

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>Stay & Play 9:15 to 11:00am</p>	<p>Baby Group 1:30 to 3:00pm</p>
TUE	<p>*Midwife Appointments only</p> <p>Rhythm & Rhyme 10:00 to 10:45am</p>	<p>*Midwife Appointments only</p> <p>*Baby Massage 1:00 to 2:00pm</p>
WED		<p>Stay & Play 1:30 to 3:00pm</p>
THU	<p>*Who's in Charge 9:15 to 11:15am</p>	<p>*Wellbeing Group 1:00 to 3:00pm</p>
FRI	<p>Registered Childminder Group 9:30 to 11:00am</p> <p>*Turning Point Appointments only</p>	<p>Family Time 15th December 2023 3.15 to 4.45pm</p>
All Week / Varies	<p>*Freedom Programme Please call for further information.</p> <p>Connect Café</p>	



Session Information

Session Name	Age range/ Audience	Description
Baby Group	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.
*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.
*Bookstart	2 - 4 Years	6-week course. Activity ideas around exploring books and nursery rhymes that support speech and language, listening skills and school readiness.
*Connect Café	7+ Years	Please call and check for availability. 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.
*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.
Parent Forum	Parents/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.
Registered Childminder Group	0-4 Years	A play session for childminders only, with their minded preschool children. Peer support and sharing of good practice available. Childminder led.
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.
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.
*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.

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*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 behavioural changes in your children. The group explores anger, both in parents and children, encourage assertiveness and self-care. Reinforce progress and provide emotional support.
*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.
*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.
*Midwife Clinics	Midwife appointments – to be booked directly with your midwife.	
Family Time	Monthly Session for families to attend together with children under 12. Board games, Lego, internet access snacks and refreshments. Booking required	

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.