

# 0-5 Newsletter

## Welcome

Welcome to the ninth edition of our termly School Ready Newsletter for parents/carers across the Walsall Borough.

Within our newsletter, you will find information of groups and events local to you as well as fun enriching activities to do at home.

The Early Help / Family Hub team also provide a host of online and virtual resources that can be accessed via our website here: [https://go.walsall.gov.uk/children\\_and\\_young\\_people/early\\_help](https://go.walsall.gov.uk/children_and_young_people/early_help)

Keep up to date with what's going on by following our Facebook Page @Walsallfamiliesintheknow



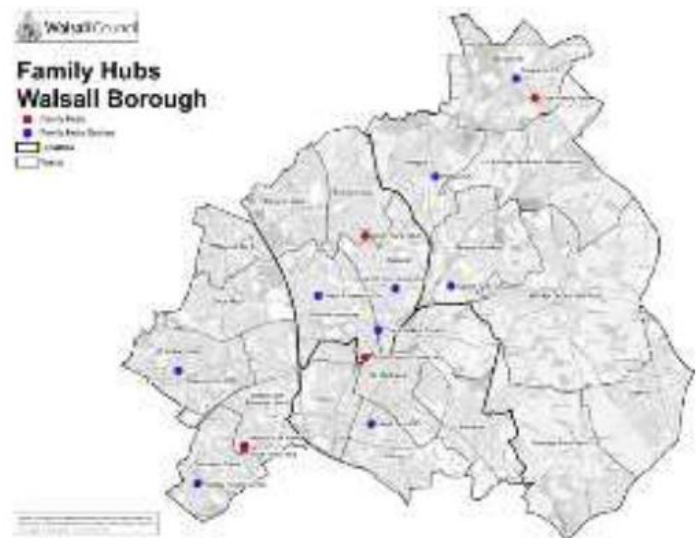
## Walsall Family Hubs and spokes

Walsall 4 Locality hubs provide a welcoming space where children, young people ages 0-19 and up to 25 for those young people with additional needs and their can go to get advice and support when they need it, our Family Hubs are in the heart of local communities where services have come together providing one 'front door' access to get help and to talk to someone in a safe space about sensitive things that maybe worrying them.

Services who have come together such as Midwives, Health Visitors, School Nurses, Speech & Language, Early Help, Childrens Social Care, DWP Housing and Police.

Our 4 family's hubs are:

- North Locality Hub, 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ
- South & Central Locality Hub, Birchills Street, Walsall, WS2 8NG
- West Locality Hub, Ilmington House, Crescent Road, Wednesbury, WS10 8AE
- East Locality, 13 Silver Court, Brownhills WS8 6HA



 @Walsallfamiliesintheknow

# What's on this term in your local area?

## North Locality

“Hi, my name is Jo, I'm the school ready engagement officer for the North locality, which covers the areas of Birchills, Leamore, Blakenall, Bloxwich East & Bloxwich West. If you have any questions for your area you can contact me on [Joanne.Simpson@walsall.gov.uk](mailto:Joanne.Simpson@walsall.gov.uk) or call on **07778 459296**”

**\*\*Always contact groups before attending in case of any changes.**

<b>Bloxwich Library - 01922 655900</b>
Lego Club is restarting monthly <ul style="list-style-type: none"><li>• Which will be held on the last Saturday of the month.</li><li>• 10.30-11.30am</li><li>• Please book:</li></ul>
<b>Frank.F Harrison Community Association- 01922 746967</b>
Have a parent & toddler group: <ul style="list-style-type: none"><li>• Tuesday 9.30-11.30 Dudley Fields Youth Centre, Sneyd Hall Road, Dudley Fields, Walsall, WS3 2NN</li><li>• Wednesdays 9.30-11.30 Beechdale Lifelong Learning Centre, Stephenson Square, Beechdale, Walsall, WS2 7DY</li><li>• Wednesdays 10-12 The Hive Community Hub, The Square, Lichfield Road, New Invention, Willenhall, WV12 5EA</li><li>• £1 per child Term-time</li><li>• 0-3 years</li></ul>
<b>Dudley Fields Youth Centre- Sneyd Hall Road WS3 2NN. 01922 746967</b>
Have stay & play groups on: <ul style="list-style-type: none"><li>• Tuesdays &amp; Thursdays 9.30-11.30, £1 per child. Term-time</li></ul>
<b>Bloxwich Library Toddler Time</b>
<ul style="list-style-type: none"><li>• 10 -11. Free.</li><li>• Term time.</li></ul>
<b>St Johns Church, Blowich Play Group- Victoria Ave, Walsall WS3 3HS</b>
<ul style="list-style-type: none"><li>• Thursday</li><li>• 9-12 mid day</li><li>• Toddler Group</li></ul>
<b>Birchills Baby &amp; pre-school group- Talbot House, Bentley Lane WS2 8SP. 07505 202722</b>
<ul style="list-style-type: none"><li>• Tuesday 9.30-11am</li><li>• £1 per session</li><li>• Term time only</li></ul>
<b>Manor Farm Community Association - Baby Sensory- Rushall Community Centre, 10 Springfields, Rushall, Walsall WS4 1JX</b>
<ul style="list-style-type: none"><li>• Booking only - specific dates</li><li>• 10:30 - 12:30</li><li>• Sensory Baby Group</li><li>• FREE</li></ul>
<b>St Peters – Baby &amp; Toddler Group – Hamilton Street Bloxwich</b>
<ul style="list-style-type: none"><li>• Fridays (Term time only)</li><li>• 10-11.30</li><li>• £2 per session</li></ul>

