



AUTUMN

Best Start Family Hub Sessions and Offer September – December 2026

Foreword

Welcome to the Autumn 2026 edition of our Barnardo's offer as part of the Sandwell Best Start Family Hub network.

This booklet has been created to support all our families across Sandwell from pregnancy through early childhood, into young adulthood to 19 and up to 25 with SEND/Additional needs. Whether you're expecting a baby, navigating the years of parenthood, and/or supporting a child with additional needs, our Best Start Family Hubs are here to walk alongside you every step of the way.

Inside, you'll find a wide range of free sessions, workshops, and support services designed to nurture your child's development, strengthen family relationships, and promote emotional wellbeing. From baby massage and Stay & Play sessions to family support, parenting programmes and SEND support, there's something for every family.

We understand that parenting can be both joyful and challenging, whether you're a parent, co parent or carer. That's why our hubs offer a welcoming, inclusive space where you can connect with others, access expert advice, and find the support that's right for you and your family.

We hope this offer helps you feel more confident, connected, and supported this season. We look forward to welcoming you and your family to one of our hubs soon.

Warm regards,
The Barnardo's Team at Sandwell Best Start Family Hubs



ARE YOU EXPECTING A BABY?

Did You Know?



If you are pregnant you can come into your local best start family hub and we will notify maternity of your pregnancy

Breast pump loan

Did you know you know you can loan a breast pump?

To access call or pop into your local Best Start Family Hub



HAVE YOU SIGNED UP TO THE BEST START FAMILY HUBS NEWSLETTER?

Did you know you can receive regular emails with updates of sessions and services from the Best Start Family Hub Network?

To sign up to receive regular emails you can click the image below or scan the QR code and scroll to the bottom of the page to sign up



CLICK HERE



ARE YOU EXPECTING A BABY?

Take
a
Peek



Are you expecting a baby?

If so come along to our 4 week programme of Triple P Baby.
You will get to meet other expectant parents and prepare for
a positive journey into parenthood

Thursdays

Rowley Best Start Family Hub

9.30 - 11.30am

Starts 10th September

Mondays

West Bromwich Central

Best Start Family Hub

1 - 3pm

Starts 14th September



TOGETHERNESS

Are you expecting a baby or have a child under the age of 2 years?

Togetherness is run over ten weeks and will help you explore your thoughts and feelings and what is being communicated by your baby or young child through their behaviour. It will also support you to develop positive parenting and help you to find out about different ways to communicate.

If you would like to you can bring your little ones along to these sessions with you (up to 2 years) and there will be activities for them to explore during the session. Dates on the following page for upcoming programme.



WELCOME TO PARENTHOOD

Do you have a baby aged 0 - 12 months?

Would you like to come and meet with other parents?

Take part in some fun activities with your baby?

If so come along to one of our great sessions below to book your place scan the QR code below or call your local hub

MONDAY

Triple P Baby
Oldbury Best Start Family Hub
9.30-11.30am
Starts 7th September



TUESDAY

Triple P Baby
Wednesbury Best Start
Family Hub
9.30 - 11.30am
Starts 8th September

Triple P Baby
Tipton
Best Start Family Hub
1 - 3pm
Starts 1st September

WEDNESDAY

Togetherness
Wednesbury Best Start
Family Hub
9.30 - 11.30am
Starts 2nd September

Triple P Baby
Smethwick
Best Start Family Hub
1 - 3pm
Start at anytime

THURSDAY

Triple P Baby
Rowley Best start
Family Hub
9.30 - 11.30am
Starts 10th September



Triple P Baby is an 8-week set of sessions where you get to explore parenting your new baby. Sessions will help to:

- Understand and respond to your baby's cues
- Explore looking after your own
- emotional wellbeing
- Support your baby's social and cognitive development
- Take part in fun activities with your baby & meet other parents & explore the Best Start Family Hub offer

**To book a place for you
and your baby**

SCAN



0121556 5405

Baby Clubs

For Babies 0 - 12 Months

Baby Clubs are a warm and welcoming space where parents, carers, and little ones can come together to share, learn, and play!

- A chance to connect with other parents and carers who are on the same journey.
- Learn fascinating facts about how your baby grows, learns, and explores the world—plus get handy tips to support their development.
- Watch your baby delight in colourful, squishy, sparkly sensory activities designed to boost their curiosity and creativity.
- Chat with our experienced team who are here to listen, support, and offer advice—whether it's about feeding, sleeping, or just figuring things out.

