

# Early Years Newsletter

## Welcome

Welcome to the 6<sup>th</sup> edition of our termly Walsall 0-5 years Early Years newsletter for families living in the Walsall Borough.

Our newsletter aims to provide parents and carers information on local groups 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. A full timetable of our events, plus the locations of our four Family Hubs can be found on the Family Hubs website: [www.walsallfamilyhubs.co.uk](http://www.walsallfamilyhubs.co.uk)  
Follow us on Facebook [Walsallfamiliesintheknow](https://www.facebook.com/Walsallfamiliesintheknow)

**Did you know that your 3 year old can start 15 hours funded childcare the term after his/her birthday?**

You do not need a code, just go to your local nursery to check if they have any spaces. Or if you prefer, you can use with a daycare setting or childminder. For a list of Ofsted registered providers in Walsall please call 01922 653383

**You can register your Babys birth at our Family Hubs!**

More information about birth registrations, including how to book and what to bring, can be found on the council's website:

<https://go.walsall.gov.uk/births-marriages-and-deaths/births/register-a-birth->



**Take a look at National Literacy Trust Sign up to there mailing list for Fun activities to help you chat, play & read with your child**



Website: [Sign up to our newsletter | Words for Life](#) or Scan here

We are excited to let you know we now have clinical rooms in our Family Hubs so that you can attend health appointments right here in our Family Hubs!



**There's plenty of exciting and free activities to do at our four Family Hubs across Walsall;**

- Stay and play sessions (and a dad's stay and play!)
- Seasonal fun days
- Grandparents' coffee and chat
- Walsall Works drop-ins for careers advice & help
- Parent Carer panels
- Healthy eating and nutrition workshops
- Parenting workshops including first aid, online, antenatal
- Breastfeeding support groups / Introducing solid food workshops and lots more!

A full timetable of our events, plus the locations of our four Family Hubs can be found on the Family Hubs website: [www.walsallfamilyhubs.co.uk](http://www.walsallfamilyhubs.co.uk) & Follow us on Facebook [Walsallfamiliesintheknow](https://www.facebook.com/Walsallfamiliesintheknow)

**Did you know we have a new counselling service for new and expectant parents and care givers?**

Take a look at our new service launched in Walsall- <https://www.walsallfamilyhubs.co.uk/family-hubs/news/latest-news/walsalls-new-counselling-service-new-and-expectant-parents#main>

For more information please contact any member of our CTS team on 01902826306 or 01902826308

# 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 Family Hubs?

Family Hubs	
<b>North Locality Family Hub</b>	<b>Address:</b> 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ <b>Telephone:</b> 01922 476698   <b>Website:</b> <a href="http://www.walsallfamilyhubs.co.uk">www.walsallfamilyhubs.co.uk</a> <b>Opening times:</b> 9.00am – 5.00pm
<b>South and Central Locality Family Hub</b>	<b>Address:</b> Birchills Street, Walsall, WS2 8NF <b>Telephone:</b> 01922 646574   <b>Website:</b> <a href="http://www.walsallfamilyhubs.co.uk">www.walsallfamilyhubs.co.uk</a> <b>Opening times:</b> 9.00am – 5.00pm
<b>West Locality Family Hub</b>	<b>Address:</b> Ilmington House, Crescent Road, Wednesbury, WS10 8AE <b>Telephone:</b> 01922 652959   <b>Website:</b> <a href="http://www.walsallfamilyhubs.co.uk">www.walsallfamilyhubs.co.uk</a> <b>Opening times:</b> 9.00am – 5.00pm
<b>East Locality Family Hub</b>	<b>Address:</b> Silver Court, Walsall, WS8 6HA <b>Telephone:</b> 01922 658300   <b>Website:</b> <a href="http://www.walsallfamilyhubs.co.uk">www.walsallfamilyhubs.co.uk</a> <b>Opening times:</b> 9.00am – 5.00pm

Our Community Spokes:	
<b>Frank F Harrison CA</b>	<b>Address:</b> Beechdale Centre, Stephenson Square, Bloxwich, Walsall WS2 7DY <b>Telephone:</b> 01922 746967   <b>Website:</b> <a href="http://ffhca.org.uk">ffhca.org.uk</a>
<b>Moxley People Centre</b>	<b>Address:</b> 3 Queen St, Moxley, Wednesbury WS10 8TA <b>Telephone:</b> 01902 496378   <b>Website:</b> <a href="http://moxleypeoplescentre.org.uk">moxleypeoplescentre.org.uk</a>
<b>Manor Farm Community Association</b>	<b>Address:</b> King George Crescent, Walsall WS4 1EU <b>Telephone:</b> 01922 614316   <b>Website:</b> <a href="http://manorfarmca.com">manorfarmca.com</a>
<b>Ryecroft Community Hub</b>	<b>Address:</b> 28 New Forest Rd, Walsall WS3 1TR <b>Telephone:</b> 01922 626693   <b>Website:</b> <a href="http://sites.google.com/a/ryecroftnrc.org/hub3">sites.google.com/a/ryecroftnrc.org/hub3</a>
<b>Willenhall CHART</b>	<b>Address:</b> 19 Gomer St, Willenhall WV13 2NS <b>Telephone:</b> 01922 368199   <b>Website:</b> <a href="http://willenhallchart.co.uk">willenhallchart.co.uk</a>
<b>Pelsall Community Association</b>	<b>Address:</b> Station Road, Pelsall, Walsall WS3 4BQ <b>Telephone:</b> 01922 682156   <b>Website:</b> <a href="http://www.pelsallcommunitycentre.co.uk">www.pelsallcommunitycentre.co.uk</a>
<b>Darlaston All Active</b>	<b>Address:</b> Darlaston Town Hall, Victoria Road, Darlaston, WS10 8AA <b>Telephone:</b> 0121 5686 144   <b>Website:</b> <a href="http://darlastonallactive.co.uk/contact-us">darlastonallactive.co.uk/contact-us</a>
<b>Brownhills Community Association</b>	<b>Address:</b> Chester Road North, Brownhills, WS8 7JS <b>Telephone:</b> 01543 452119   <b>Website:</b> <a href="http://www.brownhillscas.org.uk">www.brownhillscas.org.uk</a>
<b>Nash Dom CIC</b>	<b>Address:</b> Sun Street, Palfrey, Walsall WS1 4AL <b>Telephone:</b> 01922 616444   <b>Website:</b> <a href="http://nashdomcic.org">nashdomcic.org</a>
<b>The Mindkind Project</b>	<b>Address:</b> 10 Proffitt Street, Walsall, WS2 8AZ <b>Telephone:</b> 07709 709403   <b>Website:</b> <a href="http://themindkindprojects.com">themindkindprojects.com</a>



# West Activity Timetable for 0 – 5 years Serving; Willenhall North & Willenhall South, Bentley & Darlaston South, Darlaston North, Darlaston South

January – March 2025



Supporting families to live happier lives

**West Activity Timetable for 0 – 5 years**  
Serving; Willenhall North & Willenhall South,  
Bentley & Darlaston North, Darlaston South.



