



Health Visitor Clinics

Brookside Family Hub

Monday's—12:30pm-2:30pm

Call 01562 827207 to book

Half Crown Wood Family Hub

Wednesday's—12:30pm-3:30pm

Call 01299 877920 to book



Self-Weigh Clinics

Brookside Family Hub, Kidderminster—Wednesday's, 1:00pm-3:00pm

Half Crown Wood Family Hub, Stourport-on-Severn—Thursday's, 1:00pm-3:00pm

To book, please call 01562 827202 / 01299 877920

Starting Well Wyre Forest: Wyre Forest Parenting & Community Team

Groups for Parents/Carers

January—April 2022



For more information or to book your place, please call...

**Brookside Family Hub, Borrington Rd, Kidderminster,
DY10 3ED—01562 827207**

**Half Crown Wood Family Hub, Princess Way, Stourport,
DY13 0EL—01299 877920**

Email: admin.wyreforest@barnardos.org.uk



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Find us on Facebook... Starting Well Wyre Forest



**Healthy Start
Vitamins are available
from our Family Hubs.**

PEER SUPPORT GROUP FOR PARENTS/CARERS OF CHILDREN WITH SEND

AGED 0-19 IN THE WYRE FOREST AREA



This group is for Parents/carers only

THIS GROUP HAS BEEN SET UP BY PARENTS AND VOLUNTEERS FOR PARENTS AND CARERS TO SHARE INFORMATION, GAIN SUPPORT AND SOCIALISE IN A CHILD FREE ENVIRONMENT.

THE GROUP WILL MEET
9.30- 11AM

On the 2nd Wednesday of each month:
Wednesday 12th January 2022
Wednesday 9th February 2022
Wednesday 9th March 2022
Wednesday 13th April 2022

AT
BROOKSIDE FAMILY HUB
BORRINGTON ROAD, KIDDERMINSTER DY10 3ED

NO DIAGNOSIS IS REQUIRED TO ATTEND THIS GROUP TO FIND OUT MORE INFO AND BOOK A PLACE PLEASE CONTACT BROOKSIDE FAMILY HUB ON 01562 827207 OR HALF CROWN WOOD FAMILY HUB ON 01299 877920 EMAIL ADMIN.WYREFOREST@BARNARDOS.ORG.UK



www.startingwellworcestershire.nhs.uk

Birth & Beyond (we recommend joining these sessions at 28 weeks of pregnancy)

Our Next Group Dates Are:

Dates: Groups run monthly on Tuesday* evenings (4 sessions over 4 weeks)

Time: 6:00pm—7:30pm (approx.)

Venue: Virtual group via Zoom

Birth & Beyond

These **FREE** sessions are facilitated by Parenting Support Workers and provide information on:

- Getting to know your unborn baby
- Changes for you/partner
- Giving birth and meeting baby
- Your health and wellbeing (parents/carers)
- Feeding, bathing and practical care of your new baby
- Who is there for you – people and services

For more information or to book into a course contact your local **Family Hub**



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For more information, or to book your place, please call 01562 827207 / 01299 877920

No need to book.
Just drop in

Little Bee's



This free group meets on
Thursdays during term time
1-2.30PM.

at The Scout Hut, Hoo Road, Kidderminster
DY10 1LB

No diagnosis required

For further info Please contact Brookside Family Hub on
01562 827207 or email admin.wyreforest@barnardos.org.uk



BABY'S HERE, WHAT NEXT?

Understanding your Baby

A group for parents, partners, carers and other family members involved caring for a baby from birth to approximately 6 months old. Covering;

- Baby's brain development
- How you and baby may be feeling
- Your developing relationship with baby
- Ways to respond to baby's crying, developing healthy sleep patterns and feeding relationship
- Baby's play and developmental needs
- Times when baby may be looked after by someone else or returning to work

A great opportunity to speak with other parents, babies welcome!

For more information or to book into a course
contact your local Family Hub

Our Next Group Dates Are:

Dates: Tuesday 1st February—Tuesday 29th March 2022

Time: 1:00pm—2:30pm

Venue: Kidderminster Health Centre, Bromsgrove Street, Kidderminster, Worcestershire, DY10 1PG.

For more information, or to book your place, please call 01562 827207

peep

Supporting children and parents to learn together



Dates at Half Crown Wood
12-1pm drop in sessions
2nd March, 9th March,
16th March and 23rd March

Dates at Brookside
10 -11am drop in sessions
28th January, 4th February
11th February and 18th February

For parents/carers with children age 0 to 5 years



In these sessions we work with parents to promote babies and children's development, building on their home environment and extending their learning development through play.

