

Bromsgrove and Redditch edition

Family Hub News

Family hubs are here to help you and your family access the right support, at the right time.

Our team can support you to connect with local services, community groups, and activities across Redditch and Bromsgrove.

We also offer a range of support including:

- Free or low-cost Healthy start Vitamins
- Breast pump hire
- Volunteering opportunities
- Parenting support and first-time parent groups
- Food parcels
- Advice and guidance around day-to-day concerns such as finances and childcare funding.
- Supporting to access health services, including help finding dentists.

Are you a parent or carer of a 0–5-year-old, or are you expecting a baby?

Practitioners are here for you & your family. Do you need information and support around sleep, behaviour, fussy eating and other common issues parents face? Our practitioners can meet you in the community, at a hub or in the home. Call 01527 61360 (Redditch) or 01527 835775 (Bromsgrove) you can follow this link to complete an online request. www.redditchbc.gov.uk/familyhubrequest

Sweet Dreams start here!!

A good night's sleep can make a big difference to whole family, but we know that getting children into healthy sleep routines isn't always easy. Whether it's **Bedtime Battles**, **Frequent waking** or **early mornings**, there are simple strategies that can help children develop positive sleep habits.

Throughout **October**, our Family Hubs will be sharing practical sleep tips and **Sleep Packs** at our **Family hubs** and our **community outreach sessions**. If you need help with your child's sleep, our Family Hubs are here for you with a **Sleep Workshop**, offering practical advice and strategies to help with common sleep challenges. Keep an eye on our **Facebook** for more useful information around sleeping – **Best starts Family Hubs – Bromsgrove and Redditch**.

Please contact your local **Family Hubs** to find out more:

 Bromsgrove: 01527 835775 **Pear Tree Family Hub**

 Redditch: 01527 61360 **Holly Trees Family hub**

SLEEP Workshop

A FREE 2 hour workshop, suitable for parents/ carers of children aged 12 months - 10 years.

Covering topics such as:

- Why is sleep important?
- What happens when we don't get enough sleep?
- Bedtime routines & habits
- Night-time waking
- Naps
- Rewards & positive praise



See upcoming dates and book by scanning the QR code or www.worcestershire.gov.uk/groups
For more info please call Bromsgrove Pear Tree Family Hub on 01527 835775 or Redditch Holly Trees Family Hub on 01527 61360



www.worcestershire.gov.uk/FamilyHubs

Toilet/Potty training

Little steps lead to big achievements!

Potty training can feel like a big milestone for both children and parents, but you don't have to do it alone! Family Hubs can offer advice, reassurance, and signposting to trusted support and resources to help make the journey a little easier. Whether you are thinking about when to start, building routines, managing accidents, or looking for tips around toilet training. Our staff are happy to help point you in the right direction.

Need a little extra support? We also have **Potty training packs** available for families filled with useful information and resources to help you and your child along the way. You can pick up a pack from our Family hub team at our **Community Outreach Sessions throughout the week!** Just come and have a chat with us. We look forward to seeing you there!

Please contact your local **Family Hubs** to find out more:

-  Bromsgrove: 01527 835775 **Pear Tree Family Hub**
-  Redditch: 01527 61360 **Holly Trees Family hub**

Website: [Local Family Hubs | Worcestershire County Council](#)

For more information on Potty training please see: [Home - ERIC & The-Potty-Training-Guide-GHC-branded.pdf](#)

HOW BEST TO PREPARE FOR POTTY/ TOILET TRAINING

BEST START IN LIFE | **FAMILY HUBS**

- Try to stay calm and not put pressure on yourself or your child. It's fine to only do what feels manageable for you both - it's all part of their learning process. You don't need to abandon potty practice, just pause until your child is feeling better or more willing.
- Keep the potty around and talk about wee and poo when you're changing nappies.
- Make sure you always use positive language about the wee and poo your child passes - don't describe poo and 'smelly' or 'stinky'.
- Wearing loose fitting clothes that can be easily removed, taken down.
- If you have a boy, encourage him to sit down on the potty for both wees and poos especially in the beginning. We empty our bladder better sitting down and it helps to prevent constipation.
- Using play can help teach your child what you expect as well as motivate them. You can use stories, characters and toys to explain to your child what they need to do and teach them how to do it.

For example:

- Have a favourite doll or toy pretend to use the potty.
- Use books and pictures to show how things work.
- Help your child add some stickers to their potty to make it their own.
- Set aside toys or books that they only look at when on the potty or toilet.

