



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

Families in Worcestershire are supported by Parenting Support Workers, Community Health Connectors, Health Visitors, Community Nursery Nurse, Volunteer Coordinators, Health Care Assistants and Business Support Officers.

We provide support, advice and run clinics from our Family Hubs and Community spaces.

Starting Well Partnership South Worcestershire: Parenting and Community Teams

Buttercup Family Hub, Carnforth Drive, Worcester,
WR4 9HG — 01905 955033

Saffron Family Hub, Stanley Road,
Worcester, WR5 1BD — 01905 767107

Sunshine Family Hub, Bluebell Close, Malvern,
WR14 3SW—01684 577442

Tudor Way Family Hub, Tudor Way, Dines Green,
Worcester, WR2 5QH — 01905 749149

Wands Family Hub, Farmers Way, Droitwich,
WR9 9EQ — 01905 827391



For lots of local information, tips and advice follow our Facebook page:

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

Provided by:



In partnership with:



Starting well Partnership
EVERY CONTACT SHAPES A LIFE





SOUTH WORCESTERSHIRE FAMILY HUBS WEEKLY HEALTH VISITOR AND SELF WEIGH CLINICS

Please call your local Family Hub to book.

Health visitor clinics offer parents and carers an opportunity to book a 20 minute appointment slot with a health visitor and self-weigh clinics offer an opportunity to weigh baby and record this in baby's Personal Child Health Record (PCHR) Red Book.

Anyone with concerns about their child please contact South Worcestershire Partnership
tel: 01905 520032.

For more information visit
<https://www.startingwellworcs.nhs.uk>



For information about
Worcestershire services and Family
Hubs go to the Starting Well
Partnership website:

www.startingwellworcs.nhs.net



For lots of local information on
events, activities and family tips
follow our own Facebook page:

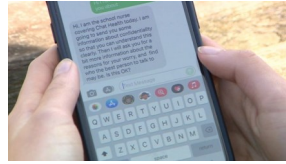
<https://www.facebook.com/>

StartingWellSouthWorcs

[@StartingWellSouthWorcs](#)



Chat Health



Chat health is a confidential text messaging service that enables young people aged 11-19 in Worcestershire to contact a School Health Nurse. They can discuss a wide range of issues including bullying, emotional health, relationships and well being. 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 your own well being. Additionally, it is a chance for your child to have their growth measurements taken.



peep
supporting parents and
children to learn together



Starting Well Partnership

PEEP

DROP IN & PLAY sEssIONs

For Children aged 0 - 4 Years

VENUE:

Courses starting throughout Worcestershire. Please contact your local Family Hub

Buttercup Family Hub
Evesham Baptist Church
Saffron Family Hub
WANDS Family Hub



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: 01905 520032

Provided by:  **NHS**
Worcestershire Health and Care
NHS Trust

In partnership with:  **Action for Children**

Sure Start Children's Centres
Worcestershire

Delivered on behalf of  **worcestershire**
county council

FRIDAY FUN

10:00am—11:30am

Sunshine Family Hub,
Bluebell Close, Malvern, WR14 3SW

FREE!

0—5 years



STAY & PLAY



Every Friday
Booking required
please ring
01684 577442
to book a place...



Wednesdays Term Time only

1.00—2.30pm @ Sunshine Family Hub

Thursday Term Time only

10.00-11.00am @ Saffron Family Hub

Are you 2-5yrs old?
Looking for some fun?
Want to get School Ready?

Why not bring your adult
along to our group!





Triple P

Positive Parenting Program

One OFF Digital Sessions

Do you have a child or children aged 2years–10years old?
Do you want to manage or prevent some of the challenging behaviours that do and can occur?

Then come along and join one or more of our one-off discussion groups. Meet other parents in similar situations and get some advice, hints, tips and strategies to help make parenting children easier and less challenging

Each session is 2 hours long and is delivered digitally via
Microsoft TEAMS

Summer One-Off Sessions

Tuesday 17th January	10:00am – 12:00pm	Developing Good Bedtime Routines
Wednesday 1st February	6:00pm – 8:00pm	Dealing With Disobedience
Thursday 16th February	12:00pm – 2:00pm	Hassle Free Shopping with Children
Wednesday 8th March	6:00pm – 8:00pm	Hassle Free Meals with Children
Tuesday 21st March	9:30am – 11:30am	Managing Fighting & Aggression

To book your place keep a look out on our
Trybooking & Facebook pages.

Events Are Now Live! Scan QR code to book



EVERY CONTACT SHAPES A LIFE



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

Group for Dads & Father Figures



UNDERSTANDING YOUR CHILD

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

★ **Free 10 week group** ★

11am – 1pm Monday's from
January the 9th 2023

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

Interested in our group?

Call now on 07977381238 or Email:
jack.burton@actionforchildren.org.uk –
Alternatively please speak to Fay at the
Oasis Hub

Group Leads: Jack and Jamie

www.startingwellwolves.nhs.uk

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UNDERSTANDING YOUR TEEN WITH ADDITIONAL NEEDS

A 10-week group programme that helps you find out more about sleep, bullying, relationships and why your teenager behaves the way they do.

