

# Newsletter



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## Family Hubs Open Days

We are delighted to announce that the Hodge Hill locality Family Hub at Dyson Gardens Centre, and the Ladywood locality Family Hub at the Soho Road Centre are now open. Families enjoyed a fun day out at both centres, plus the Kitts Green Centre during half term, where they could enjoy a range of activities laid on by staff, as well as meet professionals offering help and support.

Lynn Willis-Hall, Children's Services Manager for Spurgeons who runs the Kitts Green Centre and Dyson Gardens Hub said,

'We were thrilled to see over 225 people at our Family Hub launch events this week at Dyson Gardens and Kitts Green. We offered a whole host of activities including clay sculpting, storytelling and smoothie making which people seemed to really enjoy. Most importantly, they got to meet staff and professionals who are based in the Hub to help them. We look forward to helping even more families from Hodge Hill over the coming months as we build and grow our services – all are welcome!'

A Hodge Hill parent commented, 'I have been pleasantly surprised at what has been on offer here today, and my husband and I are really happy we have come, we have enjoyed it. We have lots of information and look forward to using the services here at Dyson Gardens Family Hub, thank you'.



# Family Hubs Open Fun Days



Over in Ladywood, people, professionals, staff and families enjoyed a busy morning of activity and information sharing.

Caroline Hickey, Development Children's Services Manager Birmingham for Barnardo's which runs the Ladywood Hub said,

'We are so pleased to have the Ladywood Family Hub up and running and there are so many great opportunities for families to find support. We are hopeful that the Family Hubs will make it much easier for families of all ages to receive support, advice and guidance. We are now able to extend our offer to include access to a wide range of services that meet the needs of children from the ages of 0-19 and their parents and carers'.

The centres will now act as focal points of family information, advice and guidance within their communities ranging from support through pregnancy to parenting programmes for young people up to 19 (25 with SEND).

All Birmingham residents have access to the digital Family Hubs and Best Start for Life offer on the Family Hubs website. More hubs will open in the Spring.

[www.birmingham.gov.uk/familyhubs](http://www.birmingham.gov.uk/familyhubs)



## Family Hub Locations

### Hodge Hill locality

**Main Hub** - Dyson Gardens Children's Centre, Highfield Road, Saltley, Birmingham, B8 3QF.

Tel - 0121 675 4617; Email - [hodgehill@spurgeons.org](mailto:hodgehill@spurgeons.org)

**Satellite Hub** - Kitts Green Children's Centre, 45 Ridpool Road, Kitts Green Birmingham, B33 9RB.

Tel - 0121 752 1280

Website - [Spurgeons Birmingham Children's Centres | Birmingham Forward Steps](http://Spurgeons Birmingham Children's Centres | Birmingham Forward Steps)

### Ladywood Locality

**Main Hub** - Soho Road Children's Centre, 21 Louise Road, Handsworth, Birmingham, B21 0RY.

Tel - 0121 551 9020; Email - [Ladywoodfamilyhubs@barnardos.org.uk](mailto:Ladywoodfamilyhubs@barnardos.org.uk)

**Satellite Hub** - Ladywood Children's Centre, 9 Plough and Harrow Road, Ladywood, Birmingham, B16 8UR;

Tel - 0121 454 6633

## Little Moments Together...



The Start for Life **'Little Moments Together'** campaign aims to educate parents and carers about the importance of brain development in the first five years of a child's life, and the crucial role they play in that.

The Little Moments Together campaign aims to show parents and carers that sharing simple, child-led moments together throughout the day has a big impact.

The **Start for Life website** includes lots of examples of tips and activities for parents and carers to do with children at different ages. It also signposts parents to the relevant in-person support available in their local communities.

A **new film** has also been released to explain how children's brains develop during the early years, and the crucial role parents play through all the little moments they spend together with their child.

Campaign resources can be found here: [Better Health Start for Life Home Learning Environment 2024](#) | [Better Health Start for Life](#) | [Campaign Resource Centre](#) ([dhsc.gov.uk](https://dhsc.gov.uk))

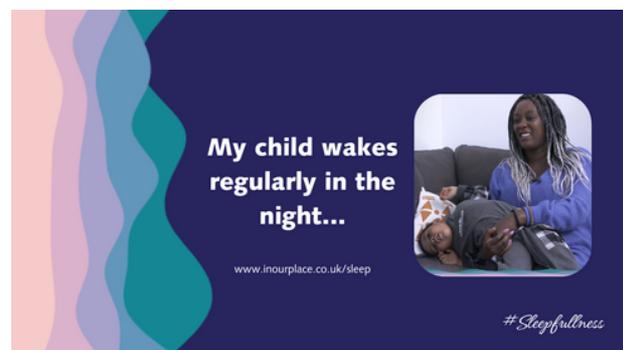
Find out more here - [Partnerships@dhsc.gov.uk](mailto:Partnerships@dhsc.gov.uk).



