

#### Services that form part of our Family Hubs and spokes are:





Development









Infant Feeding



Midwives & Health Visiting







Stay & Plays



Parenting support





opportunities

## **Walsall Family Hub**

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-toface 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..

#### For more information:

Visit Walsall Family Hubs or scan the QR code. Follow us on Facebook 🕝 മുwalsallfamiliesintheknow for updates or email us familyhubsമുwalsall.gov.uk







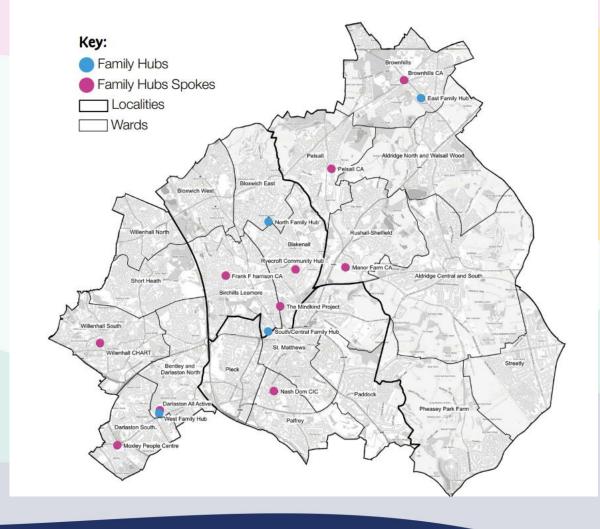




Our 4 family's hubs are;

- North Family Hub, 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ
- South & Central Family Hub, Birchills Street, Walsall, WS2
   8NG
- West Family Hub, Ilmington House, Crescent Road, Wednesbury, WS10 8AE
- East Family Hub, 13 Silver Court, Brownhills WS8 6HA

## Family Hubs Walsall Borough







Scan here



# Check out our newsletter for families with children 0-5 years

Or Visit:

Things to do with your children | Walsall Council





## Saturday Sessions for families with children 0 – 5 years;

- -Stay and Plays
- -Emotion, Anxiety and Send workshop
- -Dads Group

## What's on at our Family Hubs

Come along and join us for a range of free activities this term.

Stay and Play

Activities on a budget: Here we will share low-cost activities that you can recreate at home using everyday items found in the cupboard. Come along to our stay and play to meet new people and build connections. Upcoming dates: (Please call to book your place)

Saturday 18th November @ West Family Hub, Illmington House, Crescent Road, WS10 8AE (10.30-11.30am) Tel: 01922 652959

Sensory session: Come along and join us for a sensory session, get messy and explore those senses. Upcoming dates: (Please call to book your place)

Saturday 2nd December @ North Family Hub, 275 Blakenall Lane, WS3 1HJ (10.30-11.30am) Tel: 01922 476698



Emotion, anxiety and send workshop: Do you need support with managing your child's emotion, anxiety and send needs? This is a workshop for parents/carers with children aged 0-5 years old. Upcoming dates:

Saturday 18th November @ West Family Hub, Illmington House, Crescent Road, WS10 8AE - (10.30-11.30am)

To book on you can email: Amy at EarlyHelpParentingTeam@walsall.gov.uk with your name, postcode and email.







Dads Group: Come along to our dads group for an opportunity to meet other dads and share your journey. The Group will allow an open, safe and fun space for you to talk to other dads, access information, training and further support networks. Upcoming dates:

Saturday 25th November @ South and Central Hub, Birchills Street, WS2 8NG (10.00-13.00)

Saturday 9th December @ West Locality Hub, Illmington House, Crescent Road, WS10 8AE - (10.30-11.30am)

To book on you can email Ed at EarlyHelpParentingTeam@walsall.gov.uk with your name, postcode, and email

#### For more information:

Visit Walsall Family Hubs or scan the QR code. Follow us on Facebook

@walsallfamiliesintheknow for updates or email us familyhubs@walsall.gov.uk





Calling all Dads!

Come along to our Dads group for an opportunity to meet other dads and share your journey.

The group will allow an open, safe and fun space for you to talk to other dads, access information, training and further support networks.

To book on you can email Ed at EarlyHelpParentingTeam@walsall.gov.uk with your name, postcode and email

Dates, Times and Venues.....

