

# Best Start Family Hub, Birchen Coppice - Autumn Term Timetable

Woodbury Road, Kidderminster, DY11 7JJ. Tel: 01562 827207



## Mon

**Antenatal Midwife Clinic**  
Booked appointments

**Cuppa & A Chat**

8.30 am - 10 am

Come and meet the Family Hub Team

**Healthy Steps**

Eating Well  
Cooking Well  
Children's oral health  
The importance of sleep  
Getting active

9.00 - 10.30 am

Scan the QR code to book your place.

Children aged 0-5 welcome

**Bumps to Babies**

Stay and Play  
2.15 - 3.15 pm

A stay and play group for pre-natal and parents with newborn and non-movers.

No need to book, just turn up!

## Tue

**Understanding Your Child**  
*In Partnership with WEST*

A bookable group for parents/carers of children from 2 up to and including 11 years old

9.00 - 11.00 am

06/10/26 - 08/12/26  
(not including half term)

**Postnatal Midwife Clinic**  
Booked appointments

**Birth and Beyond**

2.00 - 4.00 pm

A 4-week preparation for parenthood group for first-time parents

Running on a monthly basis

A bookable programme, to book call 01562 827207

## Wed

**Speech & Language**

Booked appointments

**Healthy You... Healthy Baby**

09.30 - 11.00 am

Starting 9th Sept 26

A 4-week antenatal course covering: mental health and well-being, understanding emotions, ways to become more active during pregnancy and post-natal support and ideas.

Scan the QR code to book your place.

**Stay and Play**

1.45 - 3.15 pm

Suitable for babies and children aged 0 - 5 years

No need to book, just turn up!

Self-Weigh Available

**After School Group**

A Bookable group running every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month.



FREE HOT MEAL In partnership with Simply Limitless

3.30 - 4.45 pm

Come along and spend time with your child. Open to all Primary School aged children, their younger siblings are welcome.



You can book onto any bookable course using the link and QR code:

[www.worcestershire.gov.uk/groups](http://www.worcestershire.gov.uk/groups)



# Best Start Family Hub, Brookside - Autumn Term Timetable

Borrington Road, Kidderminster, DY10 3ED. Tel: 01562 827207



## Mon

### Stay and Play

9.30 - 11 am

For babies and children aged  
0 - 5 years  
No need to book, just turn up!

Self-Weigh Available

### Paediatric Physiotherapy Drop-in

9.30 - 11 am

1<sup>st</sup> Monday of each month  
For parents/carers with children  
aged 0 - 5 years.

### Well Child Clinic

9.30 to 11.30 am

Bookable appointment call  
01905 520032

### Understanding Your Baby

A bookable group for  
parents with babies aged  
0 - 6 months

1.00 - 3.00pm

07/09/26 - 19/10/26

## Tue

### Breast Buddies

Peer Support Group

10 - 11.30 am

To book your place email  
[whcnhs.infantfeeding@nhs.net](mailto:whcnhs.infantfeeding@nhs.net)

### Men United

Dad's and Male  
Caregivers Peer  
Support Group

every other Tuesday

12.30 - 1.30 pm

No need to book, just  
turn up!

### After School Group

A Bookable group running  
on the first Tuesday of the  
month

3.15 - 4.45 pm

Book via QR Code.

## Wed

### Midwife Clinic

Booked appointments

### Birth and Beyond

9.30 - 11.30 am

A 4 week preparation for  
parenthood group for  
first-time parents

A bookable programme, to  
book call 01562 827207

### SEND Views & Voices

Support, solidarity & sanity  
for anyone supporting a  
child or young person with  
special educational needs or  
disabilities.

1.00 - 2.30

2<sup>nd</sup> and 4<sup>th</sup> Wednesday  
of the month

## Thu

### Midwife Clinic

Booked  
appointments

### Time for Baby

Stay and Play

10 - 11 am

A postnatal stay and play  
group for newborn and  
non-movers and  
parents/carers.

No need to book, just  
turn up!