FOR MORE INFORMATION OR TO BOOK ONTO A COURSE
CONTACT:

DIGITAL COURSE

Starting Friday 20th January 2023 online 9.30am-11.30am
for 10 weeks for more information please contact

Louise on 0707793803501 or
louise.moriarty@actionforchildren.org.uk

SUITABLE FOR FAMILIES
WITH CHILDREN AGED 11-19

This course is suitable for
parent/carer of teenagers
with additional needs

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Stay & Play Group

Tudor Way Family Hub

Tudor Way

Dines Green

WR2 5QH

- Every Wednesday 09.30 –10.30 (term-time only)
- **Free to attend**
- Have fun with your baby or child
- Talk to our friendly staff, make new friends, share experiences
- Family services and other local activities information available
- Open to **all** parents, grandparents and carers with their under 5's

Provided by:


Herefordshire and Worcestershire
Health and Care
NHS Trust

In partnership with:



**Sure Start
Children's Centres**
Worcestershire

Delivered on behalf of
worcestershire
county council



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Birth and Beyond

Transition to parenthood - group sessions

Face to face and virtual groups available

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

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

These free sessions will be facilitated by the Starting Well Partnership

To book, please contact the following:

Bromsgrove—01527 835775 or email startingwell@bromsgroveandredditch.gov.uk

Worcester, Wychavon and Malvern— 01905 955033 or email annette.cooper@actionforchildren.org.uk

Redditch—01527 61360 or email startingwell@bromsgroveandredditch.gov.uk

Wyre Forest—01562 827207 / 01299 877920 or email admin.wyreforest@barnardos.org.uk



**Sure Start
Children's Centres**

Our work with local Foodbanks across Worcestershire...



Our Family Hubs work closely with foodbanks to help those within our community access food.



Food banks provide food parcels and will deliver to those who are unable to leave the house for any reason.



Foodbank vouchers can be issued at all our Family hubs, please contact us for further information.



South Worcestershire Family Information Service

**01905 767107—Worcester and
Wychavon**

01684 577442—Malvern



sworcsfis@actionforchildren.org.uk



The family information service offers free impartial information, support and signposting service for families and professionals.

- ➡ Applying for 2, 3 and 4 year old funding
- ➡ Early years provision for children SEND
- ➡ Finding childcare providers

HEALTHY START



Pregnant women, women with a child under 12 months and children aged up to 4 years who are receiving Healthy Start Cards 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!

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.

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



We accept Healthy Start Cards!
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.



henry
Healthy Start, Brighter Future

Oasis
Community Learning

Starting Well Partnership
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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.

FOR MORE INFORMATION OR TO BOOK INTO A COURSE CONTACT:
Your local Family Hub, details can be found here:
<https://www.startingwellworcs.nhs.uk/contactus>
or click the QR code



www.startingwellworcs.nhs.uk EVERY CONTACT SHAPES A LIFE

Face to Face at **Oasis Hub**
Wednesday 18th January to 22nd March 2023
9.30am – 11.30am
Call: Trudie Chaouki on 07534 904 227 or email: Trudie.Chaouki@actionforchildren.org.uk



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:

Starting **Tuesday 10th January** for 10 weeks 9.15-11.15am, **St Matthias School, Malvern**. Please contact Laura on 07971 095661 laura.cartwright@actionforchildren

Starting **Tuesday 17th January** 9:30-11:30am
Bengeworth Academy (Burford Road Campus)

Please use the QR code to book your place and add that you would like to attend UYC Evesham in box 2 OR call 01905 827391



Are you interested in volunteering to support our service?



We have a number of voluntary opportunities available to support children, young people and families. Volunteering can be a great way to build your confidence, learn new skills and give back to your local community.

Parenting Peer Supporters– Support us to deliver parenting groups to local families

Breastfeeding support– Support new parents and their families as they embark on their breastfeeding journey

Community group volunteers– Set up and run children's groups for under 5's

Self-weigh clinic volunteers– Support caregivers who are using our self-weigh clinics to weigh their baby

Admin Support– Gain experience while volunteering in one of our Family Hubs on reception

For more information about any of these roles, please contact one of our Volunteer Coordinators for a chat:



Lisa Owen– lisa.owen@actionforchildren.org.uk / 07717 766156

Sarah Callow– sarah.callow@actionforchildren.org.uk / 07584 278744



Volunteer Opportunity Spotlight

Train to become a Volunteer Peer Supporter

We have an opportunity available for parents or carers who would like to offer 1:1 peer support to other parents, drawing on their own experience to help navigate some of those obstacles which parenthood can throw up!

Our peer support volunteers support parents at any stage throughout the first 1001 days of their child's life (during pregnancy to age 2).

Our next training dates for volunteers will take place at the Sunshine Family hub in Malvern (Bluebell Close, Malvern, WR14 3SW):

- Tuesday 31st January 2023
- Tuesday 7th February 2023 Between 9.30am-2.30pm
- Tuesday 14th February 2023

N.B- Volunteers attending the training must apply to become a peer support volunteer first- see details below



For more information about becoming a Volunteer Peer Supporter and the training involved, please contact:

Laura Evans
Laura.evans@actionforchildren.org.uk
07967 092628



www.startingwellworcs.nhs.uk/startforlife
every contact shapes a life