Monday

Rowley Best Start Family Hub
Dudley Road, B65 8JY
10 - 11am

Tuesday

Oldbury Best Start Family Hub
Oldbury, DY4 7SD
10 - 11am.

Wednesday

Smethwick Best Start Family Hub
Smethwick, B66 3PX
11 - 12noon

West Bromwich Central
Best Start Family Hub
West Bromwich, B70 9EZ
1 - 2pm

Thursday

Tipton Best Start Family Hub
Tipton, DY4 0TB
10 - 11am

Wednesbury Best Start Family Hub
Wednesbury, WS10 0JG
1.30 - 2.30pm

Baby Massage

FREE 5 week Baby Massage Course for babies aged 6-8 weeks up to 6 months (or crawling)

Did you know that baby massage has many benefits for you and your baby?



Baby massage gives you the opportunity to:

- Use positive touch with your baby.
- Give hugs and holds and spend special time together.
- Use nursery rhymes and music.
- Bond and interact with baby.
- Encourage your baby to relax and sleep.
- help with colic, constipation, eczema and teething

A welcoming space to meet new parents and carers

To find a programme near you and request a place you can....



Call or visit your local Best Start Family hub.

How we support parent-infant emotional wellbeing

Take
a
Peek



Welcoming a new baby is a joyous and sometimes uncertain time.

Whether you're expecting or already have a child under two, it's normal to have questions about your little one and balancing daily life.



We have a breastfeeding pump loan scheme?
Contact the hubs for more information

Common Concerns

Worried about your pregnancy or baby/child?

Unsure about being a new parent and feeling overwhelmed?

Life issues affecting your well-being?

Feeling disconnected from your baby?

Not knowing where to find help when you need it?

Accessing Guidance and Support

If these concerns sound familiar, Sandwell Family Hubs are here to help by offering 1:1 support in the home or community. Our team offers tailored guidance and support to meet your needs, and accessing local services, helping you enjoy every moment with your little one.



**Email the Start for Life Team at pir.pmh@barnardos.org.uk
or contact us on 0121 500 4011.**

Bump, Baby & Beyond

Are you pregnant or do you have a baby under 2 years old?

Join us at Bump, Baby & Beyond, a **FREE** event where you can discover the support, services and advice available for families across Sandwell.

Attendance is by pre-booked 1.5-hour sessions between 10am and 1pm.

Booking is essential and spaces are limited.
To book follow the links below:



Bump, Baby & Beyond!
FREE ENTRY

Are you pregnant or have a baby under 2 years old?



Join us for this **FREE** event and find out all about the services in Sandwell to help you have a healthy pregnancy and support you in parenthood!

Take part in our treasure hunt, fun crafts and grab lots of free goodies too!



Monday
7 September 2026



From
10am to 1pm



Coneygre Arts Centre,
Tipton, DY4 8UH



Booking is essential and spaces are limited, so be quick!



STAY & PLAY SESSIONS

for children aged 0 – 5 and their parents and carers



Bonding Time That's Actually Fun

No pressure, no prep – just quality time with your child in a playful setting. You get to laugh, build, paint, and pretend together. It's a lovely way to connect without the distractions of home life.

Learning Through Play

While your little one is busy stacking blocks or pretending to be a dinosaur, they're actually developing key skills like problem-solving, turn-taking, and language. It's like school prep in disguise!



Confidence Boost for Kids (and Grown-Ups!)

Children get used to being around other kids and adults, which helps them feel more confident in group settings – a big win for when they start school. And for parents, it's a great way to feel more confident in supporting your child's development.

Social Skills

Sharing toys, making friends, and learning to wait their turn – all in a relaxed, playful environment. These are the building blocks of school readiness, and they happen naturally at stay and play.



A Chance to Chat and Connect

You're not just there for your child – you're part of a community. Stay and play gives parents a chance to swap stories, share tips, and feel supported.

Routine Without Rigidity

Sessions often follow a gentle structure (hello, tidy-up song!) which helps children get used to routines – a helpful step toward the more structured school day.

Messy Play You Don't Have to Clean Up

Paint, sand, water – let them explore without worrying about your carpet. Enough said!



