

Bromsgrove and Redditch edition

Family Hub News

Family hubs are here to help you and your family access the right support, at the right time.

Our team can support you to connect with local services, community groups, and activities across Redditch and Bromsgrove.

We also offer a range of support including:

- Free or low-cost Healthy start Vitamins
- Breast pump hire
- Volunteering opportunities
- Parenting support and first-time parent groups
- Food parcels
- Advice and guidance around day-to-day concerns such as finances and childcare funding.
- Supporting to access health services, including help finding dentists.

Are you a parent or carer of a 0–5-year-old, or are you expecting a baby?

Practitioners are here for you & your family. Do you need information and support around sleep, behaviour, fussy eating and other common issues parents face? Our practitioners can meet you in the community, at a hub or in the home. Call 01527 61360 (Redditch) or 01527 835775 (Bromsgrove) you can follow this link to complete an online request. www.redditchbc.gov.uk/familyhubrequest

Family Hub Practitioners are here for you & your family

WORCESTERSHIRE FAMILY HUBS

Are you a parent or carer of a 0 - 5 year old, or are you expecting a baby?

Gain information & support about:

- Groups & activities
- Connecting you to a range of services & support
- Child development & early learning
- Emotional support, encouragement & motivation - a kind, non-judgemental ear to listen
- 1:1 support in your home, Family Hub or community centre
- Ideas, resources & tools to support parents your wellbeing & family life

Behaviour **Sleep** **Child development** **Fussy eaters**

Call Bromsgrove on 01527 835775 or Redditch on 01527 61360 or complete a request form:
www.bromsgrove.gov.uk/familyhubrequest
www.redditchbc.gov.uk/familyhubrequest

Pear Tree Family Hub Broad St, Bromsgrove, B61 8LW
Holly Trees Family Hub St Stephen's First School, Mabey Ave, Redditch, B98 8HW

www.worcestershire.gov.uk/familyhubs

!!!New To Holly trees Family Hub!!!

Supporting Kinship Carers

Kinship Carers Support Group



Are you raising a relative's or friend's child?
Do you need advice, support or information?
Want to meet like-minded people?

We meet at
Holly Trees Family Hub, Moulsey Avenue,
Redditch, Worcestershire, B96 8HU
2nd Thursday of each month 9.30 - 11.30

Call: Enzo 0774 03802
Email: support@kinshipcarersuk.com Charity No. 1163906



Keeping families together
www.kinshipcarersuk.com

Are you caring for a child who is not your own, such as grandchild, niece, nephew or family friend? You may be a

kinship carer, and support is available.

We are pleased to welcome **Kinship Carers drop-in** sessions at **Holly trees Family Hub**, offering a friendly and informal space to access advice, guidance, and connect with others in a similar situation.

When: Every second Thursday of the month

Time: 9:30 – 11:30

Where: Holly trees Family Hub

No bookings required – just drop in

SENDIAS training at Holly Trees



SENDIASS Training at your Family Hub

FREE SEND Workshops

Supporting your child to cope with change
School Readiness



A FREE 2 week workshop for parents/ carers of children due to start school in the next few years.

10am-12pm

- **Brookside Family Hub- Kidderminster**
Tuesday 21 and 28 April 2026
- **Holly Trees Family Hub- Redditch**
Thursday 7 and 14 May 2026
- **WANDS Family Hub- Droitwich**
Thursday 11 and 18 June 2026

Find out more and book your free space



WORCESTERSHIRE FAMILY HUBS  SEND Information Service and Support Service 

Supporting your child to cope with change and the transition to school is a 2-part workshop aimed at parents/carers of children due to start school in the next few years or are struggling to transition to school.

The first session will focus on supporting children to cope with small everyday changes like moving from one task to another. The second session will focus on the transition to school.

You can expect practical guidance, tips and resources to support your child through change.

Redditch- Holly Trees Family Hub, 7th and 14th May 10am-12pm

Droitwich- WANDS Family Hub, 11th and 18th June 10am-12pm

Dental support for Children & Families

Helping you to find the right dental care for you and your family...