Look out for signs your child may need to wee or poo:

- They may tell you.
- They may fidget, go quiet or hide.
- They may crouch down and start to strain (for a poo).
- If you see any of these signs or you know your child needs to do a wee or poo, gently direct them to use the potty.
- This will increase their chance of success whilst they are still learning how to respond to their body's wee and poo signals. Doing this helps your child to understand what is expected of them.

www.worcestershire.gov.uk/FamilyHubs

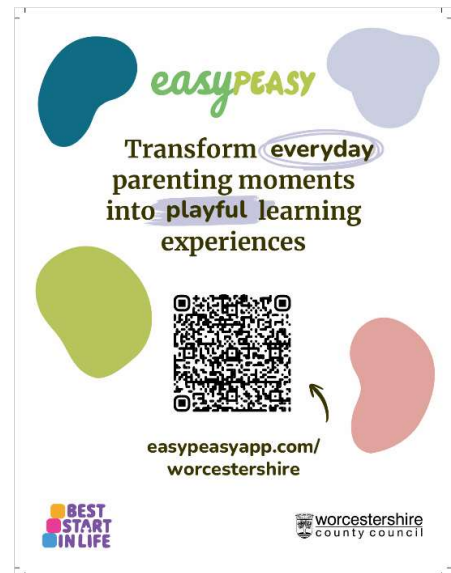
 



Help your child grow, learn and feel ready for nursery and school with EasyPeasy App

EasyPeasy supports you to make the most of everyday moments at home. It's full of simple ideas, playful activities and practical tips that help children develop important skills through talking, play, routines and time together, all using things you already have at home.

Activities and advice are tailored to your child's age and stage, so you can feel confident you're supporting their development in ways that fit around real family life.



Dental support for Children & Families

Helping you to find the right dental care for you and your family...

If you need routine dental care, you can find a local dentist search by your postcode Find a dentist - NHS

For urgent or emergency dental help, please call 111.

Your Family Hub can also support you—get in touch by calling your local Family Hub

Bromsgrove: 01527 835775 **Pear Tree Family hub**

Redditch: 01527 61360 **Holly Trees family Hub**

Physiotherapy Drop-in Clinic



Join us on the **first Wednesday of each month** at **Holly trees Family Hub** (1:00 pm – 2:30 pm)

Open to children under 5, offering support and guidance around movement and physical development

No bookings required – just Drop in

 **Holly Trees Family Hub**

 **1st Wednesday of the Month**

 **13:00 pm – 14:30 pm**

For more Information, please contact Holy Trees Family Hub:

 **Redditch: 01527 61360 Holly Trees Family hub**

Starting reception- A Big Step for Little Learners

Starting Reception is an exciting milestone for Children and families alike. While it's normal to have a few worries, there are lots of simple things you can do at home to help your child feel confident and ready for school. If you would like advice, resources, or support with any aspect of school readiness, the Family hubs team is here to help every step of the way.

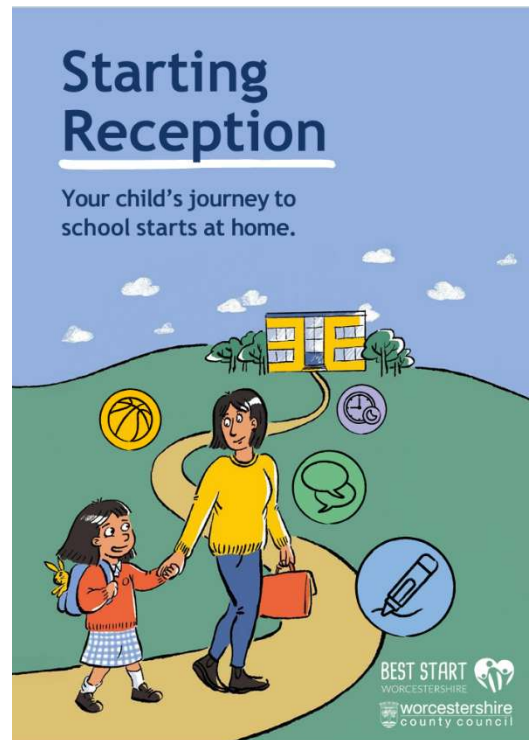
Looking for a little extra guidance? Take a look at the helpful resource below. Full of simple tips and guidance to support your child's journey to Reception: [Home - Starting Reception](#)

Please contact your local **Family Hubs** to find out more on how **we** could **support you**:

☎ Bromsgrove: 01527 835775 **Pear Tree Family Hub**

☎ Redditch: 01527 61360 **Holly Trees Family hub**

Website: [Local Family Hubs | Worcestershire County Council](#)



A Look back at the Events Last Quarter

It has been another busy quarter across our Family Hubs, with lots of opportunities for families to come together, have fun and find out more about the support available locally. We loved getting into the communities and sharing information about the support available through your local Family Hubs.

