

Early Years Newsletter

Welcome

Welcome to the 4th 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.



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

North Locality Family Hub

Address: 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ
Telephone: 01922 476698 |
Website: www.walsallfamilyhubs.co.uk
Opening times: 9.00am – 5.00pm

South and Central Locality Family Hub

Address: Birchills Street, Walsall, WS2 8NF
Telephone: 01922 646574 |
Website: www.walsallfamilyhubs.co.uk
Opening times: 9.00am – 5.00pm

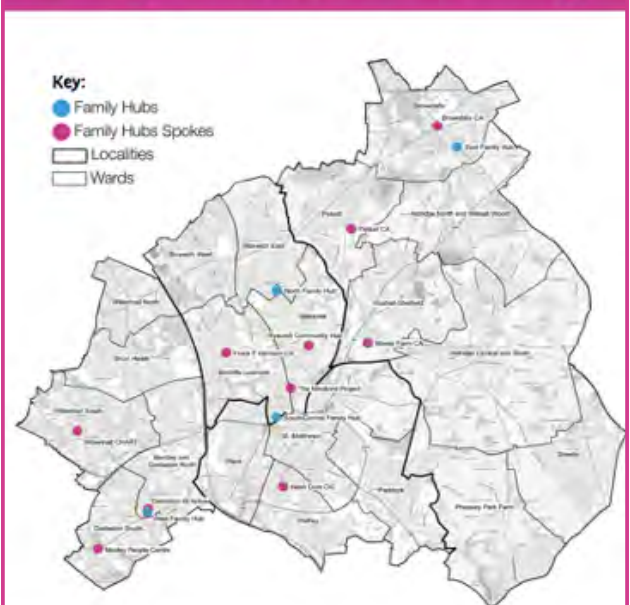
West Locality Family Hub

Address: Ilmington House, Crescent Road, Wednesbury, WS10 8AE
Telephone: 01922 652959 |
Website: www.walsallfamilyhubs.co.uk
Opening times: 9.00am – 5.00pm

East Locality Family Hub

Address: Silver Court, Walsall, WS8 6HA
Telephone: 01922 658300 |
Website: www.walsallfamilyhubs.co.uk
Opening times: 9.00am – 5.00pm

Family Hubs Walsall Borough



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





Come and Celebrate Walsall Family Hubs 1st Birthday!

In partnership with Arts Connect and National Literacy Trust

Come along and join the celebration of Walsall Family Hubs throughout July and August

All our events are free and no booking required just turn up.

Activities on the day include:

- Teddy bears picnic
- Story telling sessions
- Craft and messy activities
- Plus much more...



Come and join us at:

20th July 10am – 2pm : Central & South Family Hub, Birchills Street, Walsall, WS2 8NF

1st August 10am -12pm: Brownhills Community Centre, Chester Road North, Brownhills, WS8 7JS and **Hollands park**

14th August 11am – 2pm: North Family Hub, 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ

29th August 10am – 12pm: West Family Hub, Ilmington House, Crescent Road, WS10 8AE



In partnership with



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What's on in your Family Hub & Local Area?

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

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Whats on in your local area?

