

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		Baby Stay & Play 1:00 to 2:30pm
TUE	Stay & Play 9:30 to 11:00am	*Young Carers 3:30 to 5:00pm (Alternate Weeks)
WED		*Beam 3:30 to 5:00pm (Rotates Family Hub) Family Time Sessions 2.30 to 5pm
THU		*Aspirations & Wellbeing Group 3:30 to 5:00pm
FRI		
All Week / Varies	<p>Connect Café</p> <p>Sensory Room (Bookable) Please call for further information.</p> <p>Infant Led Weaning - Please enquire about upcoming dates.</p>	

What's On Guide

Groups for families and children aged 0-18 years (and SEND up to 25 years)



Session Information

Session Name	Age range/ Audience	Description
*Aspirations & Wellbeing Group (Nurture)	Children Aged 6 to 10 Years	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.
Baby Stay & Play	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 developments etc.
*Baby Triple P	Pregnant and Transition to Parenthood (Parents need to be able to commit to all 8 sessions)	Aims to prepare parents for a positive transition to parenthood and the first year with baby. Parents actively learn strategies to develop a positive relationship with their baby, promote their baby's development and understand their baby's new skills and behaviours. The four initial sessions can be delivered prenatally with the other sessions delivered postnatally, or the entire programme can be delivered postnatally.
*Behaviour, Exercise & Anger Management (BEAM)	1:1 and Groups for 7 to 16 Year Olds	A one-off session to recognise anger cues and triggers, working towards gaining control using exercise, breathing and other strategies.
Connect Café	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.
*Infant Massage	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.
Stay & Play	Confident Walkers to 5 Years	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development, and behaviour.
*Young Carers	6 to 11 Year Olds	A session for 6 to 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.
Sensory Room	Bookable Space for Parents and Children	Subject to availability – please call for further details.

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.