What's On Guide - Butterflies Family Hub

8th September - 19th December 2025 | Wakefield Road, Normanton, WF6 1BB

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Monday

Childminders
9:00am - 11:00am

PEEP*
3rd Nov - 8th Dec
9:30am - 10:30am

FAB (Breastfeeding Support)
1:00pm - 2:30pm

Parent Space
Starts 8th September
1:00pm - 2:30pm

Aspirations*
3rd Nov - 8th Dec
3:30pm - 4:45pm

Tuesday

NHS Stop Smoking*
Appointments only
01924 252174
8:30am - 4:00pm

Who's in Charge*
11th Nov - 16th Dec
9:30am - 11:30am

Wednesday

Early Years NHS Physio*
9:00am - 1:00pm

Feeding your Child* (Introducing Solids)
19th Nov - 3rd Dec
1:30pm - 3:00pm

After School Club*
10th Sept - 22nd Oct
5th Nov - 17th Dec
3:00pm - 4:30pm

Thursday

Baby Stay and Play (Playful Learning)
Term Time Only
9:30am - 11:00am

Baby Massage*
5 Week Course
Starts 18th September
1:30pm - 3:00pm

Young Carers*
3:30pm - 4:45pm

Friday

A Parent's Toolkit – Raising confident, happy, resilient children*
7th Nov - 12th Dec
9:30am - 11:30am

Stay and Play (Playful Learning)
Term Time Only
1:00pm - 2:30pm

Maternal Journal*
Starts 12th September
10:00am - 11:30am

All groups are FREE to attend and are SEND friendly. This group is specifically for children with a special educational need or disability (SEND). *Please call or email to book onto this group.

Butterflies Family Hub is open Monday - Thursday 9am-5pm and Friday 9am-4:30pm (not including bank holidays) for advice and support for families, please drop-in and chat to one of our friendly staff members.

Find out what's on in the rest of the district click here.

Free internet and device access at our WF Connect Café is available throughout our opening times

Find out more about the groups

Aspirations Group	**For children aged 6-11 years.** 6-week course which looks at young people's needs including identity, safety, education, physical health, mental health and positive futures.
Baby Stay and Play (Playful Learning)	**For children from birth to walking.** A social experience and early learning-based activities. An opportunity to meet other families and talk to staff about sleep, weaning health and development.
Baby Massage	**For children aged 4 weeks to crawling.** 5-week course where you will learn strokes and rhymes to help soothe and relax you and your baby. Supports bonding, health and wellbeing.
Behaviour, Exercise and Anger Management (BEAM)	**For children aged 10-16 years.** 5-week course to support young people to recognise anger cues and triggers, working towards gaining control using exercise, breathing and other strategies. *If this sounds like the right course for your child, but they are under 10years of age, please look at Aspirations Group.*
Bookstart	**For children aged 18 months- 5 years.** 6-week programme around activity ideas, exploring books and nursery rhymes that support speech and language, listening skills and school readiness.
Breastfeeding Support	**For breastfeeding mums.** Run by Families and Babies (FAB), join other mums and speak with a breastfeeding peer supporter. 24hr helpline 01924 851901.
Coffee Morning	**For parents and carers with or without their children aged 0-19 years.** Meet other parents in a supportive and safe space, gain advice on all aspects of family life and the challenges of raising children.

Find out more about the groups

Feeding your Child (Introducing Solids)	**For parents of children aged 4-12 months.** 3-week course on infant feeding and weaning from age 6 months.
HENRY	**For parents of children aged 0-5 years.** 10-week course around Health, Exercise and Nutrition for the Really Young to help your children get off to the best start in life.
Maternal Journal	**For expectant and new parents of children aged up to 2 years.** A series of creative workshops exploring journaling to promote positive mental health looking at the feelings and challenges of being pregnant and new to parenthood.
Midwife Clinic	**For expectant and new parents.** To be booked directly with your Midwife.
Registered Childminder Play Group	**For children aged 0-5 years.** A safe and nurturing environment for children run by childminders. Children can interact with their peers, learn and develop in a nursery-like setting.
SEND Young Carers Group	**For children and young people with SEND and caring responsibilities.** Opportunity for young carers to learn and understand their caring responsibilities and the impact these can have on them. The group also allows young carers to do activities they enjoy away from caring and is an opportunity to meet other young carers within their area. The programme is tailored to meet needs of young carers with SEND. Contact your local Family Hub or Youth Hub to be nominated as a young carer and for information on where and when your local SEND Young Carers Group is running.
Stay and Play (Playful Learning)	**For children aged 0-5 years.** Early learning and play session offering information and guidance on play, interaction, development, and behaviour.

