

# Newsletter



BIRMINGHAM CHILDREN'S TRUST



west midlands police and crime commissioner



Birmingham Children's Partnership



## Highlights

Parenting Course Opportunities

Healthier families

Opportunities from Family Hubs

Family Hubs comms toolkits

## Universal Parenting Classes

information and dates for sharing

Family Hubs is pleased to offer a range of parenting courses for parents and carers. Professionals working with parents and carers can use the [link](#) or QR code to access the list and explain what the courses are and available course dates.

The courses offer support on a range of areas such as Antenatal, Postnatal, Baby, Child and Teen from the following parenting course suppliers. There are face to face and online options which you can learn about from the link. Parents can also self refer.

The courses are from Approachable Parenting, the Solihull Approach, Family Foundations and Empowering Parents Empowering Communities (EPEC delivered by Barnardo's). All the courses support and promote healthier relationships between parents or carers and their children.



Approachable Parenting



EMPOWERING PARENTS EMPOWERING COMMUNITIES



Changing childhoods. Changing lives.

**Reducing Parental Conflict Training** aims to give Practitioners an overview of tools for use when working with Parents who are experiencing Parental Conflict (not Domestic Abuse), the parents may be in a relationship, separating or separated.



Ravinder Kaur, Senior Learning and Development Officer from Birmingham Children's Trust – Reducing Parental Conflict, is kindly offered to provide 3hr bitesize Reducing parental Conflict Training to colleagues at 1 Avenue Road, Aston. There is a range of dates in April and May.

Please email [Ravinder.Kaur@birminghamchildrenstrust.co.uk](mailto:Ravinder.Kaur@birminghamchildrenstrust.co.uk) for dates and booking.



# Healthier Families Support

## Startwell - healthy start website and resources for children

Supporting parents and professionals to promote an active life, eating well and achieving more.

The early years of life is a vital time to set healthy foundations to prevent obesity later on in life. Our lifestyles are significantly influenced by early life experiences. Healthy lifestyle intervention at a young age can influence food choices, physical activity levels and leisure activity choices and these are likely to continue into adulthood.

Early childhood obesity can track into adulthood therefore efforts to prevent obesity should begin long before a child starts school – particularly as nearly a quarter of Reception year children in Birmingham are overweight or obese.

In response to this Birmingham developed Startwell, an evidence based NHS obesity prevention programme based on 8 key messages to help Early Years settings, parents and health professionals create a healthier environment for children and families.



## Healthy Start - Free Vitamins for Pregnant Women and Children Under 4

Healthy Start is a means-tested nutritional supplementation programme providing food and vitamins for children under the age of four years, pregnant and breastfeeding women. The scheme offers eligible women and families £4.25 (£8.50 for a baby under 1 year) per week, in addition families also receive healthy start vitamins (HSV).

Unlike the national Healthy Start Vitamin scheme, Birmingham provides a 'universal' offer, wherein ANY pregnant woman OR parent/guardian with a child under 4 years of age can access vitamins without having to meet the additional benefits and tax credits criteria.

For information on HSV collection points visit [Healthy Start vitamins | Healthy Start | Birmingham City Council](#)

Find out how to apply at [Healthy Start: how to apply](#).



## Opportunities from Family Hubs

### Job Vacancy

We are pleased to be advertising the new vacancy of Service Manager (Birmingham), closing date 30/04/2024:

<https://www.breastfeedingnetwork.org.uk/job/bfn2025-02-service-manager-birmingham-closing-date-30-04-2024/>

The National Breastfeeding Helpline is now available 24 hours a day! They launched the overnight service last weekend. Details about how to ring, email or chat with peer supporters can be found here: <https://www.nationalbreastfeedinghelpline.org.uk/>

Follow them on social media:

<https://www.facebook.com/NationalBreastfeedingHelpline>



## Making it REAL - training opportunities for staff

Engaging parents in their children's early literacy development has been shown to improve children's outcomes and is a valuable intervention for narrowing the gap and increasing access to opportunities for all children.

Through discussions and practical activities, the Making it REAL (Raising Early Achievement in Literacy) programme helps parents and carers with ideas about how to support young children with books, early writing, songs and rhymes and how to make use of all the print around them in their home, in the street, and in the shops.