Over the summer, we hosted **Family Fun days at Arrow Valley** and **Morton Stanley Park** in **Redditch**. As well as joined in on the **BDHT Community Events** in **Catshill** and **Sidemoor**. We also welcomed families for our **Growing Families events** and enjoyed lots of fun through our **Holiday Stay & Play sessions** at **Holly Trees** and **Pear tree Family Hubs**.

A **Huge Thank You** to all **families, partners** and **local organisations**. Who joined us throughout the quarter. It's been wonderful seeing so many families getting involved, connecting with local services and enjoying activities together!

For more upcoming events, groups etc. **Please contact** your local **Family hubs** to find out more:

☎ Bromsgrove: 01527 835775 **Pear Tree Family Hub**

☎ Redditch: 01527 61360 **Holly Trees Family hub**

Website: [Local Family Hubs | Worcestershire County Council](#)

Family Learning and Support

Join us this October for our supportive sessions for parents and carers, including a practical workshop and a longer programme designed to help build confidence, strengthen family relationships, and provide advice in a welcoming environment. Whether you are looking for guidance, support or an opportunity to connect with others, we would love to welcome you along!

Understanding your child

A Practical and engaging course focused on younger children, helping parents and carers build confidence in understanding behaviour, strengthening relationships, and supporting their child's development

- ✦ Willow trees community centre,
Loxley close,
B98 9JS

📅 **20th October 2026**

- ✦ St Peters Catholic First School,
Bromsgrove
B68 7LH

📅 **7th October 2026**

For more information or if you would like to book yourself on this course, please contact your local family hub on:

- 📞 Bromsgrove: 01527 835775 **Pear Tree Family Hub**
- 📞 Redditch: 01527 61360 **Holly Trees Family hub**

Or visit: [Local Family Hubs | Worcestershire County Council](#)

UNDERSTANDING YOUR CHILD GROUP

A FREE group suitable for parents/carers of children aged 2-19 years, consisting of 10 weekly sessions.

St Peter's Catholic First School, Bromsgrove
7th October - 9th December, 12.30 - 2.30pm (except half-term)

Willow Trees Family Hub, Redditch
20th October - 22nd December, 12.30 - 2.30pm (except half-term)



Book via www.worcestershire.gov.uk/groups
For more information please call:
Bromsgrove Pear Tree Family Hub on 01527 835775
Redditch Holly Trees Family Hub on 01527 512112

www.worcestershire.gov.uk/FamilyHubs

BEST START IN LIFE **FAMILY HUBS**

TOGETHERNESS[®]
Bringing the Solihull Approach to the world

Redditch Borough Council **worcestershire county council**

Parenting Groups and Workshops

Parenting is a journey – you don't have to navigate it alone!

Our Parenting groups and Workshops offer a safe, supportive space for parents and carers to learn, share experiences, and build confidence through every stage of family life. Covering topics from Child development and behaviour to sleep, mealtimes, and communication, these sessions provide practical advice and opportunities to connect with other families in a welcoming environment! For more information, please contact the family hubs:

- 📞 Bromsgrove: 01527 835775 **Pear Tree Family Hub**
- 📞 Redditch: 01527 61360 **Holly Trees Family hub**

Or visit: [Local Family Hubs | Worcestershire County Council](#)

PARENTING GROUPS & WORKSHOPS

Come along to our **FREE** groups and workshops for parents, carers and families.

GROUPS
Join one of our **FREE** groups:

- Birth & Beyond
- Understanding Your Baby
- Understanding Your Child
- Understanding Your Teen
- Talking Teens

WORKSHOPS
Come and join one of our **FREE** workshops:

- Sleep
- Fussy Eaters
- Understanding Your Child's Behaviour
- Understanding Your Teen's Behaviour

See upcoming dates, venues and book by scanning the QR code or www.worcestershire.gov.uk/groups
For more info please call
Redditch Holly Trees Family Hub on 01527 61360
Bromsgrove Pear Tree Family Hub on 01527 835775



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Redditch Borough Council **worcestershire county council**

Family Hubs In your community

Changes to Our Family Hub Drop-ins!!

