

WORCESTERSHIRE
FAMILY HUBS

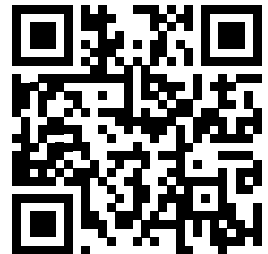


**Holly Trees
Family Hub &
Community
Timetable**

**Jan to March
2026 edition**



To request support,
please call us or visit
[www.worcestershire.gov.uk/
FamilyHubs](http://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

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
9am - 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.**

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.

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.

Tue

**Midwife Clinic (Postnatal)
9am - 1pm, alternate Tuesdays**
Booked appointments for new parents & their babies with community midwives.
Contact details on back.

**SEND Support Redditch
9.45 - 11.15am**
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.**

**Family Hub Pop-up at
Willow Trees Stay & Play
10am - 12pm, 1st Tuesday
of the month**
Speak to a member of the Family Hub team, plus self-weigh scales for 0 - 2 year olds. Vitamins available (cash only)

**Family Hub Drop-in at Baby
Bank, St Stephen's Church,
starts 13th Jan, fortnightly
10.30am - 1pm**
Come & speak to a member of the Family Hub team.
Vitamins available (cash only)

**Understanding Your Child
24th Feb - 5th May, 12.30
- 2.30pm at Willow Trees
Community Centre**
Find out more about your child's (aged 2 - 19) behaviour & development.

Tue continued

**Breast Buddies Support Group
1 - 2.30pm, weekly**
Support for breastfeeding parents ran by Breastfeeding Support Workers. To book a place email whcnhs.breastfeedingsupport@nhs.net

Wed

**Speech & Language Therapy
Sessions, 2nd & 4th Wed
every month**
1-1 sessions with a speech therapist. Appointment only.
Contact details on back.

**Face to Face Workshops
9 - 11am at Moons Moat
First School**
Fussy Eaters 25th Feb, Sleep 4th March & Understanding Your Child's Behaviour 11th March.

**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. Self-weigh scales available.
No need to book, just drop in.

**Physiotherapy Drop-in
1 - 2.30pm, 1st Wed of month**
Free drop-in clinic for 0 - 5 year olds if you have concerns about your child's gross motor skills.

Thu

**Woodrow Family Hub Pop-up at Oasis Café
9.30am - 1pm, weekly**
Speak to a member of the Family Hub team, plus self-weigh scales for 0 - 2 year olds. Vitamins available (cash only)

Midwife Clinic, 9.30am - 1pm
Booked appointments for new & expectant parents & their babies with community midwives.
Contact details on back.

**Citizens Advice Drop-in
2 - 4.30pm, weekly**
No appointment needed - see CABR social media for changes.

**Birth & Beyond
2.30 - 4.30pm**
FREE 4 week course for 1st time parents.

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.

**MIND Onside
9am - 12.30pm, weekly**
Emotional wellbeing regulation sessions.
By appointment only.

Fri continued

**Understanding Your Baby
20th Feb to 27th March,
2 - 3.30pm,**
6 week course for new parents & baby - book before your baby is 16 weeks old.

Smoke Free Homes, weekly
Anyone living with a child under 19 years old in Worcestershire can now get expert support to stop smoking. To sign up to this service email whcnhs.smokefreehomes@nhs.net

Sun

**Sole Mates Men & Dads
Walking Group, 12 - 1pm,
1st Sunday of month**
FREE. Meet at Arrow Valley Park Cafe. All ages & kids welcome.

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



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 10 - 19 years
- Talking Teens: Suitable for parents of teens 10 - 19 years

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

Online Parenting Support:

Worcestershire County Council, in partnership with Togetherness, offers families free access to online learning pathways that support emotional wellbeing - for both grown-ups & children. <https://togetherness.co.uk/worcestershire> (access code PARENTSROCK).

Childcare Funding Support:

Do you find looking at childcare options confusing? For support please call **01527 61360** or visit www.beststartinlife.gov.uk

Volunteering with Us:

Please call 01527 61360 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

1:1 Support for Parents & Carers

1:1 support with trained practitioners to help with your child's (pre-birth to 5 years) behaviour, development, sleep & family fun. Call **01527 61360** for details.