

# What's On Guide

Groups for young people aged 11-25 years



All our Groups and Activities are Free of Charge		* Contact the Hub to book your place. Programmes For Everyone
AM		PM
Mon	<p>Emotional wellbeing groupwork co delivered with CAMHS FIM – Ossett Academy. 11am-12.30pm</p> <p>BEAM session in Ossett Academy 1pm – 2.30pm</p>	<p>Wellbeing Group 5:00pm to 7:00pm – City Limits</p> <p>Open Access @ Wakefield Trinity 4:00pm to 6:00pm</p> <p>SEND Youth Club (All Stars) 6.00pm to 8.00pm (at Crofton YPC)</p>
Tues	<p>Girls group @ Cathedral Academy 11am – 12.30am</p> <p>BEAM session in Cathedral Academy 1pm – 2.30pm</p>	<p>STRIPES+ Online Zoom Session 6:00pm - 8:00pm</p> <p>SEND Youth Club (Tuesday Club) 6.00pm to 8.00pm (at Crofton YPC)</p> <p>Open Access @ ISPACE5 6.30PM – 8.30PM</p>
Weds	<p>NEET Outreach 10:00am - 12:00pm</p> <p>BEAM @ St Thomas A Becketts 11 – 12.30pm</p> <p>BEAM @ Kettlethorpe High School 1pm – 1.45pm 1.45pm - 2.30pm</p>	<p>BEAM @ St Thomas A Becketts 1pm – 2.30pm</p> <p>Girls group @ Agbrigg Community Centre 3.15pm- 4.45pm</p> <p>Young Carers Group @ City Limits 4:00pm to 5:30pm</p> <p>Detached / Street Based Work (Wakefield Central) 6:00pm to 8.00pm</p>
Thurs		<p>Need led – Squaring up boys' group @ Ossett Academy 1.30-3pm</p> <p>Skills &amp; Employability Programme / Drop in @ West Parade 1:30pm - 3:30pm</p> <p>Young parents' group @ Sunbeam Family Hub 3pm – 5pm</p> <p>Trinity outreach @ Ossett Skate Park 4:30pm to 6:30pm</p> <p>BEAM @ City Limits 5pm – 6.30pm</p>



<p>Fri</p>	<p>BEAM @ Horbury Academy 9am – 10.30am &amp; 10:30 am – 12:00pm</p>	
<p>All Week/Visits</p>	<p>One to one engagement Support available at the Youth Hub (For young people aged 11-24 who live in Wakefield Central, Northwest and Southwest)</p> <ul style="list-style-type: none"> <li>❖ Engagement Intervention</li> <li>❖ Communication Support</li> <li>❖ Independence Skills</li> <li>❖ BEAM – Anger Management</li> <li>❖ Emotional Well-being Support</li> <li>❖ Sexual Health / Healthy Relationships</li> <li>Skills and Employability Sessions</li> <li>❖ Empowering youth</li> <li>❖ Who's in Charge</li> <li>❖ Smoking Cessation</li> <li>❖ Social media/online</li> </ul>	



Session Information		
Session Name	Age Range/Audience	Description
<b>Wellbeing groupwork</b>	11-16	A 6-week group work course around positive emotional wellbeing.
<b>BEAM (Behaviour, Exercise &amp; Anger Management)</b>	11-18	A 6-week programme featuring boxing exercise and anger management for young people aged 11- to 18-year-old.
<b>Targeted Girls Group</b>	11-18	A 6-week programme, covering body image, social media, and emotional wellbeing.
<b>Open Access Youth Provision</b>	11-16	Open access youth sessions for 11-13yrs and 13-16yrs, delivered by partners from the Voluntary Community and Social Enterprise sector. Youth clubs offer a range of informal education opportunities and positive activities.
<b>Young Carers Youth Group</b>	11-16	Young Carers are individuals that have caring responsibilities for a family member. The sessions offer support, activities, and a chance for individuals alike to get together, relax and have some fun. Please call us on 01924 302665 for more information.
<b>NEET Outreach</b>	16-25	Weekly outreach sessions to engage young people who are eligible for post 16 education but who are not in employment, education, or training.
<b>Connect Cafe</b>	11-18	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. Just come into the centre to use!
<b>Detached / Street Based Youth Work</b>	11-25	Street based Youth Workers provide advice and activities for the young people they meet out on the streets. Look out for them in our Wakefield Council branded vehicles and jackets.
<b>Skills &amp; Employability Programme / Drop in</b>	16-25	Education / Employment / Training. Assistance in job searching, CV writing, Interview skills, application writing.

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<b>STRIPES+ Online Zoom Session</b>	13-19	Stripes+ is a LGBTQIA+ group. The group meets in a safe, inclusive environment. One to one support is available, and we provide advice, guidance, and learning. We have fun playing games/activities but also have educational discussion around LGBTQIA+ subjects. This gives young people the opportunity to talk about their feelings and experiences of being within the LGBTQIA+ community and gives them the chance to make friendships within the group. Please call us on 01977 727622 for more information.
<b>SEND Youth Club</b>	13-25	Groups for young people with additional needs. The club offers positive activities and informal learning opportunities. We offer a safe and welcoming environment where young people can meet new friends and undertake activities such as sports, cooking, arts, crafts and much more.
<b>Focus Group Needs Led</b>	11-18	A 6-week programme for young people aged 11 to 16, working around their school engagement, risk-taking behaviours, sexual health, substance misuse or well-being. This is based on themes and needs of the young people.

**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.**