We've made a few changes to our Family Hub drop-ins across Bromsgrove and Redditch. Our team will continue to be out in the community, offering information, advice and support for families:

Bromsgrove: Our **Catshill drop-in** has moved to the morning to coincide with the library session and will now run **11am–12pm**. The **BDHT POD drop-in** has moved to **Charford Baby Bank** and will take place on the **2nd and 3rd Thursday of each month, 12:30–3pm**.

Redditch: Our **Willow Trees drop-in** will run on the **1st and 3rd Tuesday of each month, 10am–12pm**. Our **Winyates drop-in** will run on the **2nd Tuesday of each month, 10am–12pm**, and our **Wythall drop-in** will run on the **4th Tuesday of each month, 10am–12pm**. Our **Woodrow drop-in** will continue each Thursday, with opening times of **10am–12pm**.

Pop in and speak to a member of the Family Hubs team — whether you have a question, need some support or would simply like to find out what's available for your family.

We offer a welcoming space for parents and carers to speak with members of the Family hubs team, access information and support, and connect with local services. Families can also access '**Healthy Start Vitamins**', **FREE** or **LOW COST**, **Self-weigh scales** at selected venues, and friendly guidance in relaxed community settings close to home!

For more information around the drop ins and signposting please contact your local Family Hub:

☎ Bromsgrove: 01527 835775 **Pear Tree Family Hub**

☎ Redditch: 01527 61360 **Holly Trees Family hub**

Or visit: [Local Family Hubs | Worcestershire County Council](https://www.worcestershire.gov.uk/FamilyHubs)

FAMILY HUBS DROP-INS

Your chance to come & speak to a member of the Family Hub team.

Low cost Healthy Start Vitamins available to buy or free with a Healthy Start Card. £1.80 children's drops, £1 women's vitamins. (cash only)

Help & support to access services for you & your family.

Self-weigh scales for 0 - 2 year olds available. (Where listed)

Redditch Drop-ins
Bromsgrove and Redditch Baby Bank at St Stephen's Church: Tuesdays, 10.30am - 1pm, fortnightly
Church Green West, Redditch, B97 4DY

Willow Trees Stay & Play: 1st Tues of the month, 10am - 12pm
Willow Trees Community Centre, Loxley Close, Redditch, B98 9JS (Scales available)

The Link, Woodrow (formerly Oasis Charity Shop):
Thursday, Weekly, 10am - 1pm
The Link, Woodrow Centre, Redditch, B98 7RY (Scales available)

For more info please call our Redditch Holly Trees Family Hub team on 01527 61360

www.worcestershire.gov.uk/FamilyHubs



FAMILY HUBS DROP-INS

Your chance to come & speak to a member of the Family Hub team.

Low cost Healthy Start Vitamins available to buy or free with a Healthy Start Card. £1.80 children's drops, £1 women's vitamins. (cash only)

Help & support to access services for you & your family.

Self-weigh scales for 0 - 2 year olds available. (Where listed)

Bromsgrove Drop-ins
Charford First School:
Mondays, 9 - 10.30am, weekly
Charford Road, Bromsgrove, B60 3NH

Catshill Library: Mondays, 1.30 - 4.30pm, weekly
The Community Room, Catshill Middle School, Meadow Road, Bromsgrove, B61 0JW (Scales available)

On the 1st Monday of the month Catshill Library drop-in will be supported by Bromsgrove & Redditch Baby Bank, with free essential baby items.

BDHT The Pod: Wednesdays, 12.30 - 2.30pm, weekly
The Pod, 13 Humphrey Ave, Bromsgrove, B60 3JB (Scales available)

Bromsgrove and Redditch Baby Bank at St Andrew's Church: Thursdays, 12.45 - 3pm, fortnightly
Lyttleton Avenue, Bromsgrove, B60 3LL

For more info please call our Bromsgrove Pear Tree Family Hub team on 01527 835775

www.worcestershire.gov.uk/FamilyHubs



!!!! NEW EVENT!!!!

Halloween Fun at Kingfisher!

We're excited to be joining the **Halloween celebrations at Kingfisher Shopping Centre in Redditch!** Come along for some spooky family fun, activities and a chance to meet the Family Hubs team.

Keep an eye on our Facebook page for more details closer to the event – we'd love to see you there!

 **Best starts Family Hubs – Bromsgrove and Redditch**

Online resources

Togetherness – emotional health and wellbeing



What is Togetherness?