Key – Purple – funded by Walsall Family Hubs and located in Community spoke c  
West Family Ilmington House, Crescent Road, Wednesbury, WS10 8AE  
Black – Signed up to Walsall Family Hubs Directory

January – March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9.15 – 11.15 Baby &amp; Toddler Group</b> @ The Salvation Army, The Leys, Darlaston, WS10 8DP - 90p for adults / 70p children per session, No booking required (0-4 yrs)</p> <p><b>09:30- 11:00 first aid awareness workshop for families</b> @ Darlaston All Active WS10 8JG to book email <a href="mailto:familyhubs@walsall.gov.uk">familyhubs@walsall.gov.uk</a> (Monday 3<sup>rd</sup> March 2025)</p> <p><b>11:00 -12:00 Peep stay and play for Dads</b> @ West Family Hub . (13<sup>th</sup> 20<sup>th</sup> and 27<sup>th</sup> January 2025)</p>	<p><b>9.15 – 11.15 Baby &amp; Toddler Group</b> @ The Salvation Army, The Leys, Darlaston, WS10 8DP - 90p for adults / 70p children per session, No booking required (0-4 yrs)</p> <p><b>12.30 – 2.30 Tiny Tearaways Stay &amp; Play</b> @ Willenhall Chart Centre, Gomer Street, Willenhall, WV13 2NS - £2 per child, No booking required (0-5yrs)</p>	<p><b>Register our baby's birth @ West Family Hub, WS10 8AE</b> To book <a href="#">Register a birth   Walsall Council</a></p> <p><b>9.15 – 11.15 Baby &amp; Toddler Group</b> @ The Salvation Army, The Leys, Darlaston, WS10 8DP - 90p for adults / 70p children per session, No booking required (0-4 yrs)</p> <p><b>9.30-11.30 Frankie's Parents and Tots</b> @ The Hive Community Hub, The Square, Lichfield Road, New Invention, Willenhall, WV12 5EA- £1 per child, No booking required (0-3 years)</p> <p><b>10:00 Storytime &amp; Craft</b> @ Willenhall Library, 1 Walsall St, Willenhall WV13 2EX – Free, please call 01922 650771 to book your place.</p> <p><b>09:00-12:00 Parent &amp; Toddler group</b> @ Church on The Corner, 1 King Charles Avenue, Bentley WS2 0DL, No booking just come along, £1 per child</p> <p><b>10:00 – 12:00 Hive Parent and Tots</b> @ The Hive Community Hub, The Square, Lichfield Road, New Invention, WV12 5EA– No booking</p> <p><b>10:00-11:00 PEEP Stay and Play</b> @ Darlaston Library 1 King St, Darlaston, Wednesbury WS10 8DE (Wednesdays, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> March</p>	<p><b>10:00 Storytots</b> @ Willenhall Library, 1 Walsall St, Willenhall WV13 2EX – Free, No booking required</p> <p><b>09:30 – 14:30 Walsall Works drop in</b> for families @ West Family Hub</p> <p><b>10:00- 11:00 First Words Together (0-2 @West Family Hub, Ilmington House, Crescent Road, WS10 8AE</b> Thursday 16<sup>th</sup> January (Each Thursday for 5 weeks)</p> <p><b>10:00- 11:30 Arts &amp; Craft Stay &amp; Play</b> @ West Family Hub, Ilmington House, Crescent Road, WS10 8AE 20<sup>th</sup> February - No booking just turn up</p> <p><b>12:00- 2:00 Dads for Dads Peer Support Group</b> @ West Family Hub (13<sup>th</sup> and 27<sup>th</sup> February No booking</p> <p><b>10:00-11:30 Parent Carer Panel Craft and Chat</b> @ West Family Hub. Come along and take part in a craft session for the adults, free refreshments. Thursday 13<sup>th</sup> March. Email <a href="mailto:familyhubs@walsall.gov.uk">familyhubs@walsall.gov.uk</a> to book</p> <p><b>12:30- 2:00pm Breastfeeding Peer support group</b> @ West Family Hub, (commencing 23<sup>rd</sup> Jan ) No need to book just turn up</p>	<p><b>09:00-12:00 Parent &amp; Toddler group</b> @ Church on The Corner, 1 King Charles Avenue, Bentley WS2 0DL, No booking just come along, £1 per child</p> <p><b>10:00 Baby Rhyme Time</b> @ Willenhall Library, 1 Walsall St, Willenhall WV13 2EX. (0 – 18 months) Free of charge, No booking</p>	<p><b>10:30- 12:00 World Book Day Stay &amp; Play</b> @ West Family Hub (Saturday 8<sup>th</sup> March)</p> <p><b>10:00- 12:00 Stay and Play for Dads</b> @ West Family Hub (11<sup>th</sup> January and 8<sup>th</sup> March 2025)</p>



# North Activity Timetable for 0 – 5 years Serving; Leamore, Blakenall, Bloxwich East & Bloxwich West

January – March 2025

\* Always contact groups before attending in case of any changes



Walsall  
**Family Hubs**

Supporting families to live happier lives



Key – Purple – funded by Walsall Family Hubs and located in Community spoke or North Family Hub, 275 Blakenall Lane, Blakenall, Walsall WS3 1HU  
Black – Signed up to Walsall Family Hubs Directory

