

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.levland@barnardos.org.uk

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

Or give us a call at Brookside Family Hub 01562 827207



Believe in children
Barnardo's



Herefordshire and Worcestershire
Health and Care
NHS Trust

Do you need help with childcare?

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@actionforchildren.org.uk
▼ 01684 577442 or 07738 888172

Redditch

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

Worcester City

▼ Saffron Family Hub, Stanley Road, Worcester, WR5 1BD
▼ worcestercityhelp@actionforchildren.org.uk
▼ 01905 767107 or 07984 005504

Wychavon

▼ WANDS Family Hub, Farmers Way, Droitwich, WR9 9EQ
▼ worcestercityhelp@actionforchildren.org.uk
▼ 01905 827391 or 07872 503058

Wyre Forest

▼ Brookside Family Hub, Borington Road, Kidderminster, DY10 3ED
▼ admin.wyreforest@barnardos.org.uk
▼ 01562 827207 or 07738 860812
▼ Half Crown Wood Family Hub, Princess Way, Stourport-on-Severn, DY13 0EL
▼ admin.wyreforest@barnardos.org.uk
▼ 01299 877920

Did you know...

- Some 2 year olds could receive up to 15 hours of free childcare a week
- 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 disability
- 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 online at: worcestershire.gov.uk/freechildcare



You will need to know your national insurance number to apply

Apply online at 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

<https://www.facebook.com/StartingWellWyreForest/>

Believe in children
Barnardo's



Herefordshire and Worcestershire
Health and Care
NHS Trust



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 baby

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 you

If your child is under 5 years old and you need advice on issues such as feeding, behaviour, sleep or toileting contact our telephone advisory service on:

0300 123 9551

Available Mon-Fri 8am-4pm

www.startingwellworcs.nhs.uk



EVERY CONTACT SHAPES A LIFE

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

HEALTHY START

Healthy Start provides weekly vouchers to eligible parents and can help you if you're pregnant or have a young child under four. These vouchers can be spent on milk and fruit and vegetables at your local shops and supermarkets, as well as offering coupons for free vitamins too.

For more information about the scheme, visit NHS Healthy Start - www.healthystart.nhs.uk

Vitamin collections

Vitamins are available from Starting Well Family Hubs and selected NHS and community spaces. For a full list of collection points, contact details and opening hours visit: www.startingwellworcs.nhs.uk/vitamins

Believe in children
Barnardo's

BUGGY WALK

SPRINGFIELD PARK,
SPRINGFIELD LANE,
KIDDERMINSTER DY10 2PS
STARTS MONDAY 19TH APRIL AT 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

Believe in children
Barnardo's

Introduction to Solids

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.

Date	Time
Mon 11th Jan 2021	1-2pm
Mon 25th Jan	1-2pm
Mon 8th Feb	1-2pm
Mon 22nd Feb	1-2pm
Mon 8th Mar	1-2pm
Mon 22nd Mar	1-2pm
Mon 12th Apr	1-2pm
Mon 26th Apr	1-2pm
Mon 10th May	1-2pm
Mon 24th May	1-2pm
Mon 14th June	1-2pm
Mon 28th June	1-2pm

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

Find us on: facebook.

Delivered on behalf of worcestershire county council

peep
Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

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

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT:
admin.wyreforest@barnardos.org.uk or 01562 827207
Sessions at Brookside Family Hub, Borrington Road, Kidderminster, DY10 3ED
Wednesday 9th June – 30th June 2021, 1 – 2pm
Spaces are limited – book soon
www.startingwellwolves.nhs.uk

EVERY CONTACT SHAPES A LIFE

peep
Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

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

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT:
admin.wyreforest@barnardos.org.uk or 01562 827207
Sessions at Half Crown Wood Family Hub, Princess Way, Stourport on Severn, DY13 0EL
Thursday 6th May – 27th May 2021, 1 – 2pm
Spaces are limited – book soon
www.startingwellwolves.nhs.uk

EVERY CONTACT SHAPES A LIFE

HENRY Healthy Families programme online

Even during this uncertain time, we're still here 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 0 to 5 years old.

