

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

For groups marked * contact us to reserve your place

	AM	PM
MON	<p>SEND Parent Support Group Drop-In 9:00am to 10:30am, The Annexe, 255A Barnsley Road, Wakefield WF1 5NU</p> <p>*Triple P – Family Transitions (Parents) Group 9:30am to 12:00pm Please call to register your interest for the next group</p> <p>*Community Paediatrics By appointment only</p> <p>*Freedom Programme Please call to register your interest for the next group</p>	<p>Baby Group (0-12 months pre walkers) 1:30pm to 3:00pm (Term time only)</p>
TUE	<p>*Empowering Parents Empowering Communities (EPEC)/Being A Parent (BAP) Course (2 to 11 years) 9:30am to 2:30pm Please call to register your interest for the next group</p>	<p>*Triple P Steppingstones Group (0 to 12 years) 1:00pm to 3:00pm Please call to register your interest for the next group</p> <p>*Parental Wellbeing (For Parents/Carers) 12:30pm to 2:00pm Please call to register your interest for the next group</p> <p>*Crofton Young Carers Group (under 8's) 4:00pm to 5:15pm (Term time only) Crofton Youth Hub, WF4 1NF Please call to register your interest for the next group</p>
WED	<p>*Triple P Baby (Pre Natal to 2 years) Group 9:30am to 11:30am Please call to register your interest for the next group</p> <p>*Speech and Language Therapy (SALT) By appointment only</p> <p>*Specialist Breastfeeding Clinic By appointment only</p> <p>*Midwife Clinic By appointment only</p>	<p>*Aspirations 3:30pm to 5:00pm (Term time only) Please call to register your interest for the next group</p> <p>Family games with arts and crafts - All Families Welcome – Includes food and drinks – No need to book, just show up 3:30pm to 5:00pm</p> <p>*WASP 10th of April, 8th of May, 26th of June, and 4th of September 9:30am to 1:00pm Please call to register your interest</p>

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THU	<p>Open Access Drop-In Group for Parents/Carers 11:30am to 1:30pm (Term time only)</p> <p>*Speech and Language Therapy (SALT) By appointment only</p> <p>*Community Paediatrics By appointment only</p>	<p>Stay & Play (0 to 5 years) 1:30pm to 3:00pm (Term time only)</p> <p>*Castle Young Carers Group 3:30pm to 5:00pm (Term time only) Please call to register your interest</p>
FRI	<p>Stay and Play (Ages 0 to 5 years) 9:00am to 10:30am Crigglestone Nursery, High Street, Crigglestone WF4 3EB</p> <p>*Midwife Clinic By appointment only</p>	<p>*Maternal Journal (Pregnant or new parent) 1:00pm to 2:30pm Please call to register your interest for the next group</p> <p>*Who's In Charge (WIC) Parenting Group 1:00pm to 2:30pm Please call to register your interest for the next group</p>

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Session Information		
Session Name	Age range/ Audience	Description
*Aspirations & Wellbeing Group	Aspirations – 8-11 years Unless stated for adults	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.
Baby Group	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.
*Baby 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. Please call to be put on the waiting list.
*BEAM	8-12 years	A one-off session to recognise anger cues and triggers, working towards gaining control using exercise, breathing and other strategies.
*Bookstart	2-4 years	6-week programme. Activity ideas around exploring books and nursery rhymes that support speech and language, listening skills and school readiness.
Castle Young Carers Group	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.
*Chit Chat Speech and Language Therapy (SALT)		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 and to book a place.
Connect Café	From 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 and well has job and housing searches etc. Call in any time.
Crofton Young Carers	Under 8 years	A session for under 8-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.
*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	Parents / Carers of children aged 6-11 Years	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

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		perpetrator? What are the warning signs? The group also looks at the effect that domestic violence has upon children.
*Infant Led Weaning	4-12 months	A one-off information session. A guide for parents of babies aged between 4 to 12 months. Weaning recommendations from 6 months onwards.
*Maternal Journal	Pregnant or recently had a baby	Maternal Journal provides a positive outlet for some of the new feeling and challenges you might experience, both physically and emotionally in pregnancy and new parenthood. Through a series of creative workshops, we will explore journaling to promote positive mental health and wellbeing.
*Midwife Clinic		Midwife appointments – To be booked directly with your midwife.
*Open Access Drop-In Group	Parents/Carers 0-19 years	An open access drop-in group for parents to meet with other parents in a supportive and safe space, gain friendly and honest advice on all aspects of family life and challenges of bringing up children.
*Paediatric First Aid	Adults	A 4-week Paediatric First Aid course run by Yorkshire Ambulance Service. Includes: CPR, choking for an adult and a child, stroke and bleeding, danger, understanding the difference between a heart attack and a cardiac arrest and the recovery position. Taking place at Sunbeam, Castle & Stanley Family hub.
*Parental Wellbeing	Adults	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.
*SEND Open Access Drop-In Group	Parents/Carers 0-25 years	An open access drop-in group for parents to meet with other parents in a supportive and safe space, gain friendly and honest advice on all aspects of family life and challenges of bringing up children.
*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	Adults	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.
Toddler Stay & Play	Confident crawlers to 2 years	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development, and behaviour.
*Who's in Charge (WIC)	Adults	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.

Castle 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.

Castle Family Hub
255 Barnsley Road
Wakefield
WF1 5NU

 01924 303376

 WFTCastleFamilyHub@wakefield.gov.uk

 @CastleFamilyHub

www.wakefieldfamieliestogether.co.uk