Saturday 25th November South and Central Family Hub, Birchills Street, WS2 8NG 10.00-13.00

Saturday 9th December
West Family Hub,
Illmington House, Crescent Road,
WS10 8AE
10.30-11.30am

No charge







## Infant Feeding Support

Our Family Hubs are currently working towards becoming UNICEF Baby Friendly. Together with the Walsall Infant Feeding team, we will continue to support families with their feeding journey in Walsall.

In was all there is much more support available:

- The Walsall Infant Feeding Team is available Monday to Friday between 9am and 5pm for infant feeding advice and tips. They can be contacted on 01922 605248 or 07794 117247
- You can also follow Walsall Welcomes Breastfeeding on <u>Facebook</u> and <u>Instagram</u>.
- The team also runs a breastfeeding peer support group every Friday from 11am to 12:30pm at Pinfold Health Centre in Bloxwich. – Which is moving to North Locality Hub on 3<sup>rd</sup> November
- Introduction to solid food workshops for families

#### **Infant Feeding Support Service**

We are here to support you, please contact us anytime during your feeding journey.





01922 605 248

Available Monday - Friday: 09.00am-17.00pm (except Bank Holidays)



@WalsallWelcomesBreastfeeding

#### We offer support via:

- Telephone contact
- Virtual video consultations
- Face to face consultations (by appointment only)
- Breastfeeding Peer Support Group



For further information and updates please access the Walsall Welcomes Breastfeeding Facebook page or Health For Under 5's:

healthforunder5s.co.uk







#### Walsall Breastfeeding Peer Support Group

Walsall Healthcare

If you would like to meet other breastfeeding mothers and share your feeding journey, please come and join us at our face-to-face peer support groups every Friday morning!

#### **North Family Hub**

275 Blakenall Lane, Blakenall, Walsall, WS3 1HJ

11am - 12.30pm







To deliver exceptional care together to improve the health and wellbeing of our communities









### Introduction to Solid Foods

Walsall Healthcare

If you like more information on how to introduce solid foods to your baby, then join us at one of the **Local Family HUBS**.

A member of the infant feeding service we be available to answer any questions and support you through this exciting stage in your baby's feeding journey.

#### Tuesday 14 November 9.30am - 11.30am

North Family Hub, 275 Blakenall Lane, Blakenall, Walsall, WS3 1HJ

#### Thursday 14 December 1pm - 3pm

West Family Hub, Ilmington House, Crescent Road, Wednesbury, WS10 8AE

#### Tuesday 9 Jan 9.30am - 11.30am

Brownhills Community Association, Chester Road North, Brownhills, WS8 7JS

#### Tuesday 13 Feb 1pm - 3pm

Nash Dom Community Hub, Sun Street, Walsall, WS1 4AL

#### Tuesday 12 March 9.30am - 11.30am

North Family Hub, 275 Blakenall Lane, Blakenall, Walsall, WS3 1HJ

#### Tuesday 9 April 1pm - 3pm

West Family Hub, Ilmington House, Crescent Road, Wednesbury, WS10 8AE

#### Tuesday 14 May 9.30am - 11.30am

East Family Hub, Silver Court, Walsall, WS8 6HA

#### Tuesday 11 June 9.30am - 11.30am

Nash Dom Community Hub, Sun Street, Walsall, WS1 4AL

To book your place please email familyhubs@walsall.gov.uk







walsall run by St Johns Ambulance

**Family Hubs** 

Supporting families to live happier lives

The session covers;

- Primary Survey and DRABC
- Making an emergency phone call
- Recovery position infant and child
- Bites and stings
- Shock
- Choking Infant and child
- CPR Infant and child
- Public access defibrillators
- Seeking the right medical help
- Other sources of help and advice and keeping yourself up to date.

To book your place you can email <a href="mailto:familyhubs@walsall.gov.uk">familyhubs@walsall.gov.uk</a> with your name, what session you would like to book, if you require a creche place, your postcode and email address. (Please note places are limited)

#### Dates, Times and Venues.....

30 October 2023 10:00 – 11:30

North Locality Hub, 275 Blakenall Heath, Blakenall, Walsall WS3 1HJ
Limited childcare is available

26 October 2023 10:00- 11:30

West Locality Hub, Ilmington House, Crescent Road, Wednesbury, WS10 8AE

No childcare available

1 November 2023

10:00-11:30

South & Central Locality Hub, Birchills Street, Walsall, WS2 8NG

Limited childcare available

27 November 2023 10:00- 11:30

East Locality Hub, 13 Silver Court, Brownhills WS8 6HA

No childcare available







## **Easy Peasy App**

## **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

















Walsall Family Hubs has launched the EasyPeasy app, aimed at families in Walsall.

