



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

The Starting Well Partnership supports parents, families, children and young people across Worcestershire. Our Wyre Forest Parenting and Community Team supports parents with babies, children and young people aged 0 - 19 years, providing groups to support with confidence and building emotional resilience.

Families in Wyre Forest are supported by Health Visitors, Parenting Support Workers, Community Nursery Nurses, School Health Nurses, Health Care Assistants, Volunteer Coordinators, Community Health Connectors, Business Support Officers and Administrators.

We provide support, advice and run clinics from our Family Hubs, community spaces, schools and GP surgeries.



SCAN ME

Starting Well Wyre Forest: Wyre Forest Parenting & Community Team

Groups for Parents/Carers

Sept — Dec 2022



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

Brookside Family Hub, Borrington Rd, Kidderminster,

DY10 3ED—01562 827 207

Half Crown Wood Family Hub, Princess Way, Stourport,

DY13 0EL—01299 877 920

Email: admin.wyreforest@barnardos.org.uk






EVERY CONTACT SHAPES A LIFE



Find us on Facebook... Starting Well Wyre Forest



SCAN ME


Brookside	AM	PM	Virtual Groups
Monday	HEALTH VISITOR CLINIC 9.30AM—2.30PM		
	PEEP Drop In: Stay-and-Play 10am—11am		HENRY Fussy Eaters: 6 th December 10am—11am
Tuesday	MIDWIFE CLINIC 9AM—2.30PM		
	Breastfeeding Support Group Face-to-face 10am—11.30am		Moodmasters: 10am—11am Weekly Drop in
			Birth & Beyond: Virtual: 6pm—7.30pm
Wednesday	COMMUNITY NURSERY NURSE CLINIC 9AM — 3PM		
	SEND Drop in 14th Sep, 12th Oct, 9th Nov 9.30am—11am	Understanding your Baby 28th Sep—23rd Nov 1pm—2.30pm	Understanding Your Child: ASC Virtual: 2nd Nov—1st Feb 1pm—2.30pm
	Birth & Beyond: Face-to-face 9.30am—11.30am	Self Weigh Clinic 1pm — 2.40pm	HENRY Fussy Eaters: 14th September 1pm—2pm
	MIDWIFE CLINIC 9AM—2.30PM		
Thursday	Understanding Your Child: 22nd Sep—1st Dec 10.30am—12.30pm	Little Bee's 15th September Onwards 1.30pm—2.30pm	
	Time for Baby Weekly Drop in Non Movers: 10am—11am 0-4 Years: 11am – 12pm		
Friday	SPEECH & LANGUAGE 9AM—3PM		


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.







EVERY CHILD'S SHAPES A LIFE

- 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

SUPPORT











Virtual Support Group Wednesdays at 11am

seek support,
share experience,
see some friendly faces

Email

whcnhs.breastfeedingsupport@nhs.net
for the link to join

Follow us on Instagram
[@worcswelcomesbf](https://www.instagram.com/worcswelcomesbf)

Half Crown Wood	AM	PM	Community
Monday	SPEECH & LANGUAGE 9AM—3PM		
			Buggy Walk: Weekly Springfield Park / Riverside Park 10am
			Understanding Your Child Springfield Park, Kidderminster 31 st Oct— 30 th Jan 12:30pm—2:30pm
Tuesday	MIDWIFE CLINIC 9AM—11.30AM		
		Incredible Years: ASC With Creche— 27 th Sep— 31 st Jan 12:30pm—2:30pm	Henry Healthy Families With Creche Rainbows 27 th Sept – 23 rd Nov 12:00pm—2:30pm
Wednesday	HEALTH VISITOR CLINIC 9AM—11.30AM		
Thursday	MIDWIFE CLINIC 9AM—11.30AM	Self Weigh Clinic 1pm—2.40pm	
		PEEP Drop In: Stay-and-Play 1pm—2pm	
Friday	COMMUNITY NURSERY NURSE CLINIC 9AM—3PM		
			HENRY Growing Up: Bewdley Primary School 30th Sep—24th Nov 9.45am—11.45am



You can Find us

at



St Catherine's Primary School

Birchen Coppice Primary Academy

Cookley Seabright Primary School

Burlish Primary School

Bewdley Primary School

OUR TEAM HAS REGULAR DROP IN SESSIONS AT THESE SCHOOLS!

