

# Early Years Newsletter

## Welcome

Welcome to the 3<sup>rd</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)



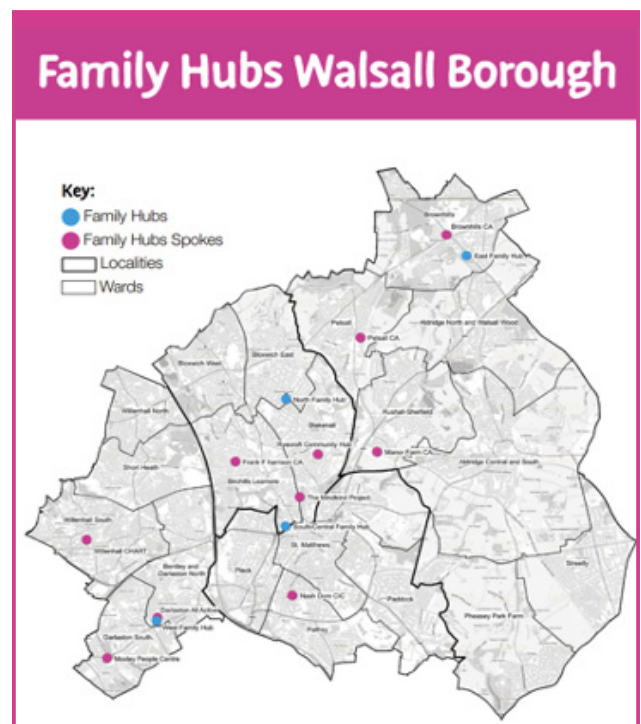
## Walsall Family Hubs and Community Spokes

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

April – June 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 – 1:00pm 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 – 1:30pm Toddler Splash & Play @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £7 or 4.50 with a move it card Call 01922652900 to book your place	11.30 – 1:00pm Toddler Splash @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £5.50 per adult and child, Call 01922652900 to book your place	09:45- 11:45am Starlight Multi Care and Sensory Stay and Play @ 25a Station Street, Walsall, WS2 9JZ, £4 per child, plus £2 for every extra child- www.starlightmulticare.com	10:30 - 1.30pm Splash and Play @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £7 or £4.40 with a move it card , 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
09:45- 11:45am Starlight Multi Care and Sensory Stay and Play @ 25a Station Street, Walsall, WS2 9JZ, £4 per child, plus £2 for every extra child- www.starlightmulticare.com	09:30- 4:30pm Walsall Works drop in for families @ North Family Hub, WS31HJ	9.30-11.30am Frankie's Parents and Tots @ Beechdale Lifelong Learning Centre, Stephenson Square, Walsall, WS2 7DY - £1 per child, No booking required		10:00 -12.30pm Breast Feeding peer Support Group - North Family Hub, Blakenall Lane, WS3 1HJ. weekly no booking required	09:00-09:40am Age 2-3 & 09:40- 10:20 Age 3 – 5 yrs Kixx Football Academy, Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA
	16 April 09:30-11:30am Free soft play session & meet your Family Hub team @ Palace Play, Blakenall Row, Bloxwich, Walsall WS3 1LW – No booking and free of charge	10:00-11:30am Me and My Baby (Baby Massage) @St Matthew's Church Centre, St Matthew's Close, Walsall To book contact Priscilla on 07984 626637 or email priscilla.meandmybaby@gmail.com		10:00– 11.30am 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 April 10:30-12:00 Stay and Play @ North Family Hub, Blakenall WS3 1HJ. You can just turn up
		09:30 – 2:30pm Walsall Works drop in for families @ North Family Hub,WS31HJ		16 May 09:30-11:00am Health & Safety Workshop for parents/carers at North Family Hub, WS3,1HJ ,free of charge to book email familyhubs@walsall.gov.uk	4 May 11:00-1:00pm Dads Stay and Play @North Family Hub, Blakenall WS3 1HJ. You can just turn up
					1 June Vaccination drop in clinic @ North Family Hub,WS31HJ Vaccination: HPV for boys and girls year 8 +, DTP/MenACWY for Boys and Girls year 9 + and MMR vaccines To book call - 01922 902035
					1 May 11:00-1:00pm Dads Group @North Family Hub, Blakenall WS3 1HJ. You can just turn up