North Locality Timetable

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

July - September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11.30 – 1:00 Toddler Splash @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £5.50 per adult and child, Call 01922652900 to book your place</p>	<p>11.30 – 1:30 Toddler Splash & Play @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £7 or 4.50 with a move it card Call (01922) 652 900 to book your place.</p>	<p>09:30 – 2:30 Walsall Works drop in for families @ North Family Hub, WS31HJ</p>	<p>09:30- 11:00 St John's Methodist Church Baby & Toddler Group @ St John's Methodist Church – £2 per child, £1 per baby No booking, drop in (0-4 yrs).</p>	<p>10.30 – 1:30 Splash and Play @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £7 or £4.50 with a move it card, Call (01922) 652 900 to book your place</p>	<p>2.30-3.30 Floats Fun Session @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA. £5pp / £3 for under 5's. Call (01922) 652 900 to book.</p>
<p>09:45- 11:45 Starlight Multi Care and Sensory Stay and Play @ 25a Station Street, Walsall, WS2 9JZ, £4 per child, plus £2 for every extra child starlightmulticare.com</p>	<p>9 July 1:00 – 2:30 Introduction to Solid Foods Workshop @ North Family Hub, WS31HJ. To book your place email familyhubs@walsall.gov.uk</p>	<p>11.30 – 1:00 Toddler Splash @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £5.50 per adult and child, Call 01922652900 to book your place</p>	<p>09:45- 11:45 Starlight Multi Care and Sensory Stay and Play @ 25a Station Street, Walsall, WS2 9JZ, £4 per child, plus £2 for every extra child. starlightmulticare.com</p>	<p>10:00– 11.30 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</p>	<p>09:00-09:40 (2-3 years) and 09:40-10:20 (3 - 5 years) Kixx Football Academy, Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA.</p>
		<p>9.30-11.30 Frankie's Parents and Tots @ Beechdale Lifelong Learning Centre, Stephenson Square, Walsall, WS2 7DY - £1 per child, No booking required (term time)</p>	<p>10:00-11:00 Baby Bounce – Free Soft Play (Term Time Only). Parents aged 15– 25 years old. @ Hub 1, Palace Play, Shop, Eat, Blakenall Row Bloxwich, WS3 1LW Contact 07852559071</p>	<p>11:00 -12.30 Breast Feeding Peer Support Group - North Family Hub, Blakenall Lane, WS3 1HJ. No booking required.</p>	<p>7 September 10:30- 12:00 Saturday Stay and Play @ North Family Hub. Booking welcome by calling the Family Hub on 01922 654589 or simply join us on the day.</p>
		<p>10:00- 11:30 Summer Stay and Plays @North Family Hub, 7, 21 and 28 August, sessions is free of charge. Booking welcome by calling the Family Hub on 01922 654589 or simply join us on the day.</p>	<p>11 July 9.30-11:00 Chill & Chat @ North Family Hub</p>	<p>6 July & 3 August, 10:00- 12:00 Dads Stay and Plays @ North Family Hub No booking required, just turn up.</p>	
		<p>14 August 11:00 – 14:00 Come and celebrate Walsall family hubs 1st Birthday @ 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ. No booking required.</p>			

Key: Purple listings are funded by Walsall Family Hubs and located in Community Spoke or Family Hub. Other listings are providers that have completed our Family Hubs directory.



Did you know you can book out the sensory room at the North Family Hub?
 Book by calling 01922 654589 or dropping in the centre at 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ

Remember to always contact groups before attending in case of any changes.

