anger Management (BEAM)	8-12 Years School Holidays	Sessions 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.
Connect Café	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 as well as job and housing searches etc.
*Henry	Parents and Carers of 0-5 Year Olds	8 weekly session covering themes of positive mealtimes understanding children's behaviours, enjoying family life and setting goals for the future.
FAB Breastfeeding Support		A session run by Wakefield Families and Babies. Join other mums and speak with a Breastfeeding Peer Supporter. 24hr helpline 01924 851901.
*Freedom Programme	Woman who have experienced domestic abuse	A 10-week programme to inform and support parents explore 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 effects that domestic abuse has upon children.
*Midwife Clinics		Midwife appointments – to be booked directly with your midwife.
Parent Forum	Adults /Carers	A session led by parents and carers. Meet other parents and carers for friendly support, have a cuppa and a chat and find out about local services and activities. Term time only.

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Rhythm & Rhyme	0-4 Years	Join in with songs and rhymes, musical instruments, actions, and movement. This supports speech and language development, listening skills and physical development.
Sensory Room	0-8 Years	45 minute slots. Book to use our Sensory Room either as an individual or suitable for up to 3 adults with babies. Bubble tube, lights music and sensory toys to explore.
Stay & Play	0-4 Years	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development and behaviour.
*Family Transitions Triple P	Adults/Carers	Designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. During the 5-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.
*Wellbeing Group	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.
*Who's In Charge	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	6-11 Years	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.
*Triple P for Babies	Parents/carers with a child under 1	Preparing parents for a positive transition to parenthood and the first year of baby. 4 group sessions and then 4 individual sessions to look at positive parenting, responding to your baby, survival skills, parent support, implementing routine.
*Group Triple P	Parents and carers 0-12 years old	8-week program with 4 group sessions and 4 individual sessions covering positive parenting, promoting children's development, managing misbehaviour, family survival tips and support putting strategy in place.

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.