

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>**Baby Massage 10:00am to 11:00am</p> <p>*EPEC Parent Forum 9:00am to 12:00pm</p>	<p>*Stay and Play Calm Zone 1:30pm to 2:30pm</p>
TUE	<p>Stay & Play 10:00am to 11:30am</p>	<p>*HENRY 1:00pm to 3pm</p> <p>*Young Carers Group 3:30pm to 5:00pm</p>
WED		<p>*Baby Triple P 1:00pm to 3pm</p>
THU	<p>Baby Stay & Play 10:00am to 11:30am</p> <p>Coffee Morning/Welcome Spaces 9:30am to 11:30pm</p> <p>Wellbeing Group at The Addy 10:00am to 12:00pm</p>	<p>*BEAM 3:30pm to 5:00pm</p>
FRI	<p>*Perinatal Group (monthly) 9:30am to 11:45am</p>	<p>*Complex Needs Group (monthly) 12:00pm to 2:00pm</p> <p>FAB 1:30pm to 3:00pm</p>
All Week / Varies		

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Session Information

Session Name	Age range/ Audience	Description
*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.
*Bookstart	18 months-5 years	Activity ideas around exploring books and nursery rhymes that support speech and language, listening skills and school readiness
Coffee Morning	Open to all ages	Come for a coffee, friendly get together with support and information from staff.
*Early Years Parenting	Parents/Carers of children aged 2-8 years	Over 5-weeks we will look at play and interaction, child development, routines and boundaries, behaviour and strategies.
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	Does your child have an identified communication or sensory need? Do you feel unable to attend playgroup and play sessions? Come along to a fun, calm and supportive play session.
*Triple P	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	Parents/Carers of children aged 8 plus	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	5-11 year olds	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.