

# Early Years Newsletter

## Welcome

Welcome to the 2<sup>nd</sup> edition of our termly Walsall Family Hubs / Early Years newsletter for families living in the Walsall Borough.

Our newsletter aims to provide parents and carers information on local groups and activities to go along to with your babies and/or toddlers as well as lots of helpful resources and ideas of activities to do at home to support your child's early development and language skills.

The School Ready team also provide lots of online and virtual resources that can be accessed via our website:

[https://go.walsall.gov.uk/children\\_and\\_young\\_people/early\\_help](https://go.walsall.gov.uk/children_and_young_people/early_help)



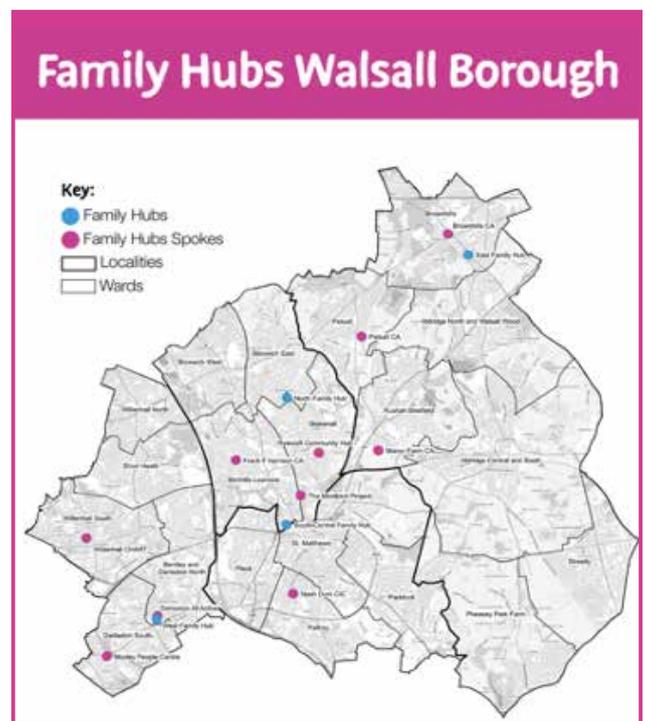
## Walsall Family Hubs and Community Spokes

Walsall's four Family Hubs are based in the heart of our local communities. They provide a welcoming space, offering help and support for a range of children's services. This includes face-to-face support, a virtual offer and outreach services. The services and support are aimed at children aged 0-19 (0 to 24 for children and young people with special educational needs and disabilities), their parents and carers.

We also have an additional 10 community spokes' based in voluntary and community buildings across the borough. These offer a range of local community activities and services for families, children and young people.

## Where are our Family Hubs and Community Spokes?

Family Hubs	
<b>North Locality Family Hub</b>	<p><b>Address:</b> 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ</p> <p><b>Telephone:</b> 01922 476698  </p> <p><b>Website:</b> <a href="http://www.walsallfamilyhubs.co.uk">www.walsallfamilyhubs.co.uk</a></p> <p><b>Opening times:</b> 9.00am – 5.00pm</p>
<b>South and Central Locality Family Hub</b>	<p><b>Address:</b> Birchills Street, Walsall, WS2 8NF</p> <p><b>Telephone:</b> 01922 646574  </p> <p><b>Website:</b> <a href="http://www.walsallfamilyhubs.co.uk">www.walsallfamilyhubs.co.uk</a></p> <p><b>Opening times:</b> 9.00am – 5.00pm</p>
<b>West Locality Family Hub</b>	<p><b>Address:</b> Ilmington House, Crescent Road, Wednesbury, WS10 8AE</p> <p><b>Telephone:</b> 01922 652959  </p> <p><b>Website:</b> <a href="http://www.walsallfamilyhubs.co.uk">www.walsallfamilyhubs.co.uk</a></p> <p><b>Opening times:</b> 9.00am – 5.00pm</p>
<b>East Locality Family Hub</b>	<p><b>Address:</b> Silver Court, Walsall, WS8 6HA</p> <p><b>Telephone:</b> 01922 658300  </p> <p><b>Website:</b> <a href="http://www.walsallfamilyhubs.co.uk">www.walsallfamilyhubs.co.uk</a></p> <p><b>Opening times:</b> 9.00am – 5.00pm</p>



## Where are our Family Hubs and Community Spokes?

### Our Community Spokes:

**Frank F  
Harrison CA**

**Address:** Beechdale Centre, Stephenson Square, Bloxwich, Walsall WS2 7DY  
**Telephone:** 01922 746967 | **Website:** ffhca.org.uk

**Moxley People  
Centre**

**Address:** 3 Queen St, Moxley, Wednesbury WS10 8TA  
**Telephone:** 01902 496378 | **Website:** moxleypeoplescentre.org.uk

**Manor Farm  
Community  
Association**

**Address:** King George Crescent, Walsall WS4 1EU  
**Telephone:** 01922 614316 | **Website:** manorfarmca.com

**Ryecroft  
Community  
Hub**

**Address:** 28 New Forest Rd, Walsall WS3 1TR  
**Telephone:** 01922 626693 | **Website:** sites.google.com/a/ryecroftnrc.org/hub3