East Locality

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

July - Sept 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 – 10.30 Toddler Splash @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH- £5.50 per adult and child, Call 01922 652 266 to book.</p>	<p>09:30- 10:30 Serendipity Infant and Child Wellness (baby massage) @ Stonall Community Centre, Main Street WS9 944 £55 per course, for more information click here (0-6 months).</p>	<p>1.30 – 3:00 Bump & Baby Ark @ Aldridge Church Centre, 14 The Green, Aldridge, Walsall WS9 8NH – Free (donations accepted) No booking required.</p>	<p>09:00 - 1:00 Splash and Play @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH - £7 per adult and child. Call 01922 652 266 to book your place</p>	<p>10:00- 16:00 5 Senses Soft Play and Messy Play @ Walsall Wood Hub, Lichfield Road, Walsall Wood WS9 9NP. £ 5 per child, £4 per sibling – No booking required – for more info call 07724 566961</p>	<p>09:00-10:00 & 10:30- 11:30 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 here.</p>
<p>11.45 – 12.30 Little Explorers @ Pelsall Village Centre, High St, Pelsall, Walsall WS3 4LX - £8.50 per session. (18mth – 5yrs) Book here</p>	<p>09:30 – 10:15 Action Tots @ Brownhills Community Centre, Chester Rd N, Brownhills, Walsall WS8 7JS, £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. Book your place here (6 – 18 months)</p>	<p>09:30- 4:30 Walsall Works drop in for families @ East Family Hub.</p>		<p>16 October 10:30- 12:00 Saturday Stay and Play @ East Family Hub. Booking welcome by calling the Family Hub on 01922 658300 or simply join us on the day.</p>
<p>11.15 – 11.45 Rhythm Time @ Pelsall Community Centre, Station Road, Pelsall, Walsall WS3 4BQ (0-13 mths) Book here</p>	<p>10:30 – 11:10 Social Tots @ Brownhills Community Centre, Chester Rd N, Brownhills, Walsall WS8 7JS, £24 per month (8mths-3yrs)</p>	<p>1:00-2:30 Footprints @ St Thomas Church, St Thomas' Close, Aldridge, Walsall, WS9 8SL - £2 per family, No booking required (2.5 – 4yrs)</p>	<p>10:00- 4:00 5 senses Soft Play with baby exploration class @ Walsall Wood Hub, Lichfield Road, Walsall Wood WS9 9NP. £5 per child, £4 per sibling. No booking required. For more info call 07724 566961</p>		<p>24 August & 28 September 10:00- 12:00 Dads Stay and Plays @ East Family Hub. No booking required.</p>
<p>12.30 – 2:00 Seedlings Praise @ Tynings Lane Church, 2 Tynings Ln, Walsall WS9 0AS - £2.50 donation, No booking required.</p>	<p>10:30 – 11:10 Discovery Tots @ Brownhills Community Centre, Chester Rd N, Brownhills, Walsall WS8 7JS, £24 per month (2-9months)</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>1 August 10:00 - 2:00 Come and celebrate Walsall family hubs 1st Birthday @ Brownhills Community Association & Holland Park. No need to book.</p>		<p>2:00 – 3:00 Floats Fun session @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH.</p>
<p>1:15 – 2:45 Ogley Hay Nursery School Stay @ Calvary Church, Brickiln St, Brownhills, Walsall WS8 6AU (0 -2yrs)</p>	<p>1:00- 2:00 Activity Gym Preschool Gymnastics @ OakPark Living Centre, WS9 9BH. First session free, £25/ month (18 months – 4 years).</p>	<p>10.45 – 11.25 Social Tots @ Aldridge Community Centre, Middlemore Ln, Aldridge, Walsall WS9 8AN - £24 per month (9-18mths – early walkers)</p>	<p>1:00- 2:30 Summer Stay and Play @ East Family Hub 8, 15, 22, 29 of August. Booking welcome by calling the Family Hub on 01922 658300 or simply join on the day.</p>		
<p>09:30 - 4:30 Walsall Works drop in for families @ East Family Hub</p>	<p>1:00 Kiddy Bops Music class @ Aldridge Community Centre, Middlemore Ln, Walsall WS9 8AN – £6 per session. Book here</p>	<p>11.45 – 12.25 Discovery Tots @ Aldridge Community Centre, Middlemore Ln, Aldridge, Walsall WS9 8AN - £24 per month (2-9 months)</p>	<p>6:00 – 7.30 Floats Fun session @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH £5pp / £3 for under 5's. Call 01922 652 266 to book your place</p>		
<p>10:00- 16:00 5 senses Play and Stay @ Walsall Wood Hub, Lichfield Road Walsall Wood WS9 9NP. £5 per child, £4 per sibling. No booking required. For more info call 07724 566961</p>	<p>1:50 Kiddy Bops Music class @ Aldridge Community Centre, Middlemore Ln, Walsall WS9 8AN. £6 per session. (0 - pre walkers) Book here</p>				
	<p>6:00 – 8:00 Floats Fun session @ Oak Park Living Centre.</p>				

Remember to always contact groups before attending in case of any changes.