## East Locality

East locality, which covers the wards of, Pelsall, Shelfield, Rushall, Brownhills, Walsall Wood, Streetly & Pheasey. If you have any questions for your area you can contact:

Joanne Simpson on 07778 459296 / Atika Smedley on 07785 998545 / Kamlesh Khutan on 07927581396

**\*\*Always contact groups before attending in case of any changes.**

<b>Pelsall Village Centre- WS3 4LX</b>	
<ul style="list-style-type: none"><li>• Diddi dance: Tuesday, 1.45-2.30pm (From 18 months) Thursday, 9.30-10.45am ( From 18 months) This is a dancing and music class. For more information please go to <a href="https://booking.months-18 months">https://booking.months-18 months</a>)</li><li>• Tiny treasures (birth to 6 months)</li></ul>	<ul style="list-style-type: none"><li>• Jo Jingles: Wednesday, 1.15-2.15pm- Little explores (15 months - 5 years) Friday, 10am (Mixed ages) Friday, 11am (for 3 months to walking). This is a music class. For more information, please go to: <a href="https://www.jojingles.com/suttoncoldfield">https:// www.jojingles.com/suttoncoldfield</a>. £5 each</li><li>• Creation station: Monday, 9.30 10.30am- Little explores (15 months- 5 years) Wednesday, 11.45-12.30pm- Baby discover (6 information, <a href="https://diddidance.com/">diddidance.com/</a> class. £5 each.</li></ul>
<b>5 Senses Group, Navy Cadets- WS9 9AL</b>	
Play and stay: <ul style="list-style-type: none"><li>• Monday 10-11 all ages, 11.15-12.15 all ages, 12.45-1.45, all ages.</li><li>• Sensory sessions: 0-12 months – Thursday 10-11, 0-12mths, 11.15-12.15</li></ul>	
<b>Aldridge Church Centre- WS9 8NH</b>	
<p>Social tots:</p> <ul style="list-style-type: none"><li>• Wednesday 9.30-10.10- walkers-2yrs 6mths,</li><li>• Wednesday 10.30-11.10, crawlers &amp; early walkers</li></ul>	<ul style="list-style-type: none"><li>• Wednesday 11.30- 12.10 discovery tots 2mths- crawling</li><li>• Wednesday 12.30 newborn-6 months</li></ul> <p>For more information call 07701 299817</p>
<b>St Thomas Church- WS9 8SL</b>	
<ul style="list-style-type: none"><li>• Toddlers group/ footprints: Wednesday 12.30-2pm. Preschool and nursery children. £2 each.</li><li>• Contact <a href="mailto:hsnnshevens@stthomasaldridge.org.uk">hsnnshevens@stthomasaldridge.org.uk</a></li></ul>	
<b>Tynings Lane Church WS9 0AS – Baby &amp; Toddler Group</b>	
<ul style="list-style-type: none"><li>• Mondays 12.30-2 pm</li><li>• £2.50</li></ul>	
<b>Tots Play - Aldridge Community Centre, WS9 8AN. Brownhills Community Centre WS8 7JS. St Mark's Church, Shelfield WS4 1RN.</b>	
<ul style="list-style-type: none"><li>• <a href="http://www.totsplay.co.uk/walsall">www.totsplay.co.uk/walsall</a></li><li>• 0-4yrs</li><li>• Tuesday &amp; Wednesday mornings</li></ul>	
<b>Creation Station – Pelsall Village Centre</b>	
<ul style="list-style-type: none"><li>• Tiny Treasures Birth- 12months – 9.30-11, Monthly</li><li>• Baby Discover 6- 18 months – 11.45-12.30 - Wednesdays (Term time only)</li><li>• <a href="http://www.thecreationstation.co.uk">www.thecreationstation.co.uk</a></li></ul>	
<b>Rhyme Time – Variety of locations</b>	
<ul style="list-style-type: none"><li>• <a href="http://www.rhythmtime.net/cannock-and-pelsall">www.rhythmtime.net/cannock-and-pelsall</a></li><li>• Monday-Friday 9.30-10.30</li></ul>	
<b>Bump &amp; Baby Ark - Aldridge Church Centre, 14 The Green, Aldridge, Walsall WS9 8NH</b>	
<ul style="list-style-type: none"><li>• Wednesdays 1.30-3.30</li><li>• Free ( donations accepted)</li></ul>	

