## **Wyre Forest Parent and Carers Forum**

We are looking for parents and carers to share their views. knowledge and experience on what is working well and what could be improved for children, young people and families in the Wyre Forest area.

The aim of the group is

- To bring together Parents and Carers socially to support each other and share experiences, views and ideas.
- To ensure that the needs and wishes of local children, young people and families are heard.
- To influence the development, design and delivery of local services. If this sounds like something you are interested in and you have a child who is

aged 0-19 please get in touch with one of the Community Health Connectors Contact Claire on 07894803443 claire.leyland@barnardos.org.uk

Contact Sam on 07738860413 samantha.bower@barnardos.org.uk

Or give us a call at Brookside Family Hub 01562 827207



children M Barnardo's



# Do you need help with childcare?

WANDS Family Hub, Farmers

Way, Droitwich, WR9 9EQ

@actionforchildren.org.uk

01905 827391 or 07872 503058

Brookside Family Hub, Borrington

Road, Kidderminster, DY10 3ED

admin.wyreforest@barnardos.org.uk

Half Crown Wood Family Hub

admin.wyreforest@barnardos.org.uk

. Some 2 year olds could receive up to 15 hours of

All 3 and 4 year olds can receive up to 15 hours of free childcare a week

Some 3 and 4 year olds can receive up to 30 hours of free childcare a week

 There could also be additional funding if your child has a special educational need and/or a

 Your free childcare can be used at many nurseries pre-schools and childminders near you You can get a list of childcare places near you

Princess Way, Stourport-on-Severn,

01562 827207 or 07738 860812

**Wyre Forest** 

01299 877920

free childcare a week

Contact the Family Information Service at your local Family Hub below if you need help with finding and applying for childcare

### Bromsgrove

- Pear Tree Family Hub, Broad Street, Bromsgrove, B61 8LW startingwell@
- bromsgroveandredditch.gov.uk 01527 835775 or 07943 832294

### Malvern Hills

- Sunshine Family Hub, Bluebell Close, Malvern, WR14 3SW worcestercityhelp
- aactionforchildren.org.uk 01684 577442 or 07738 888172

### Redditch

- Holly Trees Family Hub, Mabey Ave, liverside, Redditch, B98 8HW startingwell@
- bromsgroveandredditch.gov.uk 01527 61360 or 07506 554297

### Worcester City

- Saffron Family Hub, Stanley Road, Worcester, WR5 1BD
- worcestercityhelp
- 01905 767107 or 07984 005504





www.worcestershire.gov.uk/freechildcare

# Starting well Wyre Forest

supports parents/carers of children and young people aged 0 to 19 years, developing confidence and resilience through a range of groups and programmes.

For further information please contact Brookside Family Hub 01562 827207 or Half Crown Wood Family Hub 01299 877920

email: admin.wyreforest@barnardos.org.uk

Follow us on







NHS Herefordshire and Worcestershire **Health and Care** 





# **Birth and Beyond: Wyre Forest**

transition to parenthood virtual group sessions

Birth & Beyond Virtual Group-via Zoom

Monday's-6-7pm Tuesday's-6-7pm

- . Getting to know your unborn baby
- · Changes for you/partner
- Giving birth and meeting baby
- · Your health and wellbeing (Parents)
- · Feeding, bathing & practical care of your new

We recommend starting the Birth & Beyond group programme between 28-31 weeks of pregnancy.

If you are interested, please call our Family Hubs on 01562 827207/ 01299 877920 or email

admin.wyreforest@barnardos.org.uk to book your place. EVERY CONTACT SHAPES A LIFE

# Your local Health Visitors are here for vou

0300 123 9551

We have lots more to come...

Adventure Dads, Forest School,

Community Garden.

Young Parents Birth & Beyond

**SEND Peer support group** 

Keep up to date by following our Facebook page

Have you ever thought about volunteering? We have great opportunities. Get in Touch









The first foods your baby has are vital to long term development

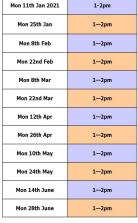
### Is your baby between 3 and 4 months?

Then come and join us for an Informal virtual group to learn more... we will be able to give you advice, support and confidence to explore new tastes & textures to tantalize the taste buds.

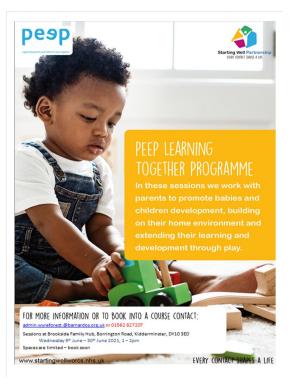


Please call Brookside Family Hub on 01562 827207 to book your place















# **HENRY Healthy Families** programme online

Even during this uncertain time, we're still her to help you give your little ones a great start in life

The HENRY programme is completely FREE to join for parents and carers of children aged O to 5 years old

We will send you details of how to join online.



- Feeling more confident as a parent
- Physical activities for the little ones What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

### Programme details

Taster: 28th April @1:15pm Start date: 5th May -30th June (8 weeks) Excluding Half Term All sessions are virtual from 1 15pm to 2 15pm

Please note that each group has a maximum capacity of so please do get in touch if you would like to join us, in or your space and get your toolkit sent out in good time!



We cover the 5 following themes across 8 weeks: Each week there is a 1 hour live session and a You'll also receive a free toolkit with lots of

> The programme is an opportunity to share ideas and experiences with other families in a safe

Programme details

Online programme :Taster: Monday 26th April 11.00 Brookside Family Hub 01562 827207 Half Crown Wood Family Hub 01299 Session 1 - Monday May 10th 11.00 until 12.00 Weekly - Mondays 11.00 until 12.00 until 14.00 until 14.00 until 14.00 until 15.00 until 15.00 until 16.00 until 16.00 until 16.00 until 16.00 until 16.00 until 16.00 weekly sessions last session Monday 19th July admin.wyreforest@barnardos.org.uk

**Healthy Familes: Growing Up** 

### Healthy, thriving children and families



HENRY's free Healthy Families: Growing Up online programme is for parents and carers of primary-school age children - it will help you develop a healthier, happier lifestyle that the whole family can enjoy.

- Feeling more confident as a parent Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

than I expected.

parent to do it.

Brookside Family Hub 01562 827207

This was the best thing I could possibly have done to help me





Health and Care





Isn't that a bit 'heavy'?

Not at all, sessions are designed to be interesting and relevant, and they are meant to be fun too.

What exactly happens at a MoodMaster session? The group leader reads out the information on the week's topic. You will also have a special form to rate how things have been during the week. Then, people who want to, say what they've learned during the week. Then finally you have an

# You talk about 'physical and emotional wellbeing", but len't it mainly about

Yes, it is, although the two are link for instance, exercise is very important in stopping depression.

# So do I have to have

'emotional problems' to come?

I think it's my friend or

# relative who should really come. What about that?

You can pass on our poster or alternatively ask them to make contact with us.

### Where are the sessions

Sessions are taking place virtually each week, we are currently running wo groups every Monday and

How much does it cost?