Our sessions are first come, first served, and they can get quite busy

IMPORTANT DATES

Stay & Play sessions start back
Monday 7th September – Friday 23rd October

**No Sessions week commencing
Monday 26th October**

Sessions start back on
Monday 2nd November – Friday 18th December

STAY & PLAY

SESSIONS IN OLDBURY & SMETHWICK

FOR CHILDREN 0 - 5 AND THEIR PARENTS/CARERS

Monday	Tuesday	Wednesday	Thursday	Friday
Smethwick Best Start Family Hub 10 - 11.30am		Oldbury Best Start Family Hub 10 - 11am		Smethwick Best Start Family Hub 11.15 - 12.15
		Smethwick Best Start Family Hub 1 - 2pm	Smethwick Best Start Family Hub 1 - 2.30pm (in partnership with WSE)	

PLEASE NOTE THAT THESE SESSIONS ARE OFFERED ON A FIRST COME, FIRST SERVED BASIS. NUMBERS ARE LIMITED TO ENSURE A SAFE AND COMFORTABLE ENVIRONMENT.

IF A SESSION IS FULL, WE MAY BE UNABLE TO ADMIT ADDITIONAL FAMILIES.

WE APPRECIATE YOUR UNDERSTANDING AND WILL BE HAPPY TO DISCUSS OTHER
OPTIONS WHERE POSSIBLE.

STAY & PLAY SESSIONS IN ROWLEY & TIPTON

FOR CHILDREN 0 - 5 AND THEIR PARENTS/CARERS

Monday	Tuesday	Wednesday	Thursday	Friday
Rowley Best Start Family Hub 1 - 2pm		Great Bridge 10 - 11am	Happy Faces 10 - 11am	Flying Start 10 - 11am
		Rowley Best Start Family Hub 12.30 - 1.30pm		Tipton Best Start Family Hub 1 - 2.30pm

STAY & PLAY IN WEDNESBURY & WEST BROMWICH

FOR CHILDREN 0 - 5 AND THEIR PARENTS/CARERS

Monday	Tuesday	Wednesday	Thursday	Friday
West Bromwich North Best Start Family Hub 10.15-11.15am	West Bromwich Central Best Start Family Hub 9.30-10.30am	Wednesbury Best Start Family Hub 1 - 2.30pm		West Bromwich Central Best Start Family Hub 1- 2pm
	Wednesbury North Best Start Family Hub 1.30 - 2.30pm			

PLEASE NOTE THAT THESE SESSIONS ARE OFFERED ON A FIRST COME, FIRST SERVED BASIS.
NUMBERS ARE LIMITED TO ENSURE A SAFE AND COMFORTABLE ENVIRONMENT.
IF A SESSION IS FULL, WE MAY BE UNABLE TO ADMIT ADDITIONAL FAMILIES.
WE APPRECIATE YOUR UNDERSTANDING AND WILL BE HAPPY TO DISCUSS OTHER OPTIONS
WHERE POSSIBLE.

TWILIGHT SESSIONS

FAMILY STAY & PLAY SESSIONS

FUN AND ACTIVITIES FOR CHILDREN OF ALL AGES,
AND THEIR PARENTS/CARERS

Mondays
3.30 - 4.30pm
West Bromwich Central
Best Start Family Hub

Mondays
3.30 - 4.30pm
Smethwick
Best Start Family Hub

Tuesdays
3.30 - 4.30pm
Oldbury
Best Start Family Hub

Tuesdays
3.30 - 4.30pm
Rowley
Best Start Family Hub

Thursdays
3.30 - 4.30pm
Tipton
Best Start Family Hub

Fridays
3.30 - 4.30pm
Wednesbury
Best Start Family Hub

Twilight sessions start back

Tuesday 1st September until Friday 18th December

*Mark
your
Calendar*

No sessions will take place on
Monday 26th October to 30th October

PLEASE NOTE THAT THE SAME ATTENDANCE LIMITS APPLY TO THESE SESSIONS AS TO OUR STAY AND PLAY SESSIONS. PLACES ARE ALLOCATED ON A FIRST COME, FIRST SERVED BASIS, AND NUMBERS ARE CAPPED TO ENSURE A SAFE AND COMFORTABLE ENVIRONMENT

WELLCOMM SPEECH & COMMUNICATION SUPPORT



**IS YOUR CHILD AGED
18 - 24
MONTHS?**

Would you like to explore your child's
current language skills?

or

Are you worried about your
child's speech & language development?