**Willenhall  
CHART**

**Address:** 19 Gomer St, Willenhall WV13 2NS  
**Telephone:** 01922 368199 | **Website:** willenhallchart.co.uk

**Pelsall  
Community  
Association**

**Address:** Station Road, Pelsall, Walsall WS3 4BQ  
**Telephone:** 01922 682156 | **Website:** www.pelsallcommunitycentre.co.uk

**Darlaston All  
Active**

**Address:** Darlaston Town Hall, Victoria Road, Darlaston, WS10 8AA  
**Telephone:** 0121 5686 144 | **Website:** darlastonallactive.co.uk/contact-us

**Brownhills  
Community  
Association**

**Address:** Chester Road North, Brownhills, WS8 7JS  
**Telephone:** 01543 452119 | **Website:** www.brownhillsca.org.uk

**Nash Dom CIC**

**Address:** Sun Street, Palfrey, Walsall WS1 4AL  
**Telephone:** 01922 616444 | **Website:** nashdomcic.org

**The Mindkind  
Project**

**Address:** 10 Proffitt Street, Walsall, WS2 8AZ  
**Telephone:** 07709 709403 | **Website:** themindkindprojects.com



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# Whats on in your local area?

## North Locality Timetable

Serving; Birchills, Leamore, Blakenall, Bloxwich East & Bloxwich West

January – March 2024

**\*\*Always contact groups before attending in case of any changes.**

**\*Please note these providers have completed our Family Hubs directory and remember to always contact groups before attending in case of any changes.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11.30 - 1pm Toddler Splash @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £5.50 per adult and child, Call 01922652900 to book your place	11.30 - 1pm Toddler Splash @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £5.50 per adult and child, Call 01922652900 to book your place	11.30 - 1pm Toddler Splash @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £5.50 per adult and child, Call 01922652900 to book your place	11.30 - 1pm Toddler Splash @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £5.50 per adult and child, Call 01922652900 to book your place	10.30 - 1.30pm Splash and Play @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA- £6 per adult and child, Call 01922652900 to book your place	2.30-3.30pm Floats Fun session @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA- £5 per person/Under 5 £3, Call 01922652900 to book your place
	16 January and 6 February 11:30 – 12:30 Open Wellbeing sessions @ North Family Hub. Book your place email familyhubs@walsall.gov.uk	9.30-11.30am Frankie's Parents and Tots @ Beechdale Lifelong Learning Centre, Stephenson Square, Walsall, WS2 7DY - £1 per child, No booking required		10-12.30pm Breast Feeding peer Support Group - North Family Hub, Blakenall Lane, weekly no booking required	3 February Stay & Play @ North Family Hub , 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ 10:30 – 11:30 - To book your place call 01922 654589
	12 March 09:30 – 11:30 Introduction to Solid Food workshop @ North Family Hub familyhubs@walsall.gov.uk to book your place			10 – 11.30pm St Peters Baby and Toddler @ St Peters Parish Hall, Harrison Stret, Bloxwich, WS3 3LG - £2 per session , contact Ann to book your place on 07788910467	6 January Dads Stay & Play @North Family Hub , 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ 11-1pm (No booking just turn up)
	Empowering Parents, Empowering Communities (EPEC) Tuesday 20 February 24 – Tuesday 30 April 24 09:30 – 11:30am @ Busill Jones Primary School, WS3 2QF - For more information, please email earlyhelpvolunteers@walsall.gov.uk or call 01922 652 472				02 March Dads Stay & Play @ North Family Hub , 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ 11-1pm(No booking just turn up)

## East Locality

Serving; Pelsall, Sheffield, Rushall, Brownhills, Walsall Wood, Streetly & Pheasey.