## East Locality

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

April 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 – 10.30am Toddler Splash @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH- £5.50 per adult and child, Call 01922652266 to book your place	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)	1.30 – 3:00pm Bump & Baby Ark @ Aldridge Church Centre, 14 The Green, Aldridge, Walsall WS9 8NH – Free (donations accepted) No booking required	09:00- 1:00pm Splash and Play @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH - £7 per adult and child, Call 01922652266 to book your place		2:00 – 3:00pm 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
11.45 – 12.30 Little Explorers @ Pelsall Village Centre, High St, Pelsall, Walsall WS3 4LX - £8.50 per session visit <a href="http://www.thecreationstation.co.uk/finder">www.thecreationstation.co.uk/finder</a> to book your place (18mnth – 5yrs)	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)	11.45 – 12.30 Baby Discover @ Pelsall Village Centre, High St, Pelsall, Walsall WS3 4LX - £8 per session visit <a href="http://www.thecreationstation.co.uk/finder">www.thecreationstation.co.uk/finder</a> to book your place (6 – 18 months)	9:30- 4:30pm Walsall Works drop in for families @ East Family Hub  6:00 – 7.30pm Floats Fun session @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH 01922652266 to book your place		11 May 10:30-12:00 Stay and Play @ East Family Hub, WS8 6HA . You can just turn up  22 June 11:00-1:00pm Dads Stay and Play @ East Family Hub, WS8 6HA . You can just turn up
11.15 – 11.45am Rhythm Time @ Pelsall Community Centre, Station Road, Pelsall, Walsall  WS3 4BQ - Visit <a href="http://www.rhythmtime.net/cannock-and-pelsall">www.rhythmtime.net/cannock-and-pelsall</a> to book your place (0-13 mths)	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)	10:00-11.30am Toms Toddlers @ St Thomas Church, St Thomas' Close, Aldridge, Walsall, WS9 8SL - £2 per family, No booking required (0 – 2.5yrs)			
12.30 – 2:00pm Seedlings Praise @ Tynings Lane Church, 2 Tynings Ln, Walsall WS9 0AS - £2.50 donation, No booking required (0-5 yrs)	9:30 – 11:00 Seedlings Praise @ Tynings Lane Church, 2 Tynings Ln, Walsall WS9 0AS - £2.50 donation, No booking required (0-5 yrs)	1:00-2:30pm Footprints @ St Thomas Church, St Thomas' Close, Aldridge, Walsall, WS9 8SL - £2 per family, No booking required (2.5 – 4yrs)			
8 April 09:30-11:30 Fist Aid workshop for parents/carers @ Brownhills Community Association, WS8 7JS, Free of charge to book email <a href="mailto:familyhubs@walsall.gov.uk">familyhubs@walsall.gov.uk</a>	14 May 09:30 – 11:30am Introduction to Solid Food workshop @ East Family Hub, WS8 6HA email <a href="mailto:familyhubs@walsall.gov.uk">familyhubs@walsall.gov.uk</a> book your place	9.45 – 10.25 Social Tots @ Aldridge Community Centre, Middlemore Ln, Aldridge, Walsall WS9 8AN - £24 per month (12mths-3yrs – confident walkers)			
09:30- 4:30pm Walsall Works drop in for families @ East Family Hub	1:00- 2:00pm Activity Gym Preschool Gymnastics @ OakPark Living Centre, WS9 9BH. First session free, £25/month (18 months – 4 years)- Book a free trial or add your child to the waiting list using the following link: <a href="https://www.active-gym.co.uk/preschool">https://www.active-gym.co.uk/preschool</a>	10.45 – 11.25 Social Tots @ Aldridge Community Centre, Middlemore Ln, Aldridge, Walsall WS9 8AN - £24 per month (9-18mths – early walkers)			
	6:00 – 8:00pm 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	11.45 – 12.25 Discovery Tots @ Aldridge Community Centre, Middlemore Ln, Aldridge, Walsall WS9 8AN - £24 per month (2-9 mths)			

