

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>Community Paediatrics - Appointment Only</p> <p>*BEAM Starts 29th July - 10.00am-12.00noon</p>	<p>Parent Carer Forum Alternate Weeks 12.00noon - 2.00pm</p> <p>*Aspirations and Wellbeing Group 3.30 - 5.00pm (start to be confirmed)</p>
TUE	<p>*Wellbeing Group Starts 23rd April - 9.30am - 12.00noon</p> <p>*HENRY Starts 14th May – 9.45 -11.45am (Creche Available)</p> <p>*First Aid for Parents 4th June – 9.30 -11.30am</p>	<p>Turning Point - Appointment Only - 01924 234860</p> <p>Well Woman - Appointment Only - 01924 211114</p> <p>Stay & Play 1.00 - 2.30pm (Term Time) NEW from 9th April</p> <p>Family Time SEND 9th April, 7th May, 4th June, 2nd July - 3.30 - 4.30pm</p> <p>*Young Carers Under 8's at Crofton Young People's Centre - every Tuesday 4.00 - 5.15pm (Invite Only)</p>
WED	<p>*WASP ASD & ADHD Workshop 24th April, 22nd May, 10th July, 18th Sept - 9.30-11.30am</p> <p>Speech & Language Therapy Chit Chat Group Appointment Only</p> <p>Antenatal Midwife Classes - Appointment Only</p>	<p>*First Aid for Parents 10th April - 1.00-3.00pm</p> <p>See our Online Positive Parenting offer by scanning the QR code below.</p>
THU	<p>Stay & Play - 9.15 -11.00am (Term Time)</p> <p>*Who's in Charge - Starts 11th April - 9.30-11.00am</p> <p>*BEAM - 30th May - 10.00am-12.00noon</p> <p>Midwife - Appointment Only</p>	<p>*Baby Massage - Starts 2nd May – 1.45 - 2.45pm</p> <p>Rhythm & Rhyme - 1.00 - 1.45pm</p> <p>FAB Breastfeeding Support - 1.00 - 2.30pm</p> <p>*BEAM - 30th May - 9.30- 11.30am</p>
FRI	<p>Baby Group - 9.30 - 11.00am (Term Time)</p> <p>*Triple P Family Transitions Starts 19th April & 14th June – 9.30-11.30am</p> <p>NHS Stop Smoking - Appointment Only- 01924 252174</p>	<p>*Triple P Group Positive Parenting Starts 19th April or 14th June - 1.00 -3.00pm</p> <p>*Introducing Solids Workshop 12th April or 5th July - 10.45am</p>
All Week / Varies	<p>Sensory Room – book any day.</p> <p>Connect Café - drop-in any day.</p> <p>*Freedom – Contact us for dates starting April.</p> <p>*Petals – Contact us for dates.</p>	<p> For Youth Hub activities for 11+ or other Family Hubs</p> <p>Contact your nearest hub for more information</p> <p> Scan for Local Hub contact details</p>


**Session Information**

Session Name	Age range/ Audience	Description
*Aspirations & Wellbeing Group	5-11 years	A 6-week session tailored to the group which looks at young people's needs including identity, safety, education, physical health, mental health and positive futures.
*Baby Massage	4 weeks to crawling	4-week course. Learn strokes and rhymes to help soothe and relax you and your baby. Supports bonding, health and wellbeing.
Baby Group	0- confident walker	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.
*Behaviour, Exercise & Anger Management (BEAM)	8-12 years school holidays	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.
Connect Café	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 as well as job and housing searches etc.
FAB Breastfeeding Support		A session run by Wakefield Families and Babies. Join other mums and speak with a breastfeeding peer supporter. 24hr helpline 01924 851901.
*Family Time SEND	Families together with a child 5-12 years	As above, includes access to sensory resources.
*Freedom Programme	Women who have experienced domestic abuse	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 effects that domestic abuse has upon children.
*Happy Healthy Safe Homes	Parents/Carers	Group exploring how we meet children's needs. Exploring health, nutrition, education, safety, emotional support, home environment, safeguarding children and what others expect of us as a parent.
*HENRY	Parents with under 5's	8-10-week group exploring family goal setting, responding to children's needs, positive mealtimes, food portion sizes, managing behaviour, active play ideas and planning for the future.
*Introducing Solids	4-12 months	A one-off information session. A guide for parents of babies aged between 4 to 12 months. Recommendations from 6 months onwards.

What's On Guide

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



Midwife Clinics	Antenatal/new baby	Midwife appointments – contact community midwives on 01977 747430/747431 or www.midyorks.nhs.uk/maternity .
NHS Stop Smoking	Adults	Appointments to support stopping smoking – contact 01924 252174.
Parent Carer Forum	Parents/Carers	A session led by parents and carers. Meet other parents and carers for friendly support, have a cuppa and a chat and find out about local services and activities. Term time only. Links to Parent Carer Panel.
* Petals	Women	Safe space for women who have experienced domestic abuse to come together for support.
Rhythm & Rhyme	0-4 years	Join in with songs and rhymes, musical instruments, actions, and movement. This supports speech and language development, listening skills and physical development.
Sensory Room	0-8 years	45-minute slots. Book to use our sensory room either as an individual or suitable for up to 3 adults with babies. Bubble tube, lights music and sensory toys to explore.
Stay & Play	0-4 years	Early learning and play session with social experiences for families. Offers information and guidance on play and interaction, development and behaviour.
*Triple P for Babies	Parents/Carers with a child under 1	Preparing parents for a positive transition to parenthood and the first year of baby. 4 group sessions and then 4 individual sessions to look at positive parenting, responding to your baby, survival skills, parent support, implementing routine.
*Triple P Family Transitions	Parents/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.
*Group Triple P	Parents and carers 0-12 years old	8-week program with 4 group sessions and 4 individual sessions covering positive parenting, promoting children's development, managing misbehaviour, family survival tips and support putting strategy in place.
* WASP Workshop		2 hour workshop looking at Autism, ADHD and PDA. Followed by informal drop in sessions around Sleep, Sensory information and Lego therapy. Book via WASP on 01924 683890 or scan the QR code to complete the form.
*Wellbeing Group	Adults	A 10-week 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.

What's On Guide

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



<p>*Who's In Charge</p>	<p>Parents/Carers</p>	<p>Parents/carers welcome to this 8-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</p>	<p>6-11 years</p>	<p>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.</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.