

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		*Contact the Hub to book your place Programmes for Everyone
	AM	PM
MON	<p>Coffee Morning Drop-in 9:30am to 11:30am</p> <p>*Postnatal Midwife Clinic 9:30am to 4:00pm</p> <p>*Baby Massage 10:00am to 11:30am Booking Required</p>	<p>Young Parents Group 12:30pm to 2:00pm</p> <p>Maternal Journal 1.00pm to 2.30pm</p> <p>After School Club @ The Hut 5 – 11 years 3:30pm to 5:00pm</p>
TUE	<p>*Stay & Play Calm Zone 10.00am to 11:15am Booking required</p> <p>*Freedom Programme Please call for further information.</p>	<p>*Group Triple P Parenting 12:30pm to 2.30pm</p> <p>FAB 1:00pm to 2:30pm</p> <p>* Behaviour, Exercise & Anger Management (BEAM) 3:45pm to 4:45pm</p>
WED	<p>*Childminders Group 9:00am to 12 noon</p>	<p>*Stay & Play Calm Zone 12:45pm to 2:00pm Booking required</p> <p>*Sensory Stay & Play (Second Wednesday of every month) 1:00pm to 2:30pm</p> <p>*Young Carers Youth Club 3:30pm to 5:00pm</p>
THU	<p>*Wellbeing Group 9.30am to 11:00am</p> <p>Baby Stay & Play 10:00am to 11:30am</p>	<p>*Aspirations & Wellbeing Group 3:30pm to 5:00pm</p>
FRI	<p>*Triple P Family Transition 9:30am to 11:30am</p> <p>Stay & Play 10:00am to 11:30am</p>	
<p>Kendal Drive Family Hub is a Warm Space – Families are welcome on Monday morning 9:30 to 11:30am and Friday afternoon 12:30 to 4.30pm – games and a hot drink available. All other times are subject to room availability, but we will do our best to accommodate you.</p>		



Session Information

Session Name	Age range/ Audience	Description
After School Club	5 - 11 years	This is a weekly after school group for children aged 5-11 years. This session will involve free flow play and a choice of physical activities such as football, dodge ball and access to the all-weather pitch. In addition there will be options to join in our fun arts and craft making sessions as well as games including pool, board games and lots more. During the session children will be offered a healthy snack.
*Aspirations & Wellbeing Group	7-11 year old	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. This is a 6-week programme.
*Baby Massage	Families	Learn massage strokes and rhymes to help soothe and relax you and your baby. Supports bonding, health, and wellbeing. Provided by IAIM accredited trainers.
Baby Stay & Play	Birth to walking	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)	7-11 year old	A weekly session to recognise anger cues and triggers, working towards gaining control using exercise, breathing and other strategies. This is a 4-week programme.
*Bookstart	18 month-5 years	Activity ideas around exploring books and nursery rhymes that support speech and language, listening skills and school readiness.
*Childminders Playgroup	0-5 years	The Childminder Playgroup provides a safe and nurturing environment for children who are cared for by childminders. Children can interact with peers from across the Castleford and the Five Towns area. They can learn and develop in a nursery like setting which links to the Early Years Foundation Stage.
Coffee Morning Drop-in	Parent/Carers	Come for a coffee and a chat, a friendly get together with support and information from staff.
FAB Breastfeeding Support	Families	A session run by Wakefield Families and Babies. Join other mums and speak with a breastfeeding peer supporter. 24hr helpline 01924 851901.
*Freedom Programme and Time to Talk		Please call 01977 723543 for further information.
*Group Triple P Parenting	Parent/Carer	A broad-based parenting intervention delivered over eight weeks for parents of children up to 12-years. The programme involves five (2-hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour, and plan for high-risk situations.

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Maternal Journal	Mums and children up to 5 years old	These weekly sessions are designed to help mums of under 5's and mums-to-be with their wellbeing. These guided activities support your creative expression through painting, drawing, and collaging and take place in a friendly, supportive environment. For further information contact Spectrum on 07542 028297 or spectrumpeople@spectrum-cic.nhs.uk
*Postnatal Midwife Clinic		Midwife Clinic for prearranged appointments made by your community Midwife following your day 3 visit at home. Please contact the community midwife's office to arrange an appointment if one has not already been arranged for you on 01977 747431.
*Sensory Stay & Play	Children up to 5 years old	Does your child have an identified additional sensory or communication need? Do you feel unable to attend play groups? Please contact the Health Visiting Team on 0300 3730944 to book a place.
Stay & Play	0-5 year old	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development, and behaviour.
*Stay & Play Calm Zone	Children aged 18 months-5 years old	A universal group open to all, for children to use their senses to explore a range of toys and resources. The session offers children a quieter environment to build their confidence and support their emotional needs. Do you feel unable to attend playgroup and play sessions? This may be the one for you! Places are limited so please contact the Family Hub to book.
*Triple P Family Transition	Parents and Carers	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.
*Wellbeing Group	Parents and Carers	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	Parent/Carers of children aged 8 plus	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 Youth Club	6–11 year old	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.
Young Parents Group		A weekly drop-in session for young parents and their children. Come along and meet others around your own age, share your experiences tips and ideas, make new friends in a relaxed atmosphere. Activities might include art and craft, sensory play, baby disco, bowling, sport games.

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.