

Parenting Groups & Workshops:

- Birth & Beyond: FREE antenatal Preparation for Parenthood, 4 week group for 1st time parents.

Our relaxed & fun groups explore topics like: Developmental needs, communication, sleep, behavioural difficulties & family fun.



Book your place on one of the following by scanning the QR or visiting www.worcestershire.gov.uk/groups

- Understanding Your Baby: 6 week course for new parents & their baby - book before your baby is 16 weeks old
- Understanding Your Child: Suitable for parents of children 2 - 19 years
- Understanding Your Teen: Suitable for parents of teens 11 - 19 years
- Talking Teens: Suitable for parents of teens 11 - 19 years

We use other venues in the community to run groups - please contact the hub for more info.

Online Parenting Support:

Did you know Hereford and Worcestershire Health and Care Trust have pre-paid for every parent and carer in Worcestershire to access a FREE course for parents/carers/grandparents about children from bump to 19+ years? www.inourplace.co.uk (access code PARENTSROCK).

Childcare Funding Support:

For help with your application, finding childcare near you or to find out more about funded childcare for 2 year olds, please call **01527 835775**

Volunteering with Us:

Please call 01527 61350 or email ruth.harper@bromsgroveandredditch.gov.uk

Healthy Start Vitamins:

We stock Healthy Start Vitamins (Cash only)

- £1.80 Children's drops
- £1 Pregnancy vitamins

You may be able to get vitamins for free.

Apply now www.healthystart.nhs.uk/how-to-apply

Knowledge Bank:

Directory of local support & organisations available across Bromsgrove & Redditch. knowledgebank.bromsgroveandredditch.gov.uk

Community Support:

Would you like to talk to someone who can connect you with local support, groups & activities? Contact your local Hub to speak to a Family Hub Navigator: **01527 835775**

Emergency Food Access:

Family Hub teams can guide you to local food banks & community pantries where you can access food for free or affordable prices.

Breast Pump Hire:

You can hire Ardo Calypso breast pumps from your local Family Hub.

Speech & Language:

01527 488326 or email WHCNHS.SLTBromsgrove@nhs.net

Stop Smoking Support in Worcestershire:

www.worcestershire.gov.uk/stopsmoking

WORCESTERSHIRE FAMILY HUBS

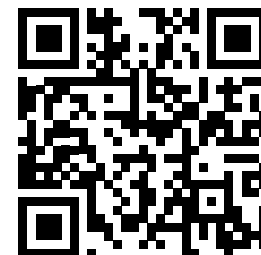


What's On at Pear Tree Family Hub

Autumn Term 2025 Edition



To request support,
please call us or visit
www.worcestershire.gov.uk/familyhubs



Pear Tree Family Hub, Broad Street, Bromsgrove, B61 8LW
01527 835775

Here to help Monday to Friday, 9am - 4.30pm

www.worcestershire.gov.uk/familyhubs

Pear Tree Family Hub - Autumn Term 2025 Timetable



@FamilyHubsBR

WORCESTERSHIRE
FAMILY HUBS

Mon

Midwife Clinic, 9am - 4.30pm
Booked appointments for new & expectant parents & their babies with community midwives.

Contact details on back.

Understanding Your Child
12.30 - 2.30pm

6th Oct - 8th Dec

Find out more about your child's (aged 0 - 19) behaviour & development.

Tue

Well Baby & Child Clinic
9.30am - 12pm

Opportunity for parents/ carers to talk through any child development questions with a member of the health visiting team, suitable for 0 - 5 year olds.

Book an appointment via
01905 520 032.

Birth & beyond

9.30 - 11.30am at Parkside
FREE 4 week course for 1st time parents. Courses start 2nd Sept, 30th Sept, 26th Oct & 25th Nov.

Midwife Clinic, 1 - 4.30pm

Booked appointments for new & expectant parents & their babies with community midwives.

Contact details on back.

Stay & Play, run by
Sidemoor Preschool

1 - 2.30pm, term-time only
A brilliant opportunity for preschoolers to discover & learn through play & get used to socialising with others, suitable for 0 - 5 years old. No need to book, £2 per child, 50p per sibling.
01527 870828

Wed

Development Reviews
9am - 1pm

These are completed by a member of the health visiting team & focus on your child's health, wellbeing & development.

By invitation only.

Breast Buddies

Support Group, 10 - 11.30am
2nd & 4th Wed every month. Support for breastfeeding parents ran by Breastfeeding Support Workers. **To book a place email whcnhs.breastfeedingsupport@nhs.net**

Fussy Eaters Virtual Workshop

10am - 12pm, 1st Oct

Support to help children aged 2 - 11 to eat well & enjoy mealtimes as a family.

Sleep Virtual Workshop
12.30 - 2.30pm, 8th Oct

Learn why sleep is important & develop good routines for children 12 months - 10yrs.

Understanding Your Child
Virtual Workshop

12.30 - 2.30pm, 15th Oct
Find out more about your child's (aged 0 - 19) behaviour & development.

Wed

Understanding Your Baby
1 - 3pm, 2nd Sept - 7th Oct

6 week course for new parents & baby - book before your baby is 16 weeks old.

Talking Teens
5.30 - 7.30pm

12th Nov - 3rd Dec

Looking at what happens to the brain once children aged 11 - 19 hit adolescence.

Understanding Your Teen's
Behaviour Virtual Workshop

5.30 - 7.30pm, 22nd Oct

Tools & tips for a calmer life with teenagers aged 11 - 19.

Thu

Bumps, Babies & You
9.30 - 11am, weekly

Opportunity to meet with other parents & children of a similar age. Suitable for 0 - 2 year olds, siblings welcome.
No need to book, just drop in.

Talking Teens
12.30 - 2.30pm

25th Sept - 16th Oct

Looking at what happens to the brain once children aged 11 - 19 hit adolescence.

Fri

Midwife Clinic
9am - 4.30pm

Booked appointments for new & expectant parents & their babies with community midwives.

Contact details on back.

Own Space and Time, 10am - 12pm term-time only

A parent-led support group for parents/ carers of children and young people who have an additional need. Drop in, no need to book. Email Claire ownspaceandtime1@gmail.com

Some groups are run by outside providers and are not provided by Worcestershire Family Hubs. Third parties, including their websites, privacy policies, & everything else they do, are not under Worcestershire Family Hub's control. While every attempt to ensure all info held here is accurate, we cannot accept any responsibility for third party services. Their inclusion here is for your info only and does not represent endorsement or recommendation by Worcestershire Family Hubs. Details in this booklet were correct at the time of going to print.



You can book onto courses & workshops by visiting worcestershire.gov.uk/groups or scan the QR