We will send you details of how to join online.

The programme provides everything you need to help your little one get off to a great start.

We cover the 5 following themes across 8 weeks:

- 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

Each week there is a 1 hour live session and a couple of videos to watch before each session. You'll also receive a free toolkit with lots of fantastic resources, delivered to your home. The programme is an opportunity to share ideas and experiences with other families in a safe environment!

Programme details
Taster: 28th April @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 6 families, so please do get in touch if you would like to join us, in order to save your space and get your toolkit sent out in good time!

Get in touch to sign up now!

Contact Us
Brookside Family Hub 01562 827207
Half Crown Wood Family Hub 01299 877920
admin.wyreforest@barnardos.org.uk

henry
Healthy Start, Together Future
Charity number 102581

Healthy Families: Growing Up online

Join our online parent group

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.

The programme covers these 5 themes across 10 weeks and provides everything you need to help your children flourish.

- 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

Get in touch to sign up now!

Contact Us
Online programme: Taster: Monday 26th April 11.00
Session 1 - Monday May 10th 11.00 until 12.00
Weekly - Mondays 11.00 until 12.00 until
Half term break Monday 31st May (no session)
Recommend Monday 7th June 11.00 until 12.00
Weekly sessions last session Monday 19th July

admin - admin.wyreforest@barnardos.org.uk
Brookside Family Hub 01562 827207
Half Crown Wood Family Hub 01299 877920

peep
Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

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

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT:
admin.wyreforest@barnardos.org.uk or 01562 827207 / 01299 877920
Mini Mover Sessions at Brookside Family Hub, Borrington Road, Kidderminster, DY10 3ED
Wednesday 5th May – 26th May, 1 – 2pm
Spaces are limited – book soon
www.startingwellwolves.nhs.uk

EVERY CONTACT SHAPES A LIFE

peep
Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

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

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT:
admin.wyreforest@barnardos.org.uk or 01562 827207 / 01299 877920
Mini Mover Sessions at Half Crown Wood Family Hub, Princess Way, DY13 0EL
Thursday 10th June – 1st July 2021, 1 – 2pm
Spaces are limited – book soon
www.startingwellwolves.nhs.uk

EVERY CONTACT SHAPES A LIFE

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

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:
admin.wyreforest@barnardos.org.uk or 01562 827207
Virtual Sessions run: Monday 10th May – 24th May 2021
Monday 7th June – 27th July
Monday 18th July – 28th July
This is a 10 week programme from 10am – 11am online each Monday on the above dates

www.startingwellwolves.nhs.uk

EVERY CONTACT SHAPES A LIFE

MoodMaster

Are you a parent? Is life losing its 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?

MoodMaster can help! We are planning weekly groups in your area to help you deal with troublesome emotions and give positive, structured sessions to help make your life more enjoyable.

What is MoodMaster exactly?
MoodMaster provides weekly sessions lasting an hour or so, in which you can hear really good information about emotional and physical health.

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 information sheet for you to take away and act on over the next week.

You talk about 'physical and emotional wellbeing', but isn't that mainly about emotional things?
Yes, it is, although the two are linked, for instance, exercise is very important in stopping depression.

So do I have to have 'emotional problems' to come?
Certainly not, you may do, but you certainly don't have to.

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 held?
Sessions are taking place virtually each week, we are currently running two groups every Monday and Friday.

How much does it cost?
MoodMaster sessions are completely free of charge.

Moodmaster Sessions are FREE!!!

To join a group
Telephone: 01562 827207
Or email us: admin.wyreforest@barnardos.org.uk

NHS
Herefordshire and Worcestershire Health and Care NHS Trust

Starting Well Partnership
EVERY CONTACT SHAPES A LIFE