

**Sunshine Family Hub**  
Malvern Vale Community Centre  
Swinyard Road, Malvern  
WR14 1GU

Tel: 01684 577442

Sunshine is contactable via telephone  
Monday - Thursday

### One-off workshops

Join our one-off workshops:

- Fussy Eating
- Understanding Your Teen
- Understanding Your Child's Behaviour
- Sleep



[www.worcestershire.gov.uk/groups](http://www.worcestershire.gov.uk/groups)



Visit our facebook page for regular updates on what's happening in your area and useful tips and guidance:  
**FamilyHubsSouthWorcestershire**

### Volunteering

Would you like to volunteer with us?

We have lots of volunteer opportunities including:

- Stay, weigh and play volunteer
- Peer support volunteer
- Administration support volunteer and much more!



WORCESTERSHIRE  
**FAMILY HUBS**



## Sunshine Family Hub

Opening Times:  
Tuesday & Wednesday  
9.00am - 3.30pm



For further support and to access a contact form:  
[www.worcestershire.gov.uk/familyhubs](http://www.worcestershire.gov.uk/familyhubs)



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## Tuesday

### Well Baby/Child Clinic

Once a month.  
Please contact your local health team 01905 520032 options 3 & 1

### Childrens Occupational Therapy

by appointment only

### Smoking Cessation

by appointment only  
**FREE**  
Help and medication

## Wednesday

### Speech and Language appointments

Talking Walk in Speech and Language **drop in session**

**3rd Wednesday** of the month  
11:30-12:30pm

No appointment needed

### Development Checks

You will be contacted by your health visitor before your child is 12 months old and then before your child is 2 ½ years old by appointment only

### Stay Weigh & Play

1:00 - 2:30pm

No need to book. Drop into this friendly group where you can weigh your baby and meet other parents/carers



### Healthy Start Vitamins

for pregnant/breast feeding women and children's vitamins drops are available to buy for Sunshine Family Hub.

£1.00 women's vitamins  
£1.80 Children's drops

**CASH** only please

**FREE** with a healthy start card



**Birth & Beyond Antenatal classes**  
(4 x weekly sessions)  
**FREE**  
book via website

### Clothes Swap

Call in and help yourself to pre-loved clothes.

We welcome your donations of used baby and children's clothes in sizes 0-4 years and seasonally related



### Breast pumps

are available to hire from Sunshine family hub.  
The cost for four weeks hire is £20.00, a further two weeks hire can be arranged at a further cost of £10.00