

Starting Well Bromsgrove Newsletter Spring 24



Starting Well Bromsgrove
EVERY CONTACT SHAPES A LIFE

Meet the Parenting Team

Our team have a wealth of Knowledge, tips and ideas to support you through your journey as a parent. From fussy eaters to supporting your teen. Our weekly groups are fun and friendly and a chance to meet other parents. Take a look at our website: www.startingwellworcs.nhs.uk or call the one number to chat to our team and find out more.



Stay, Weigh & Play Volunteers Needed

You will provide a welcoming and friendly face for parents and carers who are attending the hubs to weigh their baby.

Tasks include: Supporting parents to use the scales, signposting to local services, setting up the room and preparing the scales.

Skills Required: Good communication and listening skills, approachable and confident manner. Knowledge of the local community would be advantageous.

Clinic times: Holly Trees Hub, Redditch - Wednesdays, 12.15 - 2.30pm
Pear Tree Hub, Bromsgrove - Thursdays 09.15am - 12.30pm (Volunteering hours can be for part or whole of clinic)

Apply online at www.startingwellworcs.nhs.uk/volunteering

Benefits for you include: Training, Social events, Expenses, 1 to 1 Support, Personal Development and Employment.

“ I really enjoy volunteering with Starting Well firstly because of the incredible and kind team you are supported by. It is a super rewarding thing to do within the community as you are helping out with baby self-weigh clinic, festive events and more! It just feels like fun. ”



Eve

Community Hub Volunteer for
Self-Weigh Clinic & Events

Provided by:



Delivered on behalf of
worcestershire
county council

In partnership with:



Free Online Courses

The Solihull Approach online parenting courses are a series of NICE approved resources for parents and carers who want to learn more about sensitive and effective parenting and building a positive relationship with their child. Parents are also helped to understand how they can influence their relationship with their child through play.

The courses are **FREE** with access code: **PARENTSROCK** at www.inourplace.co.uk for residents in our area. There are courses for parents, carers and grandparents about children from bump to 19+ years on a range of topics including pregnancy, teenagers, relationships and more.

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

Check out the Solihull Approach series for ALL parents, grandparents and carers

NINE fantastic ONLINE courses!

PREPAID for YOU! Locally funded

Ever been curious to know what is going on in their brain?

Ever wondered why they behave like that?

Interested to look at you and yours differently?

...PREGNANCY

...BABY

...CHILD

...CHILD WITH ADDITIONAL NEEDS

...TEENAGER

...RELATIONSHIPS

AND MORE...

inourplace.co.uk

PREPAID for YOU! Locally funded

Do you live in Worcestershire?

1. Visit www.inourplace.co.uk
2. Enter access code:
3. Begin learning

Access Code: **PARENTSROCK**

CHAT HEALTH

If you're aged 11-19 years and live in Worcestershire, you can text the number below and speak to a school nurse for confidential advice and support on a range of health and wellbeing issues.

text: **07507331750**



HANDi Paediatric

Download the Worcestershire 'HANDi Paediatric' app to get up to date advice about common childhood illnesses & how to treat them.



We can help you get free Healthy Start vitamins



To check if you're eligible for Healthy Start visit:

www.healthystart.nhs.uk



Healthy Start

With Healthy Start, you could be entitled to weekly support towards: Veg, Fruit, Milk, Infant formula milk, Pulses and Healthy Start Vitamins. Vitamins are available from our Family Hubs.

Find out if you are eligible and apply: www.healthystart.nhs.uk

New Booking System

Some of our parenting groups and workshops can now be booked directly by parers/carers using the trybooking system. Scan the QR code or visit www.trybooking.com/uk/eventlist/startingwellpartnership



Get In Touch With Us

Here is a quick reminder below of all the ways you can get in touch.

**Call our one number
for more info:**

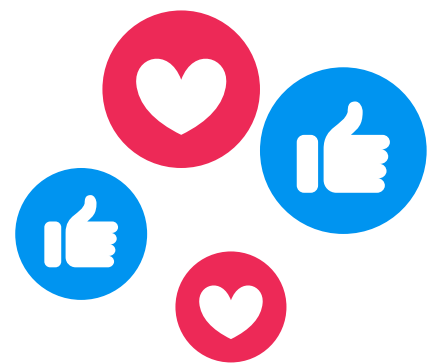
01905 520 032



Find us on social media:

 **@StartingWellRB**

 **@BgroveandRditch**



**Scan the QR code to
visit our website:
startingwellworcs.nhs.uk**



Stay, Weigh & Play

Self-weigh clinics offer parents and carers of infants under 2 an opportunity to weigh their baby and log this in their baby's Personal Child Health Record (PCHR) Red Book.

There is a social area to stay and play and meet other parents.

Pear Tree Family Hub, Thursdays: 9.30am - 10.30am & 11am - 12pm

To book a place call 01905 520 032



Parenting Group Spotlight

Understanding Your Teen

An 8 - 10 week group with sessions designed to give parents and carers of teens aged 11yrs+ 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 and Relationships.**

For more details call 01905 520 032



Cost of Living

If you are struggling with the cost of living crisis, Bromsgrove District Council has a handy webpage that provides links to support and advice that is available. This is advice from a wide range of agencies. Even if you don't claim any benefits you may be entitled to support you weren't aware of, and not just monetary support, but good advice from legitimate sources you can trust.

Have a look and please share the links with anyone else who may be struggling financially. www.bromsgrove.gov.uk/costofliving



Starting Well Bromsgrove

Pear Tree Family Hub

Broad Street, Bromsgrove, B61 8LW

**Call our one simple number 01905 520 032
to contact any of our services**



**Parents & professionals
can refer by phone or
[completing this form](#)**