## West Locality

“Hi, my names Kamlesh, I’m the school ready engagement officer for the West locality which covers the wards of , Willenhall North & South, Bentley & Darlaston North, Darlaston South. If you have any questions for your area you can contact me on **Kamlesh.Khutan@walsall.gov.uk** or call on **07927581396**”

**\*\*Always contact groups before attending in case of any changes.**

<b>Little Puzzlers</b>
<ul style="list-style-type: none"><li>• Playgroup, Tues 9am – 10am,</li><li>• Parents need to register at: <a href="mailto:littlepuzzlers@invention-i.walsall.sch.uk">littlepuzzlers@invention-i.walsall.sch.uk</a>.</li><li>• <b>01922 710871</b></li></ul>
<b>Baby Rhyme Time-</b> Willenhall Library, Walsall Street, Willenhall, WV13 2EX
<ul style="list-style-type: none"><li>• Friday: 10:00-11:15</li><li>• Children 0-1 year</li><li>• <b>01922 650771</b></li></ul>
<b>Story Tots-</b> Willenhall Library
<ul style="list-style-type: none"><li>• Thursday 10am – 11am , Ages 18 months – 4 years</li><li>• <b>01922 650771</b></li><li>• <a href="mailto:willenhalllibrary@walsall.gov.uk">willenhalllibrary@walsall.gov.uk</a></li></ul>
<b>Willenhall Library - Story Tots (18mths to 3yrs)</b>
<ul style="list-style-type: none"><li>• 1 Walsall Street, Willenhall, WV13 2EX</li><li>• Thursday - Term Time only 10-11 sessions are free</li><li>• Contact 01922 650771 for more info.</li></ul>
<b>Church On The Corner Stay &amp; Play-</b> 1 King Charles Avenue, Walsall, WS2 0DL, Telephone: 01922 420100
<ul style="list-style-type: none"><li>• Tuesday: 09:30-11:30 and Thursday: 09:30-11:30</li><li>• Children 0-5 years £1 per session</li></ul>
<b>The Hive Community Centre - Parents and Tots Group, 0 - 4yrs</b>
<ul style="list-style-type: none"><li>• 28 The Square, Lichfield Road, Walsall, West Midlands, WV12 5EA</li><li>• Wednesdays 10-12 sessions are £1</li><li>• Contact 01922 276464 for more info.</li></ul>
<b>Dizzy Kids-</b> Unit 4, Arrow Industrial Estate, Straight Road, Willenhall, WV12 5AE, Telephone: 01922 491743
<ul style="list-style-type: none"><li>• Monday-Friday 10-3pm £3.70 per session Children 8 months- 4 years</li><li>• 2 siblings on 1 ticket. Before 11.30am 1 adult gets toast and hot drink, child gets squash and toast. After 11.30am toast is replaced by biscuits.</li></ul>
<b>Funky Tots-</b> 1 King Charles Avenue, Walsall, WS2 0DL
<ul style="list-style-type: none"><li>• Telephone: <b>01922 420100</b></li><li>• Friday 10-12</li></ul>
<b>Messy Giraffes-</b> King Charles school bentley
<ul style="list-style-type: none"><li>• Term time-Wednesdays 10.15-11.15</li><li>• Children up to 3 years</li><li>• £3 per session</li></ul>
<b>Willenhall Chart Centre - Baby &amp; Toddler Group - 19 Gomer Street, WV13 2NS</b>
<ul style="list-style-type: none"><li>• Under 5's</li><li>• Tuesdays 12.30-2.30 p.m</li><li>• £2 per child</li></ul>
<b>The Salvation Army – Baby &amp; Toddler Group - The Leys, Darlaston, WS10 8DP</b>
<ul style="list-style-type: none"><li>• Monday, Tuesday, Wednesday 9.15-11.15 a.m (Term Time Only)</li><li>• 0-4 years</li><li>• Adult 90p, child 70p per session</li></ul>

## Central and South

“Hi, my name is Atika I’m the school ready engagement officer for the South & Central locality, which covers the wards of, Palfrey, Pleck Caldmore, Chuckery and Paddock & St Matthews. If you have any questions for your area you can contact me on **Atika.Smedley@walsall.gov.uk** or call on **07785 998545**”