## West Locality

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

April 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)	09:00-17:00 Birth Registration @ West Family Hub, WS10 8AE  To book Register a birth   Walsall Council	10am Storytots @ Willenhall Library, 1 Walsall St, Willenhall WV13 2EX – Free, No booking required		20 April 11:00-1:00  Dads Stay and Play @ West Family Hub, WS10 8AE, no booking just turn up
	12.30 – 2.30pm Baby & Toddler group @ Willenhall Chart Centre, Gomer Street, Willenhall, WV13 2NS - £2 per child, No booking required (0-4yrs)	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)	09:30 – 14:30 Walsall Works drop in for families @ West Family Hub		27 April 11:00-1:00  Dads Stay and Play @ West Family Hub, WS10 8AE, no booking just turn up
	9 April 1:00- 3:00pm Introduction to Solid Food workshop @ West Family Hub Darlaston, WS10 8AE email familyhubs@walsall.gov.uk book your place	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)			18 May 11:00-1:00  Dads Stay and Play @ West Family Hub, 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.			8 June 10:30-11:30  Stay and Play @ West Family Hub, WS10 8AE, no booking just turn up
		09:00-12:00 Parent & Toddler group (0-5 yrs) @Church on The Corner, 1 King Charles Avenue, Bentley WS2 0DL, No booking just come along, £1 per child			20 April Vaccination drop in clinic @West Family Hub, WS10 8AE,  Vaccination: HPV for boys and girls year 8 +, DTP/MenACWY for Boys and Girls year 9 + and MMR vaccines  To book call - 01922 902035

## South & Central Locality

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

April 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	09:30-11:30 @ Frankie and Lolas, Matthew's, Frankie & Lola's The Mezzanine ASDA St, George St, Walsall WS1 1RS Includes – 2 hours session with a special activity, toast for the adult, toast for the child, juice, banana, yoghurt, and a hot drink for the adult. £4.	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	11:00-1:00pm -Playgroup for children aged 0 to 5 @ Nashdom, Sun Street, Walsall, WS14AL  Group every 2 weeks, call 01922616444 for more information
09:30-11:30 @ Frankie and Lolas, Matthew's, Frankie & Lola's The Mezzanine ASDA St, George St, Walsall WS1 1RS  Includes – 2 hours session with a special activity, toast for the adult, toast for the child, juice, banana, yoghurt, and a hot drink for the adult. £4.	11 June 09:30 – 11:30 Introduction to Solid Food Workshop @ Nash Dom WS1 4AL  email familyhubs@walsall.gov.uk book your place	5 June 12:30-2:00 pm  Walsall Family Hubs Parent Carer Panel Meet Up @ South and Central Family Hub  Birchills Street, Walsall, WS2 8NG  Email: familyhubs@walsall.gov.uk for more information	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.	09.00 - 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  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>
09:45 – 11:45 Stay and play, Starlight Multi Care and Sensory WS2 9JZ- £4 per child, plus £2 for every extra child. Can pay cash or card on entrance or book and pay online via <a href="http://www.starlightmulticare.co.uk/book-here/">www.starlightmulticare.co.uk/book-here/</a>	09:30 – 14:30 Walsall Works drop in for families @ South & Central Family Hub		09:45 – 11:45 Stay and play, Starlight Multi Care and Sensory WS2 9JZ- £4 per child, plus £2 for every extra child. Can pay cash or card on entrance or book and pay online via <a href="http://www.starlightmulticare.co.uk/book-here/">www.starlightmulticare.co.uk/book-here/</a>		11:00 – 2:00pm Caldmore Community Garden 0 – 14 months, 12 Carless Street, Walsall WS1 3RH, to book visit <a href="http://tinyurl.com/gardensaturdays">http://tinyurl.com/gardensaturdays</a>  13 April 11:00-1:00  Dads Stay and Play @ South & Central Family Hub, WS2 8N, no booking just turn up
3 June 09:30-11:00 First Aid workshop for parents/carers @ Nash Dom Community Hub, WS1 4AL. Free of charge to book email <a href="mailto:Familyhubs@walsall.gov.uk">Familyhubs@walsall.gov.uk</a>			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		29 June 10:30-12:00  Stay and Play @ South & Central Family Hub, WS2 8N. No Charge and you can just turn up
			10.30 – 12pm Caldmore Tots 0-5 yrs @ Caldmore Community Garden, 12 Carless Street, Walsall, WS1 3RH – No booking required		29 June Vaccination drop in clinic @ South & Central Family Hub, WS2 8N  Vaccination: HPV for boys and girls year 8+, DTP/MenACWY for Boys and Girls year 9+ and MMR vaccines  To book call - 01922 902035



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

Take a look at our suggested activities that will help you to create low cost fun for the whole family in your own home.

