

# Newsletter



## Highlights

[Hall Green and Northfield Family Hubs opening soon](#)

[More free parenting classes](#)

[Save the date - Birmingham Family Voices first meeting](#)

[More offers from Family Hubs](#)

## Hall Green and Northfield Family Hubs to Open

Following the opening of the [Hodge Hill and Ladywood Family Hubs](#), the partnership is pleased to announce that the Hall Green Hub is now open at St Paul's Children's Centre, Balsall Heath, B12 8NN. Springfield Children's Centre, Moseley, B13 9NY is the satellite hub.

Northfield Family Hub will follow shortly afterwards, opening on April 29th at Northfield Children's Centre, Frankley, B45 0EU, currently run by Barnardo's. Both will hold open days for families following the opening.

Family Hub support is being rolled out in centres across Birmingham with six more hubs to follow. Information, advice and guidance is also available online on the Family Hubs [website](#). Families can access the right help locally at the right time in a whole family approach, particularly focusing on families with children and young people aged 0-19 (25 with SEND).

If you would like more information in the meantime please email [familyhubs@birmingham.gov.uk](mailto:familyhubs@birmingham.gov.uk)

As part of the Special Educational Needs and Disabilities (SEND) offer for Family Hubs, our colleagues in the SEND team at Birmingham City Council have created a webinar for staff to talk through the SEND code of practice, Education Health Care Plan (EHCP), statutory responsibility and the universal offer for families.



We would like you to share this webinar with your teams in a practice session, so practitioners have more knowledge of SEND and be able to support families with getting the right help and support.

<https://vimeo.com/919174185/0b4eec54f1?share=copy>

# Parenting Courses from Family Hubs



Staff across Birmingham are currently in training to deliver more free parenting courses to families.

**Family Foundations** - 47 trained staff will deliver the programme from April. The programme focuses on the co-parenting relationship to assist parents to work together supportively to promote healthy family relationships. It is a 7 week course split into 4 weeks prenatal and 3 postnatal where couple bring their baby along.



**Solihull Approach**, there will be over 65 staff trained by May and courses have already started. The Solihull Approach empowers parents with practical tools and strategies for understanding and supporting their children's emotional development, fostering strong relationships, and promoting positive behaviour. This course is 10 weeks of, 2 hour sessions.



**Empowering Parents, Empowering Communities (EPEC)** - Staff will start to deliver training to parents and carers from April. The programme is 8 weeks (2 hours per week) for parents and carers with children aged 2-11 years old. Parents and carers will be supported to better understand, manage and enrich their children's needs and development as well as to look after themselves.



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

**Approachable Parenting** are currently delivering their 0-3 course which builds techniques to support parents during pregnancy, birth and baby as they develop, helps to educate parents in the techniques and skills required in promoting brain development and enabling the baby to reach their milestones.



If you want to know more about any of the above please email:  
[familyhubs@birmingham.gov.uk](mailto:familyhubs@birmingham.gov.uk)

## Next dates for the Approachable Parenting 0-3 Parenting Programme.

This is a 8-week programme enabling parents to understand the importance of developing a good relationship with their child. Click a date to book in.

[17/04/2024 \(Bordesley Green Nursery\)](#)  
[18/04/2024 \(Washwood heath nursery\)](#)  
[19/04/2024 \(Dyson Gardens\)](#)  
[29/04/2024 \(Online\)](#)

T: 0121 773 8643  
 E: [info@approachableparenting.org.uk](mailto:info@approachableparenting.org.uk)  
[www.approachableparenting.org](http://www.approachableparenting.org)

# Birmingham Family Voices



**First meeting of Birmingham Family Voices will take place on Thursday June 27th at the Midlands Arts Centre.**

Family Voices is the place where parents and carers work together with local service leads and commissioners to help design and evaluate services. This helps to ensure families are at the centre of service design and delivery across Birmingham.

As part of setting up each Family Hub in the 10 localities, Birmingham Family Voices has a group in each area which come together to form a city wide Family Voices group. These groups are sometimes called parent/carer panels.

We are holding our first citywide Family Voices meeting in June at the Midlands Arts Centre and all are warmly welcomed.

