

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>Coffee Morning @ The Addy 9:30am to 11:00am</p> <p>*Baby Massage 10:00am to 11:00am</p>	<p>*Who's In Charge 1:00pm to 3:00pm</p> <p>*Bookstart 1:30pm to 3:00pm</p>
TUE	<p>Baby Group 10:00am to 11:30am</p> <p>*Triple P Stepping Stones 10:00am to 12:00pm</p>	<p>*HENRY 1:00pm to 3:30pm</p> <p>*Aspirations 1:00pm to 3:00pm</p>
WED		
THU	<p>Coffee Morning/Welcome Space 9:30am to 11:30am</p> <p>Stay and Play 10:00am to 11:30am</p>	<p>*Triple P Stepping Stones 12:30pm to 2:30pm</p> <p>*BEAM 1:30pm to 2:30pm</p>
FRI	<p>*Perinatal Group (monthly) 9:30am to 11:45am</p> <p>*Aspirations 9:30am to 11:30am</p> <p>Stay & Play Calm Zone 10:00am to 11:00am</p>	<p>*Complex Needs Group (monthly) 12:00pm to 2:00pm</p> <p>FAB 1:30pm to 3:00pm</p>
All Week / Varies		

Last Updated: 19.12.23

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	7 to 11 years old	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. This is a 6-week programme.
*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 Group	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.
*Baby Triple P	Parent/Carer	Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period. Parents actively participate in a range of activities to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviours
*Behaviour, Exercise & Anger Management (BEAM)	7 to 11 years old	A weekly session to recognise anger cues and triggers, working towards gaining control using exercise, breathing and other strategies. This is a 4-week programme.
*Bookstart	18 months to 5 years old	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.
*Complex Need Group (COMPASS)	Parent/Carer	This is a peer support group for parents/carers of a child or young person living with complex medical needs. Please contact 01924 655093 for more information and to book on to the group.
FAB Breastfeeding Support	Families	A session run by Wakefield Families and Babies. Join other mums and speak with a breastfeeding peer supporter. 24hr helpline 01924 851901.
*HENRY	Parents/Carers	This is an 8-to-10-week programme for parents with children aged 0 to 5 years and will explore how to give your children a healthy start in life. It will cover a range of subjects including setting goals, juggling life with young children, positive mealtimes and a lot more.

Last Updated: 19.12.23



Stay & Play	0 to 5 years 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	18 months to 5 years old	A universal group open to all, for children to use their senses to explore a range of toys and resources. The session offers children a quieter environment to build their confidence and support their emotional needs. Do you feel unable to attend playgroup and play sessions? This may be the one for you! Places are limited so please contact the Family Hub to book.
*Triple P Stepping Stones	Parents and Carers	Group Stepping Stones Triple P has been developed for parents of children with a disability. Stepping Stones Triple P has been evaluated with families of children with a range of disabilities (e.g., intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behaviour. The programme involves six (2 ½ hour) group sessions that educate and actively train skills, and three (15 to 30 minute) individual telephone consultations to assist parents to refine the use of their parenting skills and to develop independent problem-solving skills. A full behavioural and family assessment is completed before and after the group sessions.
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 to 11 years old	A session for 5–11-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.

Last Updated: 19.12.23