**\*\*Always contact groups before attending in case of any changes.**

<b>Aaina Community Hub</b>	
<ul style="list-style-type: none"> <li>Weekend Activities Ages: 5 – 11. 11:00am -3:00pm</li> <li>HAF Ages: 5 – 11 Date: 31st July to 3rd August and 7<sup>th</sup> to 10<sup>th</sup> August 11:00am - 3:00pm</li> </ul>	<ul style="list-style-type: none"> <li>Girls Youth Club age 8 - 16 Starts on 16th June 2023 4:00pm - 6:00pm £1:00 per session. Contact: 01922 644006 / Mobile: 07799142805 Email: info@aainahub.com</li> </ul>
<b>Girls Youth Group</b>	
<ul style="list-style-type: none"> <li>Age 11-14</li> <li>Every Wednesday 4-6pm.</li> <li>Seed Hut Palfrey Park. £1 per session, Sports, art and craft and more. <b>01922 644006</b></li> </ul>	
<b>Nippers stay and play-</b> Delves Baptist Community Church	
<ul style="list-style-type: none"> <li>Bell lane, Walsall, WS5 4PU</li> <li>Thursdays (term Time only) 9:30 – 11:30am (£2per family for parents, cares, Grandparents, with children age from 0-4 years)</li> </ul>	
<b>Buggy Walk</b> Walsall Arboretum	
<ul style="list-style-type: none"> <li>Every Monday 1-2 pm. Meet at the visitors centre @ 12.45 pm</li> <li>For more details contact the Health in pregnancy team on 01922 423252</li> </ul>	
<b>Happy Families -</b> Parenting discussion group – St. Matthews Church Centre St. Matthews Close, Walsall, WS1 3DG	
<ul style="list-style-type: none"> <li>Mondays term time 1-2.30. £2.00 for parent and child + £1.00 for an add Child.</li> <li>£15 for all 11 sessions</li> <li>Contact Pricilla 07984 626637 for more details</li> </ul>	
<b>St Matthews Stay and Play -</b> St. Matthews Church Centre St. Matthews Close, Walsall, WS1 3DG	
<ul style="list-style-type: none"> <li>Thursdays-term time only. 9.30-11am. £2 per session</li> <li>Contact 01922 626039 for more info.</li> </ul>	
<b>Me and My Baby:</b> Sensory Play for Babies -St. Matthews Church Centre St. Matthews Close, Walsall, WS1 3DG	
<ul style="list-style-type: none"> <li>Thursdays 12.30-2pm. £30.00 for 5 weeks</li> <li>To book contact Pricilla 07984 626637</li> </ul>	
<b>Blue Coat Bears-</b> Blue Coat Church Of England Aided Infant School, Hanch Place, Walsall, WS1 3AF	
<ul style="list-style-type: none"> <li>Wednesday: 09:00-11:00</li> <li>£1.50 per session</li> <li>Children 0-4 years</li> <li>Please contact the school office for further details on <b>01922 720740</b></li> </ul>	
<b>St Martin’s Church Toddler Group -</b> 1 St. Martins Church Daffodil Road, Walsall, WS5 3DQ	
<ul style="list-style-type: none"> <li>Friday - Term time only, 9.30-11.30 £2.00 - £3.50</li> <li>Call 01922 277695 for more info</li> </ul>	
<b>Parent &amp; Toddler group-</b> St Lukes Church, 30 Selborne Street, Walsall, WS1 2JN	
<ul style="list-style-type: none"> <li>Wednesday: 13:30-15:00</li> <li>Cost per session: £0.50</li> <li>Children 0-4 years</li> <li>Telephone: 01922 644005</li> </ul>	
<b>Baby &amp; Me-</b> The New Art Gallery, Gallery Square, Walsall, WS2 8LG	
<ul style="list-style-type: none"> <li>Wednesday: 10:30 - 12:00-12:30 - 14:00. £2 per session</li> <li>Children 0-1 year</li> <li>Multi-sensory sessions for parents, careres and their babies</li> <li>Please book in advance on 01922 654400</li> </ul>	
<b>Frankie &amp; Lolas – Soft PLayer -</b> George Street Walsall WS1 1RS	
<ul style="list-style-type: none"> <li>Mon-Fri 10-6</li> <li>Sundays 10.30-5 pm</li> </ul>	
<b>Caldmore Tots - Caldmore Community Centre -</b> 12 Carless Street, Walsall, WS1 3RH	
<ul style="list-style-type: none"> <li>Thursday 10.30-12 pm, Free</li> </ul>	



# What's on offer in your Local Family Hub?

## Saturday Stay and Plays

### Saturday 30<sup>th</sup> September



**Join us in the East Family Hub 10.30-11.30 for Activities on a budget**

Here we will share low cost activities to keep the children busy . Activities you can try again at home using everyday items.

We will be playing with spaghetti, make a paper plate dinosaur, you can even make your own bowling game and more.

**Address: Silver Court, Brownhills, WS8 6HA**

### Saturday 14<sup>th</sup> October



**We will be at the South & Central Family Hub 10.30-11.30 a.m for a Sensory session**

Come and explore activities using all of your senses

Explore with sensory bags, what smells do you recognise in the play dough. Get messy with shaving foam and have fun in the jelly play and more

**Address: Birchills Street, WS2 8NG**

### Saturday 18<sup>th</sup> November



**Join us at the West Family Hub, 10.30-11.30 a.m for Activities on a budget**

Low cost activities to keep the children busy and, try again at home using everyday items.

