

# What's On Guide

Groups for families and children aged 0-18 years (and SEND up to 25 years)



## SUNBEAM FAMILY HUB

All our Groups and Activities are Free of Charge

\*Contact us to reserve your place

	AM	PM
MON	<p><b>*Speech and Language Therapy (SALT)</b> please call 01977 465417</p> <p><b>*Midwife Clinic</b> By appointment only</p> <p><b>Baby Group 0-12 months</b> (pre walkers) Term time only - 9:30am to 11:00am</p>	<p><b>*Speech and Language Therapy (SALT)</b> please call 01977 465417</p> <p><b>*Midwife Clinic</b> By appointment only</p> <p><b>Baby Massage</b> Contact us to reserve your place</p>
TUE	<p><b>*Midwife Clinic</b> By appointment only</p>	<p><b>FAB (Families and Babies)</b> 1:00pm – 2.00pm</p> <p><b>*Midwife Clinic</b> By appointment only</p> <p><b>*Crofton Young Carers Group</b> 4.00pm - 5.15pm</p>
WED	<p><b>*Henry parenting programme</b> 9:30am – 11:30am Contact us to reserve your place</p>	
THU	<p><b>Stay and Play</b> Term time only - 9.30am to 11.00am</p> <p><b>*Speech and Language Therapy (SALT)</b> please call 01977 465417</p>	<p><b>*'Who's in Charge' (WIC) Parenting group</b> 1.00pm to 2.30pm Contact us to reserve your place.</p> <p><b>*Young Parents Group</b> 3:00pm to 4:30pm Please call for more information</p> <p><b>*Speech and Language Therapy (SALT)</b> please call 01977 465417</p>
FRI	<p><b>*Stay &amp; Play Calm Zone</b> 9.30pm – 10.45pm Contact us to reserve your place</p>	

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Please call for further information:

- \*Antenatal sessions
- \*Behaviour, Exercise & Anger Management (BEAM)
- \*Bookstart – 6-week course
- \*Freedom Programme
- \*Infant feeding sessions
- \*Infant massage
- \*Triple P – group, stepping stones and baby
- \*Rhythm and rhyme play session
- \*WASP workshops

**Connect Café**

Coming Soon - Turn over for more information.

All Week / Varies

Sunbeam Family Hub  
Lupset Crescent  
Wakefield  
WF2 8RH

☎ 01924 302333  
✉ [WFTSunbeamFamilyHub@wakefield.gov.uk](mailto:WFTSunbeamFamilyHub@wakefield.gov.uk)  
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## Session Information

Session Name	Age range/audience	Description
<b>*Aspirations &amp; Wellbeing Group</b>	Aspirations – 8-11years 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.
<b>Baby Group</b>	0-12months (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
<b>*Baby Massage</b>	4-weeks to crawling	5-week course. Learn strokes and rhymes to help sooth and relax you and your baby. Supports bonding, health and wellbeing.
<b>*BEAM</b>	8-12 years	A one-off session to recognise anger cues and triggers, working towards gaining control using exercise, breathing and other strategies.
<b>*Bookstart</b>	2 to 4 years	Activity ideas around exploring books and nursery rhymes that support speech and language, listening skills and school readiness.
<b>Connect Café</b>	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.
<b>Stay &amp; Play Calm Zone</b>	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.
<b>*Early Years Parenting</b>	Adults	Over 5-weeks we will look at play and interaction, child development, routines and boundaries, behaviour and strategies.
<b>*Freedom Programme</b>	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.



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<b>*Henry Parenting Programme</b>	Adults	HENRY stands for Health, Exercise Nutrition for the Really Young. HENRY is an eight-week programme for parents of infants and toddlers aged 0 to 5 years. The Programme helps parents get their children off to the best start in life. The programme sessions are interactive, fun, practical and informative.
<b>*Infant Led Weaning</b>	4 to 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.
<b>*Midwife Clinic</b>		Midwife appointments – To be booked directly with your midwife.
<b>*Paediatric First Aid</b>	Adults	A four week Paediatric First Aid course run by Yorkshire Ambulance Service. Includes: CPR, choking for an adult and a child, Stroke & Bleeding, Danger, understanding the difference between a heart attack and a cardiac arrest.
<b>*Parental Well Being</b>	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
<b>*Speech &amp; language (SALT)</b>		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 and those working with children. Ring 01977 465417 for more information.
<b>Stay &amp; play</b>	0-5years	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development, and behaviour.
<b>Toddler Stay &amp; Play</b>	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
<b>*Triple P</b>	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.
<b>*Who's in Charge (WIC)</b>	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.
<b>Young Carers Group</b>	6-11years	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.
<b>Young Parents Group</b>		A weekly drop-in session for young parents and their children. Come along and meet others around your own age, share your experiences tips and ideas, make new friends in a relaxed atmosphere.

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.