January – March 2024

**\*\*Always contact groups before attending in case of any changes.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9 – 10.30am <b>Toddler Splash @</b> Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH- £5.50 per adult and child, Call 01922652266 to book your place</p>	<p>6 - 8pm Floats Fun session @ Oak Park Living Centre, Coppice rd, Walsall Wood, Walsall WS9 9BH- £5 per person/ Under 5 £3, Call 01922652266 to book your place</p>	<p>1.30 – 3pm Bump &amp; Baby Ark @ Aldridge Church Centre, 14 The Green, Aldridge, Walsall WS9 8NH – Free (donations accepted) No booking required</p>	<p>9-1pm Splash and Play @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH- £6 per adult and child, Call 01922652266 to book your place</p>	<p>26 January 10:00- 12:00 @ Manor Farm CA, WS4 1EU Walsall SENDIASS drop in , No booking required</p>	<p>2-3pm Floats Fun Session @Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH- £5 per person/ Under 5. £3, Call 01922652266 to book your place</p>
<p>11.45 – 12.30 <b>Little Explorers @</b> Pelsall Village Centre, High st, Pelsall, Walsall WS3 4LX- £8.50 per session visit: www.thecreationstation to book your place (18mnth - 5yrs)</p>	<p>09.30 – 10.15 Action Tots @ Brownhills Community Centre, Chester Rd N, Brownhills, Walsall WS8 7JS,  Brownhills, Walsall, WS8 7JW - £26 per month (2-4yrs)</p>	<p>11.45 – 12.30 Baby Discover @ Pelsall Village Centre, High St, Pelsall, Walsall WS3 4LX - £8 per session visit www.thecreationstation.co.uk/finder to book your place (6 – 18 months)</p>	<p>6-7.30pm Floats Fun Session @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH- £5 per person/ Under 5 £3, Call 01922652266 to book your place</p>	<p>15 March 09:30- 11:00 <b>Health &amp; Safety workshop @</b> Manor Farm CA. Booking required email familyhubs@walsall.gov.uk</p>	<p>20 January Stay &amp; Play @ East Family Hub, Silver Court, Walsall, WS8 6HA - 10:30-11:30am  To book your place call 01922 658300</p>
<p>11.15-11.45 <b>Rhythym Time @</b> Pelsall Community Centre, Station road, Pelsall, Walsall, WS3 4BQ- Visit www.rhythmtime.net/cannock-and-pelsall to book your place (0-3 mnths)</p>	<p>10.30 – 11.10 Social Tots @ Brownhills Community Centre, Chester Rd N, Brownhills, Walsall WS8 7JS,  Brownhills, Walsall, WS8 7JW - £24 per month (8mths-3yrs)</p>	<p>10-11.30am Toms Toddlers @ St Thomas Church, St Thomas' Close, Aldridge, Walsall, WS9 8SL - £2 per family, No booking required (0 – 2.5yrs)</p>			<p>16 March Dads Stay &amp; Play @ East Family Hub, Silver Court, Walsall, WS8 6HA 11-1pm. No booking just turn up</p>
<p>12.30 – 2pm <b>Seedlings Praise @</b> Tynings Lane Church, 2 Tynings Ln, Walsall WS9 0AS - £2.50 donation, No booking required (0-5 yrs)</p>	<p>10.30 – 11.10 Discovery Tots @ Brownhills Community Centre, Chester Rd N, Brownhills, Walsall WS8 7JS,  Brownhills, Walsall, WS8 7JW - £24 per month (2-9months)</p>	<p>10-11.30am Footprints @ St Thomas Church, St Thomas' Close, Aldridge, Walsall, WS9 8SL - £2 per family, No booking required (2.5 – 4yrs)</p>			
	<p>9.30 – 11pm Seedlings Praise @ Tynings Lane Church, 2 Tynings Ln, Walsall WS9 0AS - £2.50 donation, No booking required (0-5 yrs)</p>	<p>9.45 – 10.25 Social Tots @ Aldridge Community Centre, Middlemore Ln, Aldridge, Walsall WS9 8AN - £24 per month (12mths-3yrs – confident walkers)</p>			
	<p>9 January 09:30 – 11:30 <b>Introduction to Solid Food workshop @</b> Brownhills CA – email familyhubs@walsall.gov.uk to book your place</p>	<p>10.45 – 11.25 Social Tots @ Aldridge Community Centre, Middlemore Ln, Aldridge, Walsall WS9 8AN - £24 per month (9-18mnths – early walkers)</p>			
	<p>23 January &amp; 20 February 11:30 – 12:30 <b>Open Wellbeing Workshop @</b> Mannor Farm Community Association. Book email familyhubs@walsall.gov.uk</p>	<p>11.45 – 12.25 Discovery Tots @ Aldridge Community Centre, Middlemore Ln, Aldridge, Walsall WS9 8AN - £24 per month (2-9 mnths)</p>			
		<p>31 January 12:30-14:00 <b>Parent Forum @</b> East Family Hub  Wednesday 24 January 24 Open Day @ East Family Hub 10:00am to 12:00pm – No booking required</p>			

## West Locality

Serving; Willenhall North & Willenhall South, Bentley & Darlaston North, Darlaston South.

