

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 * please call to book a place or find out more

	AM	PM
MON	<p>Stay & Play 9.15 – 11.00am Term Time</p> <p>NHS Stop Smoking Service Appointment Only – 01924 252174</p>	<p>Baby Group 1.30 to 3.00pm Term Time</p>
TUE	<p>Rhythm & Rhyme 16th April to 7th May - 10.00-10.45am</p>	<p>*Baby Massage Starts 9th April or 4th June - 1.45 - 2.45pm</p> <p>Young Carers Under 8s at Crofton Young People's Centre - every Tuesday 4.00-5.15pm - Invite only</p>
WED		<p>Stay & Play 1.30 – 3.00pm Term Time</p> <p>After School Club Starts 9th April - 3.15 – 4.30pm Board games, crafts and access to the internet for homework. Parents/carers to attend with their children.</p>
THU	<p>Coffee Morning 9.15 - 10:30am Call in to see what's on offer in the area, access the internet through our Connect Café or speak to staff.</p>	<p>*Who's in Charge Starts 6th June - 1.00 - 2.30pm</p>
FRI	<p>Childminder Group 9.30 – 11.00am Term Time</p> <p>Turning Point Talking Therapies Appointment Only - 01924 234860</p>	<p>*Triple P Stepping Stones Starts 18th April - 12.45 - 2.45pm</p> <p>Turning Point Talking Therapies Appointment Only - 01924 234860</p>
All Week / Varies	<p>Connect Café – drop in anytime.</p> <p>Have you seen our online Positive Parenting Offer? Use the QR code to find out more.</p> <p>Follow our Facebook page for more information.</p>	<div style="background-color: #333366; color: white; padding: 10px;">  <p>For Youth Hub activities for 11+ or other Family Hubs</p> <p>Contact your nearest hub for more information</p>  <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Scan for Local Hub contact details</p> </div>



Session Information

Session Name	Age range/ Audience	Description
Baby Group	0 to 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.
*Introducing Solids	4-12 months	A one-off information session. A guide for parents of babies aged between 4 to 12 months. Weaning recommendations from 6 months onwards.
*Baby Massage	4 weeks to crawling	5-week course. Learn strokes and rhymes to help soothe and relax you and your baby. Supports bonding, health and wellbeing.
*Bookstart	2 - 4 years	6-week course. Activity ideas around exploring books and nursery rhymes that support speech and language, listening skills and school readiness.
*Connect Café	7+ years	Please call and check for availability. 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.
*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.
Parent 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.
Registered Childminder Group	0-4 years	A play session for childminders only, with their minded preschool children. Peer support and sharing of good practice available. Childminder led.
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.
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.
*Wellbeing Group	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.

What's On Guide

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



*Who's in Charge	Parents/Carers	Parents/carers welcome to this 6-week programme. Learn strategies to help you change behaviours and attitudes which will produce behavioural changes in your children. The group explores anger, both in parents and children, encourage assertiveness and self-care. Reinforce progress and provide emotional support.
*Family Transitions Triple P	Parents/Carers	Designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. During the 5-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.
Midwife Clinics	Antenatal/new baby.	Midwife appointments – to be booked directly with your midwife.
Family Time	Parents/Carers Children under 12 years.	Monthly session for families to attend together with children under 12. Board games, Lego, internet access snacks and refreshments. Booking required.
NHS Stop Smoking	Adults	Appointments to support stopping smoking – contact 01924 252174.

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.