Barnardo's are offering a limited number of training places for Making it REAL to professionals in Early Years settings, PVI's, Early Help and the Voluntary Sector.

Use the QR code or email address to contact Barnardo's who are rolling out training for this programme [makingitreal@barnardos.org.uk](mailto:makingitreal@barnardos.org.uk)

Enquiry for REAL staff Training



## Updates to Easy Peasy



- **NEW** - EasyPeasy for Practitioners, is the perfect way for practitioners to make the most out of EasyPeasy and helps them share great content with parents. The above link to a blog post goes through the benefits and helps walk through how to sign up as a practitioner.
- **NEW** - an addition to the EasyPeasy home screen, Family Information Services. This helps parents find valuable resources and support services from brands such as the NHS and British Heart Foundation around healthy living for the whole family.

## Comms Resources for sharing

Many of the Family Hubs programmes have great resources to help to promote the help, advice and guidance available to families. The links below will take you to ready made digital resources to share, such as social media posts or videos. Please use and share widely:

### The Solihull Approach - Moving Up, for parents of children moving up to a new school

<https://inourplace.co.uk/moving-up/>

### Words for Life Film - Talking to your baby or child when out and about -

<https://wordsforlife.org.uk/activities/talking-to-your-child-when-out-and-about/>

**Walk and Talk trail comms pack is available here:** [https://drive.google.com/drive/folders/1bCMhDZV-85SpwfALT5bg0Z8gpuKpBX8q?usp=drive\\_link](https://drive.google.com/drive/folders/1bCMhDZV-85SpwfALT5bg0Z8gpuKpBX8q?usp=drive_link)

### Campaign Resources - social media content, posters, digital screens, guides.

**Infant feeding** - <https://campaignresources.dhsc.gov.uk/campaigns/better-health-start-for-life/better-health-start-for-life-breastfeeding/>

**Home Learning Environment** - <https://campaignresources.dhsc.gov.uk/campaigns/better-health-start-for-life/better-health-start-for-life-home-learning-environment-2024/>

**Parent Infant Relationships** - <https://campaignresources.dhsc.gov.uk/campaigns/better-health-start-for-life/better-health-start-for-life-parent-infant-relationships/>

### Start for Life email sign up - email guide parents through pregnancy and beyond

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

## Family Voices Meeting planner - have your say

Please encourage parents and carers to have their say on what they would like to see in their local Family Hub. Dates of meetings are listed below. Participants can email [familyhubs@birmingham.gov.uk](mailto:familyhubs@birmingham.gov.uk) to find out more or just come along to the meeting. There is a post code checker here for parents and carers to find out which area they are in [here](#).

Locality	Date(s)	Time	Location
Ladywood	3 <sup>rd</sup> Meeting TBA		Newbigin House, 28 Handsworth Rd. Handsworth Baptist Church, 38A Victoria Road, B21 0SA
Hodge Hill	3 <sup>rd</sup> meeting TBA		Dyson Gardens Children's Centre, Highfield Road, Sutton B8 3QF Anthony Road Children's Centre, Anthony Road, Alum Rock, B8 3AA
Erdington	30 April	12:30-2:30pm	Lakeside Children's Centre Lakes Road, B23 7UH (both)
Perry Barr	2 <sup>nd</sup> Meeting TBA		Rookery Children's Centre, B21 9QA
Hall Green	2 <sup>nd</sup> Meeting TBA		Hall Green Family Hub, St Paul's Trust, 10 Malvern Street, Balsall Heath, B12 8NN
Yardley	25 April	10:30am-12:30pm	Blakenhale Community Hub, Blakenhale Rd. Garrets Green B33 0XD
Sutton Coldfield	16 May	10:30am-12:30pm	Falcon Lodge Community Hub, 87 Churchill Rd Sutton Coldfield B75 7JY
Northfield	22 April	10:30am-12:30pm	Frankley Children's Centre, 131 New Street, Rubery B45 0EU
Selly Oak	23 May	10am-12pm	St Andrews, Cartland Road, Stirchley, B30 2RD
Edgbaston	21 May	1:00-2:30pm	Doddington Green Children's Centre, 28 Doddington Grove, B32 4EL
ALL FAMILY VOICES	27 June	9:30am-2:30pm	Midlands Art Centre (The MAC)