January – March 2024

**\*\*Always contact groups before attending in case of any changes.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.15 – 11.15am Baby & Toddler Group @ The Salvation Army, The Leys, Darlaston, WS10 8DP - 90p for adults / 70p children per session, No booking required (0-4 yrs)	9.15 – 11.15am Baby & Toddler Group @ The Salvation Army, The Leys, Darlaston, WS10 8DP - 90p for adults / 70p children per session, No booking required (0-4 yrs)	9.15 – 11.15am Baby & Toddler Group @ The Salvation Army, The Leys, Darlaston, WS10 8DP - 90p for adults / 70p children per session, No booking required (0-4 yrs)	10am Storytots @ Willenhall Library, 1 Walsall St, Willenhall WV13 2EX – Free, No booking required	26 January 09:30-11:00 Health & Safety workshop for parents @ Willenhall Chart Booking required email familyhubs@walsall.gov.uk	9 March Stay & Play 10:30-11:30 @ West Family Hub, Ilmington House, Crescent Road, WS10 8AE To book your place call, 01922 652959
18 March 10:00 Parent Forum @ West Family Hub, WS10 8AE	12.30 – 2.30pm Baby & Toddler group @ Willenhall Chart Centre, Gomer Street, Willenhall, WV13 2NS - £2 per child, No booking required (0-4yrs)	9.30-11.30am Frankie's Parents and Tots @ The Hive Community Hub, The Square, Lichfield Road, New Invention, Willenhall, WV12 5EA- £1 per child, No booking required (0-3 years)			13 January 11:00-1:00pm Dads Stay & Play @ West Family Hub, Ilmington House, Crescent Road, WS10 8AE. No booking just turn up
		10am Storytime & Craft @ Willenhall Library, 1 Walsall St, Willenhall WV13 2EX – Free, please call 01922 650771 to book your place.			20 February Dads Group @ West Family hub 10.00-1pm.  To book you can email: Earlyhelpparentingteam@walsall.gov.uk with your name, postcode.

## South & Central Locality

Serving Palfrey, Pleck , Caldmore, Chuckery and Paddock & St Matthews

January – March 2024

**\*\*Always contact groups before attending in case of any changes.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 – 1.30pm Toddler Splash @ Walsall Gala Baths, Tower St, Walsall WS1 1DH - £5.50 per adult and child, Call 01922653150 to book your place	2 – 3pm Toddler Splash @ Walsall Gala Baths, Tower St, Walsall WS1 1DH - £5.50 per adult and child, Call 01922653150 to book your place		12 – 1.30pm Toddler Splash @ Walsall Gala Baths, Tower St, Walsall WS1 1DH - £5.50 per adult and child, Call 01922653150 to book your place	2.30 – 3.30pm Toddler Splash @ Walsall Gala Baths, Tower St, Walsall WS1 1DH - £5.50 per adult and child, Call 01922653150 to book your place	09.00 - 10.30am Performing Arts for 3-6 Yrs @ Breakout Performing Arts, Blue Coat Church of England Academy, Birmingham Street, Walsall, WS1 2ND – Visit <a href="https://www.breakoutschool.co.uk/">https://www.breakoutschool.co.uk/</a> to book your place
5 February 09:30-11:00 First Aid Workshop @ Fullbrook Nursery WS5 4NN  Booking required email <a href="mailto:familyhubs@walsall.gov.uk">familyhubs@walsall.gov.uk</a>	13 February 09:30 – 11:30 Introduction to Solid Food workshop @Nash Dom Community Hub, ws1 4al – email <a href="mailto:familyhubs@walsall.gov.uk">familyhubs@walsall.gov.uk</a> to book your place		9.30 – 11am Stay and Play 0-5yrs @ St Matthew’s Church Centre, St Matthew’s Close, Walsall WS1 3DG - £2 per child – No booking required	1pm Nature Makers @Walsall Arboretum, Broadway N, Walsall WS1 2QB. Visit <a href="https://www.nature-makers.co.uk/walsall-and-sandwell">https://www.nature-makers.co.uk/walsall-and-sandwell</a> to book your place.	09:30-10:30 Walsall FC Saturday Club @ Poundland Bescot WS1 4SA. £20 for 5 weeks. email <a href="mailto:courtney.haynes@walsallfc.co.uk">courtney.haynes@walsallfc.co.uk</a>
19 February 4:00-6:00@ South & Central Family Hub. Walsall SENDIASS drop in , No booking required	Empowering Parents, Empowering Communities (EPEC) South & Central Family Hub Birchill’s Street, WS2 8NG. Tuesday 20 February 24 – Tuesday 30 April 24 10am – 12pm  & Fullbrook Nursery School WS5 4NX  Tuesday 16 January 24 to Tuesday 20 March 24 09:15am-11:15am For more information, please email <a href="mailto:earlyhelpvolunteers@walsall.gov.uk">earlyhelpvolunteers@walsall.gov.uk</a> or call 01922 652 472		12.30-2pm Sensory play for babies 0-12mths @ St Matthew’s Church Centre, St Matthew’s Close, Walsall WS1 3DG - £2 per session - Contact Priscilla on 07984 626637 to book your place		4 February Stay & Play @ South and Central Family Hu, Birchills Street, Walsall, WS2 8N 10:30- 11:30 To book your place call 01922 654545
			10.30 – 12pm Caldmore Tots 0-5 yrs @ Caldmore Community Garden, 12 Carless Street, Walsall, WS1 3RH – No booking required		27 January Dads Stay & Play @ South and Central Family Hub, Birchills Street, Walsall, WS2 8N 11-1pm – No booking required
					23 March Dads Stay & Play @ South and Central Family Hub, Birchills Street, Walsall, WS2 8N 11-1pm – No booking required

# Activities to do at home with your children and upcoming celebrations

Some fun, low cost activities for the whole family to get involved with that will enable you to create low cost fun session for the whole family at home.