Make a necklace from pasta, what can we make with cornflour?, learn how to make your own playdough and more

**Address: Illmington House, Crescent Road, WS10 8AE**

### Saturday 2<sup>nd</sup> December



**Join us at the North FamilyHub, 10.30-11.30 a.m for Activities on a budget**

Come and explore activities using all of your senses

Explore with sensory bags, what smells do you recognise in the play dough. Relax in the sensory tent or have fun in the jelly play and more

**Address: 275 Blakenall Lane, WS3 1HJ**

To book a place please call – North Locality 01922 654589

- East Locality: 01922 658300

- West Locality: 01922 652959

- South & Central Locality: 01922 654545

## **Fathers stay and play for children ages 0-5years**

Come along to our fathers stay and play, spend time with your children to enable you to share with your journey with other fathers.

The group will enable you to spend quality time with your child through play and enable you to get access to information in respect of services and support networks.

- **30.09.2023 11-1 pm at the West Family hub, at Darlaston. Illmington house, crescent road, darlaston, WS10 8AE.**
- **21.10.23 11-1pm at the East Family Hub, Silver Court, Brownhills, Walsall WS8 6HA.**

The stay & play is being run in partnership with mindkind, who run a dad's peer support group. If you require any other information, please feel free to contact Ed Barnett on [edward.Barnett@walsall.Gov.Uk](mailto:edward.Barnett@walsall.Gov.Uk)

## **Workshop for parents/carers with children aged 0 – 5 years old**

Emotion, anxiety and send workshop: Do you need support with managing your child's emotion, anxiety and send needs

- **Saturday 30 September at East Family Hub, Silver Court, Brownhills, WS8 6HA (10.00 – 13.00)**
- **Saturday 18th November at West Family Hub, Illmington House, Crescent Road, WS10 8AE (12:00 15:00)**

To book your place please email: Early Help Parenting Team [EarlyHelpParentingTeam@walsall.gov.uk](mailto:EarlyHelpParentingTeam@walsall.gov.uk) with your name, postcode and email.

## **Fathers Workshop**

Come along to our fathers workshop for an opportunity to meet other dads, share your journey and spend time with your child/children. The Group will allow an open, safe and fun space for you to talk to others dads, access information, training and further support networks.

- **Saturday 25<sup>th</sup> November at South and Family Hub, Birchills Street, WS2 8NG (10.00-13.00)**
- **Saturday 9<sup>th</sup> December at West Family Hub, Illmington House, Crescent Road, WS10 8AE (10.30-11.30am)**

To book your place please email: Early Help Parenting Team [EarlyHelpParentingTeam@walsall.gov.uk](mailto:EarlyHelpParentingTeam@walsall.gov.uk) with your name, postcode and email.



# Special dates for the diary & activities to do at home with your children

## October

### Black History Month - 1<sup>st</sup> October to 31<sup>st</sup> October

Black History Month is a month-long observance throughout October, devoted to education about the history of Black people and the celebration of their contributions to history.

If you would like to explore more Black History Heroes with your child you may find the link below useful.

[https://www.youtube.com/watch?v=\\_hlgFwzQbrs&t=49s](https://www.youtube.com/watch?v=_hlgFwzQbrs&t=49s)

### Stoptober

Stoptober is a major annual event to encourage smokers to quit for 28 days in October, with the aim of stopping smoking permanently - Quit smoking - Better Health - NHS ([www.nhs.uk](http://www.nhs.uk))

### School Half Term week- From 30th October

Take a look at some fun activities to do you're your children.

[https://www.eparenting.co.uk/activities\\_for\\_kids/things\\_to\\_do\\_in\\_october\\_half\\_term.php](https://www.eparenting.co.uk/activities_for_kids/things_to_do_in_october_half_term.php)

## Halloween- 31<sup>st</sup> October

### Goey Halloween Potion

You will need;

- 1 pumpkin
- ½ cup pva glue
- ½ cup water
- 1 cup cornflour
- 1 spoon of orange (optional)
- 1 sharp knife (for adult use)
- Spoon
- Bowl
- Plastic spiders or other objects to find



### Method

- Ask an adult to cut the top off the pumpkin.
- Next have fun seeing how the inside of the pumpkin looks, feels, and smells, put the seeds and pulp into a separate bowl.
- Into the bowl add the water, glue and cornflour and paint if using.
- Give everything a good mix, it should be nice and goey. If you want the mix thicker you can add more cornflour or glue, to make it runny, add more water.
- Next take your spiders and drop them in to the bottom of the pumpkin.
- Now pour your potion on top, give it a good stir.
- Can you dig in and find the spiders hiding, how many can you find?
- You could set this out with extra bowls and spoons, extra pieces such as rice or herbs, the children can carry on mixing their own potions.



## November

### Bonfire night- 5<sup>th</sup> November

Bonfire night can be fun, **remember to keep safe** when around bonfires and fireworks.