West Locality

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

July - Sept 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9.15 – 11.15 Baby & Toddler Group @ The Salvation Army, The Leys, Darlaston, WS10 8DP - 90p for adults / 70p children per session, No booking required (0-4 yrs)</p>	<p>9.15 – 11.15 Baby & Toddler Group @ The Salvation Army, The Leys, Darlaston, WS10 8DP - 90p for adults / 70p children per session, No booking required (0-4 yrs).</p>	<p>09:00-17:00 Birth Registration @ West Family Hub, WS10 8AE To book Register a birth Walsall Council</p>	<p>10:00 Storytots @ Willenhall Library, 1 Walsall St, Willenhall WV13 2EX – Free, No booking required</p>	<p>09:00-12:00 Parent & Toddler group @Church on The Corner, 1 King Charles Avenue, Bentley WS2 0DL, No booking just come along, £1 per child.</p>	<p>13 July, 10 & 31 August, 14 September 10:00- 12:00 Dads Stay and Plays @ West Family Hub. No booking required.</p>
<p>12 August 09:30- 11:00am Introduction to Solid Food Workshop @ West Family Hub, WS10 8AE. To book email familyhubs@walsall.gov.uk</p>	<p>12.30 – 2.30 Tiny Tearaways Stay & Play @ Willenhall Chart Centre, Gomer Street, Willenhall, WV13 2NS - £2 per child, No booking required (0-5yrs).</p>	<p>9.15 – 11.15 Baby & Toddler Group @ The Salvation Army, The Leys, Darlaston, WS10 8DP - 90p for adults / 70p children per session, No booking required (0-4 yrs)</p>	<p>09:30 – 14:30 Walsall Works drop in for families @ West Family Hub</p>		
	<p>6, 13, 20, 27 August 10.00 - 11.30 Summer Stay and Play @ West Family Hub. You can book by calling the hub on 01922 652959 or turn up on the day.</p>	<p>9.30-11.30 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)</p>	<p>29 August 10:00- 14:00 Come and celebrate Walsall family hubs 1st Birthday @ West Family Ilmington House, Crescent Road, Darlaston, WS10 8AE – No booking just turn up</p>		
		<p>10:00 Storytime & Craft @ Willenhall Library, 1 Walsall St, Willenhall WV13 2EX – Free, please call 01922 650771 to book your place.</p>			
		<p>09:00-12:00 Parent & Toddler group @ Church on The Corner, 1 King Charles Avenue, Bentley WS2 0DL, No booking just come along, £1 per child</p>			
		<p>10:00 – 12:00 Hive Parent and Tots @ The Hive Community Hub, The Square, Lichfield Road, New Invention, WV12 5EA. No booking required.</p>			

Remember to always contact groups before attending in case of any changes.

South & Central Locality

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

July - Sept 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>09:30-11:30 Frankie and Lolas Matthew's @ Frankie & Lola's The Mezzanine, ASDA, George St, Walsall WS1 1RS. 2 hour session with a special activity, toast, juice, banana and yoghurt for the child, and toast and a hot drink for the adult. £4.</p>	<p>09:30 – 14:30 Walsall Works drop in for families @ South & Central Family Hub</p> <p>10 September 1:00 – 2:30 Introduction to Solid Food Workshop @ Fulbrook Nursery. To book your place email familyhubs@walsall.gov.uk</p>	<p>09:30-11:30 Frankie and Lolas Matthew's @ Frankie & Lola's The Mezzanine, ASDA, George St, Walsall WS1 1RS. 2 hour session with a special activity, toast, juice, banana and yoghurt for the child, and toast and a hot drink for the adult. £4.</p>	<p>11 July 09:00 - 12:30 Speech And Language Therapy Drop In Advice Session @ St Mathews Church, Walsall WS1 3DG</p> <p>9.30 – 11 Stay and Play @ St Matthew's Church Centre, St Matthew's Close, Walsall WS1 3DG - £2 per child – No booking required.</p>	<p>1:00 Nature Makers @ Walsall Arboretum, Broadway N, Walsall WS1 2QB. Book your place here.</p> <p>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</p>	<p>09.00 - 10.30 Performing Arts for 3-6 Yrs @ Breakout Performing Arts, Blue Coat Church of England Academy, Birmingham Street, WS1 2ND. Book your place here</p> <p>09:30-10:30 Walsall FC Saturday Club @ Poundland Bescot WS1 4SA. £20 for 5 weeks. Email courtney.haynes@walsallfc.co.uk</p>
<p>09:45 –11:45 Stay And Play @ Starlight Multi Care and Sensory WS2 9JZ. £4 for first child, £2 for every extra child. Cash or card accepted or book and pay online</p>	<p>2.00 – 3.00 Toddler Splash @ Walsall Gala Baths, Tower St, Walsall WS1 1DH. £5.50 per adult and child, Call (01922) 653 150 to book your place.</p>	<p>7, 14, 21, 28 August 10.00 -11.30 Summer Stay and Play @ South and Central Family Hub. Refreshments available. You can book by calling the hub on 01922 654 545 or turn up on the day.</p>	<p>09:45 –11:45 Stay And Play @ Starlight Multi Care and Sensory WS2 9JZ. £4 for first child, £2 for every extra child. Cash or card accepted or book and pay online</p>		<p>17 August & 21 September 10:00- 12:00 Dads Stay and Plays @ South & Central Family Hub b No booking required, just turn up.</p> <p>20 July 10:00 - 14:00 Come and celebrate Walsall family hubs 1st Birthday @ South and Central Family Hub Birchills Street, Walsall, WS2 8NF. No booking required.</p> <p>11:00 - 1:00 Play and Stay session for Ukrainian children @ Nashdom, Sun Street, Walsall, WS1 4AL. Free session every 2 weeks. To book call (01922) 616 444.</p>
<p>09:45 Kiddy Bops Music class @ Orchard Pavilion, King George VI Avenue, Walsall, WS5 3AH. £6 per session. Book here (0 – pre walkers).</p>			<p>10.30 – 12:00 Caldmore Tots 0-5 yrs @ Caldmore Community Garden, 12 Carless Street, Walsall, WS1 3RH. No booking required</p>		<p>11:00 - 1:00 Play and Stay session for Ukrainian children @ Nashdom, Sun Street, Walsall, WS1 4AL. Free session every 2 weeks. To book call (01922) 616 444.</p>
<p>10:40 Kiddibops SEND Music Support Class @ Orchard Pavilion, King George VI Avenue, Walsall, WS5 3AH. £7 per session. Book here (2 – 4 yrs).</p>			<p>12:00 – 1.30 Toddler Splash @ Walsall Gala Baths, Tower St, Walsall WS1 1DH. £5.50 per adult and child. Call (01922) 653 150 to book your place.</p>		<p>11:00-1:00pm - Cubs Playgroup for children aged 0 to 5 @ Nashdom, Sun Street, Walsall, WS14AL. Free session every 2 weeks. To book call (01922) 616 444</p> <p>11:00 –2:00pm Caldmore Community Garden 0 – 14 months, 12 Carless Street, Walsall WS1 3RH. Book here</p>
<p>12 – 1.30 Toddler Splash @ Walsall Gala Baths, Tower St, Walsall WS1 1DH - £5.50 per adult and child. Call 01922 653 150 to book your place.</p>			<p>12.30-2:00 Sensory play for babies 0-12mnths @ St Matthew's Church Centre, St Matthew's Close, Walsall WS1 3DG. £2 per session. Contact Priscilla on 07984 626637 to book your place.</p>		