## January 2024

### Big Garden Birdwatch

26 January to 28 January 2024

Organised by the RSPB, just spend an hour watching the birds in your garden, from your balcony or in your local park, and tell them what you've seen.

Use the chart below to see how many of these birds you spot in your garden

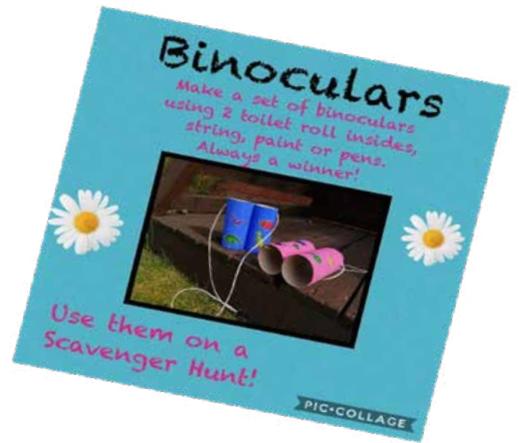
Maybe you could make your own binoculars to look out for these birds.

I = 1 II = 2 III = 3 IIII = 4 HHH = 5

Tally chart – what birds do you see?

Keep a tally chart of the birds that come to visit our wildlife garden.



## How to make Binoculars

### What you need:

- Kitchen roll cut in half
- Small piece of string
- Sellotape
- Paint brush
- Paint to decorate
- Pencil to make hole in top

### Step by Step:

- Using a pencil push a hole into the outside of each half
- Using the paint brush paint both rolls and leave to dry
- Once dry tape the rolls together at the top and bottom
- Using the string thread the end of each string through the hole and tie

You can use anything to decorate your rolls – paint, stickers, felt tips or crayons

Now off you go into the garden to see what you can find.

How many birds can you see?

Please let us know by emailing [familyhubswalsall.gov.uk](mailto:familyhubswalsall.gov.uk) with your designs and how many birds you have seen.

## National Storytelling Week

27 January – 4 February 2024

A week for the promotion of the oral tradition of storytelling, the very first way of communicating life experiences and the creative imagination.

You can read tips on how to share stories with your child at:  
<https://www.booktrust.org.uk/>

Have you joined your local library where you will have access to hundreds of books and join their weekly groups  
<https://go.walsall.gov.uk/walsall-libraries>

## February 2024

### Children's Mental Health Week

5 February - 11 February 2024

Shines a spotlight on the importance of children and young people's mental health, raises awareness and campaigns for all children to have access to mental health support.

See how you can support your child's mental health at: <https://www.childrensmentalhealthweek.org.uk/families/>

### Safer Internet Day

6 February 2024

A day to help raise awareness of online safety issues in your home, school, workplace or community, not just on Safer Internet Day but all year round



### Chinese New Year The year of the dragon

10 February 2024

The New Year according to the Chinese Calendar. 2024 welcomes the Year of the Dragon. Chinese New Year is celebrated all around the world. Adult supervision required.

#### You will need:

- Paper plates
- Paint ( 2 colours)
- Glue stick
- Paper
- Scissors
- Black pen / crayon

#### Step by step:

- Paint your hands with paint and make a handprint on a paper.
- Leave it to dry.
- Cut the paper plates in half and paint them. Paint one red and one green then repeat. Leave to dry.
- Draw some eyes on the paper and cut them out. When everything is dry glue it together to make your dragon and glue the eyes on the handprints to make a face



### Valentines

14 February 2024

How to make a Valentine Heart Wreath adult supervision required.