Why not try this activity together

Firework picture

You will need:

- Empty kitchen roll
- Various coloured paints
- A tray to put paint in
- Glitter (optional)
- Black paper

This is what to do:

(Adult supervision required)

- Cut the kitchen roll in half. Cut little snips at the end of the tube.
- Lets get printing. Dip your tube into your favourite paints onto the black paper. Keep printing with lots of different colours.



- Sprinkle some glitter if you want to add a little extra sparkle to your firework picture.

# Remembrance Sunday

12<sup>th</sup> November

The day when we remember those members of the armed forces who gave their lives in conflict.

The date was chosen to commemorate the end of hostilities of the First World War on

11 November 1918 [https://www.eparenting.co.uk/colouringpages/remembrance\\_day\\_poppy\\_colouring\\_pictures.php](https://www.eparenting.co.uk/colouringpages/remembrance_day_poppy_colouring_pictures.php)

## Poppy wreath

You will need:

- Paper
- Red paint
- Green paint
- Paint brush
- Scissors
- Glue or sellotape
- Black paint or felt tip



Method:

- Paint the palm of your hand red and your middle fingers green, push down on to the paper
- Repeat this until you have enough to make a wreath shape.
- Leave to dry
- Cut out your prints (this may need adult help)
- Add glue to the edge of each print and place them together to form a circle
- Leave to dry
- If you wish to hang you can add string/ribbon by tying around the top



# Diwali

12<sup>th</sup> November

Diwali is the Hindu and Sikh festival of Lights, which is celebrated with fireworks, decoration and feasting.  
<https://www.eparenting.co.uk/celebrations/diwali.php>

How about making a delicious mango lassi to celebrate

## Mango Lassi

You will need:

- 255 millimeters of plain yoghurt
- 130 millimeters of semi-skimmed milk
- 3 ripe fresh mangoes
- 4 teaspoons of caster sugar
- Chopping board, Knife, Blender and Glasses



This is what to do:

(Adult supervision required)

- Adult to help cut the mango in half. The knife should slide past the stone inside the mango.
- Score along the length of the mango into the flesh, taking care not to cut through the skin
- Turn the mango 90 degrees and score along the flesh again to make a criss cross pattern
- Turn the mango over and push the skin to pop the flesh.
- Cut the mango flesh away from the skin and place in the blender with the yoghurt, milk and sugar Blend the ingredients until completely smooth
- Pour into individual glasses and serve

# Odd socks week

13<sup>th</sup> November

Odd Socks Day marks the beginning of Anti-Bullying Week. Wear odd socks to school or work.

<https://anti-bullyingalliance.org.uk/anti-bullying-week/odd-socks-day>

**What colour socks will you wear today?**



# Xmas Jumper Day

8<sup>th</sup> December

Save the Children's annual event, which raises money for children in the UK and across the world. Every December, millions of people across the united kingdom (and beyond!) put on a festive outfit at their workplace, school, or with friends and make a donation to help give children the magical future they deserve.

**Would you like to colour your own Christmas jumper?**



# Christmas

## Christmas Tree Decoration

You will need:

- A paper plate
- Green paint
- Colourful card or paper
- Craft decorations
- (Optional) Ribbon
- Scissors

This is what to do:

(Adult supervision required)

- Split the paper plate into quarters. Fold your paper plate in half. Now fold that half in half. Press down the fold lines, to leave a line you can cut along next. Unfold to see your four quarters.
- Cut along the fold lines you created. Be careful when using scissors. Ask adult to help
- Take three of the quarters and paint them green. After painting, leave to dry.
- Once dried, take your three quarters and place them into a christmas tree shape. The section at the bottom of the tree should be under the middle section.
- Use collage bits to add decoration to your christmas tree. Add a star and a tree stump to the top and bottom of your christmas tree decoration.
- If you would like to hang your christmas tree decoration, add a loop of ribbon to the top of the christmas Tree.





# Early Help Volunteers



## WE'RE RECRUITING! EARLY HELP VOLUNTEERS

**Do you want to use your free time to make a difference for others?**

**Do you want to support families in your neighbourhood?**

**Are you passionate about empowering Children, Young People and Families across Walsall?**

We would like to welcome volunteers who can:

- Support parents in becoming a new parent or having a new baby and coping with the changes.
- Support parents in parenting a child so they are ready for school by age 5.
- Run volunteer-led parenting support groups from your local faith groups and community bases.
- Support a family who has a child with a new or existing Disability diagnosis or Special Education Need (SEND).
- Help families to live more healthy lifestyles; healthy cooking and healthy eating

**\*FULL TRAINING AND SUPPORT IS PROVIDED\***

**Our volunteers say...**

"The team  
have been very  
supportive"

"It's really nice to  
feel like i'm helping  
others to get through  
their challenges"

"I have learned  
a lot since  
volunteering with  
Walsall Council"

"I get to  
utilise my skills  
and help my local  
community"

"I have been  
able to gain a lot  
of experience"

For more information and an application form,  
email: [earlyhelpvolunteers@walsall.gov.uk](mailto:earlyhelpvolunteers@walsall.gov.uk)

Or scan our QR code to go straight to the website.