Sessions take
place in every
town
throughout the
week

If you have not yet received a call or letter or
if you have any concerns, please contact your local hub.
We are here to help!

TO BOOK A SCREENING

SCAN



For further information
please call your local hub



NEXT STEPS

Take
a
Peek



What do the results mean?

● GREEN – All going well

Your child's speech and language are developing as expected.
you will be given some tips to continue support at home

● AMBER – Needs a little support

· You'll be told about local groups to help

· Tips will be shared to help support at home

· A second check in around 12 weeks (3 months)

· If progress is still slow, your child may be offered a space at the Communication group

● RED – Needs more support

Family Hub:

· You may be invited to Communication Group (6 sessions written by local Speech and Language Therapists)

· or an alternative group that will meet your child's needs

· A second check in 12 weeks (3 months)

· A Watchful Eye form will track your child's progress

✓ Remember!

■ The WellComm Big Book of Ideas is written by Speech Therapists to give quick and helpful advice

👂 Communication group is designed by our local Speech and Language Therapist

🤝 We all work together in Sandwell — so you can get the right support, at the right time, from trained professionals without needing to wait for a specialist

💻 Use the Sandwell Keeps Talking website anytime for:

♦ Easy tips

♦ Helpful videos

♦ Parent cards

♦ "I Can, You Can, Help Me By" activities

Every small step helps your child grow and learn!



We understand how important your child's communication is to their overall development, and we're here to support you every step of the way. Whether you're just starting to notice some concerns or you're already on a journey to get help, our goal is to make sure your child receives the right support at the right time.



5 weeks of sessions to support **PLAY. EXPLORATION.** **IMAGINATION. GROWTH**

Give your little one the best start with our joyful, development-boosting sessions for children aged 6 to 30 months. Each stage is thoughtfully designed to nurture early learning, build confidence and spark curiosity – all while having heaps of fun!

From first wriggles and babbles to busy exploring and budding independence, our sessions support children to develop the key foundations they'll need to be ready to learn at 3.

What we are offering:

- 6–12 months: sensory play, early communication and gentle exploration
- 12–18 months: movement, curiosity, early problem-solving and growing confidence
- 18–24 months: imaginative play, turn-taking, language building and early thinking skills
- 24–30 months: independence, early reasoning, creativity and real-world learning

Every session is:

- Lively, playful and age-appropriate
- Designed to support early development and wellbeing
- Rooted in curiosity, creativity and joyful learning
- A wonderful way for you and your child to connect and grow together

From first steps to big leaps – we're here for every moment.

Ready, Steady, Go!

Welcome to Early Years – where learning begins with play.

How to Book

Ready
Steady
Go!

6-12 Months



Sessions for babies aged 6-12 months, Ready Steady Go combines songs, stories, sensory experiences and movement to support early development, communication and curiosity through play.

A wonderful opportunity to connect, explore and grow together.

12-18 Months



Our lively sessions for curious toddlers 12-18 months are all about supporting those big leaps in learning and confidence. Through energetic play, early problem-solving, communication games and simple routines. Each session is full of movement, action songs and exploration. Designed to boost early language and thinking skills.

Watch your toddler toddle, babble and beam as they explore, connect and learn through play.

18-24 Months



These sessions are designed for curious little explorers aged 18-24 months. Through stories, songs, movement and hands-on play, children build confidence, communication skills, independence and early learning foundations.

Packed with opportunities to explore, discover and learn together, each session supports your toddler's growing curiosity while helping them develop the skills they need to thrive.

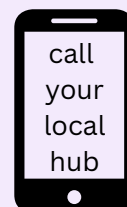
24-30 Months



These sessions are for curious and confident toddlers aged 24-30 months to build on your child's growing independence and emerging ideas. Through stories, imaginative play, movement, problem-solving activities and hands-on discovery, children will develop communication, thinking and social skills while learning through play.

Watch your toddler's personality shine as they imagine, investigate and learn in a fun, supportive environment.

All sessions need to be booked - to secure a place give your local hub a call or follow the links below to request a place. All dates, times and venues are on the booking pages



Please note places will be prioritised for children and their parents who have not accessed before.



READY FOR

Take
a
Peek



LEARNING SESSIONS

Is your little one starting nursery in September 2026??

look out for a session invite from your local school for your child if you have popped their name down on the waiting list.