Brookside Family Hub
Borrington Road
Kidderminster
DY10 3ED



01562 827207

Half Crown Wood
Princess Way
Stourport-On-Severn
DY13 0EL



01299 877920

NHS
Herefordshire and Worcestershire
Health and Care
NHS Trust



Believe in
children
Barnardo's



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Starting well Partnership
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children
Barnardo's



Time for baby

Stay and play for newborn and non-movers
Thursday mornings 10am-11am
At Brookside Family Hub, Borrington
Road, Kidderminster, DY10 3ED



Please register your interest on our facebook page or call the Brookside Hub on 01562 827207, as places are limited.



BUGGY WALK

SPRINGFIELD PARK,
SPRINGFIELD LANE,
KIDDERMINSTER DY10 2PS

Every Monday apart from Bank Holiday's

10AM

MEET BY THE CAFE

DUE TO COVID RULES WE CAN ONLY HAVE 15 PARENTS

For further information call Brookside family hub: 01562 827207 or
Half Crown Wood family hub: 01299 877920
email: admin.wyreforest@barnardos.org.uk

Chat about
routines, feeding,
development

Meet new
friends

Enjoy
fresh air



Wyre Forest Family Information Service

Tel: 07738 860812

Email: admin.wyreforest@barnardos.org.uk



The family information service offers free impartial information, support and signposting service for children, young people, families and professionals in the Wyre Forest.

- ▶ 30 hours funding for working parents
- ▶ Applying for 2, 3 and 4 year old funding
- ▶ Early years provision with children with SEND
- ▶ Finding childcare including after school



Drop in Sessions

For parents and carers of children aged 0 - 5 years

focussing on activities to support the development of a healthy child and family through fun activities and experiences.



Dates at Brookside Family Hub
10-11 am on Fridays
4th Mar, 11th Mar, 18th Mar and 25th March

Brookside Family Hub
Borrington Road
Kidderminster
DY10 3ED Tel: 01562 827207

Dates at Half Crown Wood
12 - 1pm - Wednesdays
26th Jan, 2nd Feb, 9th Feb
and 16th February

Half Crown Wood Family Hub
Princess Way
Stourport-On-Severn
DY13 0EL Tel: 01299 877920



Are you a parent ?

Is life losing it's Sparkle?

Are you ...

Depressed ... Anxious ... Irritable ... Angry ?

Do you have trouble sleeping, have difficulty concentrating, problems in controlling your emotions, or is life just losing its sparkle?

Register today to reserve your free place!!!

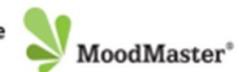
A 10-week group will take place
each Friday from 10am - 12pm
at Bewdley Primary School, DY12 1BL

Starting on 21st January 2022.

For more information or to join:

Telephone: 01562 827207

Or email us: admin.wyreforest@barnardos.org.uk



Starting Well Partnership
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UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

UNDERSTANDING YOUR CHILD

Come along to this relaxed, fun group to explore issues including, developmental needs, having fun, communication, sleep and behaviour difficulties.

The group is suitable for families with children and young people from birth to 19 years.

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT YOUR LOCAL FAMILY HUB

www.startingwellwales.nhs.uk

Understanding your Child: ASD

Our Next Group Dates Are:

Dates: Monday 24th January—Monday 4th April 2022

Time: 10:00am—12:00pm

Venue: Virtual group via Zoom / Brookside Family Hub

For more information, or to book your place, please call 01562 827207

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Come along to this relaxed, fun group to explore issues including, developmental needs, having fun, communication, sleep and behaviour difficulties.

The group is suitable for families with children and young people from birth to 19 years.

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT YOUR LOCAL FAMILY HUB

www.startingwellwales.nhs.uk

Our Next Group Dates Are:

Dates: Monday 17th January—Monday 28th March 2022

Time: 1:00pm—2:00pm

Venue: Virtually, via Zoom

For more information, or to book your place, please call 01562 827207

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

UNDERSTANDING YOUR TEEN

A 10-week group programme that helps you find out more about sleep, bullying, relationships and why your teenager behaves the way they do. Suitable for families with children aged 11-19 years.

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT YOUR LOCAL FAMILY HUB

Starting Well Partnership
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www.startingwellworcesters.nhs.uk

Our Next Group Dates Are:

Dates: Wednesday 19th January—Wednesday 6th April 2022

Time: 6:00pm—7:00pm

Venue: Virtual group programme via Zoom

For more information, or to book your place, please call 01562 827207

The Incredible Years

THE INCREDIBLE YEARS PARENTING COURSE

This course will enable you to:

- Help your children reach their potential
- Enjoy parenting
- Develop skills in imaginative and creative play
- Manage behaviour through praise
- Develop ignore and reward strategies

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT YOUR LOCAL FAMILY HUB

Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

www.startingwellworcesters.nhs.uk

The Incredible Years: ASD—children aged 2-6years

Our Next Group Dates Are:

Dates: Thursday 20th January—Thursday 12th May 2022

Time: 12:30pm—2:30pm

Venue: Brookside Family Hub, Borington Rd, Kidderminster, Worcs, DY10 3ED

For more information, or to book your place, please call 01562 827207