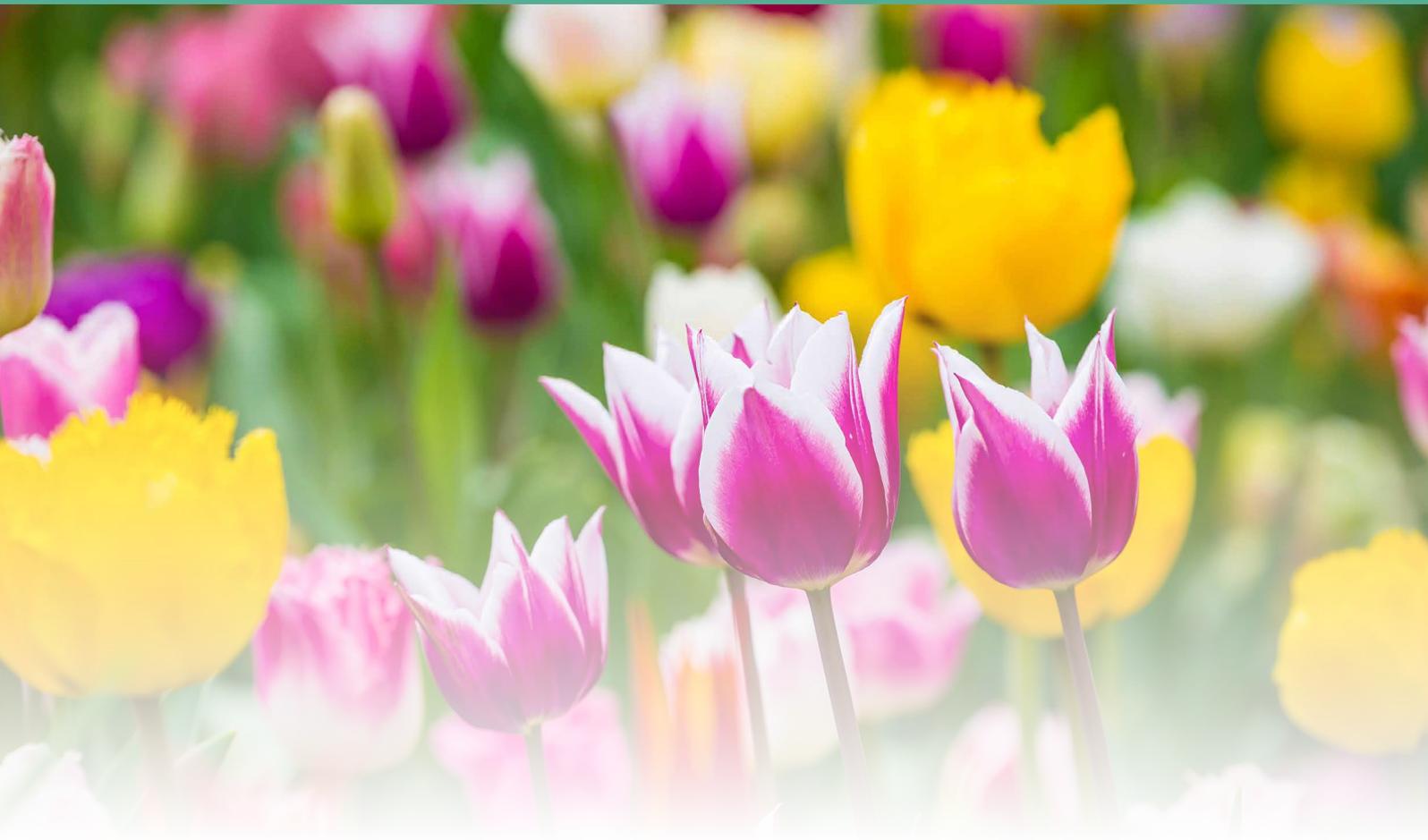
#### What you need:

- Coloured Paper
- Paper plate
- Glue stick
- Scissors
- Ribbon

#### Step by Step:

- Cut different sizes of heart shapes
- If you are working with young children, you could point out the different sizes and colours of hearts.
- Cut out the inner part of the paper plate leaving the outer rim intact as you will be using the outer rim for the heart wreath craft.
- Begin gluing hearts onto the paper plate until you have made a beautiful design on your heart's wreath.





## March 2024

### Mother's Day

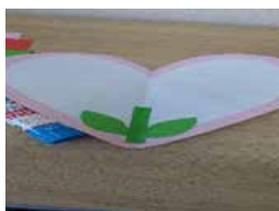
10 March 2024

Also known as Mothering Sunday, this is the day where we show Mum just how much we love her in the UK. Mothering Sunday was traditionally the day when you returned to the "Mother Church" where you were baptised.

Tulip Heart Card;

#### You will need:

- Coloured paper for hearts
- Coloured paper for flowers
- Green paper or green felt tip
- Scissors
- Glue
- Pencil



#### Method:

- Taking a piece of paper for the heart, fold it in half,
- Draw half a heart shape next to the fold and cut it out (you may need adult help)
- Next make a slightly smaller heart from white paper.
- Glue the hearts together.
- From your green paper, draw two leaves and a stem, glue these to the bottom of the white heart, or you can draw them on with felt tip
- Once the glue is dry, fold the heart in half
- Using the paper for the flowers, draw 6 tulip shapes, you can choose the same colour or all different, again you can fold the shape in half to make them symmetrical
- Cut out your tulips, with help if needed.
- Now fold each one in half, putting glue on one side of each one, glue them all together
- Now. Adding glue to the back, line up the crease of the card with the centre of the tulip and glue it onto the card
- Close the card and let the glue dry
- Once dry, open your card to see the effect of your flower
- Add your message to someone special.

The day when people across the land join forces to raise money for brilliant causes in the UK and around the world, by having a good laugh!

**Red Nose Day Biscuits****Ingredients****Approx. 12 servings**

1. 250 g butter, room temperature, cubed
2. 140 g caster sugar
3. 1 egg yolk
4. 2 tsp vanilla extract
5. 300 g plain flour
6. Raspberry or strawberry jam

**Cooking Instructions**

1. Mix 250 g softened butter and 140 g caster sugar in a large bowl with a wooden spoon until fully combined. (Or use a mixer!)
2. Add 1 egg yolk and 2 tsp vanilla extract and briefly beat to combine and make fluffy.
3. Sift over 300g plain flour and stir until the mixture is well combined – you might need to get your hands in at the end to give everything a really good mix and press the dough together.
4. Roll the dough into golf ball size and place on a tray lined with parchment. Give each ball a slight press down and then make an imprint with your thumb or use a small bottle (like vanilla extract). Leave a little space between each biscuits as they will spread.
5. Add a ½ a tsp of your favourite jam in the indentation. Chill the tray for 10-30 minutes before cooking so they hold their shape.
6. Cook in the oven for 12-15 minutes at 180 degrees/Fan 160/Gas 4 until lightly brown.
7. Leave to cool on the tray for 5 minutes before moving them to a wire rack to chill and set. If they have spread and stuck together, just 'cut' between each biscuit to separate whilst they are warm out the oven and they will be fine.