Here is the link with the downloadable application from:

<https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-parents/volunteering-make-difference>



## Coffee & Chat

### **Calling all parents/carers with children aged 0-5years**

Are you a parent or carer of an under 5 in Walsall or an expecting parent?

Come along to our coffee mornings in each locality to;

- Meet other parents
- Find out what your Family Hub can offer you
- Have your say on how Family Hubs can help you Free tea, coffee and toast.

### **East Family Hub dates and times:**

- Wednesday 18<sup>th</sup> October 2023  
09:30-11:00
- Wednesday 15<sup>th</sup> November 2023  
09:30-11:00
- Wednesday 20<sup>th</sup> December 2023  
09:30-11:00

### **North Family Hub dates and times:**

- Wednesday 27<sup>th</sup> September 2023  
09:30-11:00
- Wednesday 25<sup>th</sup> October 2023  
09:30-11:00
- Wednesday 22<sup>nd</sup> November 2023  
09:30-11:00

### **Are you interested in volunteering?**



# Services available for families in Walsall

## Easypeasy App

Have you heard of the new easypeasy app? The app helps you support your child's development by offering tips and activity ideas personalised to you and your 0-5 year old. You can download in the app store or google play store. For any enquires please email [familyhubs@walsall.gov.uk](mailto:familyhubs@walsall.gov.uk)

## Parenting Support

We have lots of parenting information available on our website take a look at [Parenting support | Walsall Council](#) As a parent, carer or grandparent you can access free online parenting programmes.

## Free online parenting courses

No child is born with a handbook, sometimes as parents, we want to know if there is more we can do to understand our pregnancy, baby, child or teenager. If you are a Walsall resident, check out our free, online parenting support courses. Visit <https://inourplace.co.uk> and use the Access code HIPPO.

## Infant feeding support



Family Hubs are working towards becoming UNICEF Baby Friendly. We will continue to work with Walsall Infant Feeding Team to support families with their feeding journey in Walsall. We are excited to launch a Breastfeeding peer support group at the North Family hub from October 2023.

For infant feeding information and handy tips, follow Walsall Welcomes Breastfeeding on Facebook and Instagram. You can also contact the Walsall Infant Feeding Team on 01922 605248 or 07794 117247 (Monday-Friday between 9am and 5pm).



## Healthy Start

Are you pregnant or have children under the age of four? You could qualify for the Healthy Start scheme to help you buy food, milk and get free Healthy Start vitamins.

Find out if you're eligible here: <https://www.healthystart.nhs.uk/how-to-apply/>



## Childcare & Funding

Do you know what childcare funding/financial support you might be eligible for? If you are unsure, please visit [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk) and use the childcare calculator.

If you want to know how 2-year funding works in Walsall, please visit:

<https://www.mywalsall.org/fis/>

OR call Sharon Walker on **01922 655509 / 07876 818762**

## Walsall Holiday Activity & Food programme (HAF) #HAF2023

HAF is a free programme for children and young people. It runs over Easter, Summer and Christmas school holidays. The Department for Education (DfE) funds the HAF programme Your child is eligible if they are:

- aged 5 to 16
- eligible for benefit-related free school meals

The HAF team work with providers to develop an exciting and enriching programme of activities. These include schools, local voluntary and community groups, childcare providers and local businesses.

Visit the HAF website for more information [Holiday Activities Programm \(HAF\) | Walsall Council](#)

# Useful websites for families in Walsall

## Pregnancy

Here is a list of websites that parents may find useful before their baby is born.

All you need to know about trying for a baby, pregnancy, labour and birth:

<https://www.nhs.uk/pregnancy/>

Depression in Pregnancy:

<https://www.nhs.uk/pregnancy/keeping-well/depression/>

Parental Education:

<https://www.walsallhealthcare.nhs.uk/our-services/maternity/parent-education/>

<https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-professionals/parenting-support/online-parenting>

Walsall Maternity services:

<https://www.walsallhealthcare.nhs.uk/our-services/maternity/>

Teenage Pregnancy:

<https://www.walsallhealthcare.nhs.uk/our-services/maternity/teenage-pregnancy/>

Birth Options:

<https://www.walsallhealthcare.nhs.uk/our-services/maternity/birth-options/>

Health in Pregnancy:

<https://www.walsallhealthcare.nhs.uk/our-services/maternity/health-in-pregnancy-service-hips/>

<https://www.nhs.uk/start4life/pregnancy/>

Work and Pregnancy:

<https://www.gov.uk/browse/childcare-parenting/pregnancy-birth>

Vaccinations in pregnancy:

<https://www.nhs.uk/pregnancy/keeping-well/vaccinations/>

## Birth

Here is a list of websites to help you care for your baby, keep yourself well and register your baby's birth.