Togetherness is an online learning platform created by psychologists and health practitioners. It offers easy-to-access courses

and resources on **emotional health and wellbeing**, proven to make a positive difference to mental health, behaviour, and family relationships.

Why is this important for schools and families?

- **For parents:** Practical strategies to support children's emotional development, manage behaviour, and strengthen family bonds.
- **For schools:** Happier, more settled pupils, improved home-school relationships, and resources that complement your PSHE and wellbeing work.

What's included?

- Courses on understanding your child's behaviour, emotional health, and parenting through different life stages.
- Support for mental health and resilience for both parents and children.
- All content is NHS-approved, evidence-based, and completely free for local families.

The courses are **FREE** with access code: **PARENTSROCK** for residents in our area. There are courses for parents, carers and grandparents about children from bump to 19+ years on a range of topics including pregnancy, teenagers, relationships and more.

Website [Worcestershire | Togetherness - Togetherness](#)

Access Code PARENTSROCK

Training for Schools – we offer a 2-day foundation course for professionals that is free to access. For more information, please contact familyhubs@bromsgroveandredditch.gov.uk.

Healthy Start

With Healthy Start, you could be entitled to weekly support towards: Veg, Fruit, Milk, Infant formula milk, Pulses and Healthy Start Vitamins.

Vitamins are available from our Family Hubs.

Find out if you are eligible and apply:

www.healthystart.nhs.uk



Booking System

Some of our parenting groups and workshops can now be booked directly by parents/carers using the trybooking system. Scan the QR code or visit

www.worcestershire.gov.uk/groups



Stop Smoking

Smoke Free Homes

Looking to stop smoking? We can help! If you have children aged 0-19 in your home you can get free advice to start your quitting journey. 80% of cigarette smoke is invisible and the best thing you can do to protect you and your family from the harms of second-hand smoke is to quit smoking. This support is available to you through your local Family Hub. Scan the QR Code to sign up or if you need help signing up? Any Worcestershire Library can help. To find out more visit:

www.worcestershire.gov.uk/stopsmoking Or you can sign up by emailing:

whcnhs.smokefreehomes@nhs.net



Useful Links & Community Information

[Discover What's on at Your Local Library](#)

Worcestershire Libraries offer much more than books! From **children's activities** and **family sessions** to **creative workshops** and **community events**, there's always something happening across the county.

Visit the **Worcestershire Libraries Events** page to discover upcoming events and activities near you - [Library events and activities | Worcestershire County Council](#)



Free 1-to-1 budgeting coaching

We're pleased to share a valuable new support offer available to residents in Redditch. Through a partnership between the Redditch foodbank and Christians Against Poverty, free 1-to-1 Budget Coaching sessions are now available to help individuals better understand their finances, create realistic budgets, and feel more in control of rising costs. This supportive, non-judgemental service is open to anyone—not just those in crisis—and can play an important role in reducing stress and preventing financial issues from escalating. Colleagues are encouraged to consider referring clients who may be struggling with managing bills or planning.

Easily book a session for yourself or on someone's behalf using this link:
<https://calendar.app.google/gE5EUf6PidjmBkPx8>



SENDIAS training in the family hubs

Supporting your child to cope with change and the transition to school is a 2-part workshop aimed at parents/carers of children due to start school in the next few years or are struggling to transition to school.

The first session will focus on supporting children to cope with small everyday changes like moving from one task to another. The second session will focus on the transition to school.

You can expect practical guidance, tips and resources to support your child through change

Redditch- Holly Trees Family Hub, 9th October, 9:30 – 2:15pm

Please contact your local Family Hubs to find out more:

☎ Bromsgrove: 01527 835775 **Pear Tree Family Hub**
☎ Redditch: 01527 61360 **Holly Trees Family hub**

Website: [Local Family Hubs](#) | [Worcestershire County Council](#)



The poster is titled "Free SEND Advice Appointments" and is for the "Redditch" location. It features a background image of a child's hands. The text includes the location "Holly Trees family hub, Mabey Ave, Redditch B98 8HW" and the date "Friday 9 October 2026". It also states: "Have you got questions about SEND support or the EHCP process? Need help with your next steps? Meet a SENDIASS Advisor for a FREE 30-minute advice slot." There is a QR code with the text "Find out more" and "SCAN ME". At the bottom, it says "Appointments available between 9.30am and 2.15pm". Logos for SENDIASS and Worcestershire County Council are at the bottom.