Remember to always contact groups before attending in case of any changes.

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.

14 July 2024

Shark Awareness Day

Celebrates this amazing and misunderstood creature and to raise awareness of the importance of their conservation by making your own telescope. This could help you spot any sharks, especially if you have the story of 'Shark In The Park'.

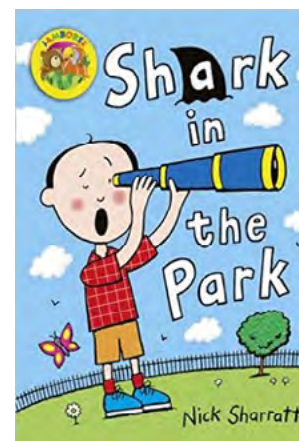
You will need

- 2 kitchen roll tubes
- Paint
- Scissors

Method

1. Cut one of the tubes all the way down length ways so that you can curl it to fit inside the other tube.
2. Paint both tubes which ever colour you like, even make a pattern on it, leave to dry.
3. Now curl the cut tube and place inside the other tube, you can now make your telescope long or short, have a look around with it, what can you see? Use your telescope whilst reading the story, shark in the park. Is it a shark that Timothy sees?

The first 1001 days of your baby's life is a crucial time for your little one's brain development. This starts from the moment they are conceived. There is a lot you can do to help your child learn through play and everyday life.



22 Jul 2024

Windrush Day

Windrush Day honours the contributions of migrants to the post-war economy. It is named after the HMT Empire Windrush which carried Afro-Caribbeans to the UK, after WW2 to work.

You will need

- Bowl and water
- Sponge
- Plastic container
- Lollypop sticks
- Glue stick
- Stickers for decoration
- Sharp knife (under adult supervision)
- Card
- Scissors



Method

1. Put a small hole in the sponge with the knife for the lollypop stick to fix into.
2. Cut a triangle of card for the sail and attach it to the lollypop stick with the glue.
3. Push the lollypop stick sail into the sponge and put the sponge into the plastic container.
4. Decorate using stickers.
5. Place in a tub of water and watch it sail when you blow it across the water.

Download the Easy Peasy App from your app store for easy to access ideas and information to help you support your child's communication, play and social skills. The app is free for all families in Walsall.