Sessions are for children waiting to start nursery school or reception if the school has no nursery



If you have not had an invite from your local nursery - why not pop in to check if they take part in this great offer in conjunction with their local family hub.



UK Government

Childcare support can benefit your child and your family

How can
childcare
support
benefit my
child?



How can
childcare
support help
my family?



Get advice and support at
BestStartInLife.gov.uk



Sandwell

Family

HUBS

Helping Families Thrive



Funded by
UK Government



Funded by

Sandwell
Metropolitan Borough Council

Programmes for

We have lots of different programmes to

Togetherness



This programme will help you explore your thoughts and feelings, what is being communicated by your child through their behaviour. It will also support you to develop Positive parenting and help you to find out about different ways to communicate. In each session you will be supported to implement new skills and tools learnt during the sessions alongside developing behaviour management skills.

This is for parents/carers of children and young people 0 - 19 (25 with SEND).

Togetherness for Foster Carers, Kinship Carers (connected persons) and adoptive parents

This programme is for 12 weeks and is to support the carer/child relationship. Over the weeks it will help with understanding of behaviours, their experiences and developmental impact. It will increase confidence in observing and understanding communication, relationships and behaviours from the child or young person. It will explore the importance of rupture and repair to enhance parenting skills and promote resilience. The programme also promotes an understanding of the impact of early experiences and how this links to how a child or young person relates. This is also a great opportunity to meet other foster and kinship carers.



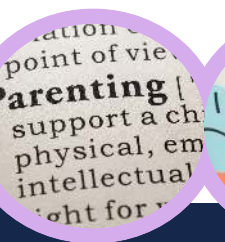
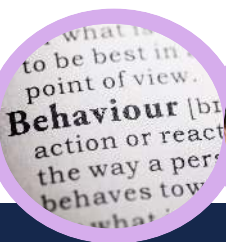
Triple P & Teen Triple P

Triple P programme will support you to raise happy & confident children and young people. The programme supports you to developing your parenting toolkit through setting rules and routines that everyone respects & follows.

Manage children and young people's behaviours with new strategies encouraging behaviours that you like. Most importantly it helps you to take care of yourself as a parent.



Triple P is for Primary age children and Teen Triple P will support you with 12 - 19 year olds. Please note you can complete a teen course while your child is younger to help prepare you for the teen years.



To
request
a place

SCAN



Call or visit your
local Best Start
Family hub.

Parents and Carers

help you develop and grow your parenting toolkit



Cygnnet

This programme supports parents and carers with children on pathway to diagnosis or diagnosed with Autism. Attending Cygnnet gives you as parents and carers an opportunity to develop your understanding of autism and look at practical solutions to support your child.

This is for parents/carers with children and young people 0 - 25

Parent Factor in ADHD

This is an 8-week programme for parents of children aged up to 16 years who have a diagnosis of attention deficit hyperactivity disorder. The programme will support to increase your knowledge and understanding of ADHD. Gain confidence and skills to support a child with ADHD. Consider what it is like to be a child living with ADHD.

Explore how positive parenting is beneficial to the family as a whole. Discuss strategies for effective behaviour management and have the opportunity to share experiences with other parents/carers of children with ADHD.



Stepping Stones



This programme supports parents/carers with children and young people with diagnosed or undiagnosed SEND needs. You will be supported to learn new and additional tools, understand and develop Positive parenting styles. Along the way you will find out about different ways to communicate, Support with implementing new skills and develop behaviour management skills.

This is for parents/carers of children and young people 0 - 25

We also offer the following programmes for you to complete at your own pace via distance/online learning platforms. Triple P, Teen Triple P, Triple P Baby and Fear-Less.

Fear-Less is for parents/carers of children or young people with anxiety.

To request to complete a programme in this format please scan or click the link.



To request a place on a programme please scan or click the link. This will also show you all the dates times and venues for upcoming programmes. If you don't see a date that works for you now keep checking back as it gets updated regularly

LET'S TALK PARENTING

Drop in Sessions

Being a parent/carer is not easy. Do you ever feel like asking a question, getting some information or advice?

Do you just need to talk something through with someone? Then Pop in for a chat with one of our team

Support every step of the way from pregnancy to 19 years (25 with SEND)

Happy Faces

Tuesdays

9.30 - 11.30am

***Term Time only**

Wednesbury Family Hub

Wednesdays

9.30 - 11.30am

Smethwick Family Hub

Tuesdays

1 - 3pm

Oldbury Family Hub

Wednesdays

1 - 3pm

Great Bridge Library

Mondays

1 - 3pm



West Bromwich Central

Family Hub

Fridays

9.30 - 11.30am

Pop into one of our friendly drop-in sessions!