# READY

## to learn...

**R**ead and retell a story every day – give your child a chance to build attention, remember some things and put stories into their own words.

**E**ncourage independence – give your child plenty of time to do things for themselves especially dressing, eating, self-care.

**A**dd a new word each day – stories and new experiences give your child an opportunity to learn new words every day.

**D**evelop your child's language skills with back and forth conversations – this helps them to talk in sentences.

**Y**ou are your child's first teacher – you help them feel secure, loved and confident as you explore the world together.

Did you know the Easy Peasy App also have some great activity ideas?

# Support Your Child's Development For Free

Download the EasyPeasy app and discover the best tips and activity ideas, personalised for you and your 0-5 year old shared by our community of parents and experts.

Scan to join



To download the app please visit your app store or google play store. The app is free for all families in Walsall.

Take a look at Tiny Happy People, its there to help you develop children language skills. Explore simple activities and play ideas. For more information visit:  
**Children's language development and parenting advice - BBC Tiny Happy People**

# Services and support available to you

## Health in Pregnancy Service (HiPS) – Walsall Healthcare NHS Trust

The Health in Pregnancy Service are here to support your family during pregnancy and beyond. We are part of the 0-19 service and aim to bridge the gap between Maternity and Health Visiting Services, supporting families with individual health needs during the antenatal and postnatal period. Our team is made up of Practitioners who are registered Nurses and Midwives and Assistant Practitioners, all with qualifications and experience in public health.

We offer support and practical advice with:

- Infant Feeding
- Smoking Cessation
- Healthy Lifestyles
- Emotional Wellbeing
- Antenatal Education
- Contraception
- Transition to Parenthood/ Fatherhood advice and support
- Safe Sleep
- Immunisations
- Help with Equipment and Food
- Health Assessment and Promotion

We will be in touch to arrange an antenatal contact when you are between 28 and 32 weeks of pregnancy. This will take place on either an individual basis or you may be invited to one of our Postnatal Preparation Groups. We also run the Little Storks Baby group aimed at families with babies under 1 and the Buggy Walk group at Walsall Arboretum.

Please get in touch on 01922 423 252 (Monday – Friday 9am – 5pm) for further information regarding the Health in Pregnancy Team or our single point of access number is 01922 603074 if you wish to speak to a Health Visitor.



## WOMB TO WORLD

Walsall Antenatal Programme



Supporting you throughout your journey into parenthood and beyond

Walsall **Womb to World** Antenatal Programme is delivered virtually on Microsoft Teams - four sessions over four weeks each month. Sessions are delivered by health care practitioners who will be supporting you throughout your pregnancy and beyond into parenthood, from the Maternity Service, Health in Pregnancy Service and Infant Feeding Service.

- Session 1: Getting to know your unborn baby
- Session 2: Labour and birth
- Session 3: Infant feeding
- Session 4: Postnatal care and bonding

To join us please contact:

- The Midwife Led Unit to book your place: 01922 605 420
- Health Visiting Service: 01922 603 074
- Infant Feeding Service: 01922 605 248
- Health in Pregnancy Service: 01922 423 252

Caring for Walsall together



Useful website links & apps for pregnancy information:  
<https://www.walsallhealthcare.nhs.uk/our-services/maternity/health-in-pregnancy-service-hips/>  
[https://www.nhs.uk/pregnancy/Pregnancy | Health for Under 5s](https://www.nhs.uk/pregnancy/Pregnancy%20Health%20for%20Under%205s)

Download **FREE** Baby Buddy app on the App Store or Google Play Store – now with an extra feature just for parents in Walsall!

IT'S HERE!  
baby buddy is now LOCAL  
with a directory of services for parents in Walsall  
Download the FREE baby buddy app TODAY!

## Feeding your baby

Family Hubs are working towards becoming UNICEF Baby Friendly. We will continue to work with Walsall Infant Feeding Team to support families with their feeding journey in Walsall.



We are excited to launch a Breastfeeding Peer Support group at the North Family Hub, Blakenall on a Friday from 11:00 – 12:30. No need to book just turn up.

For more advice and support families can contact the Infant feeding team for on **01922 605248** or **07794 117247** (Monday-Friday between 9am and 5pm) You can also follow Walsall Welcomes Breastfeeding on Facebook and Instagram.

## Introducing Solid Foods to your baby

We would like to invite families to come along to our workshop to learn about introducing solid foods to your baby.