The EasyPeasy app provides parenting tips and activities, personalised for families with children aged 0-5 years.

The app brings together the best ideas, advice, and inspiration from a global community of parents, experts, and your favourite early years brands. Easy Peasy philosophy is evidence-based and simple. Early child development is fuelled by realworld interactions between you and your child.

Families can register for a free account by going to the EasyPeasy website. You can also download the app for free from the Apple or Google Play store: EasyPeasy Give your child the best start in life (easypeasyapp.com).





## **Baby Buddy App**

Walsall Family Hubs has launched the Baby Buddy app, aimed at families in Walsall.

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

#BabyBuddyApp is made for mums, dads and caregivers, and is proven to build parenting knowledge and support you with breastfeeding, mental health, and practical advice - up to your child's 1st birthday. The app has daily information throughout the journey into parenthood and is trusted and endorsed by health professionals, including the Royal College of Midwives.







## **Dads Pad App**

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 <a href="mailto:DadPad | The Essential Guide for New Dads">DadPad | The Essential Guide for New Dads | Support Guide for New Dads (thedadpad.co.uk)</a>





## **Drop in Sessions**



## with Walsall SENDIAS

Do you have any questions about:

- What Walsall SENDIAS do?
- Education, Health and Care plans?
- The law on SEND?
- Mediation with the Local Authority?
- Appeals and Tribunals relating to SEND?
- Meetings with school?
- Where to get support?

#### Ask Walsall SENDIAS!

We are hosting monthly drop-in surgeries for parents, carers and young people. Please come along if you require free and impartial information or advice.

SEN and Disability Information, Advice and Support



Walsall SENDIAS 01922 612008 walsallsendiass@family-action.org.uk



#### Dates 2023 / 2024

Date	Time	Venue
Tuesday 26 <sup>th</sup> September 2023	10.00am – 12.00pm	Manor Farm Community Association, King George Crescent, WS4 1EU
Friday 27 <sup>th</sup> October 2023	10.00am-12.00pm	West Locality Hub, Ilmington House, Crescent Road, Wednesbury, WS10 8AE
Wednesday 22 <sup>nd</sup> November 2023	12.30pm – 2.30pm	North Locality Hub, 275 Blakenall Heath, Blakenall, Walsall WS3 1HJ
Thursday 14 <sup>th</sup> December 2023	11.00am – 1.00pm	East Locality, 13 Silver Court, Brownhills WS8 6HA
Friday 26 <sup>th</sup> January 2024	10.00am – 12.00pm	Manor Farm Community Association, King George Crescent, WS4 1EU
Monday 19 <sup>th</sup> February 2024	4.00pm – 6.00pm	South & Central Locality Hub, Birchills Street, Walsall, WS2 8NG
Thursday 21st March 2024	12.00pm – 2.00pm	West Locality Hub, Ilmington House, Crescent Road, Wednesbury, WS10 8AE
Friday 19 <sup>th</sup> April 2024	10.00am – 12.00pm	North Locality Hub, 275 Blakenall Heath, Blakenall, Walsall WS3 1HJ
Monday 20 <sup>th</sup> May 2024	12.00pm – 2.00pm	East Locality, 13 Silver Court, Brownhills WS8 6HA
Tuesday 18 <sup>th</sup> June 2024	1.00pm – 3.00pm	Manor Farm Community Association, King George Crescent, WS4 1EU
Monday 15 <sup>th</sup> July 2024	1.00pm – 3.00pm	Manor Farm Community Association, King George Crescent, WS4 1EU

Please don't hesitate to contact us via email at walsallsendiass@family-action.org.uk if you have any questions.

We hope to see you there!



Walsall SENDIAS 01922 612008 walsallsendiass@family-action.org.uk







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

We would like to give you an opportunity to join face to face panels, online forums and give feedback on how the Family Hubs are developed and what services are available to the community.

Scan Here



Or email familyhubs@walsall.gov.uk