If you would like to get involved in Family Hubs or would like to know more about the event, please email [familyhubs@birmingham.gov.uk](mailto:familyhubs@birmingham.gov.uk)



## Family Voices already up and running in Ladywood and Hodge Hill

Our parents have begun to organise in their localities in the first Family Voices meetings. Ladywood and Hodge Hill have met and already have their second meetings in the diary. Further dates are here for you—any parent or carer with children 0 -19 or 0 - 25 SEND are welcome to be involved. For more details please email [familyhubs@birmingham.gov.uk](mailto:familyhubs@birmingham.gov.uk) or find our more about Family Voices here:

[www.birmingham.gov.uk/info/50296/best\\_start\\_for\\_life/2853/be\\_a\\_part\\_of\\_family\\_voices](http://www.birmingham.gov.uk/info/50296/best_start_for_life/2853/be_a_part_of_family_voices)

Erdington	28 March, 30 April
Perry Barr	15 April
Hall Green	16 April
Yardley	25 April
Sutton Coldfield	16 May
other hubs	TBA



# Virtual Health Visiting HUB



## Birmingham Forward Steps Virtual Health Visiting HUB

The virtual HUB pilot is a single point of access telephone advice service, that will give parents and carers living within Erdington, Sutton, Selly Oak, Ladywood and Yardley a place to call to seek advice in relation to children aged 0-5 years old.

A dedicated admin team will answer calls and following triage will ensure that parents/carers, partners, professionals, and stakeholders, are directed to the right clinician who will support with their query, or signpost to the right services for the child’s needs.

The HUB is now live for Yardley Health Visiting Teams and will be open for calls 9am – 5am, Monday to Friday - 0121 683 2330.



## National Literacy Trust - Free Walk and Talk Trail

The National Literacy Trust has created a walk and talk trail for families to use when out and about. Packed with tips and tricks to help develop your child’s language and communication skills, the trail can be used anywhere, anytime! Perfect for families with 0-5 year olds.

Visit their website to download the trail. Here you’ll also find lots of advice, tips and activities to support you to chat with your child, which will help them learn new words.

[wordsforlife.org.uk/talking-when-out-and-about](http://wordsforlife.org.uk/talking-when-out-and-about)



# Update on the Home Learning Environment Offer

Home Learning Environment covers the interactions parents have in and around the home with their children, from birth. Good 'Home Learning' is key for school readiness and the home learning environment is a key predictor for a baby's and/or child's early language ability and future success. Birmingham is commissioning new help and support for the home learning environment including:



**Early Talk Boost** is a targeted programme aimed at 3-4 year old children who need help with talking and understanding words, helping to boost their language skills to narrow the gap between them and their peers. The programme aims to accelerate children's progress in language and communication by an average of 6 months after 9 weeks.

Training for professionals is being rolled out now and parents and carers will be invited to join the programme via their school or setting.



**Making it Real** - Training is underway now for professionals to help parents and carers to learn about and understand the benefits of a positive home learning environment.

Through discussions and practical activities, parents will gain 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. Support and guidance is provided through home visits, resources and attending children's centre activities.

If you want to know more about any of the above please email: [familyhubs@birmingham.gov.uk](mailto:familyhubs@birmingham.gov.uk)

## VOLUNTEERS NEEDED FOR BREASTFEEDING RESEARCH STUDY.

Are you:

- Employed in the Birmingham area?
- Aged over 18?
- Returned to work following maternity leave?
- Continued or stopped breastfeeding after returning to work?



We would love to hear from you. Researchers from Aston University are exploring employees' breastfeeding experiences after returning to work. Volunteers will receive a £10 Amazon voucher.

Sign up here: [https://astonpsychology.eu.qualtrics.com/jfe/form/SV\\_ewK2AQ6P3JUtO5w](https://astonpsychology.eu.qualtrics.com/jfe/form/SV_ewK2AQ6P3JUtO5w)

**Help us make Birmingham a breastfeeding friendly city!**

*Free breastfeeding support*

*There is free support about breastfeeding across Birmingham. This map shows the free support available throughout the area and is updated monthly.*