See dates and venues below; booking is required please email **familyhubs@walsall.gov.uk** with your name, child's date of birth and contact details.

Date	Time	Venue
9 January 2024	09:30 – 11:00	Brownhills Community Association, Chester Road North, Brownhills, WS8 7JS
13 February 2024	13:30 – 15:00	Nash Dom Community Hub Sun Street, Walsall, WS1 4AL
12 March 2024	09:30 – 11:00	North Family Hub, Blakenall, 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ

Useful videos and websites:  
<https://vimeo.com/794595496/30ecc7faee>  
Introducing solid foods (unicef.org.uk)  
Childhood wellbeing & common illnesses - Children aged 0 - 5 (walsallhealthychild.co.uk)



**Healthy Start**  
Are you pregnant or have children under the age of four? You could qualify for the Healthy Start scheme to help you buy food, milk and get free Healthy Start vitamins. Find out if you're eligible here:  
<https://www.healthystart.nhs.uk/how-to-apply/>

The logo for the NHS Healthy Start Scheme, featuring a red apple, a yellow box, a blue box with 'Healthy Start' written on it, a green broccoli, and a blue carton of milk, all with faces and arms.

**Get help to buy food and milk with the NHS Healthy Start Scheme**  
Apply online at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Dads Pad



Dads Pad can be downloaded via the App store or google play. It's the essential guide for new dads, developed with the NHS.

As a new dad you will feel excited, but you may also feel left out, unsure or overwhelmed.

The DadPad can help by giving you the knowledge and practical skills that you need. The resource will support you and your partner to give your baby the best possible start in life. Visit the website for more information [DadPad | The Essential Guide for New Dads | Support Guide for New Dads \(thedadpad.co.uk\)](https://thedadpad.co.uk)

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## ChatHealth

ChatHealth is a confidential, secure text-messaging service run by Walsall Healthcare NHS Trust for parents of children aged 0-5 years. The service operates from Monday to Friday, 9.00am-4.00pm, excluding Bank Holidays. All texts are responded to by a Health Visitor within 24 hours. You can find out more information on the service via their webpage.

Text: 07520 634909  
Website: <https://healthforunder5s.co.uk/walsall/services/specialist-support/text-a-health-visitor/>

## Citizens' Advice

Citizens' Advice offer free, confidential, independent and impartial advice on a range of topics, including benefits and legal issues. As well as their telephone helplines (see below), they also offer face-to-face meetings at their local offices: <https://citizensadviceandwell-walsall.org/local-offices/> and via their mobile advice unit service: <https://citizensadviceandwell-walsall.org/get-help/mobile-advice-unit/>.

Telephone: Advice Line: 0800 278 7812  
Debt Helpline: 0800 240 4420  
Website: <https://citizensadviceandwell-walsall.org/>

## Early Help

Visit the website for information on Walsall Council's Early Help resources to support children and families who may need extra help with a whole range of individual, social, health and educational concerns. Support is provided to the whole family, to ensure the right help at the right time is available.

Website: <https://go.walsall.gov.uk/children-and-young-people/early-help>

## Parenting Support

We have lots of parenting information available on for families on our website take a look at [Parenting support | Walsall Council](#)

There are also lots of free courses available to all parents, carers, grandparents. No child is born with a handbook, sometimes as parents, we want to know if there is more we can do to understand our pregnancy, baby, child or teenager. If you are a Walsall resident, check out our free, online parenting support courses.

Visit: <https://inourplace.co.uk> and use the Access code HIPPO.

## First Steps Eating well

You can find information about eating well for children and families ;

### Eating well early years – First Steps Nutrition Trust

### Are you looking for childcare in Walsall?

Do you know what childcare funding/financial support you might be eligible for?

Please visit: [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)  
Or call Sharon Walker on 01922 655509 / 07876 818762

If you are unsure, please visit [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk) and use the childcare calculator.

## Your views on Family Hubs?

We would like to invite all families to give feedback and share their voices to help shape the Family Hubs.

We are looking for a group of Parents and Carers who are expecting or have children aged 0-5 years, that are passionate about local services for families to help us shape Walsall Family Hubs to ensure the right services are available to you at the right time.

You can help us by completing feedback forms, joining a panel which will meet every two months, joining virtual feedback sessions or being a mystery caller at one of our Family Hubs or Spokes.

In return for your support we can offer free training opportunities, access to our volunteer programme and opportunities to develop skills and knowledge. .

To sign up scan the QR code:



or visit <https://forms.office.com/e/svvHHRs5Db>

### Parents quotes;

“Its lovely to be back in the centres attending groups again, I just wish they were on more often”-mother of 6 month old attending breastfeeding celebration event.

“We have loved the activities today and the children are already asking when they can come again”- mother of 2 and 5 year old attending Saturday stay and play.

“The support available for my daughter in law is amazing, it is great we can come together to get the support she and my Grandson need” - Grandmother of 3 week old accessing the breastfeeding support group.

“All activities and events are very welcomed. The child care was an amazing addition, as without this, I wouldn't have been able to attend - thank you.” - Mother attending first aid.

