

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 Programmes for Everyone
	AM	PM
MON	<p>Coffee Morning @ The Addy 9:30am to 11:00am</p> <p>*Baby Massage 10:00am to 11:30am</p>	<p>*Who's in Charge 1:00pm to 3:00pm</p> <p>*Infant Feeding @ Kendal Drive Family Hub 1.00pm to 2.30pm (starts 08/04/2024 – 29/04/24 from)</p> <p>* Stay & Play Calm Zone (starts 13/05/2024) 2:00pm to 3:00pm</p> <p>After School Club @ The Hut 5 – 11 years 3:30pm to 5:00pm</p> <p>*Creative Club @Kendal Drive Family Hub 3:30pm to 5:30pm</p>
TUE	<p>*Let's Get Ready 9:30am to 11:00am</p>	<p>*Infant Feeding 1.00pm to 2.30pm (starts 14/05/24)</p> <p>*Behaviour, Exercise & Anger Management (BEAM) @ Kendal Drive Family Hub 3:45pm to 4:45pm (Starts 16/04/2024)</p> <p>Clare's Crafts @Kendal Drive Family Hub 3:30pm to 4:30pm</p> <p>*Who's In Charge (Virtual) 5.30 to 7:30pm</p>
WED	<p>WASP Drop in Sessions 17th April, 5th June, 17th July 9:30am to 1:00pm</p> <p>*Childminders Group (fortnightly) 9:00am to 12:00pm</p> <p>*SGO Support Group (monthly) 10.00am – 11.30am</p>	<p>*HENRY 1:00pm to 3:00pm</p> <p>*Sensory Stay & Play @ Kendal Drive Family Hub (Second Wednesday of every month) 1:00pm to 2:30pm</p> <p>*SEND Stars @Kendal Drive Family Hub 1:00pm to 2:30pm (Starts 17/04/2024) Fortnightly</p> <p>* Stay & Play Calm Zone (until 8/05/2024 then moving to Mondays) 2:00pm to 3:00pm</p>

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		<p>*Young Carers Youth Club @Kendal Drive Family Hub 3:30pm to 5:00pm</p> <p>*FAB Antenatal Group @ Kendal Drive Family Hub 6:00pm to 8:00pm (Starts 10/04/2024)</p> <p>*NHS Antenatal Group @Kendal Drive Family Hub 6:00pm to 8:00pm (Starts 24/04/2024)</p>
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 1:00pm to 3:00pm</p> <p>*Baby Triple P 1:30pm to 3:30pm</p> <p>*Aspirations Group @Kendal Drive Family Hub 3:30pm to 5:00pm</p> <p>*Deaf Youth Club (monthly) @ Kendal Drive Family Hub 6:00pm to 8:00pm (25 April, 23 May, 27 June)</p>
FRI	<p>Baby Stay and Play 10:00am to 11:30am</p> <p>*Triple P Family Transition @ Kendal Drive Family Hub 9:30am to 11:30am (Starts 01/03/2024)</p>	<p>Complex Needs Group (monthly) 12:00pm to 2:00pm (26 April, 31 May, 28 June)</p> <p>FAB 1:30pm to 3:00pm</p>
	<p>Pomfret Family Hub is a Warm Space – Families are welcome on Thursday morning 9:30 to 11:30am– games and a hot drink available.</p> <p>We can hold additional sessions at the Hubs and in the Community. If session times or venues do not suit, please contact the Hub with your suggestions.</p> <p>We have a range of online parenting courses for children of all ages you can access these by contacting your hub or going to the Wakefield Families Together Website.</p>	



Session Information

Session Name	Age range/ Audience	Description
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	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.
*Lets Get Ready	18 months to 5 years old	A group aimed at children between the ages of 18 months and 5 years providing activities to support communication and concentration skills as well as nursery and school readiness. We use the stories and rhymes supported by the Bookstart resource.
*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	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 665093 for more information and to book on to the group.
*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.
*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 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 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.

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<p>*Triple P Stepping Stones</p>	<p>Parents and Carers</p>	<p>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.</p>
<p>*Wellbeing Group</p>	<p>Parents and Carers</p>	<p>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.</p>
<p>*Who's In Charge</p>	<p>Parents /Carers of children aged 8 plus</p>	<p>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.</p>
<p>*Young Carers Youth Club</p>	<p>5 to 11 years old</p>	<p>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.</p>

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.