

# 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><b>Sensory Stay &amp; Play</b> 1<sup>st</sup> Tuesday of the Month 9.30am to 11.00am</p>	<p><b>Stay &amp; Play</b> (Term time only) 0-5 years 1.30pm to 3.00pm</p>
WED	<p><b>One Adoption Group</b> 10.00am to 11.30am Alternate weeks</p>	<p><b>Neonatal Buddies</b> 12.30pm to 2.30pm Alternate weeks</p>
THU	<p><b>*Midwife Clinic</b> By appointment only 9.00am to 4.00pm</p>	<p><b>*Midwife Clinic</b> By appointment only 9.00am to 4.00pm</p>
FRI	<p><b>Baby Stay &amp; Play</b> (Term time only) 0-12 months/confidently walking 9.30am to 11.00am</p> <p><b>*Midwife Clinic</b> By appointment only 9.00am to 4.00pm</p>	<p><b>Infant Massage</b> Please call for more information</p> <p><b>Maternal Journal</b> Please call for more information</p> <p><b>*Midwife Clinic</b> By appointment only 9.00am to 4.00pm</p>
All Week / Varies	<p><b>Bookstart</b> Please call for more information</p> <p><b>Connect Cafe</b></p>	

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## Session Information

Session Name	Age range/ Audience	Description
<b>Baby Stay &amp; Play</b>	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 & development etc.
<b>Bookstart</b>	2-4 years	A 6-week course. Ideas around exploring books and nursery rhymes that support speech & language, listening and school readiness. Please call for further information.
<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, form filling as well as job and housing searches etc.
<b>Infant Massage</b>	6 weeks to crawling	A 5-week course. Learn strokes and rhymes to help soothe and relax you and your baby. Supports bonding, health, and wellbeing.
<b>Maternal Journal</b>	Pregnant or recently had a baby	Maternal Journal provides a positive outlet for some of the new feelings and challenges you might experience, both physically and emotionally in pregnancy and new parenthood. Through a series of creative workshops we will explore journalling to promote positive mental health and wellbeing.
<b>Midwife Clinic</b>		Midwife appointments to be booked directly with your midwife.
<b>Neonatal Buddies</b>		Run by MidYorks Neonatal Outreach Team. Drop in for a chat with other parents that have had a baby in the neonatal unit.
<b>One Adoption Group</b>		A group run by One Adoption to support families with adoption.
<b>Stay &amp; Play</b>	0-5years	Early learning and play session with social experiences for families. Offers information and guidance on play, interaction, development and behaviour.

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.