If you need routine dental care, you can find a local dentist search by your postcode Find a dentist - NHS

For urgent or emergency dental help, please call 111.

Your Family Hub can also support you—get in touch by calling your local Family Hub

Bromsgrove: 01527 835775

Redditch: 01527 61360

Parenting workshops – Build Confidence, Strengthen Connections

Parenting doesn't come with a manual – but you don't have to figure it out alone!

Our workshops are designed to give you practical tools, fresh insights, and the confidence to better understand your child at every stage.

Whether it's navigating challenging behaviour in the early years or teenage emotions, these friendly and supportive sessions will help you:

- Understand what's behind your child's behaviour
- Strengthen relationship and communication
- Learn simple, effective strategies you can use at home
- Connect with other parents going through similar experiences

Parenting workshops – Now booking:

We are currently promoting two of our popular parenting Workshops and would love to welcome more families.

Understanding your child

- ✦ Willow trees community centre

A Practical and engaging course focused on younger children, helping parents and carers build confidence in understanding behaviour, strengthening relationships, and supporting their child's development



Understanding Your Child
WORCESTERSHIRE FAMILY HUBS

Parenting Group

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.

To book, please call your local Family Hub.

For more details, please contact your local Family Hub:
Pear Tree: 01527 835775
Broad Street, Bromsgrove, B61 8LW
Holly Trees: 01527 61360
St Stephen's First School, Mabey Ave, Redditch, B98 8HW

www.worcestershire.gov.uk/virtual-family-hub

Understanding your Teens brain

- ✦ Waseley Hills High School

A Practical and engaging course focused on younger children, helping parents and carers build confidence in understanding behaviour, strengthening relationships, and supporting their child's development



Inside Your Teen's Mind
WORCESTERSHIRE FAMILY HUBS

Workshop

Do you wish you could **Understand Your Teen's Behaviour** better?
Tools & tips for a calmer life with your teenagers including: teen brain development, risk taking, communication & sleep patterns.
Suitable for families with children aged 11 - 19 years.

www.worcestershire.gov.uk/familyhubs

For more information or to book yourself on the workshop please contact family hubs on:

Bromsgrove: 01527 835775

Redditch: 01527 61360

We look forward to seeing you there!!

Physiotherapy Drop-in Clinic



Join us on the first Wednesday of each month at Holly trees Family Hub (1:00 pm – 2:30 pm) Open to children under 5, offering support and guidance around movement and physical development
No bookings required – just Drop in

New Family Hubs pop up Hubs- bring our services to you!

No need to book – pop along and speak to one of the Family Hub team

Family Hubs Pop-Up Hub

WORCESTERSHIRE FAMILY HUBS

Your chance to come & speak to a member of the Family Hub team.

Low cost Healthy Start Vitamins available to buy or free with a Healthy Start Card. £1.80 children's drops, £1 women's vitamins. (cash only)

Self-weigh scales for 0 - 2 year olds available. (Woodrow only)

Link you to local support & services

Discover local services & where to find extra help if you need it

1:1 support for parents/carers with 0-5yr olds with trained practitioners to help with your child's behaviour & development



Held weekly at:

Catshill Family Hub Pop-Up, Bromsgrove Mondays 1.30 - 4.30pm

Catshill Library, The Community Room, Catshill Middle School, Meadow Road, Bromsgrove, B61 0JW

Woodrow Family Hub Pop-Up, Redditch Thursdays 9.30am - 1pm

Oasis Café, Woodrow Centre, Redditch, B98 7RY

Can't make it? Call our Family Hubs teams - Redditch Holly Trees 01527 61360 or Bromsgrove Pear Tree 01527 835775

www.worcestershire.gov.uk/FamilyHubs



Family Hubs Drop-ins

WORCESTERSHIRE FAMILY HUBS

Your chance to come & speak to a member of the Family Hub team.