Chat Health



ChatHealth is a confidential text messaging service that enables young people aged 11-19 in Worcestershire to contact a School Health Nurse. They can help discuss a wide range of issues including bullying, emotional health, relationships and wellbeing. For more information, please go to; <https://chathealth.nhs.uk/>

Community Nursery Nurse Clinic

Community Nursery Nurses hold development review clinics in our family hubs. These clinics enable you to discuss your child's development, health and you own wellbeing. Additionally, it is a chance for your child to have their growth measurements taken.



Our work with local Foodbanks

Our Family Hubs work closely with the Franche foodbank to help those within our community access food. Franche food bank can provide a 6-week delivery for those in need or can't leave the house for any reason.

Any vouchers issued are sent via email unless you do not have access to email, then we would print them off for for collection.

For more information, please contact our hubs;
Brookside: 01562 827 207
Half Crown Wood: 01299 877920





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**

www.startingwellworcesters.nhs.uk

Birth & Beyond We recommend booking to start these sessions at around 28 weeks.

Our FACE-TO-FACE Group runs on:

Dates: Wednesdays (4 sessions over 4 weeks) Monthly excluding October.

Time: 9.30am — 11.30am

Venue: Brookside Family Hub, Kidderrminster, DY10 3ED.

Our VIRTUAL Group runs on:

Dates: Tuesdays (4 sessions over 4 weeks) - Every other month (Sept, Nov, Jan)

Time: 6pm—7.30pm

Venue: Virtual Via Microsoft Teams.



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

HEALTHY START



Pregnant women, women with a child under 12 months and children aged up to 4 years who are receiving Healthy Start vouchers are entitled to free Healthy Start vitamins.



Healthy Start vitamins are important because:

- 8% of children under 5 in the UK do not have enough vitamin A in their diet
- All pregnant and breastfeeding women and young children are at risk of vitamin D deficiency (teenagers, younger women and those from ethnic minorities are particularly at risk).

Healthy Start vitamins are available to purchase from both our hubs!

Women's Vitamins - 91p
Children's vitamin drops -
£1.80

Healthy Start vitamins contain vitamins A, C and D for children aged from birth to 4 years, and folic acid and vitamins C and D for pregnant and breastfeeding women.



We accept Healthy Start Vouchers!
To check if you meet the criteria for free vouchers and help to apply, please scan the QR code!

The vitamins are suitable for vegetarians and free from milk, egg, gluten, soya and peanut residues, and have a shelf life of 15 months from manufacture. Beneficiaries are entitled to 1 bottle of children's drops every 8 weeks.



Time For Baby



Stay & Play for non-movers and children aged 0-4!

Thursday mornings

Non movers: 10am - 11am

0-4 Years: 11am - 12pm

at Brookside Family Hub, Borrington Road, Kidderminster, DY10 3ED.



To find out more, please contact us on: 01299 877 920 / 01562 827 207 or scan the QR to check out our Facebook page.



Children's Speech and Language Therapy

All children learn to talk at different rates, however some children find learning to talk more challenging. Speech & language therapy can help overcome communication issues.



Franchise Clinic, Marlpool Place,
Kidderminster, DY11 5BB
Tel: 01562 714700
Email: WHCNHS.SLTWyreforest@nhs.net

Please scan the QR code for more information

Midwife Clinics

Bookable Clinics at our Brookside Family Hub, Kidderminster.