These informal spaces are open to parents, carers & professionals. Whether you're looking for advice, reassurance, or simply a space to talk things through, we're here to help.

Parenting doesn't come with a handbook — and that's okay. No question is too big or too small, and every one is welcome. Come along, share a cuppa, and connect with others who understand.

LET'S TALK PARENTING

Topic Specific Drop in Sessions

	September	October	November	December
Oldbury Best Start Family Hub	Childcare Choices and Options 16 th September 1 - 3pm	Relationship Matters 14 th October 1 - 3pm	Teen Brain Development 11 th November 1 - 3pm	School Readiness 9 th December 1 - 3pm
Smethwick Best Start Family Hub	Relationship Matters 8 th September 1 - 3pm	Teen Brain Development 6 th October 1 - 3pm	School Readiness 3 rd November 1 - 3pm	Childcare Choices and Options 8 th December 1 - 3pm
Happy Faces (Rowley Spoke)	School Readiness 22 nd September 9.30 - 11.30am	Childcare Choices and Options 20 th October 9.30 - 11.30am	Relationship Matters 17 th November 9.30 - 11.30am	Teen Brain Development 15 th December 9.30 - 11.30am
Great Bridge Library (Tipton Spoke)	Childcare Choices and Options 7 th September 10 - 12noon	School Readiness 5 th October 10 - 12noon	Teen Brain Development 2 nd November 10 - 12noon	Relationship Matters 7 th December 10 - 12noon
Wednesbury Best Start Family Hub	Relationship Matters 30 th September 9.30 - 11.30am	Teen Brain Development 28 th October 9.30 - 11.30am	Childcare Choices and Options 25 th November 9.30 - 11.30am	School Readiness 23 rd December 9.30 - 11.30am
West Bromwich Central Best Start Family Hub	Teen Brain Development 4 th September 9.30 - 11.30am	School Readiness 2 nd October 9.30 - 11.30am	Relationship Matters 6 th November 9.30 - 11.30am	Childcare Choices and options 4 th December 9.30 - 11.30am

Childcare Choices and Options - come and find out more around free childcare support and options for you.

Relationship matters - Advice tips and support to understand and build healthy positive relationships with your family/partner.

Teen Brain Development - A chance to explore what is happening as your pre-teen/teen develops

School Readiness - come along and explore one of the school readiness topics that is relevant to you such as toilet training, rules, boundaries, communication and screen time guidance

HALF TERM FUN

FESTIVALS OF LIGHT



WEDNESDAY 28TH OCTOBER

TUESDAY 27TH OCTOBER

10 - 11.30am
1 - 2.30pm

West Bromwich Central
Best Start Family Hub

off Claypit Lane

West Bromwich, B70 9EZ

10 - 11.30am

1 - 2.30pm

Oldbury

Best Start Family Hub

20-25 Tividale Street

Oldbury, WS10 0JG

THURSDAY 29TH OCTOBER

10 - 11.30am

1 - 2.30pm

Rowley

Best Start Family Hub

Dudley Road

Rowley Regis, B65 8JY

These sessions will explore a variety of Festivals of Light from different cultures, providing you and your family with opportunities to learn through creative activities, sensory experiences, stories, and celebrations that promote inclusion, understanding, and respect for diversity.

No need to book - accesses to sessions is first come, first served



Boost Your Skills While Making a Difference!

Looking to land your dream job? Why not volunteer with us and gain the skills, knowledge, and experience to get there - **Join our award-winning team!**

Volunteer Roles Available:

Admin Support, Early Years, Family Engagement Champion, Group Helper, Health & Wellbeing & Grounds Maintenance

Whether you're building your CV, exploring a new career path, or just want to give back to support your community — we've got something for you!

Barnardo's welcomes the inclusion of young people as volunteers. We offer volunteering opportunities for all ages from 14 years and over.

We'd love to hear from you! We offer tailored support thrive in your volunteering journey.

Get in touch today and let's start building your future — together!





