



Cedars Family Hub

Havercroft & Cedars Family Hubs

Groups for children
aged 0-18 and their families






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Havercroft Family Hub

Drop in sessions

Venue		Monday	Tuesday	Wednesday	Thursday	Friday
Havercroft Family Hub Cow Lane Havercroft WF4 2BE 01924 306312	AM	Stay & Play 9:15 – 11:00 (0 - 4 years)	Rhythm & Rhyme 10:00 – 10:45 (0 - 4 years) Parents Forum 9:00 – 11:00			Registered childminder group 9:30 – 11:00am
	PM	Baby Group 1:30 – 3:00 (0 – confident walker)	Connect café Coming soon Turn over for information 9:00 – 12:00	Stay & Play 1:30 – 3:00 (0 - 4 years)		Connect Café Coming soon Turn over for information 3:15 4:15
Cedars Family Hub Barnsley Road Hemsworth WF9 4PU 01977 722215	AM			For all other session & groups please turn over for the full list.	Stay & Play 9:15 – 11:00 (0 - 4 years)	Baby Group 9:30 – 11:00 (0 – confident walker)
	PM	Connect Café Coming soon Turn over for more information 9:00 – 5:00 Mon to Thurs 9:00 – 4:30 Fri	Parents Forum 12:00 – 2:00		Rhythm & Rhyme 1:00 – 1:45 (0 – 4 years) FAB Breastfeeding support 1:00 – 2:30	

Session information

Stay & Play	Early learning & play session with social experiences for families. Offers information and guidance on play and interaction, development and behaviour.
Baby Stay & Play	Social experience and early learning-based activities for children. Opportunities to meet other families. Chance to talk to staff about key topics like sleep, weaning, health & development
Rhythm & Rhyme	Join in with songs and rhymes, musical instruments actions and movement. Supports speech and language development, listening skills and physical development.
FAB Breastfeeding support	Run by Wakefield Families and Babies, join other mums and speak with a breastfeeding peer supporter. 24hr helpline 01924 851901
Registered childminder group	Play session for childminders only with their minded preschool children. Peer support and sharing of good practice. Childminder led.

Sensory room

Everyday @ Cedars

45 minutes slots (0 – 8 years)

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.

Baby massage

Various days

4 weeks to crawling.

5 weeks course. Learn strokes, rhymes to help sooth and relax you and your baby. Supports bonding, health and wellbeing.

Bookstart

Wed 10:00 – 11:00

6 week bookable course. Activities and ideas around exploring books, rhymes and much more. Free book packs Children attend with their parent / carer.

Booking & Nomination only sessions and groups

	Day & Time	Venue	Age range/ Audience	Description
Midwife	Monday afternoon	Cedars	Antenatal / New baby	On site midwife appointments booked through them.
Wellbeing Group	Tuesday 9:30 - 11:30	Cedars	Parents and carers only	Group support for coping with stress, anxiety or low mood. Guest speakers from other services. Topics including bereavement, domestic abuse, staying safe online, drug and alcohol misuse, gambling future aspirations, mental wellbeing.
	Thursday 1:00 – 3:00	Havercroft		
Well Women	Tuesdays	Cedars	Adults	01924 211 114 appointments throughout the day Email: info@wellwomenwakefield.org.uk
Turning Point	Tuesdays & Thursday	Cedars	Adults	01924 234 860 appointments throughout the day Email: wakefield.talking@turning-point.co.uk
Who's in Charge	Wednesday 9:30 – 11:30	Cedars	Parents / Carers of children age 8 Plus	6 week Group for parents/carers, reduce stress giving you concrete strategies to change behaviours and attitudes which will produce behaviour change in your children. We explore anger, both in parents and children, encourage assertiveness & self-care, reinforce progress and provide emotional support.
	Thursday 9:15 – 11:15	Havercroft		
Early Years Parenting	Wednesday 10:00 -11:30	Cedars / Havercroft	Children 2 to 8 years	This 5 Week course looks at play and interaction, child development, routines & boundaries and behaviour and strategies.
Baby Led Weaning	Varied	Cedars or Havercroft	Babies	Information for parents of babies aged 4 months to 1 year. Weaning recommendations from 6 months onwards. One off information session
Freedom	Monday 9:30 - 11:30 Call for details	Cedars	Women who have experienced domestic abuse	This 10 week group explores violent and abusive behaviours. It can help women to recognise when they are being controlled. We look at different traits of the perpetrator week by week and explore the warning signs for women to look for. We also look at the effects that domestic abuse has upon children.
BEAM Behaviour, Exercise & Anger Management	School holidays	Cedars	8 to 12 year olds	Recognising anger cues and triggers working toward gaining control, using exercise, breathing and other strategies. One off session.
Separated Parents Programme Triple P	Friday 9:30 – 11:30	Cedars	Parents/ Carers	There are 5 sessions to support and help you to increase your confidence as a parent. For separated and divorced that often feel your children are caught in the middle.
Connect Café Coming soon Please call & check for availability	Tuesday 9:30 – 12:00	Havercroft	Children	Drop in to use our laptops / tablets and access the internet for free. Devices can be used for: Home work, revision, links to services across the district, applications, form filling, job search, housing search, general access to the internet and more. 7+ only. Children 7 – 11 years must be accompanied by an adult. 11+ can access alone with parental consent at first session.
	Friday 3:15 – 4:15			
	Mon – Fri 9:00 – 4:30	Cedars		
Parent Forum (Drop in)	Tuesday 9:00 – 11:00	Havercroft	Parents/Carers	Parent forum & Family Forum- Led by Parents and carers Drop in anytime to meet others for friendly support, have a cuppa and a chat and find out about local services and activities. Term time only.
	Tuesday 12:00 – 2:00	Cedars		

**To book any of these sessions and groups please phone 01977 722215 or the number stated
New group users will be required to complete a registration form to access our groups**



You can use your Healthy Start Vitamin vouchers on site with us. Ask at reception in your nearest



Find out more and download the app at:
www.wakefield.gov.uk/sport-health-and-leisure/healthy-living/first-steps/50-things-to-do-before-5

For youth provision go to
www.wakefield.gov.uk/schools-and-children/youth-support-services

Check our new website:
www.wakefieldfamilies-together.co.uk

Want to know what's happening locally?
You can use this web site to **find events, services courses and activities.**
communitywakefield.org