

Starting Well Partnership

Herefordshire and Worcestershire
Health and Care NHS Trust
2 Kings Court
Charles Hastings Way
Worcester
Worcestershire
WR5 1JR

Do you have a concern, complaint or comment?

Contact: Patient Relations Team, Herefordshire and Worcestershire Health and Care NHS Trust, 2 Kings Court, Charles Hastings Way, Worcester, Worcestershire, WR5 1JR **Tel: 01905 681517 Email: Whcnhs.pals@nhs.net**

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.



Starting Well Partnership
EVERY CONTACT SHAPES A LIFE

Worcestershire Parenting Service Groups for parents



Provided by:

In partnership with:



Things to remember...

We can meet families on a one to one basis initially or talk on the phone to see which course would be the right one.

Before coming to one of our groups please call ahead to book a place using the info on page 15.

There is no criteria - everyone is welcome.

If in doubt which group is best, please call us - we know our groups inside and out!

If you feel the groups in this booklet do not fit your needs please still let us know as we can provide additional groups too.

We also distribute Healthy Start Vitamins from our Family Hubs.

All the groups in this booklet are FREE to attend.

We can also signpost to online parenting courses.

We can also support parents to access childcare including free childcare.

Some of our groups have a crèche.

It couldn't be easier..

There is no criteria, and no forms to complete - just call the contact details below, however, we will need to ask you some information to be able to ensure you access the right course at the right time. You can also submit a form online at www.startingwellworcs.nhs.uk

Bromsgrove

call Pear Tree Family Hub on 01527 835775

Malvern Hills

call Sunshine Family Hub on 01684 577442

Redditch

call Holly Trees Family Hub on 01527 61360

Worcester City

call Tudor Way Family Hub on 01905 749149

Saffron Family Hub on 01905 767107

Buttercup Family Hub on 01905 758411

Wychavon (Droitwich, Evesham and Pershore)

call WANDS Family Hub on 01905 827391

Wyre Forest

call Brookside Family Hub on 01562 827207 or

Half Crown Wood Family Hub on 01299 877920

Please ring ahead to check opening times.

We look forward to taking your call!

Parenting support is also available from other providers. Parents can speak to their child's school, health visitor or school nurse for more information.

For more information on Starting Well Services visit www.startingwellworcs.nhs.uk

Did you know
you can get FREE
Healthy Start
Vitamins?



Contact your local Family Hub using the details on page 15 to find out more.

HEALTHY
START



Did you know that we
offer virtual groups?

To find out more please contact your local
Family Hub using the details on page 15.



Understanding Your Child

Worcestershire parents, carers and grandparents can now access innovative ONLINE guides about children aged from 0-18 years. Worcestershire County Council have invested in a multi-user licence for 4 award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation) and we are therefore delighted to offer you **FREE** access to the courses, normally £19-£39 per person.

Understanding Your Child was established 20 years ago by psychologists, health visitors and other health professionals. It looks at brain development, play, styles of parenting, sleep, temper tantrums, communication and more and is based on the nationally and internationally acclaimed face to face course offered by the Solihull Approach.

There are 9-11 modules each taking around 20 minutes (the main screens have optional audio voice-overs) as well as interactive activities, quizzes, video clips and practical hand-outs.

1 Understanding Pregnancy, Labour, Birth and Your Baby - Antenatal Online Guide

The guide covers:

- Relaxing & breathing
- Getting to know your baby in the womb
- You, your baby and the stages of labour
- Birth positions
- Feeding your baby
- Fathers and babies
- After your baby is born

2 Understanding Your Baby - Postnatal Online Guide

The guide covers:

- Understanding feelings: both yours and your baby's
- Understanding your baby's brain
- Understanding and responding to crying
- Your baby's rhythms, sleep patterns, & feeding
- Fathers and babies
- Babies development and play
- Thinking about childcare

3 Understanding Your Child (for parents of children aged 6 months - 18 years)

The guide covers:

- Responding to how your child is feeling
- How your child develops
- Different styles of parenting
- How your child communicates
- Understanding your child's behaviour
- Sleep, Self-regulation and anger

4 Understanding Your Teenager's Brain

The guide covers:

- Teenager's brain development
- Teenagers and reading faces
- Risk taking
- Risk taking and friends
- Sensitivity to rejection
- Teenagers and sleep

To access these online guides visit
www.startingwellworcs.nhs.uk/parenting-courses



Do you need help with childcare?

Contact the Family Information Service at your local Family Hub below if you need help with finding and applying for childcare

Bromsgrove

- 📍 Pear Tree Family Hub, Broad Street, Bromsgrove, B61 8LW
- ✉ startingwell@bromsgroveandredditch.gov.uk
- ☎ 01527 835775 or 07943 832294

Malvern Hills

- 📍 Sunshine Family Hub, Bluebell Close, Malvern, WR14 3SW
- ✉ worcestercityhelp@actionforchildren.org.uk
- ☎ 01684 577442 or 07738 888172

Redditch

- 📍 Holly Trees Family Hub, Mabey Ave, Riverside, Redditch, B98 8HW
- ✉ startingwell@bromsgroveandredditch.gov.uk
- ☎ 01527 61360 or 07506 554297

Worcester City

- 📍 Saffron Family Hub, Stanley Road, Worcester, WR5 1BD
- ✉ worcestercityhelp@actionforchildren.org.uk
- ☎ 01905 767107 or 07984 005504

Wychavon

- 📍 WANDS Family Hub, Farmers Way, Droitwich, WR9 9EQ
- ✉ worcestercityhelp@actionforchildren.org.uk
- ☎ 01905 827391 or 07872 503058

Wyre Forest

- 📍 Brookside Family Hub, Borrington Road, Kidderminster, DY10 3ED
- ✉ admin.wyreforest@barnardos.org.uk
- ☎ 01562 827207 or 07738 860812
- 📍 Half Crown Wood Family Hub, Princess Way, Stourport-on-Severn, DY13 0EL
- ✉ admin.wyreforest@barnardos.org.uk
- ☎ 01299 877920

Did you know...

