



# Walsall Family Hubs

Supporting families to live happier lives

Walsall 4 Family Hubs provide a welcoming space where children, young people ages 0-19 and up to 25 for those young people with additional needs and their can go to get advice and support when they need it, our Family Hubs are in the heart of local communities where services have come together providing one 'front door' access to get help and to talk to someone in a safe space about sensitive things that maybe worrying them.

Services who have come together such as; Midwives, Health Visitors, School Nurses, Speech & Language, Early Help, Childrens Social Care, DWP Housing and Police.

We have a range of free activities for families with children aged 0- 5 years this term such as;

- Saturday Stay and Plays
- Father's workshops – 25<sup>th</sup> November and 9<sup>th</sup> December
- Emotion, Anxiety and SEND Workshop – November
- Saturday Dads Stay and Plays
- First Aid Sessions for families
- Coffee and chat mornings – to come along and shape our family hub.
- Breastfeeding Peer Support Groups – Starts 3<sup>rd</sup> November at North Family Hub
- Introduction to solid food workshops – coming soon!

## Have you heard about the new apps in Walsall?

- **Easy Peasypp**
  - The app provides parenting tips, activities and lots more personalised for families with children 0-5 years.
- **Baby Budy App**

BabyBuddyApp is designed to build parenting knowledge and support parents with breastfeeding, mental health, and practical advice - from conception up to a child's 1<sup>st</sup> 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.



**Walsall Healthcare**  
NHS Trust

## 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](http://healthforunder5s.co.uk)



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







# Adult & Child First Aid Awareness Session for parents/carers with children 0 – 5 years

run by St Johns Ambulance

Walsall

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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 [familyhubs@walsall.gov.uk](mailto:familyhubs@walsall.gov.uk) 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



To keep up to date with whats going on by following our Facebook Page @Walsallfamiliesintheknow or email [familyhubs@walsall.gov.uk](mailto:familyhubs@walsall.gov.uk)



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# THE MINDKIND PROJECTS DADS STAY AND PLAY



**Dad's on tour! Walsall Family Hubs**

**16th September**

~~Ilmington House, Crescent Rd, Darlaston, Wednesbury WS10 8AE~~

**30th September 11am-1pm**

Ilmington House, Crescent Rd, Darlaston, Wednesbury WS10 8AE

**7th October 11am-1pm**

275 Blakenall Lane, Blakenall, Walsall WS3 1HJ

**21st October 11am-1pm**

Silver Court, Walsall, WS8 6HA

**Dates - TBC**

South and Central Locality Family Hub

Birchills Street, Walsall, WS2 8N

**Bring the little ones along and enjoy some chat time with fellow fathers/stepdads/guardians.**

**Toys , Games and Snacks Provided.**

**No Sign Up Needed**

**[sanj@mindkindprojects.com](mailto:sanj@mindkindprojects.com)**

**01922 632170**





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**Do you need support with managing your child's emotion, anxiety and SEND needs?**

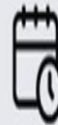
Walsall Family hubs are holding a workshop for parents/carers with children aged 0 – 5 years old.

To book your place you can email Early Help Parenting Team [EarlyHelpParentingTeam@walsall.gov.uk](mailto:EarlyHelpParentingTeam@walsall.gov.uk) with your Name, Postcode and email address. ( Places are limited)



## EARLY HELP SUPPORTING FAMILIES

The right children...  
In the right place...  
At the right time...  
for the right amount of time.



Saturday 18 November 2023



10:00- 13:00



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



To keep up to date with whats going on by following our Facebook Page  
[@Walsallfamiliesintheknow](https://www.facebook.com/Walsallfamiliesintheknow) or email [familyhubs@walsall.gov.uk](mailto:familyhubs@walsall.gov.uk)



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# 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