Find out more about the groups

WASP	**For parents and carers of children of any age.** 2-hour workshop looking at Autism, Attention Deficit Hyperactivity Disorder (ADHD) and Pathological Demand Avoidance (PDA). Follow-up drop-in sessions are available on sleep, sensory information and Lego therapy. Call 01924 683890 for more information.
Wellbeing Group	**For parents and carers of children of any age.** 6-week course to support health and wellbeing; it covers topics such as how to cope with stress, anxiety or low mood. This may include topics such as bereavement, staying safe online, future aspirations and more.
WF Connect Cafe	**For children aged 7+ years or parents/carers.** Free WiFi and devices to do homework or revision, write job applications or fill out forms.
Young Carers Group	**For children and young people with caring responsibilities. Each week young carer group is delivered across the district for specific age groups: under 8, 9-12, and 13-18 years.** Opportunity for young carers to learn and understand their caring responsibilities and the impact these can have on them. The group also allows young carers to do activities they enjoy away from caring and is an opportunity to meet other young carers within their area. Contact your local Family Hub or Youth Hub to be nominated as a young carer and for information on where and when your local Young Carers Group is running.
Young Parents Group	**For parents aged up to 25 years and their children.** Weekly drop-in sessions to meet other parents around your own age, share your experiences, tips, make new friends in a relaxed atmosphere.

Find out more about the groups

Further Groups

Please contact your local Family Hub to find out more about these programmes

Empowering Parents Empowering Communities (EPEC)	**For parents with children aged 2-12 years.** An 8-week course that helps you learn practical communication skills for everyday life to help bring up confident, happy and supported children. It will provide you with positive strategies to take away to help manage your children's behaviour and how to better understand and support your children's feelings.
Freedom	A 10-week course exploring violent and abusive behaviour to support women to recognise when they are being controlled. This course also looks at the effect of domestic abuse on children.
Baby and Me - Nurturing Connections*	**For expectant and new parents.** An 8-week programme preparing you for parenthood and your first year with your new baby, looking at positive parenting, responding to your baby, implementing routines and lots of other support using the Triple P (Positive Parenting Programme) resources which have been tried and tested across the world.
A Parent's Toolkit - Raising confident, happy, resilient children*	**For parents with children aged 2-12 years.** An 8-week programme covering positive parenting, promoting children's development, managing behaviour, family survival tips and support for you to look at ways of putting strategies into practise, using the Triple P (Positive Parenting Programme) resources which have been tried and tested across the world.
A Parent's Toolkit - Raising children with additional needs to be confidence, happy, resilient children*	**For parents with children aged 2-12 years with an additional need.** An 8-week programme for parents and carers of children with an additional need, covering positive parenting, promoting children's development, managing misbehaviour, family survival tips and support to look at ways of putting strategies into practice, using the Triple P (Positive Parenting Programme) resources which have been tried and tested across the world.

Find out more about the groups

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Family Transitions*	**For parents who have separated or divorced.** A 5-week programme looking at the challenges due to separation or divorce which are impacting on or complicating parenting. Support is given to you to: understand the impact of parent separation and conflict on children, maintain positive relationships, explore stress, anger and how to communicate better, as well as considering your own wellbeing and that of your child. We use the Triple P (Positive Parenting Programme) resources which have been tried and tested across the world.
Who's in Charge?*	**For parents with children ages 8+ years.** 8-week programme where you can learn strategies to help you change behaviours and attitudes which will produce positive behaviour in your children. The group explores anger, both in parents and children, encourages assertiveness and self-care whilst providing emotional support.