

# HEALTH, WELL-BEING AND COMMUNITY ENGAGEMENT INFORMATION

# HEALTH, WELL-BEING & COMMUNITY ENGAGEMENT TEAM



Weekly groups for parent/carers  
and their babies  
(Newborns—1 year)

Meet other families in your area.  
Sensory play, stories and rhymes and  
information about breastfeeding,  
safer sleeping, coping with  
crying and weaning.

# BABY CLUB

**Monday:**  
**10:00-11:00am**  
**Flying Start**  
**B64 6QJ**

**Tuesday:**  
**10:00-11:00am:**  
**Oldbury Family Hub, DY4 7SD**

**Wednesday:**  
**1:00-2:00pm**  
**West Bromwich Central**  
**Family Hub, B70 9EZ**

**Thursday:**  
**12:00-1:00pm & 1:30-2:30pm**  
**Wednesbury Family Hub, WS10 0JG**  
**&**  
**1:00-2:00pm**  
**Smethwick Family Hub,**  
**B66 3PX**  
**&**  
**10:00-11:00am, &**  
**11:15am-12:15pm**  
**Tipton Family Hub,**  
**DY4 0TB**



**FREE SESSIONS:**  
**Sensory play**  
**Special visitors**  
**Craft making.**  
**A chance to meet**  
**other local parents**

# HEALTH, WELL-BEING & COMMUNITY ENGAGEMENT TEAM

## BABY YOGA



5 week course and aimed at babies from 6 weeks up to crawling age.

What are the benefits of Baby Yoga?

It helps parents and babies bond and interact. It also promotes a physical and emotional well-being in both parent/carer and baby.

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## BABY MASSAGE



5 week course aimed at babies between  
the  
ages of 6-8 weeks up to 6 months.

What are the benefits of Baby Massage?

Help you to bond and interact with your  
baby

Encourage your baby to relax and sleep

Learn ways to soothe your baby





# HEALTH, WELL-BEING & COMMUNITY ENGAGEMENT TEAM



The HENRY programme is completely FREE to join for parents and carers of children aged 0 to 5 years old.

Supports a healthy lifestyle for the whole family including:-

emotional well-being

nutrition

physical activity

portion sizes

screen time

looking after yourself

managing challenging behaviour

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Who might benefit?

Anyone who has a baby or young child aged 0 to 5.  
Every family will benefit in some way.

“My child won’t go to bed”

“I struggle to get my children to get dressed/brush their teeth/  
get ready for school on time”

“Mealtimes are a battle”

“I don’t know how to deal with temper tantrums”

• “We eat a lot of takeaways/ready meals” or “We eat the same  
things all the time”

“My child’s a fussy eater/not eating enough”

“My child is wearing the next sized clothes”

“I’m struggling to cope” or

“I’m feeling overwhelmed/not enjoying being a parent”

“I’m confused by all the information out there for parents”

“I’d like us to spend more time together as a family”

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The Solihull Approach Antenatal Parenting Group is intended for mothers-to-be, their partners and those who will be present at the birth of the baby.

6 sessions sharing information that mothers and families want about pregnancy, birth and their relationship with their baby from the womb and beyond.



# HEALTH, WELL-BEING & COMMUNITY ENGAGEMENT TEAM



**MoodMaster®**

Is life losing its sparkle?

MoodMaster can help!

With an upbeat approach to  
physical and emotional well-being.

6 weekly CBT-based sessions to help  
you to make your life more enjoyable  
and manage troublesome emotions  
such as worry and stress.

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## Oral Health Workshops for the Early Years

Looking at :-

early dental hygiene  
dummies

bottle to beaker

sugar levels in different foods

dentists in the local area

oral health support for  
children with SEND.

# Family Hub

## Contact Information

Oldbury Family Hub, Tividale Street, DY4 7SD

Phone number: 0121 557 0740

Rowley Regis Family Hub, Dudley Rd, B65 8JY

Phone number: 0121 559 9916

Smethwick Family Hub, Corbett Street, B66 3PX

Phone number: 0121 555 6756

Tipton Family Hub, 24 Ridgeway Road, Glebefields, DY4 0TB

Phone number: 0121 522 5150

Wednesbury Family Hub, Dorsett Road, WS10 0JG

Phone number: 0121 556 5405

West Bromwich Central Family Hub, Off Claypit Lane, B70 9EZ

Phone number: 0121 500 4011

West Bromwich North Family Hub, Connor Road, B71 3DJ

Phone number: 0121 588 5431

### **You can follow our Facebook pages too:**

Rowley & Tipton Family Hubs

Wednesbury & West Bromwich Family Hubs

Oldbury & Smethwick Family Hubs