**2 April 2024**

### **World Autism Day**

Autism West Midlands have a range of help and support to enrich the lives of autistic people and those who love and care for them

Information Helpline 0121 450 7575 : Website: [Autism West Midlands | Supporting the Autistic Community](#)

**42 Sensory Crafts for Kids with Autism, SPD and ADHD | Special Mom Advocate** Offer a range of sensory craft activities covering; Touch, Taste, See, Hear and Smell.



Please colour me in  
to help spread  
awareness!

## 9 April

## Eid Al-fitr atika

Eid Al Fitr is celebration at the end of the fast of Ramadan. It begins when the crescent moon is seen in the sky. People greet each other by saying Eid Mubarak 1.3 billion people celebrate Eid Al Fitr . Eid Al Fitr usually lasts three days during which Muslims visit families and friends and eat special foods.

### You will need:

- Small child friendly knife
- Plate
- Adult knife (under supervision)
- A small Star cookie cutter

### Ingredients:

- Biscuits or crackers
- Soft cream cheese or your favourite spread
- Sharon fruit
- Apple
- Melon

### Method:

Ask an adult to help cutting the melon, apple, and Sharon fruits.

- Cut a crescent shape from an apple using a knife or circle cutter and the star cookie cutter to cut a star
- Spread the cream cheese or spread of your own choice and add the shapes of cut fruits to your biscuit or cracker
- What a lovely treat to have after fasting the whole month



## 10 – 14 June

## Healthy Eating Week

This week aims to connect people and food and encourage them to adopt healthy diet.

Have you tried growing your own vegetables? You do not have to have a garden for this. Did you know you can grow some vegetables in containers or plant pots.

Why not try growing your own tomatoes, you could then choose a recipe to use them in or, add them to a sandwich.

# Growing Tomato Plants

## You will need;

- Soil
- Tomato seeds
- Pots

## Method:

1. Add the soil to the pots
2. Sow the seeds on the surface (these can be planted from February onwards), cover lightly with soil.
3. Do not allow the soil to dry out
4. Keep them somewhere warm until shoots start to appear, this can take 3-10 days.
5. Move the seedlings in to bright light, maybe near a window.
6. When first leaves appear, they can be planted into bigger pots.
7. These plants do not like the cold so, if you are wanting to plant outside, this is best when there are no frosts
- 8.



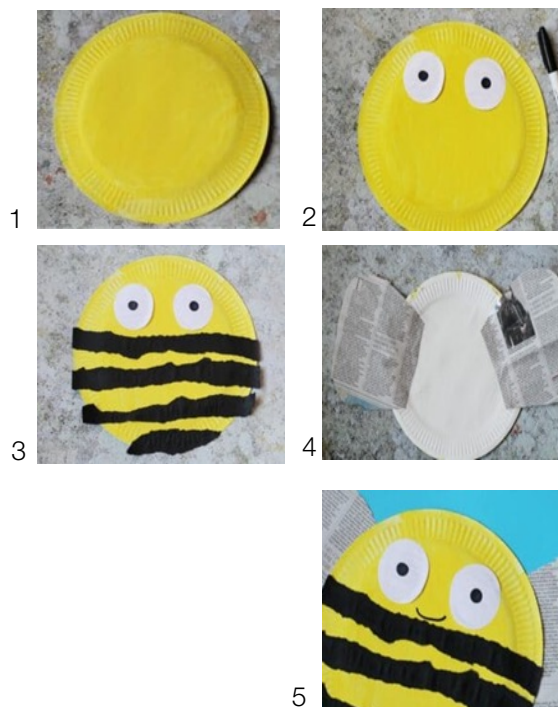
## 20 May

### Paper Plate Bee

#### You will need;

- Scissors
- Glue
- Black pen
- Paintbrush
- Sellotape
- Paper plate
- Yellow pain
- White paper and black paper
- Newspaper

