

WORCESTERSHIRE
FAMILY HUBS

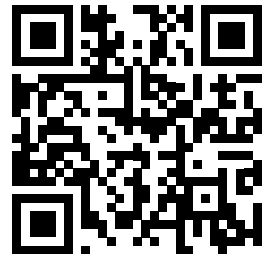


**Pear Tree
Family Hub &
Community
Timetable**

**Jan to March
2026 edition**



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



Pear Tree Family Hub, Broad Street, Bromsgrove, B61 8LW
01527 835775
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.

Family Hub Drop-in at Charford First School 9 - 10.30am, weekly
Come & speak to a member of the Family Hub team. Vitamins available (cash only)

Understanding Your Child 12.30 - 2.30pm, 26th Jan - 23rd March
Find out more about your child's (aged 2 - 19) behaviour & development.

MIND Onside 1.30 - 4.30pm, weekly
Emotional wellbeing regulation sessions.
By appointment only.

Catshill Family Hub Pop-up at Catshill Library 1.30 - 4.30pm, weekly
Come & speak to a member of the Family Hub team. Vitamins available (cash only)

Tue

Citizens Advice Drop-in 9am - 12pm
No appointment needed - check CABR social media for changes.

Well Baby & Child Clinic 9.30am - 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.

Birth & Beyond 9.30 - 11.30am at Parkside
FREE 4 week course for 1st time parents.

Midwife Clinic, 1 - 4.30pm
Booked appointments for new & expectant parents & their babies with community midwives.
Contact details on back.

Session 2 Family Bites 17th Feb, 2.30 - 4.30pm at The Pod, Charford
Invite only.

Wed

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.

Breast Buddies Support Group, 10 - 11.30am, weekly
Support for breastfeeding parents ran by Breastfeeding Support Workers. **To book a place email whcnhs.breastfeedingsupport@nhs.net**

Family Hub Drop-in at BDHT The Pod, 12.30 - 2.30pm, weekly
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 Bump & Splash, Bromsgrove Sport & Leisure Centre, 2 - 3pm, 2nd Wed of the month
Come & speak to a member of the Family Hub team. Vitamins available (cash only)

Thu

Bumps, Babies & You 9.30 - 11am, 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.

Family Hub Drop-in at NewStarts Baby Bank, 15th Jan, 12th Feb & 19th March, 10.30am - 12pm
Come & speak to a member of the Family Hub team. Vitamins available (cash only)

Antenatal Smoking Cessation Clinic, 12.30 - 4.30pm, weekly
Book via your midwife.

Fri

Midwife Clinic, 9am - 4.30pm
Booked appointments for new & expectant parents & their babies with community midwives.
Contact details on back.

Own Space and Time, 10am - 12pm, term-time only
A parent-led support group for parents/ carers of children and young people who have an additional need. Drop in, no need to book. Email Claire **ownspaceandtime1@gmail.com**

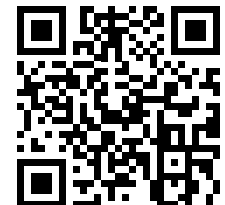
Fri continued

Family Hub Drop-in at Story Train, starts 27th Feb, 10 - 11am at Bromsgrove Library, once a term
Come & speak to a member of the Family Hub team. Vitamins available (cash only)

Sun

Sole Mates Men & Dads Walking Group, 10 - 11am, 1st Sunday of month
FREE. Meet at Sanders Park Bandstand. All ages & kids welcome.

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



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

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 835775**

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.

Bromsgrove Community Midwife Office:

01527 488141

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.

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.