MoodMaster®

The Importance of Mental Health For Parents

Nurturing Your Mood for a Better Life

Understanding Mental Health

The Basics :

- Importance of good mental health
- Common challenges we can face
- How our mental health affects physical and emotional well-being



Benefits of Positive Mental Health

- Enhanced emotional well-being
- Better physical health
- Stronger relationships
- Better sleep

Please book in to request a place, please
Scan the QR code below or the link and
answer a few questions. A member of the
team will contact you to confirm your place.

<https://forms.office.com/e/NOVTcRYsBK>



CLICK
HERE!



Come along to our supportive group
where we will listen and explore
different ways to look after ourselves

FREE weekly well-being gift

To find a session near
you click on the link
above to see the
session taking place.

Learn Helpful Strategies

- Understanding emotions
- How to Stop Worrying
- The Action Jar
- Cooling down hot thoughts
- Breathing and relaxation
- Mindfulness

Family Support

Being a Parent can be difficult,
it is not easy bringing up children

Are you worried about your baby's or child's behaviour

Are you feeling stressed?

Are you going through a difficult time, and feel you and your children would
benefit from some additional support?

You are not alone! Many families need a little extra help sometimes

If you live in Sandwell and you have a child
0 -19 years old, 25 yrs if they have an additional
need, we can support you



We have a friendly and knowledgeable team of staff on hand who are available to
offer support to you and your family.

We can offer advice if you are feeling a little overwhelmed or just finding daily
life a bit of a struggle.

What does family support look like?

We provide hands-on support for families, helping with a wide variety of
challenges such as emotional wellbeing, mental health, daily routines,
strengthening parenting confidence , guidance on supporting child behaviour,
promoting healthy family dynamics, housing concerns, and debt-related issues.
Our team can also offer personalised one-to-one support in the comfort of your
own home.

If you feel that the Family Support Service could help you please contact us directly at one of our
Sandwell Family Hubs to ask for more information about individual support options.

All information is treated confidentially & support is always offered in a non-judgemental manner.

FAMILY STAY & PLAY SATURDAY SESSIONS

**Saturday
26th September
9.30 - 11.30am**



**Saturday
31st October
9.30 - 11.30am**



**Saturday
28th November
9.30 - 11.30am**



**All sessions take place at
West Bromwich Central
Best Start Family Hub
off Claypit Lane, West Bromwich
B70 9EZ**

For more information call 0121 500 4011



Dad and Male Carer Sessions

Best Start Family Hub offers dedicated sessions for dads and male carers to support positive relationships and wellbeing for both you and your child/ren.

Activities include play, crafts, and opportunities to connect with other parents in a relaxed setting.

Staff are on hand for advice, support, and a friendly chat.

While all families are welcome to engage with our wider offer, these particular sessions are designed especially for dads and male carers and their children.



Saturday 12th September
West Smethwick Park
Scavenger Hunt

Saturday 10th October
West Bromwich Best Start Family Hub
Festival of Light



Saturday 7th November
Tipton Best Start Family Hub
No Bake Day

Saturday 12th December
Rowley Best Start Family Hub
Christmas Fun



To find out more please call and talk to
Chris on 07720 143821 or call your local hub



A GUIDE TO SCREEN TIME



How to help little brains develop healthy screen habits

How much screen time should my child have?

Limit total screen time, wherever possible.

Under 2 yrs: Avoid screen time except shared activities with family that encourage bonding and interaction.

2-5 yrs: Try to keep to 1 hour a day. Less if possible.



Young children's brains are over-stimulated more easily than adults', so they need specifically tailored content.

Slow paced content: Choose content with simple stories and clear, slow speech, so emotions are easy to follow.



What content is better content?



Safe content: Use parental controls to block inappropriate, harmful material.

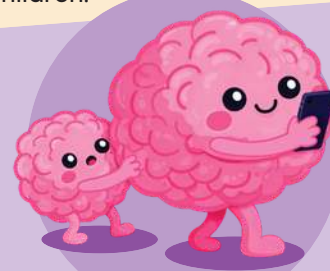
Social media: This isn't made for young brains, so it should be avoided.

AI: Don't let them use AI toys, tools, or chat-bots until we know more about their effects on children.

Safe screen swaps: Switch fast-paced style videos for slower-paced content with simple stories.

How does my screen use affect my child?

Lead by example: Children's brains are like sponges – they'll copy your screen use habits. Be mindful of how often you use screens around your child.