Free SEND Advice Appointments

Redditch

Holly Trees family hub,
Mabey Ave, Redditch B98 8HW

Friday 9 October 2026

Have you got questions about SEND support or the EHCP process? Need help with your next steps? Meet a SENDIASS Advisor for a FREE 30-minute advice slot.

Find out more

SENDIASS
SEND Information, Advice and Support Service
Worcestershire & Shropshire

SENDIASS
SEND Information, Advice and Support Service
Worcestershire & Shropshire

worcestershire county council

♥ Discover The Link

The Link, run by Reach CIC at Winyates Centre, is a welcoming community space bringing local people together through activities, advice and support.

From **Stay & Play, baby sensory and craft activities** to coffee mornings, Polish-speaking family groups and one-to-one drop-ins, there's something for everyone. The Link can also help connect residents with practical support including **foodbank referrals, energy guidance, money advice and carers support**. Everyone is welcome!



♥ The Link – Woodrow

The Link at Woodrow Centre is another welcoming community space offering support to local residents. Pop in to browse their **second-hand shop**, enjoy hot and cold drinks or food at the café, and find out more about the help available in the community.

Our **Family Hubs team** is also there **every Thursday, 10am–1pm**, offering a friendly drop-in for families who would like information, advice or support.

For more information about REACH and the amazing activities they have please visit: [Facebook](#)

Family Fun !!!

Family Fun and Support Worcestershire are a large directory of activities, events and sessions for families with children aged 0-16 years as well as support and classes for expectant parents.

BEST START IN LIFE FAMILY HUBS USEFUL LINKS



FAMILY
HUBS

Best Start in Life Family Hubs

For more information on our services and Family Hubs, please visit www.worcestershire.gov.uk/FamilyHubs or scan the QR.



Family Hubs Bromsgrove & Redditch Facebook

For local information, tips and advice please follow our Facebook page via www.facebook.com/FamilyHubs or scan the QR.



Request Parenting Support

If you require parenting support or wish to enquire about any of our groups or courses, please complete the form at www.bromsgrove.gov.uk/familyhubrequest or www.redditchbc.gov.uk/familyhubrequest or scan the QR.



Bromsgrove



Redditch

Parenting Groups, Courses & Workshops

We offer an exciting array of parenting groups and workshops. All sessions are free to attend and run by trained staff and volunteers. Visit www.worcestershire.gov.uk/groups or scan the QR.



Did you know? Some of our parenting groups and workshops can be booked directly via the above link/QR.

www.worcestershire.gov.uk/FamilyHubs



Working Together...for you.

At times life can be a little tough, for whatever reason. But advice & support is available. Search 'working together' on the Councils' websites. Here's a summary.

Act On Energy

Freephone 0800 988 2881
actonenergy.org.uk

Age UK North Worcestershire

01527 570490
ageuk.org.uk/northworcestershire
enquiries@ageuknorthworcestershire.org.uk

bdht

0800 0850 160
contactus@bdht.co.uk

Bromsgrove and Redditch Network (BARN)

01527 60282
barn.org.uk/cost-of-living

Bromsgrove District Council

01527 881288
bromsgrove.gov.uk

Citizens Advice

Bromsgrove & Redditch
0808 278 7890
cabr.org.uk

Bromsgrove & Redditch Family Hubs

Bromsgrove: 01527 835775
Redditch: 01527 61360
www.worcestershire.gov.uk/familyhub

Libraries

01905 822722
www.worcestershire.gov.uk/libraries

NewStarts

01527 882410 / 0121 679 2072
newstarts.org.uk

Redditch Borough Council

01527 64252
redditchbc.gov.uk

Worcestershire County Council

01905 765765
www.worcestershire.gov.uk/contact

Need mental health support?

Worcestershire Safe Haven
01905 600 400
(6pm - 1am, last calls 12:20am)
Samaritans 116 123
(free, 24/7, 365 days)
Call **NHS 111** & select 'Mental Health' option

Please take a photo or jot these details down & share with neighbours, friends & family.



Bromsgrove
District Council
www.bromsgrove.gov.uk



Redditch
Borough Council
www.redditchbc.gov.uk

Keep In Touch

Family Hubs - Bromsgrove and Redditch | Facebook

- Holly Trees Family Hub, Mabey Ave, Redditch, B98 8HW
Phone: 01527 61360
- Pear Tree Family Hub, Broad Street, Bromsgrove, B61 8LW
Phone: 01527 835775