### Understanding Your Child

A bookable group for  
parents/carers of  
children from 2 up to and  
including 11 years old

12.30 - 2.30 pm

24/09/26 -03/12/26  
(not including half term)

## Fri

### Speech & Language

Booked appointments

### Kinship Carers

Peer Support Group

9.30 - 11.30 am

Second Friday of each  
month

You can book onto any  
bookable course using  
the link and QR code:

[www.worcestershire.gov.uk/groups](http://www.worcestershire.gov.uk/groups)



# Best Start Family Hub, Half Crown Wood - Autumn Term Timetable

Princess Way, Stourport, DY13 0EL. Tel: 01299 877920



## FAMILY HUBS

### Mon

**Speech & Language**  
Booked appointments

**Cuppa & A Chat**

Every other week  
Starting 07/09/26

8.30 - 9.30 am

Come and meet the  
Family Hub Team

**Kinship Carers**

**Peer Support Group**

9.30 - 11.30 am

on the following dates:

Monday 14<sup>th</sup> Sept 26

Monday 9<sup>th</sup> Nov 26

**Stay and Play**  
*in partnership with  
St Bartholomew's  
Nursery*

Every 4<sup>th</sup> Monday  
of the month

11.30 am - 12.30 pm

No need to book, just  
turn up!

### Tue

**Midwife Clinic**

Booked  
appointments

Support with accessing  
funding for childcare:



We can help you to apply  
for nursery and childcare  
funding, please call :  
01562 827207

Some groups and services  
are provided by external  
partners /agencies and are  
subject to change



### Wed

**Well Child Clinic**

9.30 - 11.30 am

2<sup>nd</sup> Wednesday  
of the month

Bookable appointment  
with a Community  
Nursery Nurse

To book call 01905  
520032

**Understanding  
Your Baby**

A bookable group for  
parents with babies aged  
0 - 6 months

1.00 - 3.00pm

21/10/26 - 09/12/26

### Thu

**Midwife Clinic**

Booked  
appointments

**Stay and Play**

1 - 2.30 pm

Suitable for babies  
and children aged  
0 - 5 years.

No need to book,  
just turn up!

Self Weigh available

### Fri

**Half Crown Wood  
Family Hub is  
closed on a Friday**

For support, please  
contact Brookside  
Family Hub :  
01562 827207

Healthy Start Vitamins..

Available from Brookside  
and Half Crown Wood  
Family Hubs

To check your eligibility:

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



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

# Wyre Forest Family Hub Community Groups - Autumn Term Timetable



**FAMILY  
HUBS**

**Mon**

## Well-Being Walk

Burlish Bike Park,  
Kingsway, Stourport,  
DY13 8NL

Every 3<sup>rd</sup> Monday  
of the month

10.00 - 11.30am

Running once a month,  
scan the QR code to  
book your place

## Self -weigh

Stourport Library  
New St,  
Stourport, DY13 8UN

11 am - 12 pm

1<sup>st</sup> Monday of the month

No need to book, just  
turn up!

**Tue**

Support with accessing funding  
for childcare:



We can help you to apply for  
nursery and childcare funding,  
please call: 01562 827207

## Volunteering

Would you like to  
volunteer with us?

We have lots of volunteer  
opportunities including:

- Stay and Play volunteer
- Peer support volunteer
- Administration support  
volunteer and much more!

**Wed**

## Self -weigh

Bewdley Library

Dog Lane, Bewdley, DY12 2EF

10 - 11 am

2<sup>nd</sup> Wednesday of the month

No need to book, just turn up!

## Well Child Clinic

Kidderminster  
Health Centre

9.30 - 11.30 am

1<sup>st</sup> Tuesday of the month

Bookable appointment with  
a Community Nursery Nurse

To book call 01905 520032



You can book onto any  
bookable course using  
the link and QR code:

[www.worcestershire.gov.uk/groups](http://www.worcestershire.gov.uk/groups)



**BARNARDOS**



email: [admin.wyreforest@barnardos.org.uk](mailto:admin.wyreforest@barnardos.org.uk)

Find us on Facebook... Family Hubs - Wyre Forest

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