12 August 2024

World Elephant Day

The 12th August is World Elephant Day, to share awareness of elephants, why not make your own elephant mask to celebrate these lovely animals.

You will need

- 2 paper plates
- Cardboard tube or, draw a trunk shape on paper and cut out
- Scissors
- Grey paint (if you don't have grey you can mix white and black or white paint with a little black food colouring)
- Glue
- Lollipop stick

Method

1. Cut 2 holes in one of your plates for you to see through
2. Take the cardboard tube, this will be the trunk, cut flaps around the bottom and push them up so that you can attach to the paper plate, glue them together.
3. Next, take the second paper plate, cut it in half and round off the edges, this will be the ears, attach with glue to each side of the plate.
4. You are now ready to paint your elephant grey.
5. Once dry you can add a lollipop stick to the bottom of the plate to hold up your mask

You can listen to the 'Have You Seen Elephant' story [here](#)



Libraries are a great place to visit with your child. You can find lots of great events, information and support at the libraries, including free Story and Rhyme sessions. These are perfect for babies and toddlers, and are held throughout the week. [Click here for more information.](#)

Bookstart is the first national books for babies programme in the world. The aim is to provide every child aged four and under with two free Bookstart packs to promote to parents and carers the idea of reading and a lifelong love of books. Bookstart Baby is available for babies aged up to 12 months

Take a look at Tiny Happy People. Explore simple activities and play to help you develop your children's early language and social skills. [Click here for more information.](#)

6 September 2024

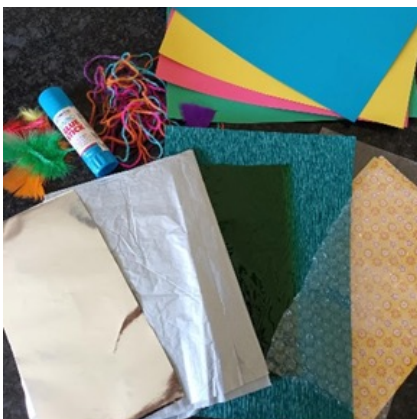
Read A Book Day

To make a feely book you will need

- Coloured card
- Different textured materials such bubble wrap, feathers and cellophane,
- Scissors
- Glue stick
- Wool, string or ribbon.

Method

1. Fold the coloured card and tie the wool/ribbon/string around the middle to keep it together.
2. Cut some different textured materials of your choice (you may need adult supervision).
3. Put glue on the different materials and stick onto the different sides on the card



9 September 2024

Teddy Bear Day

A day to appreciate the companionship that your Teddy Bear gives you. So bring out your beloved bear and give it a hug.

You will need

- Biscuit or rice cakes
- Soft cheese or spread of your choice.
- Selection of fruits or vegetables
- Knife (adult supervision)

Method

1. Spread your favourite spread on the biscuit or cracker.
2. Cut your favourite fruits or vegetables with adult supervision and decorate to create your delicious teddy.



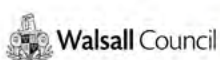
What to expect in the Early Years Foundation Stage: Take a look at a guide for parents from foundationyears.org.uk

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



READY

to learn...

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

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

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

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

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



Walsall Council



Department
for Education

Register Your Child's Birth

You must register the birth of your baby within 42 days of birth and in the registration district where your baby was born. To register a birth in Walsall Borough, [book an appointment online](#) or you can now register your baby at our West Family Hub (see calendar on page 7).



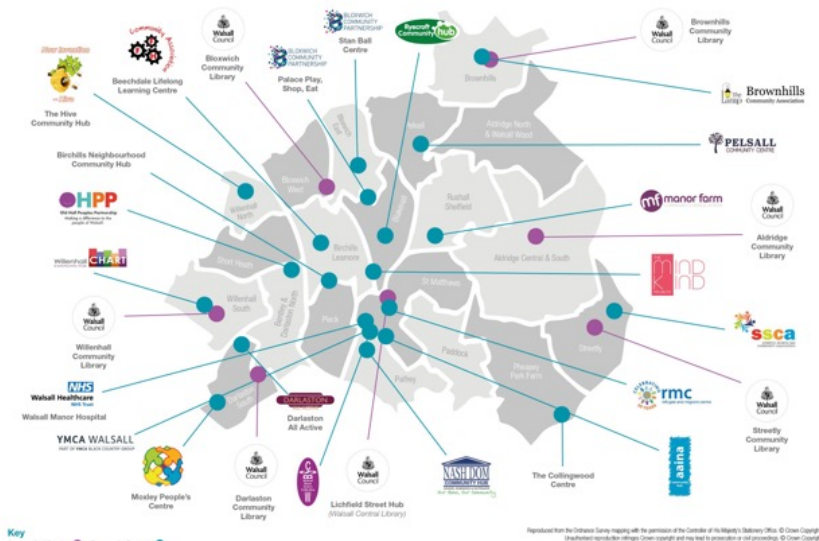
Services and support available to you...