- Some 2 year olds could receive up to 15 hours of free childcare a week
- All 3 and 4 year olds can receive up to 15 hours of free childcare a week
- Some 3 and 4 year olds can receive up to 30 hours of free childcare a week
- There could also be additional funding if your child has a special educational need and/or a disability
- Your free childcare can be used at many nurseries, pre-schools and childminders near you
- You can get a list of childcare places near you online at: worcestershire.gov.uk/freechildcare



You will need to know your national insurance number to apply

Apply online at

4 www.worcestershire.gov.uk/freechildcare

 **worcestershire**
county council

Peer Support Induction Programme - 10 week course

Are you a parent, grandparent or someone with parenting experience? Or do you wish to pursue a career working with families? If you have some spare time to give to others, have an interest in supporting other parents and a passion to develop community resilience... this course could be just for you.

You can expect to gain:

- Skills to enable you to support in parenting courses and ultimately deliver to parents
- Opportunities for personal development and training opportunities
- Satisfaction from contributing to the health and well-being of others
- Increased awareness of the local community and available services
- Increased self-confidence and self-esteem



Parents

Understanding Your Teen



An 8 - 10 week group with sessions designed to give parents and carers the opportunity to meet new people who may be experiencing similar issues and develop their knowledge through peer support.

- Behavioural difficulties
- Developmental needs
- Parenting styles
- Explore feelings
- Ways to relax
- Attachment
- Understand brain development
- Relationships



SESSIONS FOR PARENTS TO BE

Birth & Beyond Worcestershire transition to parenthood sessions



These FREE sessions facilitated by the Starting Well Team & Health Professionals will provide information on:

- Getting to know your unborn baby
- Changes for you/partner
- Giving birth & meeting baby
- Your health & wellbeing (Parents)
- Feeding, bathing & practical care of your new baby
- Who is there for you - people & services

We recommend you start Birth and Beyond Worcestershire between 28 - 32 weeks of pregnancy. Sessions run over 4 consecutive weeks and last 2 hours with a further session after your baby is born.

Employment rights: You are entitled to paid time off work to attend.

Peep - Learning Together Programme



This course lasts for 10 weeks and each session is 1 hour.

Peep Learning Together Programme helps parents build on their home environment by making the most of everyday opportunities such as:

**Listening | Talking | Playing
Singing | Sharing books**

This course supports parents in encouraging their babies and children to become confident communicators and active learners ready for school.

Children and parents attend together.

Groups are separated into ages to focus on the child's stage of development.
(Baby Peep and Mini-Movers)



The Incredible Years[®] Groups for Parents

A 12 week group for parents of children aged 2 - 8 years. Each session lasts 2 - 2.5 hours including a break.

This course will enable you to:

- Help your children reach their potential
- Enjoy parenting
- Build up a pyramid of support with a strong emphasis on play and interaction with children
- Develop skills in imaginative and creative play
- Use boundaries
- Manage behaviour through praise
- Develop ignore and reward strategies
- Encourage and support your child's development
- Learn new ways of dealing with common problems



The Incredible Years[®] Autistic Spectrum Disorder Groups for Parents

An 12 - 14 week group for parents of children aged 2 - 6 years who are on the Autistic Spectrum and/or with Language Delay.

The aims are to:

- Increase children's social skills/relationships with others
- Increase children's emotional self-regulation
- Increase the child's empathy skills
- Decrease behaviour problems
- Increase children's language development



Children 2 - 6 yrs

Henry: A great start



A free, fun, 8 week group of 2 hour sessions for parents.

Would you like to:

- Feel more confident as a parent?
- Reduce mealtime stress?
- Enjoy being active as a family more often?
- Encourage your child away from screens and TV?
- See your child eat more fruit and vegetables?
- Gain ideas to help with family routines?

Groups are separated into two age ranges:

**HENRY: Healthy Families -
for parents/carers with
children aged
0 to 5yrs (incl.)**

**HENRY: Growing Up -
for children and
their parents aged
4 to 12yrs.**



Children 0 - 12 yrs

Understanding Your Child Group for parents



Would you like to know more about your child's development?

Would you like a better understanding of your child's behaviour?

Come along to this relaxed, fun group to explore issues like:

**Developmental needs | Having fun
Communication | Sleep | Behaviour difficulties**

Consisting of 10 sessions for 2 hours, the group is suitable for families with children and young people from birth to 19 years.



Children 0 - 19 yrs

Understanding Your Child with Special Needs / Autistic Spectrum Disorder



An 8 - 10 week group with sessions designed to give parents and carers the opportunity to meet new people who may be experiencing similar issues and develop their knowledge through peer support.

- Behavioural difficulties
- Understand brain development
- Developmental and play needs
- Parenting styles
- Explore feelings
- Ways to relax
- Attachment
- Relationships



Children 9 months - 11 yrs