To book an appointment with a midwife, please contact our family hubs on 01562 927 207 / 01299 977 920



Self -Weigh Clinics

Brookside Family Hub, Kidderminster: Wednesdays

1pm - 3pm

Half Crown Wood Family Hub, Stourport: Thursdays

1pm - 3pm



Health Visitor Clinics

Brookside Family Hub,
Kidderminster

Mondays: 9.30am - 11.30am &
12.30pm - 14.30pm

Half Crown Wood Family Hub,
Stourport

Wednesdays, 9.30am - 11.30am



To book, please call 01562 827 207 / 01299 877 920

Telephone Advisory Service - 0300 123 9551



Believe in children
Barnardo's

Starting Well Partnership

EVERY CONTACT SHAPES A LIFE

Chat about routines, feeding, development.

Meet new friends!

STARTING WELL PARTNERSHIP

BUGGY WALK! 10AM

Every Monday
(12th September onwards,
excluding Bank Holidays)
No need to book; Just come along!

Enjoy the fresh air!

Alternate locations each week between
Springfield Park, Kidderminster, DY10 2PS &
Riverside Meadows, Stourport, DY13 0AU

Meeting point is outside Public Toilets

For more information, please contact us
on 01299 877920 / 01562 827207 or scan
the QR code to check our Facebook page
for the weekly location.



SCAN ME



AN EXCITING
WORKSHOP FOR YOU
AND BABY

Introduction to Solids

Introducing your baby to solid foods, often called weaning, should start when your baby is around 6 months old. It's a really important step in your baby's development and it can be great fun to explore new flavours and textures together.

It can be confusing knowing when and how to start introducing solid foods. Join us for a FREE 1 hour online workshop and learn:

- how to get ready to introduce foods
- when you and baby are ready to introduce foods
- what to feed baby
- how to introduce foods safely

For more information or to book a place email your baby's name, date of birth, and your phone number to WHCNHS.HVappointments@nhs.net.

Sessions are held regularly and are open to all families in Worcestershire.

Believe in children
Barnardo's

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Parents.....

Are you in need of some 'me time'?

An upbeat approach to physical and emotional wellbeing.

Do you sometimes feel anxious..... irritable..... angry.....depressed.....?

Do you sometimes have trouble, sleeping.....difficulty concentrating.... feel overwhelmed emotionally.....or is life just losing it's sparkle?

Tuesday 20th September - Tuesday 29th November 2022

10am - 11am via Microsoft Teams.

Weekly drop in sessions, contact us for zoom links!

For more information or to book your place, please contact us on
01562 827 207 / 01299 877 920

NHS
Herefordshire and Worcestershire
Health and Care
NHS Trust

MoodMaster®

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.startingwellworcesters.nhs.uk/

Our Next Group Dates Are:

Dates: Monday 31st October — Monday 30th January 2022

Time: 12.30pm — 2.30pm

Venue: Springfield Park, Kidderminster, DY10 2PS

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

Our Next Group Dates Are:

Dates: Wednesday 21st September — Wednesday 24th November 2022

Time: 1.00pm — 2:30pm

Venue: Brookside Family Hub

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



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

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!

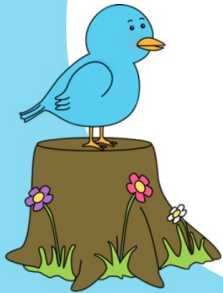
For more information or to book into a course
contact your local Family Hub

peep

supporting parents and children to learn together



PEEP DROP IN & PLAY SESSIONS



For Children aged 0 - 5 Years

**TIME: 10AM - 11AM
EVERY MONDAY**



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.

To find out more, please contact us on:

**01562 827 207
01299 877 920**

This group runs along side our Health Visitor clinic!

