

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	*Triple P Group 9.30 – 11.30am	Baby Stay & Play 1.00 - 2.30pm *Beam 3.30 – 5.00pm
TUE	Stay & Play 9.30 - 11.00am	*Infant Massage 1.30 – 3.00pm
WED		*Freedom Programme 1.00 – 2.30pm Parent and Family Coffee Afternoon & Connect Café 3.00 – 5.00pm
THU	Monthly Partner Groups Sensory Group/Deaf Group (By Appointment Only)	*Aspirations & Wellbeing Group (Nurture) 3.30 - 5.00pm
FRI	*Triple P - Stepping Stones 9.30 - 11.30am	
All Week / Varies	<p>*Triple P Baby - Thursdays 1.00- 3:00pm - starts 1st February (delivered at Cedars Family Hub).</p> <p>*Introducing Solids Workshop - please enquire about upcoming dates.</p> <p>*First Aid for Parents and Carers - please enquire about upcoming dates.</p> <p>*Young Carers Group - Thursday after school - delivered from Butterflies Family Hub – please call for details.</p> <p>*Who's in Charge - Tuesday PM - delivered from Butterflies Family Hub – please call for details.</p> <p>Sensory Room – bookable please call for further information.</p>	



Wakefield Families Together

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Session Information

Session Name	Age range/ Audience	Description
*Aspirations & Wellbeing Group (Nurture)	Children Aged 6 - 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.
*Wellbeing Group	Adults	Group sessions 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.
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 developments etc.
*Baby Triple P	Pregnant & Transition to Parenthood (Parents need to be able to commit to all 8 sessions.)	<u>NEW</u> : 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.
*Behaviour, Exercise & Anger Management (BEAM)	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.
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.
*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.
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 - 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 carer to relax and have fun.

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*Group / Stepping Stones Triple P	Parents and Carers 0 -12 Year Olds	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.
*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.
Parent and Family Coffee Meet	Parents and Children	<u>NEW</u> : Come along and join us for a couple of hours with or without your children.
*Who's in Charge (WIC)	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.
Online Positive Parenting Programmes	Parents & 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.
Sensory Room	Bookable Space for Parents and Children	Subject to availability - 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.