



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.



Starting Well Wyre Forest: Wyre Forest Parenting & Community Team

Groups for Parents/Carers

Jan — Apr 2023



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

**Brookside Family Hub, Borington Rd, Kidderminster,
DY10 3ED**

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

Email: admin.wyreforest@barnardos.org.uk

Phone: 01905 520 032






EVERY CONTACT SHAPES A LIFE



Find us on Facebook... Starting Well Wyre Forest



Brookside	AM	PM	Virtual Groups
Monday	HEALTH VISITOR CLINIC 9.30AM—2.30PM		
	PEEP Drop in: Stay-and-Play 10am—11am		HENRY Fussy Eaters: 12 th Jan – 12pm-1pm
Tuesday	MIDWIFE CLINIC 9AM—2.30PM		
	Breastfeeding Support Group Face-to-face 10am—11.30am	Moodmasters: Fortnightly 12pm—1pm	Birth & Beyond: Virtual: 6pm—7.30pm
Wednesday	COMMUNITY NURSERY NURSE CLINIC 9AM — 3PM		
	SEND Drop in 11th Jan, 8th Feb, 8th Mar, 12th Apr 9.30am—11am	Understanding Your Child: 8th Mar—24th May 12.30pm—2.30pm	Understanding Your Child 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: 29 th March—1pm—2pm
	MIDWIFE CLINIC 9AM—2.30PM		
	Time for Baby Weekly Drop in Non Movers: 10am—11am	Understanding Your Child 4th Nov– 27th Jan 10.30am—12.30pm	Understanding Your Child: Virtual 2nd Feb—27th Apr 12.30pm—2.30pm
Thursday	Tots Time: 0-5 Years Weekly Drop in 11.30am – 12.30pm	Little Bee's: 0-5 Years Term Time Only	
Friday	SPEECH & LANGUAGE 9AM—3PM		
	Understanding Your Child: ASC 20th Jan—31st Mar 10am—12pm		

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



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VOLUNTEERS NEEDED!

Interested in joining us?





For more information, please
contact us on 01562 827207/
01299 877920.


[HTTPS://WWW.STARTINGWELL
WORCS.NHS.UK/](https://www.startingwell.worcs.nhs.uk/)



WE NEED YOUR HELP WITH:



- Start for Life Peer Support.
- Promoting our services.
- Meeting & greeting our service users.
- Light administration duties.
- Assisting in running our groups and programmes!

	Half Crown Wood	Community
Monday	SPEECH & LANGUAGE 9AM—3PM	
		<u>Understanding Your Teen</u> Springfield Park, Kidderminster 27th Feb—22nd May 9:30am—11:30am
		<u>Understanding Your Child</u> Springfield Park 31st Oct—30th Jan 2.30pm—2.30pm
Tuesday	MIDWIFE CLINIC 9AM—11.30AM	
	<u>Incredible Years: ASC</u> 27th Sep—31st Jan 12.30pm—2.30pm	<u>Incredible Years</u> With Creche— Rainbows Day Nursery 24th Jan— 16 th May 9.30am—11.30am
		<u>Incredible Years: ASC</u> Kidderminster Health Centre 14 th Mar— 4 th July 12:30pm—2:30pm
Wednesday	HEALTH VISITOR CLINIC 9AM—11.30AM	
	<u>Understanding your Baby</u> 25th Jan — 22nd Mar 1pm—2.30pm	
Thursday	<u>Self Weigh Clinic</u> 1pm—2.40pm	
	MIDWIFE CLINIC 9AM—11.30AM	
	<u>HENRY Healthy Families</u> 3rd Feb — 30th Mar 10am—12pm	<u>PEEP Drop In:</u> Stay-and-Play 1pm—2pm
Friday	COMMUNITY NURSERY NURSE CLINIC 9AM—3PM	



Starting Well Partnership

You can Find us at

- St Catherine's Primary School
- Comberton Primary School
- Birchen Coppice Primary Academy
- Cookley Seabright Primary School
- Bewdley Primary School
- St Mary's Primary School
- Burlish Primary School

OUR TEAM HAVE REGULAR DROP IN SESSIONS AT THESE SCHOOLS!

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Starting Well Partnership

ChatHealth is a confidential text messaging service that enables young people aged eleven - nineteen 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 six-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



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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

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

Our **FACE-TO-FACE** Group runs on:

Dates: Wednesdays Sessions run Monthly (4 sessions over 4 weeks) .

Time: 9.30am — 11.30am

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



Our **VIRTUAL** Group runs on:

Dates: Tuesdays (4 sessions over 4 weeks) - Every other month (Jan, Mar, May)

Time: 6pm—7.30pm

Venue: Virtual Via Microsoft Teams.

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



Get your free Healthy Start vitamins here

Use your Healthy Start prepaid card to collect:

Healthy Start vitamins

Vitamin drops for babies and young children
suitable from birth to 4 years old

Available from Brookside Family Hub, Borrington Road, Kidderminster,
DY10 3ED & Half Crown Wood Family Hub, Princess Way, Stourport,
DY13 0EL.


These vitamins are also available to purchase without a Healthy Start Card.

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

www.healthystart.nhs.uk

Twitter Facebook @NHSHealthyStart

The alipay prepaid card issued by alipay Ltd pursuant to license by Mastercard International Incorporated. alipay Ltd is a company regulated by the Financial Conduct Authority (FRN 900539) for the issuance of electronic money. Head office and registered address: Turret 11 Fides, Whitehouse Business Park, Hereford, HR1 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.

 Find us on Facebook; Starting Well Partnership.
or scan our QR code!



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.