### World Bee Day



#### Method;

1. Paint the paper plate yellow and leave to dry.
2. Cut two circles out of white paper and glue them on, to make the bees eyes. Draw dots in the middle with a black marker pen for the pupils.
3. Tear some strips of black paper to make the stripes for your bee. Glue the strips of black paper across your paper plate to give it stripes on it's body.
4. Next cut your wing shapes out of your newspaper and Sellotape these onto the back of your paper plate.
5. Finally turn your paper plate back over and draw a little smile onto your bees face.

16 June

Father's Day

### Father's day Activity

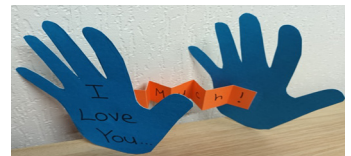
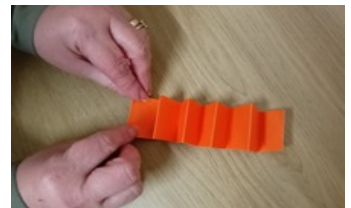
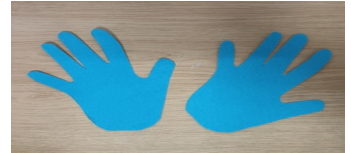
#### You will need:

- Card – 2 colours
- Pencil
- Scissors
- Felt tip or pencil
- Glue stick or Sellotape



#### Method:

1. Choose which colour you would like your hand shapes to be.
2. Trace around each of your hands using your pencil, ask an adult for help if needed
3. Cut out both of your shapes, again you may need an adult to help
4. On one of the hand shapes, we will write, 'I love you....'
5. Using your other colour of card cut a strip, and fold it one way, then the other so that you make a concertina effect, a bit like a fan.
6. On this strip of card, we want to write the words 'this much!'
7. Now we need to glue the beginning of the strip to one of our hand shapes
8. We need to make sure the hand shapes are facing the same way so that the thumbs meet when we fold it together,
9. Now glue the other end of your strip to the other hand piece.
10. Let it dry
11. Fold up your work and give it to someone special, when they open it up, they will see how much you care.



## 16-17 June

Eid Ul -Adha is a Muslim festival that remembers the prophet Ibrahim's willingness to sacrifice his son when God ordered him to. It is celebrated by prayer and visiting family and friends

Muslims celebrate Eid ul-Adha on the last day of the Hajj. The Hajj is the pilgrimage to Makkah in Saudi Arabia. It occurs every year and is the Fifth Pillar of Islam (and therefore very important).

All Muslims who are fit and able to travel should make the visit to Makkah at least once in their lives.

During the Hajj the pilgrims perform acts of worship and renew their faith and sense of purpose in the world. They stand before the Ka'bah, which was built by Ibrahim, and praise God together.

You will need;

- Different coloured assorted paper
- Sweets
- Kitchen rolls
- Scissors
- Ribbon
- Glue
- Sticky Stars & Moon

### Method

1. Cut the kitchen roll in half, add the treats inside and wrapped it up with tissue paper and twist the tissue paper and secure with ribbon
2. Decorate with star and moon and ribbon with your own design.
3. Put enough sweets so that everyone can have something to enjoy.

## Eid ul-Adha Atika



## 21 June

### Giraffe mask

You will need:

- A paper plate
- Black paper/card
- Yellow sugar paper/card
- Yellow tissue paper
- Glue and glue stick

### Method

1. Cut some small squares.
2. Put glue on the paper plate and stick the tissue on it.
3. Then with adult support cut a nose, eyes and horns from the black sugar paper/ card. Then cut yellow ears from the paper/card.
4. Glue the ears, horn, nose, and eyes onto your paper plate.