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Triple P for Baby</b> 09:30-11:30am @ Busill Jones Primary School, Ashley Road, Bloxwich, WS3 2QF 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> January 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> February 2025 to book email: Familyhubs.wellbeing@walsall.gov.uk	<b>11.30 – 1:30 Toddler Splash &amp; Play</b> @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £7 or £4.50 with a move it card Call 01922652900 to book your place <b>1:00- 3:00 Introduction to Solid Foods Workshop</b> @ Frank F Harrison, WS3 7DY To book your place email familyhubs@walsall.gov.uk (14 <sup>th</sup> Jan)	<b>09:30 – 2:30 Walsall Works drop in</b> for families @ North Family Hub, WS3 1HU <b>10:00- 11:00 Look, say, sing, play (0-2 years)</b> @ North Family Hub, 275 Blakenall Lane, WS3 1HU. 15 <sup>th</sup> January (Each Wednesday for 6 weeks) - Book by calling 01922 654589 <b>10.00-11.30 Arts and Craft Stay and play</b> @ North Family Hub, 275 Blakenall Lane, Blakenall, Walsall WS3 1HU ( Wednesday 19 <sup>th</sup> February) <b>11.30 – 1:30 Toddler Splash</b> @ Bloxwich Active Living Centre, High St, Bloxwich, WS3 2DA - £5.50 per adult and child, Call 01922652900 to book your place <b>9.30-11.30 Frankie's Parents and Tots</b> @ Beechdale Lifelong Learning Centre, Stephenson Square, Walsall, WS2 7DY - £1 per child, No booking required (term time) <b>1:00 - Little Storks (0-12 Months)</b> @ Family Hub, 275 Blakenall Lane, Blakenall, Walsall WS3 1HU- To book call 01922 423252 <b>1:00- 2:30 Celebration Breastfeeding stay and play</b> in partnership with Family Hubs Parent Panel @ North Family Hub (5 <sup>th</sup> February)	<b>Register our baby's birth @ North Family Hub, WS3 1HU</b> To book <a href="#">Register a birth   Walsall Council</a> <b>9.30-11:00 Chill &amp; Chat Stay and Play @ North Family Hub</b> (Thursday 16 <sup>th</sup> January, Thursday 13 <sup>th</sup> February, Thursday 20 <sup>th</sup> March 2025) <b>09:30- 11:00 St John's Methodist Church Baby&amp;Toddler Group</b> @ St John's Methodist Church, Victoria Avenue, Bloxwich – £2 per child, £1 per baby No booking, drop in. (0-4 yrs) <b>09:45- 11:45 Starlight Multi Care and Sensory Stay and Play</b> @ 25a Station Street, Walsall, WS2 9JZ, £4 per child, plus £2 for every extra child- <a href="http://www.starlightmulticare.com">www.starlightmulticare.com</a> <b>10:00-11:00 Baby Bounce – Free Soft Play / Term Time Only</b> Parents aged 15– 25 years old. @ Hub 1, Palace Play, Shop, Eat, Blakenall Row Bloxwich, WS3 1L: 07852559071 <b>11.30 – 1:30 Toddler Splash</b> @ Bloxwich Active Living Centre, High St, Bloxwich, WS3 2DA - £5.50 per adult and child, Call 01922652900 to book your place <b>12:00- 2:00 Dads for Dads Peep Support Group</b> @ North Family Hub (16 <sup>th</sup> and 30 <sup>th</sup> January) No booking	<b>10:30 – 1.30 Splash and Play</b> @ Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £7 or £4.40 with a move it card , Call 01922652900 to book your place <b>10:00– 11.30 St Peters Baby and Toddler</b> @ St Peters Parish Hall, Harrison Stret, Bloxwich, WS3 3LG - £2 per session , contact Ann to book your place on 07788910467 <b>11:00 -12.30 Breast Feeding Peer Support Group</b> - North Family Hub, Blakenall Lane, WS3 1HU. Weekly no booking required, just turn up. <b>FREE first aid awareness workshop for families</b> 09:30-11:00 @ Frank F Harrison WS2 7DY to book email familyhubs@walsall.gov.uk ( Friday 7 <sup>th</sup> February 2025)	<b>2.30-3.30 Floats Fun session</b> @Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA - £5 per person / Under 5 £3, Call 01922652900 to book <b>09:00-09:40 Age 2-3 &amp; 09:40- 10:20 Age 3 – 5 yrs Kixx Football Academy,</b> Bloxwich Active Living Centre, High St, Bloxwich, Walsall WS3 2DA <b>Chinese Stay and Play</b> 10:30-12:00 @ North Family Hub. Booking welcome by calling the Family Hub on 01922 654589or simply join us on the day. (Saturday 1 <sup>st</sup> February) <b>10:00- 12:00 Stay and Play for Dads</b> @ North Family Hub ( Saturday 4 <sup>th</sup> January & 1 <sup>st</sup> March 2025)

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





[www.starlightmulticare.com](http://www.starlightmulticare.com)



# South and Central Activity Timetable for 0 – 5 years Serving Birchills, Palfrey, Pleck, Caldmore, Chuckery and Paddock & St Matthews

January - March 2025


\*\* Always contact groups before attending in case of any changes

**Walsall Family Hubs**

Supporting families to live happier lives

*Key – Purple – funded by Walsall Family Hubs and located in Community spoke or South and Central Family Hub Birchills Street, Walsall, WS2 8NF*  
*Black – Signed up to Walsall Family Hubs Directory*





