

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>*Registered Childminder Group 9.30 - 11.30am</p> <p>*Wellbeing Parents 9.30 - 11.30am</p> <p>*Triple P Group 9.30 - 11.30am</p>	<p>*Aspirations & Wellbeing Group (Nurture) 3.30 - 5.00pm</p>
TUE	<p>Parent and Family Coffee Morning & Connect Café</p>	<p>*Who's in Charge (WIC) 1.00 - 3.00pm</p> <p>*BEAM 3.30 - 5.00pm</p>
WED	<p>*Health Partner Delivery Children's Physio Group</p>	
THU	<p>Baby Stay & Play 9.30- 11.00am</p>	<p>*Infant Massage</p> <p>*Midwife Clinic</p> <p>*Young Carers Group 3.30- 5.00pm</p>
FRI		<p>Stay and Play 1.30 - 2.30pm</p>
All Week / Varies	<p>*Introducing Solids Workshops - Please enquire about upcoming dates.</p> <p>*Midwives Clinic – By appointment only.</p> <p>* Freedom Programme – Wednesday PM - delivered from Oakhill Family Hub, please call for details.</p>	



Wakefield Families Together

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Session Information

Session Name	Age range/ Audience	Description
Midwife Clinics	Antenatal/ New Baby	Midwife appointments – to book directly with your midwife.
*Aspirations and Wellbeing Group (Parents)	Parents and Carers Only	Caring for children means caring for yourself too. A time to be just 'you' meet other local parent and share experiences. Call to discuss/ for further information.
*Triple P Parenting	Parents/ Carers of Children Aged Up To 12 Years	Broad-based parenting intervention delivered over 8 weeks for parents of children up to 12-years. The programme involves five (2-hour) group sessions followed by 3 one to one sessions. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems.
*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 behaviours in your children. The group explores anger, both in parents and children, encouraging assertiveness and self-care. Reinforce progress and provide emotional support.
*Freedom Programme	Woman Who Have Experienced Domestic Abuse	This 10-week programme explores violent and abusive behaviours. To support women to recognise when they are being controlled. What is a perpetrator? What are the warning signs? The group also looks at the effects that domestic abuse has upon children.
*Behaviour, Exercise & Anger Management (BEAM)	Groups For 7–10 Year Olds	3 x sessions to recognise anger cues and triggers, working towards gaining control using exercise, breathing and other strategies. 3 weeks activity – weeks 1 & 2 group work with young person, week 3 invitation for family to join session to create family plans.
Stay & Play	Confident Walkers to Children Aged 5 Years	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development, and behaviours.
Connect Café	Everyone	Use our devices and access the internet for free. Come and do homework, revision, links to services across the district, applications and form filling as well as job and housing searches etc.
Baby Stay & Play	Newborn 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 development 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.

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Registered Childminder Group	-	A play session for childminders only, with their minded preschool children. Peer support and sharing a good practice available. Childminder led.
*Aspirations & Wellbeing Group (Nurture)	Children Aged 6 -10/11 Yrs Primary Age	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.
*Introducing Solids Workshop	4 -12 Months	A one-off information session. A guide for parents of babies aged between 4 to 12 months. Recommendations from 6 months onwards.
Online Positive Parenting Programmes	Parents and Carers	<u>NEW</u> : We have a range of FREE online courses you can complete in your own time from home. If you would like to know more, please contact your Family Hub, or scan the QR code on the front of this guide, click on Wakefield Families Together Logo and look under Parenting Support and Relationships. Covers baby to teen age ranges.
*EPEC Being a Parent		The course helps parents to learn practical communication skills for everyday life to help bring up confident, happy and supported children. To provide parents with positive strategies to take away to help manage their children's behaviour. Learn how to better understand and support your children's feelings. Effective parent-child communication. Please call for details of upcoming groups

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.