

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		
TUE	<p>*Sensory Stay & Play 1st Tuesday of the month 9:30am to 11:00am</p>	<p>Stay & Play (Term time only) 0-5 years 1:30pm to 3:00pm</p> <p>Parkhill Open Access Support For parent and carers time to be confirmed</p>
WED	<p>One Adoption Group 10:00am to 11:30am Alternate weeks</p>	<p>Neonatal Buddies 12:30pm to 2:30pm Run by MidYorks Neonatal Outreach team. Drop in for a chat with other parents that have had a baby in the neonatal unit. Alternate weeks</p> <p>Family Fun Sessions with games, cooking, arts and crafts All families welcome - includes refreshments 3:30pm to 5:00pm</p>
THU	<p>Speech and Language Therapy (SALT) Every other Thursday 9:30am to 11:30am</p> <p>*Midwife Clinic By appointment only. 9:00am to 4:00pm</p>	<p>*Midwife Clinic By appointment only. 9:00am to 4:00pm</p>
FRI	<p>Baby Stay & Play Term time only 0-Confident Walker 9:30am to 11:00am</p> <p>*Midwife Clinic By appointment only. 9:00am to 4:00pm</p>	<p>*Midwife Clinic By appointment only. 9:00am to 4:00pm</p>
All Week / Varies	<p>Bookstart Please call for more information.</p> <p>*Connect Café Coming soon.</p> <p>*Freedom Programme Ring to book a place</p>	

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***Who's in Charge (WIC) Parenting Group**

Ring to book a place.

***Empowering Parents Empowering Communities (EPEC)**

Please call for information

Triple P groups- Stepping Stones and Baby

Rhythm and Rhyme sessions

Infant Massage

Infant Feeding sessions

Antenatal Sessions

Please call the Centre for more details of the above sessions

Young Carers

Held at Crofton Young Peoples Centre

Every Tuesday – Term Time only 4:00pm to 5:15pm

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Session Information

Session Name	Age range/ Audience	Description
Baby Stay & Play	0-12 months Pre 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.
Neonatal Buddies	0-5 years	A drop in for tea, biscuit and a chat with others that have been through having a baby in the neo natal unit.
Bookstart	2-4 years	6-week course. Activity ideas around exploring books and nursery rhymes that support speech and language, listening and school readiness. Please call for further information.
Connect Café	From 7 years	Coming soon. Use our devices and access the internet for free. Come and do homework, revision, link to services across the district, applications and form filling and well has job and housing searches etc.
*Empowering Parents Empowering Communities (EPEC)	Adults	The Being a Parent Course aims to improve child development and outcomes, parenting, family resilience, and family relationships.
*Early Years Parenting	Adults	Over 5-weeks. We will look at play and interaction, child development, routines and boundaries, behaviour and strategies.
*Freedom Programme	Adults	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 effect that domestic violence has upon children.
Infant Massage	4 weeks to crawling	5-week course. Learn strokes and rhymes to help soothe and relax you and your baby. Supports bonding, health, and wellbeing.
*Sensory Stay & Play	0-5 years	Run by the Health Service. Please ring 0300 273 0944 for more information.
Speech and Language Therapy (SALT)	2-16 years	Children's Speech and Language Therapy helps children with a range of Speech, Language and Communication Needs (SLCN) to achieve and maintain their potential. It also provides support and advice to families. Ring 01977 465417 for more information.
Stay & Play	0-5 years	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development, and behaviour.
Triple P		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. https://www.triplep-parenting.uk.net/uk/triple-p/
*Who's in Charge (WIC) Parenting Group	Parents with children 8+	Parents/carers welcome to this 6-week virtual 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.

Stanley Family Hub

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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.



Solihull Parenting.

Follow the QR code for Wakefield Families Together for a link to the