## Sleepfullness: Online parenting support to aid healthy sleep and wellbeing in 0 - 5 year olds

Sleep is important for our physical and mental wellbeing and we know that from birth, sleep is fundamental for healthy brain development. While sleep is a natural instinct, it's also a skill we develop: learning how to wind down and how much sleep we need.

New resources created by psychologists and health visitors are now available at [www.inourplace.co.uk/sleep](http://www.inourplace.co.uk/sleep) to promote connected relationships between parents and infants to help children to learn and thrive as they grow. Use your Birmingham postcode to access support.



# Words for Life

'Words for Life' helps disadvantaged children to gain the literacy skills to succeed in life. Part of the National Literacy Trust, the programme provide activities, songs, games and nursery rhymes to help children to practise English language reading and speaking skills at home.

[Talking to your baby | Words for Life](#)

[How to encourage your baby to talk | Words for Life](#)

[When will my child's drawings develop? | Words for Life](#)

[Choosing books with your child | Words for Life](#)

[Talking to your child when you're out and about | Words for Life](#)

[Sign up to the newsletter | Words for Life.](#)

The Words for Life [website](#) is packed with resources for parents and professionals.



## Can you help to improve support for child bereavement in Birmingham?

Child Bereavement UK want to hear from you and are asking local organisations and individuals to tell them what kind of service you would like to see. Please complete this [form](#) to help them shape future work in the city.

They are also trying to gather information from families and individuals who might try to (or have previously tried to) **access bereavement support**. If you would be happy sharing a questionnaire among your beneficiaries please find that [here](#).

Any responses will be treated absolutely confidentially. Thank you in advance for your invaluable help.

## SEND Co-Production Training Opportunity

This training is open to all staff working in SEND education, health, social care, or voluntary sector services in Birmingham. Young people and parents and carers are welcome to attend this training and can also get involved in the delivery of any future training sessions. Dates run until June.

Book via the QR code or click [here](#) for more information.



# Stop Measles Misery



Measles is currently circulating across Birmingham. It is a very infectious virus, which spreads quickly if people have not had the MMR vaccine. Two doses of MMR are needed for maximum protection – MMR is not usually given until a child’s first birthday. A version of MMR is available which does NOT contain pork ingredients.

Measles can cause severe illness, especially in certain at-risk groups including babies and small children, pregnant women, and people with weakened immune systems. Complications from measles could include hospitalisation, permanent disability, and in rare cases, it can even cause death.

If children have symptoms of measles, please advise parents/guardians that they should not bring their child/ren into their school or setting.

Find out more about the [MMR vaccine](#), and find out more about [measles symptoms](#).

UK Health Security Agency | NHS

## Measles: Are you protected?

You need **2 doses of the MMR vaccine** for lifelong protection.

If you haven't had **both doses**, you could be at risk.

Contact your GP practice and book an appointment if you're not up to date.

## Already available from Family Hubs



# Current Opportunities



## FREE PARENTING CLASSES

### 'Understanding your Child aged 5-18'

**Starts Wednesday 6th March: 10am -12pm**

Dyson Gardens Family Hub  
Highfield Road, B8 3QF

Join this free 10 week course to learn more about:

- understanding your child's development
- responding to your child's feelings & behaviours
- develop your parent-child relationship through fun and play
- sleep support
- develop your communication with your child
- understand and support your child with managing their own behaviour

For more details, please contact Jodie Smith on 07395 884213 or  
Email: [Jodie.Smith@birminghamchildrenstrust.co.uk](mailto:Jodie.Smith@birminghamchildrenstrust.co.uk).

Free Face to Face Parenting  
Classes for Parents and Carers  
with children aged 5-18

For more details, please  
contact Jodie Smith on  
07395 884213 or

Email:

[Jodie.Smith@birminghamchildrenstrust.co.uk](mailto:Jodie.Smith@birminghamchildrenstrust.co.uk).



## Engaging Fathers - Training for Professionals

This interactive, evidence-based training course provides participants with knowledge and strategies to work productively with fathers from conception onwards. This course helps to develop a father-inclusive approach to supporting couple and parental relationships, drawing on a strong evidence base and informed by our wide understanding of 'what works'.

If you would like to book on please log onto to the [Safeguarding Board](#) (where the training is being advertised). The spaces will book up quickly so please book if you are interested in attending.

