

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 | | *Contact the Hub to book your place Programmes for Everyone |
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| | AM | PM |
| MON | <p>Coffee Morning Drop-in 9:30am to 11:30am</p> <p>Toddler Stay & Play 10:00am to 11:30am</p> | <p>*Who's In Charge 12:30pm to 2:30pm (starts 08/4/2024)</p> <p>*Infant Feeding 1.00pm to 2.30pm (starts 08/04/2024)</p> <p>*Baby Massage 1.00pm to 2.30pm (starts 13/05/2024)</p> <p>After School Club @ The Hut 5 – 11 years 3:30pm to 5:00pm</p> <p>*Creative Club 3:30pm to 5:30pm</p> |
| TUE | <p>Baby Stay & Play 10:00am to 11:30am</p> | <p>*Bookstart @Pomfret Family Hub 1:30pm to 3:00pm</p> <p>*Group Triple P Parenting 12:30pm to 2.30pm (Starts 19/03/24)</p> <p>FAB 1:00pm to 2:30pm</p> <p>Clare's Crafts 3:30pm to 4:30pm</p> <p>*Behaviour, Exercise & Anger Management (BEAM) 3:45pm to 4:45pm (Starts 16/04/2024)</p> <p>*Young Carers Youth Club (Under 8's) 4:00pm to 5:15pm @ Crofton Young People Centre</p> <p>*Who's In Charge (Virtual) 5.30 to 7:30pm</p> |
| WED | <p>*Childminders Group 9:00am to 12:00pm</p> <p>WASP Drop in Sessions @Pomfret Family Hub 9:30am to 1:00pm (17th April, 5th June, 17th July)</p> <p>*SGO Support Group 10.00am – 11.30am (Monthly) 10/4/24, 15/05/24 and 12/06/24</p> | <p>*HENRY @Pomfret Family Hub 1:00pm to 3:00pm (Starts 13/05/24)</p> <p>*Sensory Stay & Play (Second Wednesday of every month) 1:00pm to 2:30pm</p> <p>*SEND Stars 1:00pm to 2:30pm (Starts 17/04/2024) Fortnightly</p> |

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| | | <p>*Young Carers Youth Club 3:30pm to 5:00pm</p> <p>*FAB Antenatal Group 6:00pm to 8:00pm (Starts 10/04/2024)</p> <p>*NHS Antenatal Group 6:00pm to 8:00pm (Starts 24/04/2024)</p> |
| THU | <p>*Wellbeing Group 9.15am to 11:15am @ The Hut</p> <p>*Baby Massage @Five Towns Resource Centre 1.00pm to 2.30pm (23/04/2024)</p> <p>*Freedom Programme Please call for further information.</p> | <p>*Stay & Play Calm Zone 1:00pm to 2:00pm (Starts 11/04/24)</p> <p>*Triple P Stepping Stones @ Pomfret Family Hub 1:00pm to 3:00pm</p> <p>*Baby Triple P @ Pomfret Family Hub 1:30pm to 3:30pm</p> <p>*Aspirations Group 3:30pm to 5:00pm</p> <p>*Deaf Youth Club (monthly) 6:00pm to 8:00pm (25 April, 23 May, 27 June)</p> |
| FRI | <p>*Triple P Family Transition 9:30am to 11:30am (Starts 01/03/2024)</p> <p>Stay & Play 10:00am to 11:30am</p> | <p>Complex Needs Group (monthly) @Pomfret Family Hub 12:00pm to 2:00pm (26 April, 31 May, 28 June)</p> <p>*Sensory Bookable Time 1:00pm to 2:00pm, 2:00pm to 3:00pm or 3:00pm to 4:00pm</p> |
| <p>Kendal Drive Family Hub is a Warm Space – Families are welcome on Monday morning 9:30 to 11:30am and Friday afternoon 12:30 to 4.30pm – games and a hot drink available.</p> | | |



Session Information

| Session Name | Age range/ Audience | Description |
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| After School Club | 5 - 11 years | This is a weekly after school group for children aged 5-11 years. This session will involve free flow play and a choice of physical activities such as football, dodge ball and access to the all-weather pitch. In addition, there will be options to join in our fun arts and craft making sessions as well as games including pool, board games and lots more. During the session children will be offered a healthy snack. |
| *Aspirations & Wellbeing Group | 7-11 year 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 Stay & Play | 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 exercises 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) | 7-11 year 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 month-5 years | Activity ideas around exploring books and nursery rhymes that support speech and language, listening skills and school readiness. |
| *Childminders Playgroup | 0-5 years | The Childminder Playgroup provides a safe and nurturing environment for children who are cared for by childminders. Children can interact with peers from across the Castleford and the Five Towns area. They can learn and develop in a nursery like setting which links to the Early Years Foundation Stage. |
| Clare's Crafts | 10-14 year old | This is a weekly group giving young people the opportunity to learn how to Crochet. All resources are provided. |
| Coffee Morning Drop-in | Parent/Carers | Come for a coffee and a chat, a 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 665093 for more information and to book on to the group. |



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| *Creative Club | 11-16 year old | Delivered by YPEP, the Creative Club gives young people the chance to support their wellbeing through learning new skills and making new friends |
| *Deaf Youth Club | Deaf Young People and their families | <p>WISENDSS would like to invite deaf children and their families to a new Youth Club. This is a great opportunity for deaf young people to make new friends and for parents to get together and have a chat.</p> <p>If you are interested please contact Michael at mfreeman@wakefield.gov.uk, Paula at phorsfield@wakefield.gov.uk or Carol at cabrook@wakefield.gov.uk</p> |
| 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. |
| *Freedom Programme and Time to Talk | | Please call 01977 723543 for further information. |
| *Group Triple P Parenting | Parent/Carer | A broad-based parenting intervention delivered over eight weeks for parents of children up to 12-years. The programme involves five (2-hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour, and plan for high-risk situations. |
| *HENRY | Parent/Carer | 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. |
| *Infant Feeding | Families | This is a group to help parents/carers around infant feeding/weaning from 6months - 5years and offering support/guidance to achieve feeding goals |
| SEND Stars | | A group for all families/carers with children who have a SEND diagnosis or who are currently going through a referral. The session will give an opportunity for children to play, use their senses and allow them to explore a range of toys and resources. |
| *Sensory Stay & Play | Children up to 5 years old | Does your child have an identified additional sensory or communication need? Do you feel unable to attend play groups? Please contact the Health Visiting Team on 0300 3730944 to book a place. |
| *SGO Support Group | Carers | Special Guardianship Support is led by Kinship staff and is open to all Special Guardianship carers in the Castleford and Airedale area. Meeting on a monthly drop-in basis to share stories, support each other and to come together for a cup of tea and a chat. |
| Stay & Play | 0-5 year old | Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development, and behaviour. |

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| *Stay & Play Calm Zone | Children aged 18 months-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. |
| Toddler Stay and Play | Confident walking to 2 years | Toddler group will support all-round development by enabling children varied opportunities to explore and play to develop their balance, spatial awareness and co-ordination. Early learning play sessions also enhance confidence of mobility and socialisation experiences for both children and families. The group will also offer information and guidance on play, interaction, development, and behaviour. |
| *Triple P Family Transition | Parents and 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. |
| *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 | Parent/Carers of children aged 8 plus | 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 Youth Club | 6–11 year old | 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. |
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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.