

1 Simple Number 01905 520 032:

Any parents, carers and professionals wishing to speak with member of the team can now use this number to contact all services provided by the Partnership. This includes Family Hubs, Health Visiting Teams, School Nursing Teams, Breastfeeding Support and Parenting Support.

Parenting Groups & Workshops:

- B&B: FREE antenatal Preparation for Parenthood, 4 week group for 1st time parents.

Our relaxed and fun groups will help you to explore topics like: Developmental needs, communication, sleep, behavioural difficulties and family fun. Book your place on one of the following:

- UYBaby: 6 week course for new parents & their baby - book on before your baby is 5 months old
- UYC: Suitable for parents of children 2 - 19 years
- UYC with additional needs: Suitable for parents of toddlers to teens with SEN / learning needs
- UYTeen: Suitable for parents of teens 11 - 19 years

www.trybooking.com/uk/eventlist/startingwellpartnership



Online Parenting Support: Did you know Hereford and Worcestershire Health and Care Trust have pre-paid for every parent and carer in Worcestershire to access a FREE course for parents/carers/grandparents about children from bump to 19+ years? www.inourplace.co.uk (access code PARENTSROCK).

Childcare Funding Support: For help with your application, finding childcare near you or to find out more about funded childcare for 2 year olds, call **01905 520 032**.

Healthy Start Vitamins:

We stock Healthy Start Vitamins:

- £1.80 Children's drops
- 91p Pregnancy vitamins

You may be able to get vitamins for free. Apply now <https://www.healthystart.nhs.uk/how-to-apply>

Introduction to Solids: How to introduce foods safely when your baby is around 6 months old. 1 hour virtual workshop. To book a place, please email with your baby's name, date of birth, and your phone number and we will call you back.

WHCNHS.HVappointments@nhs.net

Volunteering with Us: Please apply via www.startingwellworcs.nhs.uk/volunteering or email startingwell@bromsgroveandredditch.gov.uk

Knowledge Bank: Directory of local support and organisations available across Bromsgrove and Redditch. knowledgebank.bromsgroveandredditch.gov.uk

Community Support: Would you like to talk to someone who can connect you with local support, groups and activities? Contact your local Hub to speak to a Community Connector: **01905 520 032**.

Emergency Food Access: Family Hub teams can guide you to local food banks and community pantries where you can access food for free or affordable prices.

Breast Pump Hire: You can hire Ardo Calypso breast pumps from your local Family Hub.

Telephone Advisory Service (TAS): If your child is under 5 and you need advice on issues such as feeding, behaviour, or toileting call **01905 520 032** Monday - Friday, 9am - 1pm.

Redditch Community Midwife Office:
01527 512056

SEND Support Redditch - Laura: **07702 852307**

Speech & Language: **01527 488326** or email WHCNHS.SLTBromsgrove@nhs.net

Do you have a communication or information support need? If so, please contact the person who gave you this leaflet so that those needs can be recorded and responded to.

What's On at Holly Trees Family Hub



Sept 24 edition



Here to help Mon to Fri, 9am - 4.30pm.
Please contact us via phone, email or you can visit the Hub.



01905
520 032



@StartingWellRB



startingwell@
bromsgroveandredditch.gov.uk



Holly Trees Family Hub, St Stephen's
First School, Mabey Ave, Riverside,
Redditch B98 8HW



<https://www.startingwellworcs.nhs.uk>

Provided by:



EVERY CONTACT SHAPES A LIFE

In partnership with:



Holly Trees Family Hub Weekly Schedule

Monday

Midwife Clinic 9am - 4.30pm

Booked appointments for new and expectant parents and their babies with community midwives. **Turn over for contact details.**

Development Reviews

9am - 12pm

These are completed by a member of the health visiting team and focus on your child's health, wellbeing and development. **Turn over for contact details.**

Well Baby & Child Clinic

9.30 - 11.30am

Opportunity for parents/carers to talk through any child development questions with a member of the health visiting team, suitable for 0 - 5 year olds. Book an appointment via **01905 520 032.**

Groups for Parents

12.30 - 2.30pm

Subject to change each term, scan the QR to book on the next available group.

Turn over for full list of groups.



Tuesday

SEND Support

Redditch, 9.45 - 11.15am

Support group ran by parents for parents and carers of children with an educational needs and disabilities. Drop in, no need to book. **Turn over for contact details.**

Groups for Parents

12.30 - 2.30pm

Subject to change each term, scan the QR to book on the next available group.

Turn over for full list of groups.

Midwife Clinic (Postnatal)

Alternate Tuesdays
9am - 1pm

Booked appointments for new and expectant parents and their babies with community midwives. **Turn over for contact details.**

Wednesday

Speech and Language Therapy Sessions

2nd & 4th Wed of every month. 1-1 sessions with a speech therapist. Appointment only. **Turn over for contact information.**

Breast Buddies Support Group

10 - 11.30am

1st, 3rd & 5th Wednesday of every month. Support for breastfeeding parents ran by Breastfeeding Support Workers. To book a place email **whcnhs.breastfeedingsupport@nhs.net**

Stay, Weigh & Play
12.30 - 1.30pm
& 1.30 - 2.30pm

These sessions provide an opportunity for you to weigh your baby and meet with other parents and children of a similar age. Suitable for 0 - 2 year olds. **To book a slot call 01905 520 032.**

Thursday

Groups for Parents
10am - 2pm

Subject to change each term, scan the QR on this page to book on the next available group.

Turn over for full list of groups.

Birth and beyond
2.30 - 4.30pm

Free 4 week antenatal course for first time parents living in Worcestershire call us on **01905 520 032** you can book a place when you are 16 weeks pregnant for groups to attend at 28-32 weeks.

Friday
Development Reviews

9am - 1pm

These are completed by a member of the health visiting team and focus on your child's health, wellbeing and development. **Turn over for contact details.**

Smoke free homes

Any family member living with a child under 3 years old in Worcestershire can now get expert support to stop smoking. To sign up to this service email **whcnhs.smokefreehomes@nhs.net**

Please be aware that some groups are run by outside providers and are not provided by Starting Well. Third parties, including their websites, privacy policies, and everything else they do, are not under Starting Well's control. While every attempt to ensure all information held here is accurate, we cannot accept any responsibility for third party services. Their inclusion here is for your information only and does not represent endorsement or recommendation by Starting Well. Details in this booklet were correct at the time of going to print.