Set clear boundaries for screen use. This gives children time for activities and play that help them develop.

Avoid young children using screens alone. Try to keep bedrooms and mealtimes free from screens.

Why not try... watching and discussing content with your child? Conversation helps their development.



Safe screen swaps:

Mealtimes: Swap screens for music, games or conversation – make it social.

Bedtimes: Swap screens for bedtime stories 1 hour before sleep.

When and where is it ok for my child to use screens

Children with disabilities or special educational needs may benefit from tailored screen use. And for some, assistive technology can be an important tool for communication and everyday participation.

My child has SEND.
Is the advice the same for us?

They also need ample time for interaction, play, and sleep. Try to avoid screen time for these activities.



How does screen time affect my child's development?

Large amounts of screen time are linked with negative effects on children's health and development. It can affect social, emotional, language & brain development, sleep, eyesight and weight.

Young children learn best through warm interaction with parents and carers – reading, play and conversation. These early moments build the foundations for life.



Sensory Access Box



Please ask at reception if you would like to use the box to support access for your child or young person while in the Best Start Family Hub

Your Local Best Start Family Hubs...



Rowley Regis Family Hub

Dudley Road, Rowley Regis. B65 8JY
0121 559 9916



Oldbury Family Hub

20-25 Tivdale Street, Tivdale, DY4 7SD
0121 557 0740



Tipton Family Hub

24 Ridgeway Road, Tipton, DY4 0TB 0121 522 5150



Smethwick Family Hub

Corbett Street, Smethwick, B663PX 0121 555 6756



West Bromwich Central Family Hub

Off Claypit Lane, West Bromwich, B70 9EZ
0121 500 4011



West Bromwich North Family Hub

Connor Road, West Bromwich, B71 3DJ 0121 588 5431



Wednesbury Family Hub

Dorsett Road, Wednesbury, WS10 0JG 0121 556 5405

Your Local Spoke Providers...

Supporting the Best Start in Life

Our Spokes work alongside our Best Start Family Hubs to bring services closer to you. Opening days and times vary. We recommend getting in touch before your visit.



Newton Spoke

Ferndale Primary School, Eastwood Road Entrance.
Great Barr, Birmingham, B43 5QF 0121 357 3326



Hateley Heath Spoke

4 Community Trust CiC, Wiltshire Way, West Bromwich,
B71 1JU 0121 752 5969



Smethwick Spoke

New Beginnings Community, St. Marks Church,
Thimblemill Road, Smethwick, B67 6LP 07762 303374



Soho and Victoria Spoke

Pathway Progress CiC, Unit 6, 36a, Windmill Lane,
Smethwick, B66 3EU 07961 751066



Tipton Green Spoke

Life in Community CiC, Brook Street Community
Centre, 1 Brook Street, DY4 9DD 07752 659257



West Bromwich Central Spoke

SWEDA, The Business Centre, Church Street,
West Bromwich, B70 8RP 0121 525 2558



Langley Spoke

The Salvation Army, Merton Close, Oldbury,
B68 8NG 07827 192137



Oldbury Spoke

Rounds Green Primary School, Brades Road,
Oldbury, B69 2DP 0121 552 1910



Yew Tree Spoke

Yew Tree Primary School, Birchfield Way, Yew Tree
Estate, West Bromwich, WS5 4DX 01922 626926



Wednesbury North Family Hub Spoke

Woden Road North, Wednesbury, WS10 9NP
0121 556 5405



St Pauls Spoke

Galton Valley, Great Arthur Street, Smethwick,
B66 1DH 0121 555 6756



Cradley Heath and Old Hill Spoke

Flying Start, Clifton St, Cradley Heath B64 6QJ
0121 559 9916 (Rowley Family Hub)



Rowley Regis Spoke

Happy Faces, Windsor Road, Rowley Regis,
B65 9HU 0121 559 9916 (Rowley Family Hub)



Great Bridge Spoke

Great Bridge Library, 40 Sheepwash Lane, Tipton
DY4 7JF 0121 569 4930



West Bromwich South Spoke

Harvills Hawthorn, Primary School Wolseley Road,
West Bromwich, B70 0NG 0121 557 1034



Sandwell Specialist Spoke



Child Development Centre,
Sedgley Road East, Tipton, DY4 8UH
0121 569 2860/2859



Brush Strokes, 253A High Street, Smethwick,
B66 4DZ, 0121 565 2234