



# 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		For groups marked * contact us to reserve your place
	AM	PM
MON	<p><b>Community Paediatrics</b> Appointments only</p> <p><b>*BEAM</b> 4<sup>th</sup> January and 12<sup>th</sup> February 10:00 am to 12:00noon</p>	<p><b>Parent Carer Forum</b> Alternate weeks 12:00 noon to 2:00pm</p> <p><b>*Aspirations and Wellbeing Group</b> 3:30 to 5pm Start to be confirmed</p>
TUE	<p><b>*Wellbeing Group</b> 9:30am to 12:00 noon 16<sup>th</sup> January start</p> <p><b>Well Woman</b> Appointments only</p> <p><b>Turning Point Talking Therapies</b> Appointment only 01924 234860</p> <p><b>*HENRY</b> 10am to 12 noon 9<sup>th</sup> January start</p>	<p><b>* Happy Healthy &amp; Safe Homes</b> 12:30 to 2:15pm 16<sup>th</sup> January start</p> <p><b>*Young Carers</b> 3:30 to 5:00pm 16<sup>th</sup> &amp; 30<sup>th</sup> January 13<sup>th</sup> &amp; 27<sup>th</sup> February</p> <p><b>*Family Time</b> 23<sup>rd</sup> Jan &amp; 20<sup>th</sup> Feb 3:30 to 4:30pm</p> <p><b>*Family Time SEND</b> 9<sup>th</sup> Jan &amp; 6<sup>th</sup> Feb 3:30 to 4:30pm</p>
WED	<p><b>Speech &amp; Language Therapy Chit Chat Group</b> Appointment only</p> <p><b>Antenatal Midwife Classes</b> Appointment only</p>	<p><b>*First Aid for Parents &amp; Carers</b> Weds 10<sup>th</sup> Jan am Weds 21<sup>st</sup> February pm</p>
THU	<p><b>Stay &amp; Play</b> 9:15 to 11:00am Term Time</p> <p><b>*Who's in Charge</b> 9:30 to 11am 11<sup>th</sup> January start</p> <p><b>Midwife</b> Appointments only</p>	<p><b>*Triple P Baby</b> 1:00 to 3:00pm 1<sup>st</sup> February start</p> <p><b>FAB Breastfeeding Support</b> 1:00 to 2:30pm</p>
FRI	<p><b>Baby Group</b> 9:30 to 11:00am Term time</p> <p><b>*Triple P Family Transitions</b> 9:30 to 11:30am starts 19<sup>th</sup> January</p> <p><b>NHS Stop Smoking</b> Appointments available</p>	<p><b>*Baby Massage</b> 1:30 to 2:30pm 19<sup>th</sup> January start</p> <p><b>*Introducing Solids workshop</b> 11:00 to 12:00noon 23<sup>rd</sup> February</p>
All Week / Varies	<p><b>Sensory Room – all week</b></p> <p><b>Connect Café - all week</b></p> <p><b>Freedom – Contact us for dates</b></p> <p><b>Petals – Contact us for dates</b></p>	<div style="background-color: #2c3e50; color: white; padding: 10px;">  <p>For Youth Hub activities for 11+ or other Family Hubs</p> <p>Contact your nearest hub for more information</p>  <p>Scan for Local Hub contact details</p> </div>

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## Session Information

Session Name	Age range/ Audience	Description
<b>*Aspirations &amp; Wellbeing Group</b>	5-11 years	A 6-week session tailored to the group which looks at young people's needs including identify, safety, education, physical health, mental health and positive futures.
<b>*Baby Massage</b>	4 weeks to crawling	4-week course. Learn strokes and rhymes to help soothe and relax you and your baby. Supports bonding, health and wellbeing.
<b>Baby Group</b>	0-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.
<b>*Behaviour, Exercise &amp; Anger Management (BEAM)</b>	8-12 years old School holidays	A one-off session to recognise anger cues and triggers, working towards gaining control using exercise, breathing and other strategies.
<b>*Bookstart</b>	2-4 years	6-week programme. Activity ideas around exploring books and nursery rhymes that support speech and language, listening skills and school readiness.
<b>Connect Café</b>	7+ years	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.
<b>FAB Breastfeeding Support</b>		A session run by Wakefield Families and Babies. Join other mums and speak with a breastfeeding peer supporter. 24hr helpline 01924 851901.
<b>*Family Time</b>	Families together with a child under 12	Monthly Session for families to attend together with children. Board games, Lego, internet access snacks and refreshments. Younger and older siblings are welcome too.
<b>*Family Time SEND</b>	Families together with a child under 12	As above, includes access to sensory resources and a calmer session to meet children's needs.
<b>*First Aid for Parents &amp; Carers</b>	Adults	A practical course covering: Choking, Drowning, Poisoning, Accident prevention, Bleeding, Burns and scalds, CPR and recovery position.
<b>*Freedom Programme</b>	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.

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<b>*Happy Healthy Safe Homes</b>	Parents and carers	Group exploring how we meet children's needs. Exploring health, nutrition, education, safety, emotional support, home environment, safeguarding children and what others expect of us as a parent.
<b>*HENRY</b>	Parents with under 5's	Our <b>NEW</b> 8-10 week group exploring family goal setting, responding to children's needs, positive mealtimes, food portion sizes, managing behaviour, active play ideas and planning for the future.
<b>*Introducing Solids</b>	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.
<b>Midwife Clinics</b>		Midwife appointments – Contact community midwives on 01977 747430 / 747431 <a href="http://www.midyorks.nhs.uk/maternity">www.midyorks.nhs.uk/maternity</a>
<b>NHS Stop Smoking</b>	Adults	Appointments to support stopping smoking – contact 01977 465449
<b>Parent Carer Forum</b>	Adults /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. Links to Parent carer panel.
<b>*Petals</b>	Women	Safe space for women who have experienced domestic abuse to come together for support.
<b>Rhythm &amp; Rhyme</b>	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.
<b>Sensory Room</b>	0-8 years	Book to use our sensory room either as an individual or suitable for up to 3 adults with babies. Bubble tube, lights music and sensory toys to explore. 45 minutes slots.
<b>Stay &amp; Play</b>	0-4 years	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development and behaviour.
<b>*Triple P for Babies</b>	Parents/Carer with a Child Under 12 months	<b>NEW</b> 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.
<b>*Triple P Family Transitions</b>	Adults/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.

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<b>*Group / Stepping Stones Triple P</b>	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.  Stepping Stones also includes strategies for children with additional needs.
<b>*Wellbeing Group</b>	Adults	A 10-week 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.
<b>*Who's In Charge</b>	Adults	Parents/carers welcome to this 8-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.
<b>*Young Carers</b>	6-11 years	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.
<b>Online Positive Parenting Programmes</b>	Parents & Carers	<b>NEW</b> 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 and look under Parenting Support and Relationships. Covers baby to teen age ranges.

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.