Low cost Healthy Start Vitamins available to buy or free with a Healthy Start Card. £1.80 children's drops, £1 women's vitamins. (cash only)

Self-weigh scales for 0 - 2 year olds available. (Where listed below)

Bromsgrove Drop-ins

Charford First School: Mondays 9 - 10.30am, weekly Charford Rd, B60 3NH

BDHT The Pod: Starts Wednesday 21st Jan, 12.30 - 2.30pm, weekly (Scales available) The Pod, 13 Humphrey Ave, B60 3JB

Bump & Splash: 2nd Wednesday of the month, 2 - 3pm Bromsgrove Sport & Leisure Centre, School Dr, B60 1AY

NewStarts Baby Bank: Starts Thursday 15th Jan, 10.30am - 12pm, (also runs 12th Feb & 19th March) 1 Sherwood Rd, B60 3DR

Redditch Drop-ins

St Stephen's Church Baby Bank: Starts Tuesday 13th Jan, 10.30am - 1pm, fortnightly Church Green West, B97 4DY

Willow Trees Stay & Play: 1st Tuesday of the month, 10am - 12pm (Scales available) Willow Trees Community Centre, Loxley Cl, B98 9JS

For more info please call our Family Hubs - Redditch Holly Trees 01527 61360 or Bromsgrove Pear Tree 01527 835775

www.worcestershire.gov.uk/FamilyHubs



Online resources

Togetherness – emotional health and wellbeing

TOGETHERNESS

Bringing the Solihull Approach to the world

What is Togetherness?

Togetherness is an online learning platform created by psychologists and health practitioners. It offers easy-to-access courses

and resources on **emotional health and wellbeing**, proven to make a positive difference to mental health, behaviour, and family relationships.

Why is this important for schools and families?

- **For parents:** Practical strategies to support children's emotional development, manage behaviour, and strengthen family bonds.
- **For schools:** Happier, more settled pupils, improved home-school relationships, and resources that complement your PSHE and wellbeing work.

What's included?

- Courses on understanding your child's behaviour, emotional health, and parenting through different life stages.
- Support for mental health and resilience for both parents and children.
- All content is NHS-approved, evidence-based, and completely free for local families.

The courses are **FREE** with access code: **PARENTSROCK** 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.

Website [Worcestershire | Togetherness - Togetherness](#)

Access Code **PARENTSROCK**

Training for Schools – we offer a 2-day foundation course for professionals that is free to access. For more information, please contact familyhubs@bromsgroveandredditch.gov.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



NHS

If you are pregnant or have children under four, you could get free vitamins with NHS Healthy Start

Check if you're eligible at: www.healthystart.nhs.uk

Twitter: @NHSHealthyStart

SCAN ME

Booking System

Some of our parenting groups and workshops can now be booked directly by parents/carers using the trybooking system. Scan the QR code or visit

www.worcestershire.gov.uk/groups



Stop Smoking

Smoke Free Homes

Looking to stop smoking? We can help! If you have children aged 0-19 in your home you can get free advice to start your quitting journey. 80% of cigarette smoke is invisible and the best thing you can do to protect you and your family from the harms of second-hand smoke is to quit smoking. This support is available to you through your local Family Hub. Scan the QR Code to sign up or if you need help signing up? Any Worcestershire Library can help. To find out more visit:

www.worcestershire.gov.uk/stopsmoking Or you can sign up by emailing:

whcnhs.smokefreehomes@nhs.net



Useful Links & Community Information

The logo for 'The Circle of Hope - Gypsy, Roma & Travellers' features a red wheel with spokes inside a purple circle. Below the wheel is a purple heart with three white hands raised. The text 'THE CIRCLE OF HOPE - GYPSY, ROMA & TRAVELLERS' is at the top left. Below the logo, the text 'EMPOWERING CHANGE, DELIVERING HOPE.' is followed by a list of services: 'Promoting equality and opportunities in Worcestershire, Gloucestershire & Herefordshire for Gypsies, Roma & Traveller communities', 'ADVICE & SUPPORT', 'WELCOMING, SAFE & SECURE ENVIRONMENT FOR ALL', 'STAY & PLAY SESSIONS, COFFEE MORNINGS WORKSHOPS & DROP INS', and 'AND MUCH MUCH MORE'. At the bottom, the phone number '07958 566753' and email 'ABI@THECIRCLEOFHOPE-GRT.COM' are listed.