Walsall Connected Map of Walsall Connected Centres

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 community partner or library.

For support accessing council services online, visit one of our [Walsall Connected centres](#)



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 experienced in public health.

We offer support and practical advice with:

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

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

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.

Useful website links for pregnancy information:

walsallhealthcare.nhs.uk

nhs.uk/pregnancy

[Pregnancy & Health for Under 5s](#)

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

baby buddy
by best beginnings

100% FREE & AD FREE

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!

Available on Google Play and the App Store.

www.bestbeginnings.org.uk Charity No. 1020054

Feeding your baby

Walsall Family Hubs are committed to 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. You are welcome to feed your baby in all of our Family Hubs.

Come along to our 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. You will be able to seek support from the Infant Feeding team & meet other parents.



For more advice and support families can contact the Infant feeding team on (01922) 605 248 or 07794 117 247 (Monday-Friday between 9am and 5pm) You can also follow Walsall Welcomes Breastfeeding on Facebook and Instagram.

Introducing Solid Foods to your baby

Do you have a baby around 6 months old? Would you like more information on how to introduce solid foods to your baby?

You can come along to our Family Hubs where a member of the infant feeding service will be available to answer any questions and support you through this exciting stage in your baby's feeding journey. You will also get a goodie bag.

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
Tuesday 9 July	1:00pm	North Family Hub
Monday 12 Aug.	9:30am	West Family Hub
Tuesday 10 Sept.	1:00pm	Fullbrook Nursery, WS5 4NX

Useful videos and websites

[Introducing Solid Foods \(Video\)](#)

[Introducing Solid Foods \(Leaflet\)](#)

walsallhealthychild.co.uk

[First Steps Nutrition Trust](#)

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/>



Dad Pad

Dad 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 and an [Essential Guide for New Dads](https://thedadpad.co.uk)
thedadpad.co.uk

Text a health visitor: 07520 634909

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](#).

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.

UNDERSTANDING YOUR CHILD
SOLIMULL APPROACH

inourplace NHS

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

Residents of WALSALL

www.inourplace.co.uk

In paid partnership with: Walsall Council Family Hubs

Visit: [inourplace.co.uk](https://www.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](#)

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](#) 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 to check if you are eligible for the new Working Parents of 2-year-olds entitlements and to make an application.

Citizens' Advice

Telephone:
Advice Line:
0808 278 7812
Debt Helpline:
0800 240 4420
[Website](#)

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, they also offer [face-to-face meetings at their local offices](#), and via their [mobile advice unit service](#).

If you are unsure, please visit childcarechoices.gov.uk and use the childcare calculator.

Please visit:
www.childcarechoices.gov.uk or call Sharon Walker on 01922 655509 / 07876 818762

For other types of childcare funding support visit childcarechoices.gov.uk for more information



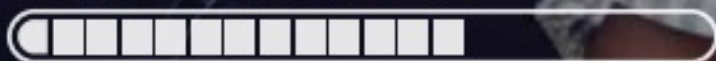
**Better
Health**

**Start
for Life**

NHS



LOAD THEM UP...



90% of brain growth happens before the age of five. What you do together can make a huge difference.



Walsall
Family Hubs

Supporting families to live happier lives

**Search Start for Life for tips and advice,
and information on your local Family Hub.**



Walsall Council

What Parents have to say

“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.”

“Not sure how you could improve it, to be honest. Plenty of activities for the kids and Dad to do and, if required, Ed and Nick are approachable for a chat and its nice to have a chat with other Dads on that day, if you feel the need to. It’s a very useful couple of hours for men to meet because usually these types of groups are mainly for women.”

“Absolutely fantastic time. I was surprised by the number and quality of activities proposed. Plus snacks - cool!”



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>