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>10:00- 11:30 Lets Talk Teenagers</b> @Central &amp; South Family Hub. No need to book just turn up (13th Jan)</p> <p><b>12 – 1.30 Toddler Splash</b> @ Walsall Gala Baths, Tower St, Walsall WS1 1DH - £5.50 per adult and child. Call 01922 653150 to book your place</p> <p><b>09:30-11:30 @ Frankie and Lol's</b>, Matthew's, Frankie &amp; Lol's The Mezzanine ASDA St, George St, Walsall WS1 1RS Includes – 2 hours session with a special activity, toast for the adult, toast for the child, juice, banana, yoghurt, and a hot drink for the adult. £4.</p> <p><b>09:30-11:30 @ Frankie and Lol's</b>, Matthew's, Frankie &amp; Lol's The Mezzanine ASDA St, George St, Walsall WS1 1RS includes – 2 hours session with a special activity, toast for the adult, toast for the child, juice, banana, yoghurt, and a hot drink for the adult. £4.</p> <p><b>09:45 – 11:45 Stay and play</b>, Starlight Multi Care and Sensory WS2 9JZ- £4 per child. Can pay cash or card on entrance or book and pay online via <a href="http://www.starlightmulticare.co.uk/book-here/">www.starlightmulticare.co.uk/book-here/</a></p> <p><b>09:45 Kiddy Boops Music class</b> @ Orchard Pavilion, Walsall King George VI Avenue, Walsall. WS5 3AH- £6 per session - 0 – pre walkers)</p> <p><b>10:40 Kiddibops SEND Music Support Class</b> @ Orchard Pavilion, Walsall King George VI Avenue, Walsall. WS5 3AH- £7 per session - (2 – 4 yrs)</p> <p><b>1:00-2:00 Join us for a walk in the park</b> @Walsall Arboretum, Meet at Visitors centre</p> <p><b>1:00- 2:30 Baby Massage</b> @ St. Matthew's Church Centre, St Matthew's Close, Walsall WS1 3DG (5 Week course starting from 23th Jan. £30t book call07984 626637 or at priscilla.me and mybaby@gmail.com)</p>	<p><b>2 – 3 Toddler Splash</b> @ Walsall Gala Baths, Tower St, Walsall WS1 1DH - £5.50 per adult and child. Call 01922 653150 to book your place</p> <p><b>09:30 – 14:30 Walsall Works drop in</b> for families @ South &amp; Central Family Hub</p> <p><b>1:00 – 3:00pm Introduction to Solid Food Workshop</b> @ Nash Dom CIC Sun Street WS1 4AL <a href="mailto:familyhubs@walsall.gov.uk">familyhubs@walsall.gov.uk</a> ( Tuesday 11<sup>th</sup> March 2024)</p> <p><b>10:00- 11:00 Don't slam that door</b> @South &amp; Central Family Hub (21st Jan and 25th February )</p> <p><b>10:00 – 11:00 Lets Talk Relationship workshop</b> @Central &amp; South Family Hub (11 Feb and 11th march )</p>	<p><b>09:30-11:30 @ Frankie and Lol's</b>, Matthew's, Frankie &amp; Lol's The Mezzanine ASDA St, George St, Walsall WS1 1RS Includes – 2 hours session with a special activity, toast for the adult, toast for the child, juice, banana, yoghurt, and a hot drink for the adult. £4.</p> <p><b>10:00- 11:00 Caterpillar Club</b> @ Lichfield Street Hub Library Lichfield Street WS1 1TR (Term Time Only) to 18 months Free for first session then £1 PEEP, Play, Singing, Stories, Crafts No booking required</p> <p><b>10:00- 11:30 Arts &amp; Craft Stay &amp; Play</b> @ South Family Hub, Birchills Street, Walsall, WS2 8NG (Wednesday 19<sup>th</sup> February)</p> <p><b>10:00 – 11:00 Look, Say, Sing, Play</b> @ South and Central Family Hub, Birchills Street, Walsall, WS2 8NF Wednesday 26<sup>th</sup> February (Each Wednesday for 6 weeks)</p> <p><b>12:00- 1:30pm Stay and Play for Dads</b> @ Central &amp; South Family Hub ( 22<sup>nd</sup> January, 5<sup>th</sup> February, 19<sup>th</sup> March 2025)</p> <p><b>09:00- 10:30 - Tune In And Work Together</b> @ Central &amp; South Family Hub ( 5th March)</p>	<p><b>12:00 – 1.30 Toddler Splash</b> @ Walsall Gala Baths, Tower St, Walsall WS1 1DH - £5.50 per adult and child, Call 01922 653150 to book your place</p> <p><b>9.30 – 11 Stay and Play 0-5yrs</b> @ St Matthew's Church Centre, St Matthew's Close, Walsall WS1 3DG - £2 per child – No booking required</p> <p><b>09:45 – 11:45 Stay and play</b>, Starlight Multi Care and Sensory WS2 9JZ- £4 per child, plus £2 for every extra child. Can pay cash or card on entrance or book and pay online via <a href="http://www.starlightmulticare.co.uk/book-here/">www.starlightmulticare.co.uk/book-here/</a></p> <p><b>12.30-2:00 Sensory play for babies 0-12 months</b> @ 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> <p><b>10.30 – 12:00 Caldmore Tots 0-5 yrs</b> @ Caldmore Community Garden, 12 Carless Street, Walsall, WS1 3RH – No booking required</p>	<p><b>12:00- 1:00pm Toddler Splash</b> @ Walsall Gala Baths, Tower St, Walsall WS1 1DH - £5.90 per adult and child, Call 01922 653150 to book your place</p> <p><b>1:00 Nature Makers</b> @Walsall Arboretum, Broadway N, Walsall WS1 2QB. Visit <a href="https://www.nature-makers.co.uk/walsall-and-sandwell">https://www.nature-makers.co.uk/walsall-and-sandwell</a> to book your place.</p> <p><b>10-11:30 Tiny Tots</b> @ Lichfield Street Hub Library, Lichfield Street WS1 1TR (Term Time Only) 18months – 3 years Free for first session then £1.50 Play, Singing, Stories, Crafts Book call 01922 653121</p>	<p><b>11:00-1:00pm - Cubs Playgroup</b> for children aged 0 to 5 @Nashdom,Sun Street, Walsall, WS1 4AL Group every 2 weeks, free session. To book call 01922 616444</p> <p><b>11:00- 1:00 Play and Stay</b> session for Ukrainian children @Nashdom,Sun Street, Walsall, WS1 4AL Group every 2 weeks, free session. To book call 01922 616444</p> <p><b>09:00 - 10:30am Performing Arts</b> for 3-6 Yrs @ Breakout Performing Arts, Blue Coat Church of England Academy, Birmingham Street, WS1 2ND Visit <a href="https://www.breakoutschool.co.uk/">https://www.breakoutschool.co.uk/</a> to book your place</p> <p><b>10.45am - 12.15pm Performing Arts</b> for 3-6 Yrs @Breakout Performing Arts, Blue Coat Church of England Academy, Birmingham Street, WS1 2ND Visit <a href="https://www.breakoutschool.co.uk/">https://www.breakoutschool.co.uk/</a> to book your FREE trial.</p> <p><b>09:30-10:30 Walsall FC Saturday Club</b> @ Poundland Bescot WS1 4SA. £20 for 5 weeks. email <a href="mailto:courtney.haynes@walsallfc.co.uk">courtney.haynes@walsallfc.co.uk</a></p> <p><b>11:00 – 2:00pm Caldmore Community Garden 0 – 14 years</b> 12 Carless Street, Walsall WS1 3RH, to book visit <a href="http://tinyurl.com/gardensaturdays">http://tinyurl.com/gardensaturdays</a></p> <p><b>All About Me Stay &amp; Play 10.30-12. @South Family Hub</b>, Birchills Street, (Saturday 18<sup>th</sup> January)</p>



# East Activity Timetable for 0 – 5 years Serving; Aldridge, Pelsall, Shelfield, Rushall, Brownhills, Walsall Wood, Streetly & Pheasey.