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



Well Baby 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



Self -Weigh Clinics

Brookside Family
Hub, Kidderminster:
Wednesdays 1pm -
3pm

Half Crown Wood
Family Hub,
Stourport:
Thursdays 1pm -
3pm

“Where can I
get my baby
weighed?”



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

Telephone Advisory Service - 0300 123 9551

TOTS TIME!

BROOKSIDE FAMILY HUB, KIDDERMINSTER,
DY10 3ED
THURSDAYS (TERM TIME ONLY)
11.30AM - 12.30PM

INTERACT WITH OTHER PARENTS!

MEET NEW FRIENDS!

COME ALONG TO OUR
STAY AND
PLAY
FOR CHILDREN 0-5!

SENSORY PLAY!

MESSY PLAY!

LOTS OF
ACTIVITIES FOR
ALL AGES!


Herefordshire and Worcestershire
Health and Care
NHS Trust


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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: Wednesday 25th January — Wednesday 22nd March 2023

Time: 1.00pm — 2:30pm

Venue: Half Crown Wood Family Hub, Stourport, DY13 0EL

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

Now
introducing
Baby Massage!

SUPPORT

Face to Face Support Group



Brookside Family Hub
Kidderminster

Tuesdays
10-11.30am

seek support,
share experience,
see some friendly faces

Email whcnhs.breastfeedingsupport@nhs.net
to book your place

Virtual Support Group Wednesdays at 11am

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

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

TWO YEAR OLD FUNDING



Not sure what support
you could get with
childcare costs? Go to
childcarechoices.gov.uk

Did you know, most Families are entitled to help towards their childcare costs, if the child attends an Ofsted registered setting.



To see what support you could be entitled to, scan the QR code below!



Childcare
Choices



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.

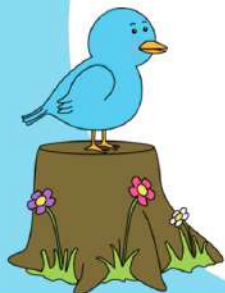
peep

supporting parents and
children to learn together



PEEP

DROP IN & PLAY SESSIONS



For Children aged 0 - 5 Years

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

This group runs
along side our
Health Visitor
clinic!

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



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**

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**

Every other Wednesday:

- Wednesday 22nd February 2023
- Wednesday 8th March 2023
- Wednesday 11th January 2023
- Wednesday 22nd March 2023
- Wednesday 25th January 2023
- Wednesday 5th April 2023
- Wednesday 8th February 2023
- Wednesday 12th April 2023

**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**



supporting parents and
children to learn together



Starting Well Partnership

PEEP

DROP IN & PLAY SESSIONS



For Children aged 0 - 5 Years

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



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

This group runs
along side our
self-weigh
clinic!

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**

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/

These sessions are Virtual!

Our Next Group Dates Are:

Dates: Thursday 2nd February — 27th April 2023

Time: 12.30pm — 2.30pm

Venue: Virtual sessions via Microsoft Teams

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



STRENGTH

WELL-BEING WEBINARS

We are offering a series of virtual, interactive webinars that you can watch at your own pace and from the comfort of your own home.

The webinars take a trauma-informed approach.

Learn about Separation Anxiety

Learn about Emotional Literacy

Please scan the QR code to book your place!

45 minute webinar sessions!



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EVERY CONTACT SHAPES A LIFE

Time for Me with MoodMasters

Come along for a hot drink, crafts, and a
chat with our fab team!

These peer support sessions provide
a range of simple tools to help you
cope better with everyday stresses
and worries.

Drop in sessions; no need to book!

Brookside Family Hub, Kidderminster, DY10 3ED
Wednesday: 18th January, 1st February,
15th March, 1st March, 15th March, 29th March
12pm – 1pm

For more information, please
contact us on;
01562 827 207 / 01299 877 920



Herefordshire and Worcestershire
Health and Care
NHS Trust



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.startingwellworce.nhs.uk/



Our Next Group Dates Are:

Dates: Wednesday 8th March — Wednesday 24th May 2023

Time: 12.30pm — 2.30pm

Venue: Brookside Family Hub, Kidderminster, DY10 3ED

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.startingwellpartnership.co.uk

EVERY CONTACT SHAPES A LIFE

Understanding your Child: ASC (Autistic Spectrum Condition)

Our Next Group Dates Are:

Dates: Friday 20th January — Friday 31st March 2023

Time: 10am — 12pm

Venue: Brookside Family Hub, Kidderminster, DY10 3ED

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



SCAN ME



Starting Well
Partnership

FUSSY EATERS WEBINAR

Free Online Workshop

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

12th Jan - 12:00-13:00
29th March -
13:00-14:00

Venue: Microsoft Teams
Scan the QR Code to
book your place!

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

To help children up to the age of 7 Years.

- 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

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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.startingwellworks.nhs.uk

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

Our Next Group Dates Are:

Dates: Thursday 2nd February — Thursday 30th March 2023

Time: 10am — 12pm

Venue: Half Crown Wood Family Hub, Stourport, DY13 0EL

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

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

Venue: Springfield Park, Kidderminster, DY10 2PS

Time: 9.30am — 11.30am

Dates: Monday 27th February — Monday 22nd May 2023

Our Next Group Dates Are:

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



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.startingwellwolves.nhs.uk

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

Our Next Group Dates Are:

Dates: Tuesday 14th March — Tuesday 4th July 2023

Time: 12:30pm — 2:30pm

Venue: Kidderminster Health Centre

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

Venue: Rainbows Day Nursery, Stoney Lane, Kidderminster, DY10 2LX

Time: 9:30am — 11:30am

Dates: Tuesday 24th Jan — Tuesday 16th May 2023

Our Next Group Dates Are:

The Incredible Years: Children aged 2-6 years

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

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

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

**Crèche
Available!**