The circle of hope – Gypsy Roma & Traveller

The Circle of Hope – Gypsy Roma & Traveller is an organisation dedicated to promoting equality and creating opportunities for Gypsy, Roma, and Traveller communities across Worcestershire, Gloucestershire, and Herefordshire. We provide cultural awareness training to help professionals and local organisations understand and engage with these communities more effectively. Our team also offers direct support for community members, helping to address social, educational, and cultural needs. By building bridges between the Gypsy, Roma, and Traveller communities and wider society, we work to challenge stereotypes and encourage inclusion

Family Fun and Support Worcestershire is a large directory of activities, events and sessions for families with children aged 0-16 years as well as support and classes for expectant parents.

<https://familyfunandsupport.com/>

[Facebook - familyfunandsupportworcestershire](#)

Worcestershire Family Hubs Useful Links

WORCESTERSHIRE FAMILY HUBS 

Worcestershire Family Hubs

For more information on our services and Family Hubs, please visit www.worcestershire.gov.uk/FamilyHubs or scan the QR.



Family Hubs Bromsgrove & Redditch Facebook

For local information, tips and advice please follow our Facebook page via www.facebook.com/FamilyHubs or scan the QR.



Request Parenting Support

If you require parenting support or wish to enquire about any of our groups or courses, please complete the form at www.bromsgrove.gov.uk/familyhubrequest or www.redditchbc.gov.uk/familyhubrequest or scan the QR.



Bromsgrove



Redditch

Parenting Groups, Courses & Workshops

We offer an exciting array of parenting groups and workshops. All sessions are free to attend and run by trained staff and volunteers. Visit www.worcestershire.gov.uk/groups or scan the QR.



Did you know? Some of our parenting groups and workshops can be booked directly via the above link/QR.

www.worcestershire.gov.uk/familyhubs



Working Together...for you.

At times life can be a little tough, for whatever reason. But advice & support is available. Search 'working together' on the Councils' websites. Here's a summary.

Please take a photo or jot these details down & share with neighbours, friends & family.

Act On Energy

Freephone 0800 988 2881
actonenergy.org.uk

Age UK North Worcestershire

01527 570490
ageuk.org.uk/northworcs
enquiries@ageuknorthworcs.org.uk

bdht

0800 0850 160
contactus@bdht.co.uk

Bromsgrove and Redditch Network (BARN)

01527 60282
barn.org.uk/cost-of-living

Bromsgrove District Council

01527 881288
bromsgrove.gov.uk

Citizens Advice

Bromsgrove & Redditch
0808 278 7890
cabr.org.uk

Bromsgrove & Redditch Family Hubs

Bromsgrove: 01527 835775
Redditch: 01527 61360
www.worcestershire.gov.uk/familyhub

Libraries

01905 822722
www.worcestershire.gov.uk/libraries

NewStarts

01527 882410 / 0121 679 2072
newstarts.org.uk

Redditch Borough Council

01527 64252
redditchbc.gov.uk

Worcestershire County Council

01905 765765
www.worcestershire.gov.uk/contact

Need mental health support?

Worcestershire Safe Haven
01905 600 400

(6pm - 1am, last calls 12:20am)

Samaritans 116 123

(free, 24/7, 365 days)

Call **NHS 111** & select 'Mental Health' option



Keep In Touch

Family Hubs - Bromsgrove and Redditch | Facebook

- Holly Trees Family Hub, Mabey Ave, Redditch, B98 8HW
Phone: 01527 61360
- Pear Tree Family Hub, Broad Street, Bromsgrove, B61 8LW
Phone: 01527 835775