January – March 2025

Walsall  
**Family Hubs**

Key – Purple – funded by Walsall Family Hubs and located in Community spoke or East Family Hub, Silver Court, Walsall, WS8 6HA  
Black – Signed up to Walsall Family Hubs Directory

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9:00 – 10:30 Toddler Splash</b> @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH - £5.50 per adult and child. Call 01922 652 266 to book your place</p> <p><b>11:45 – 12:30 Little Explorers</b> @ Pelsall Village Centre, High St, Pelsall, Walsall WS3 4LX - £8.50 per session visit <a href="http://www.therecreationstation.co.uk/find">www.therecreationstation.co.uk/find</a> or to book your place (18 months – 5yrs)</p> <p><b>11:15 – 11:45 Rhythm Time</b> @ Pelsall Community Centre, Station Road, Pelsall, Walsall WS3 4BQ - Visit <a href="http://www.rhythmtime.net/camock-and-pelsall">www.rhythmtime.net/camock-and-pelsall</a> to book your place (0-13 mths)</p> <p><b>12:30 – 2:00 Seedlings Praise</b> @ Tynings Lane Church, 2 Tynings Ln, Walsall WS9 0AS - £2.50 donation, No booking required</p> <p><b>1:15 – 2:45 Stay and Play</b> @ Ogley Hay Nursery, Calvary Church, Bricklin St, Brownhills, Walsall WS8 6AU (0-2yrs)</p> <p><b>09:30-4:30 Walsall Works drop in</b> for families @ East Family Hub</p> <p><b>10:00-16:00 5 senses Play and</b> 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>Register our baby's birth @ East Family Hub To book <a href="http://Register a birth   Walsall Council">Register a birth   Walsall Council</a></p> <p><b>09:30-11:30am Introduction to Solid Foods Workshop</b> @ Brownhills Community Centre, WS8 7JS To book your place email <a href="mailto:familyhubs@walsall.gov.uk">familyhubs@walsall.gov.uk</a> (Tuesday 11<sup>th</sup> February)</p> <p><b>09:30-10:30 Serendipity Infant and Child Wellness (baby massage)</b> @ Stonall Community Centre, Main Street WS9 944 £55 per course, for more information and to book visit <a href="http://www.serendipity-wellness.co.uk">www.serendipity-wellness.co.uk</a> (0-6 months)</p> <p><b>09:30 – 10:15 Action Tots</b> @ Brownhills Community Centre, Chester Rd N, Brownhills, Walsall, WS8 7JW - £2.6 per month (2-4yrs)</p> <p><b>9:30 – 11:00 Seedlings Praise</b> @ Tynings Lane Church, 2 Tynings Ln, WS9 0AS - £2.50 donation, No booking required</p> <p><b>10:30 – 11:10 Social Tots</b> @ Brownhills Community Centre, Chester Rd N, Brownhills, Walsall WS8 7JS, - £2.4 per month (8mths-3yrs)</p> <p><b>10:30 – 11:10 Discovery Tots</b> @ Brownhills Community Centre, Chester Rd N, Brownhills, Walsall WS8 7JS, - £2.4 per month (2-3months)</p> <p><b>1:00- 2:00 Activity Gym Preschool Gymnastics</b> @ Oak Park 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 using the following link: <a href="https://www.active-gym.co.uk/preschool">https://www.active-gym.co.uk/preschool</a></p> <p><b>1:00 Kidz Bops Music class</b> @ Aldridge Community Centre, Middlemore Ln, Walsall WS9 8AN – £6 per session - Book via <a href="http://Our schedule   Kiddibops   Powered by ClassforKids">Our schedule   Kiddibops   Powered by ClassforKids</a> (0-5 years)</p> <p><b>1:50 Kidz Bops Music class</b> @ Aldridge Community Centre, Middlemore Ln, Walsall WS9 8AN – £6 per session - Book via <a href="http://Our schedule   Kiddibops   Powered by ClassforKids">Our schedule   Kiddibops   Powered by ClassforKids</a> (0- pre walkers)</p> <p><b>6:00 – 8:00 Floats Fun session</b> @ Oak Park Living Centre, Coppice Rd, Walsall Wood, WS9 9BH - £5 per person / Under £3, Call 01922 652 266 to book your place</p>	<p><b>9:45 – 10:25 Social Tots</b> @ Aldridge Community Centre, Middlemore Ln, Aldridge, Walsall WS9 8AN - £2.4 per month (12mths-3yrs – confident walkers)</p> <p><b>10:45 – 11:25 Social Tots</b> @ Aldridge Community Centre, Middlemore Ln, Aldridge, Walsall WS9 8AN - £2.4 per month (9-18mths – early walkers)</p> <p><b>11:45 – 12:25 Discovery Tots</b> @ Aldridge Community Centre, Middlemore Ln, Aldridge, Walsall WS9 8AN - £2.4 per month (2-9 months)</p> <p><b>1:30 – 3:00 Bump &amp; Baby Ark</b> @ Aldridge Church Centre, 14 The Green, Aldridge, Walsall WS9 8NH - Free (donations accepted) No booking required</p> <p><b>11:45 – 12:30 Baby Discover</b> @ Pelsall Village Centre, High St, Pelsall, Walsall WS3 4LX - £8 per session visit <a href="http://www.therecreationstation.co.uk/finder">www.therecreationstation.co.uk/finder</a> to book your place (6 – 18 months)</p> <p><b>10:00-11:30 Toms Toddlers</b> @ St Thomas Church, St Thomas' Close, Aldridge, Walsall, WS9 8SL - £3 per family, No booking required (0 – 2.5yrs)</p> <p><b>1:00-2:30 Footprints</b> @ St Thomas Church, St Thomas' Close, Aldridge, Walsall, WS9 8SL - £3 per family, No booking required (2.5 – 4yrs)</p> <p><b>10:00 – 11:00 PEEP stay and play</b> @ Brownhills Community Library Brownhills, WS8 7JB Wednesdays -15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, January 2025</p> <p><b>10:00-11:00 PEEP Stay and play</b> @ Streetly Library, Blackwood Road, Streetly B74 3PL (12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> March 2025)</p> <p><b>10:00- 11:30 HENRY for Dads</b> @ Oakwood School Pelsall Lane WS4 1NG (8 week programme) Book your place or request for information wit Ed Barnett for information -07584-521955/Edward.barnett@walsall.gov.uk (15<sup>th</sup> – 12<sup>th</sup> March 2025)</p>	<p><b>09:00- 1:00 Splash and Play</b> @ 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><b>09:30- 4:30 Walsall Works drop in</b> for families @ East Family Hub</p> <p><b>10:00- 16:00 5 senses Soft Play with baby exploration class</b> @ 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><b>6:00 – 7:30 Floats Fun session</b> @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH 01922 652 266 to book your place</p> <p><b>12:00 @ East Family Hub Silver Court,</b> Walsall, WS8 6HA (Thursday 20<sup>th</sup> February )</p> <p><b>First Words Together (0-2 yrs)</b> 10:00-11:00 @ East Family Hub Silver Court, Walsall, WS8 6HA Thursday 27<sup>th</sup> February (each Thursday for 5 weeks)</p> <p><b>12:00- 2:00 Dads for Dads Peer Support Group</b> @ East Family Hub (20<sup>th</sup> and 27<sup>th</sup> March 2025) No booking</p>	<p><b>Antenatal PEEP Workshop 09:30-11:30</b> @ Brownhills Community Association, Pelsall Road, Brownhills, WS8 7JE - Book your place email <a href="mailto:familyhubs@walsall.gov.uk">familyhubs@walsall.gov.uk</a> (Thursday 24<sup>th</sup>, 31<sup>st</sup> January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> February <a href="https://www.active-gym.co.uk/preschool">https://www.active-gym.co.uk/preschool</a>)</p> <p><b>10:00- 16:00 5 Senses Soft Play and Messy Play</b> @ 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><b>10-11-30am Bumps and Babies Coffee Morning</b> @ East Family Hub (17<sup>th</sup> January 2025 )</p>	<p><b>09:00-10:00 &amp; 10:30-11:30 Activity Gym Preschool Gymnastics</b> @ Manor Farm, King George Cres, Rushall, Walsall WS4 1EU First session free, £25/month (18 months – 4 years)- Book a free trial or add your child to the waiting list using the following link: <a href="https://www.active-gym.co.uk/preschool">https://www.active-gym.co.uk/preschool</a></p> <p><b>2:00 – 3:00 Floats Fun session</b> @ Oak Park Living Centre, Coppice Rd, Walsall Wood, Walsall WS9 9BH - £5 per person / Under £3, Call 01922 652 266 to book your place</p> <p><b>Mothers Day Stay &amp; Play</b> Celebrate a special person by making them something personal to say Thank-you Saturday 2<sup>nd</sup> March 10:30-12 East Family Hub, Silver Court, Walsall, WS8 6HA</p>