## World Giraffe Day



# 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.

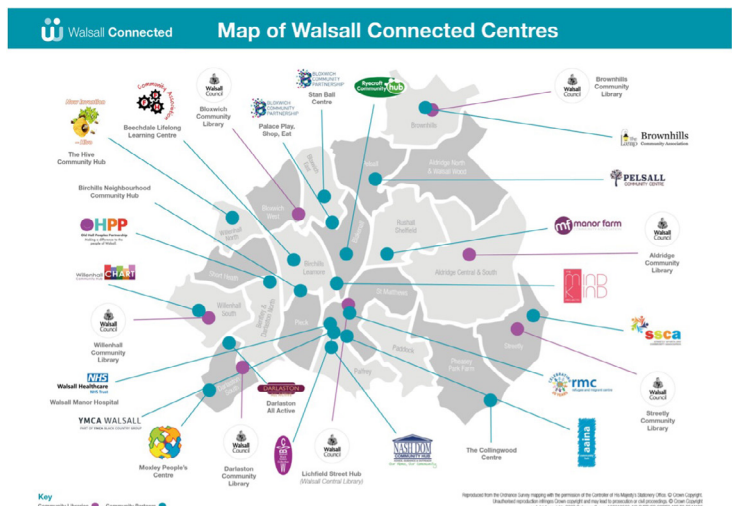
Take a look at **Tiny Happy People**, its there to help you develop children language skills. Explore simple activities and play ideas. For more information visit: **Children's language development and parenting advice - BBC Tiny Happy People**

## Services and support available to you

**Need Help accessing Walsall council services?**

Walsall Connected offers in person digital upskilling, general advice and signposting to ensure residents can get the help they need at a local library community partner or library.

For support accessing council services online, visit one of our Walsall Connected centres - Walsall Connected - get help to get online | Walsall Council



## 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.




**Walsall Healthcare NHS Trust**

# 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!



**100% FREE & AD FREE**

**baby buddy**  
by best beginnings

The go-to app for mums, dads, parents-to-be and caregivers

With you every step of the way through pregnancy and your baby's first year

GET BABY BUDDY TODAY!





www.bestbeginnings.org.uk Charity No. 122054



# 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 April	1:00- 3:00pm	West Family Hub, Illmington House, Crescent Road WS10 8AE
14 May	09:30-11:30am	East Family Hub, Silver Court WS8 6HA
11 June	09:30 – 11:30am	Nash Dom Community Hub Sun Street, Walsall, WS1 4AL

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/>

**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)

**Understanding your child: from toddler to teenager**  
 Free online course for all parents, carers, and grandparents.  
 • Reading your child's behaviour and understanding their feelings  
 • Effective communication techniques  
 • Reflecting on your relationship and how to nurture your child's emotional health  
 • A transformative journey that can strengthen your bond with your child at every age  
 Designed by clinical psychologists in partnership with practitioners and parents  
[www.inourplace.co.uk](http://www.inourplace.co.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))

## 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.

## 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://citizensadvicesandwell-walsall.org/local-offices/> and via their mobile advice unit service: <https://citizensadvicesandwell-walsall.org/get-help/mobile-advice-unit/>.

## 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.

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))

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

Telephone: Advice Line: 0808 278 7812  
Debt Helpline: 0800 240 4420  
Website: <https://citizensadvicesandwell-walsall.org/>

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**

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.

## Childcare in Walsall

Do you know if you are eligible for 2-year funding for 15 hours funded childcare? For working parents on a lower income, please visit **Time 2 Start (mywalsall.org)** to check if you are eligible and to make an application

To discuss your Walsall childcare options call FIS on **01922 653383** or Sharon Walker on **01922 655509**

For both working parents who are on an average income, please visit **[www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)** to check if you are eligible for the new Working Parents of 2-year-olds Entitlements and to make an application

For other types  
of childcare funding  
support visit  
[www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)  
for more information



## 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;

“The introduction to solids workshop has really helped us to introduce our baby to solids more confidently and given us ideas on what to offer and when”

“The breastfeeding peer support group has been fantastic; they have offered so much support and it's great to talk with other moms”

“We attended the anxiety and emotional wellbeing workshop, the staff were friendly and welcoming, we found the information in the workshop really useful.”

“All activities and events are very welcomed. The childcare was an amazing addition, as without this, I would not have been able to attend - thank you.”

