### Sensory stay and play- 0-5 years.

Does your child have an identified communication or sensory need. Do you feel unable to attend playgroup and play sessions. Come along to a fun, calm and supportive play session

## Aspirations group 8-11 years-

Group for children to talk openly and safely to share worries, meet new friends, build skills and resilience. Activities that promote expression, team work and health

Parental Wellbeing- Supportive small group for parents/carers to encourage positive emotional wellbeing with support from external agencies i.e Gamcare, Turning Point, CAMHS

**HAF\_** Holiday activities during all school holidays- Please see facebook/ Wakefield families together website for further details and school bulletins

**Young Carers-** Held at Castle Family Hub Group session for children and young people who care for others

If you would like any information on any of our interventions please contact us on the above details.

#### Other useful numbers:

Wakefield Contact Centre: 0345 8 506 506
Family Information service: 0800 587 8 042
Home-start Wakefield: 01924 251 205
Wakefield 0-19 service (Health) 01924 310130
WDDAS 0800 915 1561
SALT (Speech & Language) 01977 465417

Outside of these hours you can call Social Care Direct on: **0345 8 503 503** 

#### FOR FURTHER INFORMATION

about any of the groups or courses please use the numbers below:

Or message us on facebook





# Sunbeam Family Hub

9-11 Lupset Crescent Wakefield WF2 8RH Tel - 01924 302333

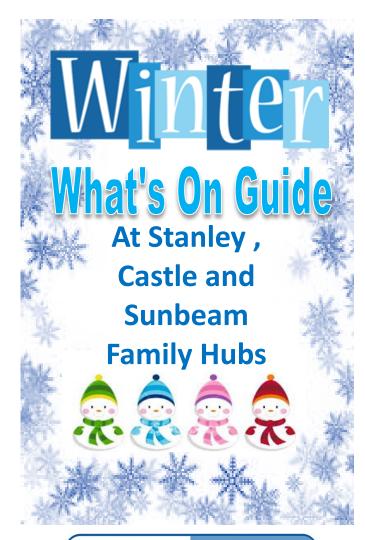
Stanley Family Hub Long Causeway, Stanley Wakefield, WF3 4JB Tel - 01924 303181





Castle Family Hub 255 Barnsley Rd, Wakefield WF1 5NU Tel - 01924 303376

You can contact us by email on: wftstanleyfamilyhub@wakefield.gov.uk wftsunbeamfamilyhub@wakefield.gov.uk wftcastlefamilyhub@wakefield.gov.uk



## find us on facebook.

## Search for:

Wakefield Central & North West Family Hub & South West Family Hub



Centre	Monday	Tuesday	Wednesday	Thursday	Friday	Other Groups
	Toddler Stay & Play (confident crawlers to 2yrs) Term time only 1:30- 3:00	Baby Group 0-12 months (pre walkers) Term time only 9:30-11:00	Who's in Charge- 8+ Parenting support- Ring for further details	Stay & Play 0-5 years Term time only 9.30—11:00	Parental wellbeing 9:30-11:00 Ring to book a	Freedom Programme Invitation only BEAM-8-16 years
Sunbeam	Speech & Language (SALT) appointments only  Who's in Charge Virtual parenting Course (Ring to book a	Infant Feeding & Infant Massage 1:30-2:30 Ring to book a place  Midwife— By appointment only	7	Early Years Parenting 1:00 -2:30 Ring to book a place Speech & Language (SALT) By appointment only	place  HAPPY  HEALTHY  SAFE	Group session for strategies on managing anger and emotions  At City Limits  Wednesdays  4:00—5:00  Book for appointment
	place)  Early Years	арропшнен опу	WIC	ву арропшнет отпу	SAFE	Stav 9 Dlav
	parenting 0-5 years Ring to book a place	Parents Plus- parenting support 0-10 years	Speech & Language (SALT) By appointment only	Stay & Play 0-5 years Term time only 1.30— 3:00	Parents to be 1:30-2:30 Ring to book a	Stay & Play At Balne Lane Community Centre WF2 0DP
Castle	Triple P Family Transitions support 11:00-1:00 Ring to book a place	9:30-11:00  Parental Wellbeing group 1:00 -2:30		Speech & Language (SALT) By appointment only		Thursday 1.15—2.45 Term time only  Paediatric First Aid for parents at all three
	Baby Group 0-12 months (pre walkers) Term time only 1:30-3:00	Welloeing	Aspirations Group 8-11years 3:30-4:30	Young Carers Group 3:30-5:00		centres 1:30-3:30 Ring to book a place Sunbeam Family Drop
Stanley	Sleep and Routines 1year -10years 10:00-12:00 Sleep and Routines- If you would likes ideas for sleep and solutions to help then please ring to book a place	1st Tuesday of the month- Sensory Stay n Play 9:30-11:00	Adopters group Every other Wednesday 10:00 -11:30	Speech and Language drop in 12, 26 January 9th, 23rd February 9th, 23rd March	Baby Group 0-12months (pre walkers) Term time only 9:30-11:00  Speech and Language (Appointment only)	in sessions on Mondays 9th & 30th January 3.30 til 6:00
		Stay and Play Term time only 0-5years 1:30-3:00	Stanley Family Warm Space dates: 25th January, 22nd February 3:00-6:00 Games, activities and a snack for all the family!	27th April 9:30-11:30  Midwives- Appointment only Parental Wellbeing 1:30-3:00- Ring to book a place		Castle Family Warm Space dates: Thursdays 19th January 9th February
		8-11years 3:30-4:30 Ring to book a place				3.30 - 6:00 Games, activities and a snack for all the family!