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# Services and support available to you & your family

Take a look at the support and services that are available to you in Walsall;

**Walsall Family Hubs: Take a look at our website to look at exciting and free activities to do and enjoy this autumn at our four Family Hubs across Walsall;**



- Stay and play sessions (and a dad's stay and play!)
- Seasonal fun days
- Grandparents' coffee and chat
- Walsall Works drop-ins for careers advice and help
- Parent Carer panels
- Healthy eating and nutrition workshops
- Parenting workshops including first aid, online, antenatal
- Breastfeeding support groups/Introducing solid food workshops...And lots more!

**A full timetable of our events, plus the locations of our four Family Hubs can be found on the Family Hubs website.**

## Best start for life booklet:

Our best start for life booklet has been co-produced with key partners such as health, police and partnerships to guide parents through the antenatal journey through to school age. The book contains key milestones, information vaccinations, safety tips and safe sleeping though to your feeding and weaning journey.



## Supporting your Child's Learning and Development at Home:



This booklet offer families information and advice about supporting your child's development and learning at home. This booklet includes all you need to know about the support available in Walsall throughout your pregnancy and up until your child is 5 years old. The activities included are aimed to be accessible and low cost, using resources that you may already have at home.

## Are you looking for childcare in Walsall?

Childcare is expanding for dual working parents on an average income, please visit [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk) to check if you are eligible for the new Working Parents Entitlements and to make an application.

If you have a child under 5 years old please visit <https://www.mywalsall.org/fis> to check if you are eligible To discuss your Walsall childcare options call Family Information Service on 01922 653383



# ARE YOU A NEW PARENT?

## DO YOU KNOW WHAT FREE SUPPORT IS AVAILABLE IN WALSALL?



### FAMILY WELLBEING CHAMPIONS

Our Family Wellbeing Champions support new and expectant parents through one-one support and group activity. We focus on promoting good overall emotional wellbeing as well as helping with developing positive parent/child relationships.

### PEEP PLAY AND STORYTIME FUN

Bring your baby along to our fun story time Stay and Play sessions where you can meet other parents and enjoy our interactive stories and songs.



### PEEP ANTENATAL WORKSHOPS

PEEP Antenatal workshops support expectant and new parents to tune in to baby's feelings, manage their own feelings and understand how to support baby's learning and development



### BREASTFEEDING SUPPORT

Our accredited Breastfeeding Champions can offer support and information during your breastfeeding journey.



### PARENT & TODDLER STAY AND PLAY

Mindkind Project Stay and Plays offer a space to have fun with the little ones and enjoy some chat time with fellow parents and guardians.



### PARENT PEER SUPPORT GROUPS

Join our Mindkind Project peer support group and chat with fellow parents and care givers. Babies and Toddlers welcome.

To find out more, email: [mindkindofficegroup@walsall.gov.uk](mailto:mindkindofficegroup@walsall.gov.uk)

### SECURE BEGINNINGS COUNSELLING

FREE counselling and therapy sessions for new and expectant parents.

- ✓ Emotional support with your new born and up to two years
- ✓ Build your confidence and self esteem

To find out more, email: [cts@murrayhall.co.uk](mailto:cts@murrayhall.co.uk)  
Call: 01902 826306



### TRIPLE P FOR BABY

Would you like to take part in a programme that focuses on a positive start to parenthood?

You will learn about strategies to develop a positive relationship with your baby, promote your baby's development and help teach them new skills and behaviours.



Scan this QR code to find out more about local services to support your mental wellbeing:

Scan here to find out more about your local family hubs and what they offer.  
[walsallfamilyhubs.co.uk](http://walsallfamilyhubs.co.uk)



VISIT OUR FACEBOOK PAGE FOR UPDATES:  
Walsall Families In The Know



Walsall  
**Family Hubs**

Supporting families to live happier lives

To find out more, email:  
[familyhubswellbeing@walsall.gov.uk](mailto:familyhubswellbeing@walsall.gov.uk)



# What to expect from your Health Visiting Service



## 28 Week Antenatal Contact

**An email invitation will be sent to you for our Postnatal Preparation Group sessions.**

This will be your chance to meet a Practitioner from our Health Visiting Service. During the session, you will get practical support and advice regarding pregnancy and your upcoming birth. This will give you time to explore your own emotional health and wellbeing, along with your transition to parenthood.

## New Birth Visit

**This is completed in your home 8-14 days after your baby is born.**

One of our Health Visitors will visit your home and discuss your baby's growth and feeding, plus much more. They can offer advice and support you with any concerns you may have. This will give you time to explore your own emotional health and wellbeing, along with your transition to parenthood.

## 6-8 Week Contact

**This is usually a clinic appointment letter sent after your baby is born and in addition to your 6 week postnatal with your GP.**

One of our Practitioners will see you in a clinic setting and discuss your baby's growth and development, plus much more. They can offer you advice and support you with any concerns you may have.

## 9-12 Month Developmental Review

**This is usually a clinic appointment letter sent when your child is 8-12 months old.**

One of our Practitioners will see you in a clinic setting and discuss your child's growth and development, plus much more. They can offer you advice and support you with any concerns you may have.