What happens in labour and birth:

<https://www.nhs.uk/pregnancy/labour-and-birth/what-happens/>

Birth options:

<https://www.walsallhealthcare.nhs.uk/our-services/maternity/birth-options/>

Everything you need to know about caring for a baby:

<https://www.nhs.uk/conditions/baby/>

The best start in life for your baby:

<https://www.nhs.uk/start4life/baby/>

How to keep well after having a baby and where to get support:

<https://www.nhs.uk/conditions/baby/support-and-services/>

Multiple Births:

<https://www.nhs.uk/conditions/baby/newborn-twins-and-multiples/>

Registering your baby's birth:

<https://go.walsall.gov.uk/births-marriages-and-deaths/births/register-a-birth->

Short online parenting course:

<https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-professionals/parenting-support/online-parenting>

## External Resources

Birth to Five Booklet: contains help and support on becoming a parent, and taking care of yourself and your child:

<https://www.publichealth.hscni.net/sites/default/files/2020-05/Birth%20to%20five%202020%20-%20172%20pages.pdf>

## Tips for your birth partner

Whoever your birth partner is (the baby's parent, a close friend, partner or a relative) there are many practical things they can do to support you:

<https://www.nhs.uk/pregnancy/labour-and-birth/what-happens/tips-for-your-birth-partner/>

The NHS pregnancy planner helps you to think through your pregnancy, labour and the birth of your child:

<https://www.nhs.uk/pregnancy/>

## Feeding and Weaning

These websites give advice for new parents on feeding your baby and then when to move on to weaning

Walsall infant Feeding:

<https://www.walsallhealthcare.nhs.uk/our-services/maternity/infant-feeding/>

Feeding your baby:

<https://www.nhs.uk/start4life/baby/feeding-your-baby/>

Food allergies in babies:

<https://www.nhs.uk/conditions/baby/weaning-and-feeding/food-allergies-in-babies-and-young-children/>

How to bottle feed:

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/>

How to Breastfeed:

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/>

Reflux:

<https://www.nhs.uk/conditions/reflux-in-babies/>

Colic:

<https://www.nhs.uk/conditions/colic/>

Weaning:

<https://www.nhs.uk/start4life/weaning/>

Weaning Recipes:

<https://www.nhs.uk/start4life/weaning/recipes-and-meal-ideas/>

Vitamins:

<https://www.nhs.uk/conditions/baby/weaning-and-feeding/vitamins-for-children/>

## **Baby Health and development**

Useful websites to help keep your baby healthy and information to help you with your baby's development.

Baby development:

<https://www.nhs.uk/conditions/baby/babys-development/>

Baby Health:

<https://www.nhs.uk/conditions/baby/health/>

Parenting support:

<https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-parents/parenting-support>

Ways to play with your baby:

<https://www.nhs.uk/start-for-life/baby/baby-moves/>

Look, Say, Sing, Play:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/>

Your babies height and weight:

<https://www.nhs.uk/conditions/baby/babys-development/height-weight-and-reviews/>

Walsall Health visiting Team:

<https://www.walsallhealthcare.nhs.uk/our-services/health-visiting/>

Potty Training:

<https://www.nhs.uk/conditions/baby/babys-development/potty-training-and-bedwetting/>

Vaccinations:

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Health for under 5's:

[www.healthforunder5s.co.uk](http://www.healthforunder5s.co.uk)

## **Early Learning and Education**

Useful websites to support parents with children's early learning and help to apply for nursery and schools

Bookstart:

<https://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart>

Look, Say, Sing, Play:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/>

Free Early Learning for 2 year olds:

<https://www.mywalsall.org/fis/Free-for-2-parents/>

Free Early Learning for 3 and 4 year olds:

<https://www.mywalsall.org/fis/free-early-years-places-for-3-and-4-year-olds/>

Walsall Family Hubs:

<https://www.walsallfamilyhubs.co.uk/>

Search for childcare in Walsall:

<https://www.mywalsall.org/fis/search-for-childcare-in-walsall/>

Walsall Libraries:

<https://go.walsall.gov.uk/walsall-libraries>

School admissions:

<https://go.walsall.gov.uk/schools-and-learning/schools-in-walsall/school-admissions>

Send (Special Education need and disability):

<https://go.walsall.gov.uk/children-and-young-people/send-local-offer>

Parent support:

<https://go.walsall.gov.uk/children-and-young-people/early-help/early-help-parents>

<https://www.walsallhealthcare.nhs.uk/our-services/maternity/infant-feeding/>



# Social media highlights

Find out what is happening at your local library using the link below

<https://go.walsall.gov.uk/walsalllibraries/Walsall-libraries/Our-Libraries>

If you are not already a member of the library and would like to visit and borrow book, you can join online by using the link below:

<https://go.walsall.gov.uk/walsalllibraries/Walsall-libraries/Joining>

Help improve your child's literacy through the Black Country Reads Campaign, read more with the link below:

<https://literacytrust.org.uk/communities/black-country/>



## Early Help Support Team

Zone 2G, 2nd Floor,  
Civic Centre  
Darwall Street  
WS1 1DG

 @Walsallfamiliesintheknow