

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 61360**

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 61360**

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.

Redditch Community Midwife Office:

01527 512056

SEND Support Redditch - Laura:

07702 852307

Speech & Language:

01527 488326 or email

WHCNHS.SLTBromsgrove@nhs.net

Stop Smoking Support in Worcestershire:

www.worcestershire.gov.uk/stopsmoking

Do you have a communication or information support need? If so, please contact the person who gave you this leaflet so that those needs can be recorded and responded to.

WORCESTERSHIRE FAMILY HUBS

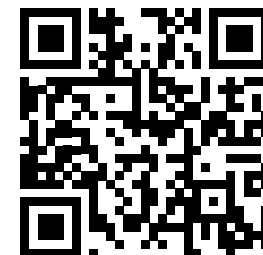


What's On at Holly Trees Family Hub

Autumn Term 2025 Edition



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



Holly Trees Family Hub, St Stephen's First School,
Mabey Ave, Riverside, Redditch, B98 8HW
01527 61360 Here to help Monday to Friday, 9am - 4.30pm

www.worcestershire.gov.uk/familyhubs

Holly Trees 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.

Development Reviews 9am - 12pm

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

Well Baby & Child Clinic 9.30 - 11.30am

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.**

**Advice Drop-in
11am - 2pm, Redditch Library**
29th Sept, 27th Oct, 24th Nov, 22nd Dec.
Drop in, no need to book.

Tue

SEND Support Redditch 9.45 - 11.15am

A parent-led support group for parents/ carers of children & young people who have an additional need.
**Drop in, no need to book.
Contact details on back.**

Understanding Your Child 12.30 - 2.30pm

14th Oct - 1st Dec
Find out more about your child's (aged 0 - 19) behaviour & development.

Midwife Clinic (Postnatal) Alternate Tuesdays 9am - 1pm

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

Contact details on back.

Some groups are run by outside providers & 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 & does not represent endorsement or recommendation by Worcestershire Family Hubs. Details in this booklet were correct at the time of going to print.

Wed

Speech & Language Therapy Sessions

2nd & 4th Wed every month.
1-1 sessions with a speech therapist. Appointment only.
Contact details on back.

Breast Buddies Support Group 10 - 11.30am

1st, 3rd & 5th Wed of 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 - 10.

Understanding Your Child Virtual Workshop

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

Wed

Bumps, Babies & You 1 - 2.30pm, 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 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

Understanding Your Baby 10am - 12pm 6th Nov - 11th Dec

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

Birth & beyond 2.30 - 4.30pm

FREE 4 week course for 1st time parents. Courses start 4th Sept, 2nd Oct, 30th Oct & 27th Nov.

Fri

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.

Understanding Your Baby 1pm - 3pm

12th Sept - 17th Oct
6 week course for new parents & baby - book before your baby is 16 weeks old.

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