## 24-30 Month Developmental Review

**This is usually a clinic appointment letter sent when your child is 23-30 months old.**

One of our Practitioners will see you in a clinic setting and discuss your child's growth and development, plus much more. They can offer you advice and support you with any concerns you may have.

It is very important you attend these appointments with your child. It is a time for you to speak with a professional, get advice and support and check that your little one's milestones are being met.

If you do not receive an appointment for any of these, or you need any support or advice regarding your child, please contact our **Single Point of Access** on 01922 603074 or send a text explaining your concerns with your **child's name, date of birth** and **NHS number** to 07520 634909.

# 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 experience in public health.

## They offer support and practical advice with:

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



## Health Visiting Service

### Walk in Walsall Arboretum with our Health in Pregnancy Team

Are you pregnant or have recently had a baby? Join us for a walk in the park.

Staying active during your pregnancy and after the birth of your baby is really important for physical and mental health. Come along and enjoy a fun, social environment whilst improving your health and fitness.

All you need is sensible shoes, appropriate weather wear and a full water bottle.

We still meet if there is a light drizzle, however, if weather conditions are heavy rain, ice or snow, the walk will not go ahead.



For more information, contact the Health in Pregnancy Service on: **01922 423252**

Where:  
**Walsall Arboretum**  
(Meet at Visitors centre)

When:  
**Every Monday**  
(Not on Bank Holidays)

Time: **1pm – 2pm**  
(Meet at 12.45pm)

If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our **Single Point of Access** on 01922 603074 or send a text explaining your concerns with your child's name, date of birth and NHS number to 07520 634909.

© NHS UK

**WOMB TO WORLD**  
Parent Education Antenatal Programme

**Supporting you throughout your journey into parenthood and beyond**

Walsall Womb to World Antenatal Programme is delivered virtually on Microsoft Teams 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 and Health Visiting 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:**  
 Maternity Service: 01922 605420  
 Health Visiting Service: 01922 603074  
 Infant Feeding Team: 01922 605248  
 Health in Pregnancy Team: 01922 423252

If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our **Single Point of Access** on 01922 603074 or send a text explaining your concerns with your child's name, date of birth and NHS number to 07520 634909.

They 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.

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

## 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 text messages are responded to by a practitioner from the hcp0-19 service within 24 hours during office hours.

Text: 07520 634909 Website: [www.healthforunder5s.co.uk/walsall/services/specialist-support/text-a-health-visitor/](http://www.healthforunder5s.co.uk/walsall/services/specialist-support/text-a-health-visitor/)

## Did you know there are online antenatal Classes?

Supporting you throughout your journey into parenthood and beyond!



# Feeding your baby

Family Hubs are 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.

We are excited to launch NEW Breastfeeding Peer Support groups



**Tuesday** @ South and Central Family Hub, 10.30- 12.30pm

**Wednesday** @ Pelsall Community Association, Station Rd, Pelsall, Walsall WS3 4BQ 10-12.30pm

**Thursday** @ West Family Hub, 12.30 -2pm

North Family Hub, Blakenall on a **Friday** from 11:00 – 12:30

**No need to book just turn up.**

**To keep up to date visit** <https://www.walsallfamilyhubs.co.uk/0-2/feeding-your-baby#main>

For more advice and support families can contact the Infant feeding team for on **01922 605248** or **07794 117247** (Monday-Friday between 9am and 5pm) You can also follow Walsall Welcomes Breastfeeding on **Facebook** and **Instagram**.

## Introducing Solid Foods to your baby

We would like to invite families to come along to our workshop to learn about introducing solid foods to your baby.

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
<b>Tuesday 11 January</b>	1:00- 3:00pm	Frank F Harrison, Beechdale centre WS2 7DY
<b>Tuesday 11 February</b>	09:30- 11:30am	Brownhills Community Centre, WS8 7JS
<b>Tuesday 11 March</b>	1:00-3:00pm	Nash Dom CIC, Sun Street WS1 4AL



## 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/>

### Useful videos and websites:

<https://vimeo.com/794595496/30ecc7faee>

com/794595496/30ecc7faee

Introducing solid foods (unicef.org.uk)

Childhood wellbeing & common illnesses - Children aged 0 - 5 (walsallhealthychild.co.uk)

### 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/>



# Register your child's Birth

Did You know you can now register your child's birth at Walsall Civic Centre or at our Family Hubs.

You must register the birth of your baby:

- within 42 days of birth
- in the registration district where your baby was born

To register a birth in Walsall Borough, book an appointment online - Register a birth | Walsall Council



## Dad Pad

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. Dad Pad can be downloaded via the App store or google play. It's the essential guide for new dads, developed with the NHS.



## Citizens' Advice

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 (see below), they also offer face-to-face meetings at their local offices: <https://citizensadviceandwell-walsall.org/local-offices/> and via their mobile advice unit service: <https://citizensadviceandwell-walsall.org/get-help/mobile-advice-unit/>.

**Telephone:** Advice Line: 0808 278 7812 Debt Helpline: 0800 240 4420 **Website:** <https://citizensadviceandwell-walsall.org/>

## Parenting Support

A poster for the 'Understanding your child: from toddler to teenager' online course. It features a smiling family (a man, a woman, and a young girl) and lists key topics: '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', and 'A transformative journey that can strengthen your bond with your child at every age'. It also includes a QR code and the website 'www.inourplace.co.uk'. Logos for 'inourplace', 'NHS', 'Walsall Council', and 'Family Hubs' are visible at the bottom.

## 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>

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. Visit <https://inourplace.co.uk> and use the Access code HIPPO.