**VENUE:
BROOKSIDE FAMILY HUB
BORRINGTON ROAD
KIDDERMINSTER
DY10 3ED**



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 14th September.
- Wednesday 12th October.
- Wednesday 9th November

**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



No need to book.
Just drop in

Little Bee's



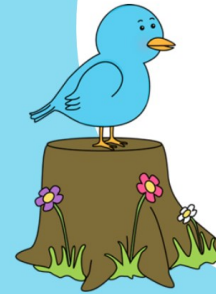
This free group meets on Thursdays during Term time. 1.30pm - 2.30pm at Brookside Family Hub, Kidderminster, DY10 3ED
No Diagnosis Required!

For further info, please contact Brookside Family Hub on 01562 827 207 or email admin.wyreforest@barnardos.org.uk

peep

supporting parents and children to learn together

PEEP DROP IN & PLAY SESSIONS



For Children aged 0 - 5 Years

**TIME: 1PM - 2PM
EVERY THURSDAY**

This group runs along side our self-weigh clinic!



**VENUE:
HALF CROWN WOOD
FAMILY HUB
PRINCESS WAY
STOURPORT-ON-SEVERN
DY13 0EL**

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.

To find out more, please contact us on:

**01299 877 920
01562 827 207**

The Incredible Years

Starting Well Partnership
Early Childhood Steps & Life

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

www.startingwellworcs.nhs.uk

EVERY CONTACT SHAPES A LIFE

The Incredible Years: ASC (Autistic Spectrum Condition) — children aged 2-6 years

Our Next Group Dates Are:

Dates: Tuesday 27th September — Tuesday 31st January 2023

Time: 12:30pm — 2:30pm

Venue: Half Crown Wood Family Hub

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

Healthy Families: Growing Up

Join our parent group

Healthy, thriving children and families



HENRY's free **Healthy Families: Growing Up** 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 8 sessions 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!

Programme details

Date: Friday 30th September - Friday 25th November 2022

Time: 9.45am - 11.45am

Venue: Bewdley Primary School

"This was the best thing I could possibly have done to help me be a better mum"



Contact Us

For more information, or to book your place, please call 01299 877 920 or 01562 827 207



HENRY HEALTHY FAMILIES PROGRAMME

Would you like to:

- Feel more confident as a parent?
- Reduce mealtime stress?
- Enjoy being active as a family more often?
- Encourage your child away from screens and TV?

Join our fun, FREE 8 week group for parents and carers of children aged 0 to 5 years old.

www.startingwellwocrs.nhs.uk

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT YOUR LOCAL FAMILY HUB
WWW.STARTINGWELLWORCS.NHS.UK

Crèche Facilities Available!

Our Next Group Dates Are:

Dates: Tuesday 27th September — Tuesday 22nd November 2022

Time: 12.30pm — 2.30pm

Venue: Rainbows Day Nursery, Stoney Lane,

Kidderminster, DY10 2LX *For more information, or to book your place, please call 01562 827207*

Crèche spaces are limited so call now to book your place!

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Starting Well Partnership
EVERY CONTACT SHAPES A LIFE



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.startingwellwocrs.nhs.uk

Understanding your Child: ASC (Autistic Spectrum Condition)

Our Next Group Dates Are:

Dates: Wednesday 2nd November — Wednesday 1st February 2023

Time: 13:00 PM — 2.30 PM

Venue: Virtual sessions via Microsoft Teams

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

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.startingwellworcesters.nhs.uk/

Our Next Group Dates Are:

Dates: Thursday 22nd September — Thursday 1st December

Time: 10.30am — 12.30pm

Venue: Brookside Family Hub

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



- 14th September:
1pm-2pm
- 6th December:
10am-11am
Venue: Zoom

- Join to get support and new ideas for:
- How to encourage your child to try new foods - and begin to enjoy them!
 - Child-friendly foods that provide what they need to grow and be healthy
 - Happier family mealtime

 Believe in children
Barnardo's

 Starting Well Partnership

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FUSSY EATERS WEBINAR

Free Online Workshop

For more information, or to book your place please call: 01562 827 207 or 01299 877 920

Fed up with stressful mealtimes?
We're here to help..

To help children up to the age of 11 Years.

Starting Well Partnership