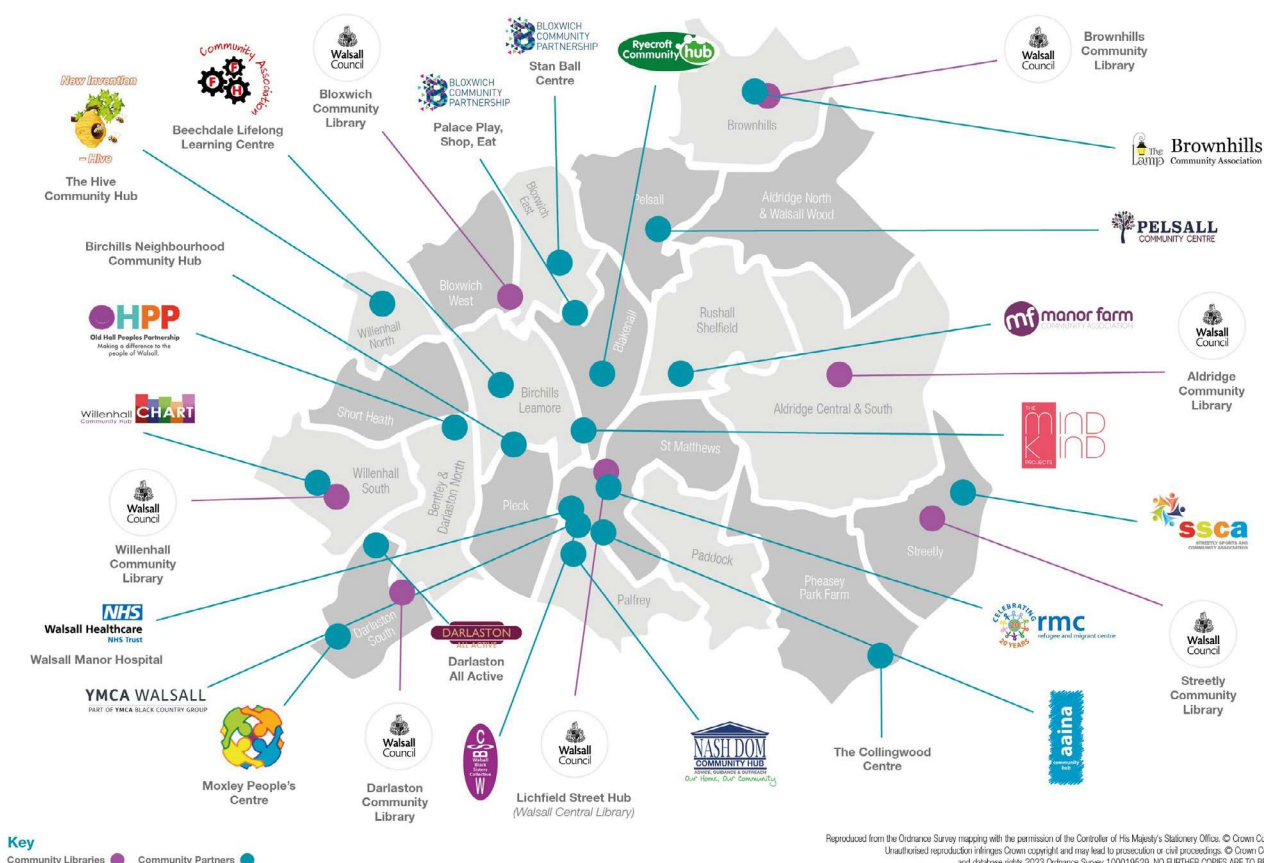
## Need Help accessing Walsall council services?

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 - [Walsall Connected - get help to get online | Walsall Council](#)

 Walsall Connected

### Map of Walsall Connected Centres



# Did you know Walsall Family Hubs has a Parent Carer Panel?

## Are you expecting or do you have a child aged 0-5?

We are looking for new members to join our Parent Carer Panel to have your say on the services available to families in Walsall. You can share your views through face to face meetings, virtual meetings, family fun sessions, online surveys and our facebook page.

In return for your support we can offer you training opportunities, volunteering opportunities, free family fun sessions among other incentives. We can also support with transport, translation services and childcare whilst you attend the face to face forums.

If you would like to find out more about how you can get involved visit Parent Carer Panels for further information and details on how to sign up.





Walsall  
**Family Hubs**  
Supporting families to live happier lives

**Testimonials from our  
Look, Say, Sing, Play  
sessions**

I never used to sing or read much to my child before. Now I understand the importance I push myself to do this with him more regular. He really enjoys it.

Scan here to  
register your  
interest





# Activities to do at home with your children

Take a look at our activities that will enable you to create low-cost fun crafts for the whole family at home.

February 2025

## Valentines Day Craft Activity 1

What you Need:

Clear plastic Bottles.

Glitter – Red, Pink, Silver.

Heart shaped sequins.

Red food colouring.

½ a cup of clear glue.

Water.

### INSTRUCTIONS.

- [empty bottle](#)
- fill halfway with water
- add 1/2 cup of clear glue
- add [red fine glitter](#) and a few drops of red watercolor
- add Valentines sequins or table scatter
- fill to the top with water, leaving about 1/2 inch space at the top so there is room to shake
- hot glue or superglue the lid closed
- cover the top with [red tape](#)

Heart+ sensory bottle



## Valentines Day Craft Activity 2

What you need:

Empty Bottle.

White Rice, Red Rice, Pink Rice.

Candy Hearts.

Red tape.



### Instructions

- [empty bottle](#)
- fill with pink rice, sprinkle in candy hearts randomly
  - How to make Pink Rice: Place white rice in a baggie with some pink liquid watercolor and shake, shake, shake! Lay flat to dry on wax paper or a pan.
- leave about 1/2 inch space at the top so there is room to shake
- hot glue or superglue the lid closed
- cover the top with [pink tape](#)



# Mother's day Activity

Create a homemade necklace to give to a loved one to celebrate Mother's day this year.



What you will need:

- Paint (any colour of your choice)
- Paint brush
- Penne pasta
- String (any colour of your choice)

How to create your necklace in 4 simple steps:

1. Gather all the materials needed for this activity
2. Paint your pasta with any colour of your choice
3. Wait for your paint to dry and then thread the string through the pasta
4. Tie your string and it is now ready to give to your loved one.



# Saint Patrick's Day Activity

## Potato stamp Rainbow.

What you need:

1 Potato.

Paper plate/tray.

Paint – Rainbow colours = Red, Orange, Yellow, Green, Blue, Indigo, Violet.

## Instructions.

Wash the potato & dry it.

Use a tray or paper plate to pour each colour of the rainbow on.

Cut the potato into whatever shape you would like.

Have a piece of white paper.

Use your potato shape to print a rainbow.





# Saint Patrick's Day Activity

## Pepper Printing.

What you need:

A Pepper.

White paper.

Green Paint.

A tray.



## Instructions.

Cut the top of the pepper.

Put some paint onto a tray.

Dip the pepper into the paint.

Press the pepper onto the paper.

You could even taste the left over pieces of pepper!

# Holi Festival of Colours Activity

## Sensory bag of colours activity in 4 easy stages..

You will need: A Food Bag  
A Variety of Paint



Step 1: Lay out your food bag and the paint of your choice.



Step 2: Squeeze your paint in any order you want into the food bag.



Step 3: Use your finger to mix all the paint around in the food bag.



Step 4: Have fun and see how many different colours and patterns you can make!



**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.

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



**Walsall  
Family Hubs**

Supporting families to live happier lives



**Walsall Council**