



Walsall Family Hubs

Supporting families to live happier lives

PEEP Stay and Play This is an exciting programme for families to share ideas and simple low-cost activities that supports your child's learning in Everyday life - talking, singing, sharing books and playing together 0 - 5 years

Parenting my way

Come and learn about how your own childhood can affect how you parent yourself. Discussions around keeping your child safe and looking after yourself, pregnancy and birth.

Grandparents coffee & Chat

Are you a Grandparent who finds parenting has changed and hard to fathom out. Come along and learn about routines, teenager issues and how to be the best Grandparent

Chill & Chat Stay and Play

Stay and Play with your child, meet other parents, share experiences and relax in a safe and friendly environment

Antenatal Peep

Workshops support expectant and new parents to tune in to baby's feeling. Manger their own feelings and understand how to support baby's learning and development.

Stay & Plays

Come along and join our Early Years Team for a range of free stay and plays for children aged 0-5 years.

Dad's for Dads Peer support group

If you're looking for other like minded Dads to meet in a safe and friendly environment come along to our groups. Make new friends and help each others like you.

Dad's Stay & Plays

Fun activities for dad's and their children to participate in to encourage relationship bonding and child's development. These sessions will bring fathers and their children together, helping them to learn how to play with their children and will give them the time to interact with others in an informal setting. Dad's and their children can get to know others, in a fun and safe environment

Don't Slam the Door

Parenting a teenager can be daunting. Come to these sessions learn about the difficulties and complexities of looking after a teen

Henry

We will help you make small, impactful changes to achieve your healthy lifestyle goals. by focusing on practical behaviour changes, new parenting skills, and valuable information about **nutritious food and fun activities for your children.**

Parent Panels

We are looking for new members to join our P have your say on the services available to fami You can share your views through face to face meetings, family fun sessions, online surveys a page.

Let's Talk Relationships

Look at how to communicate better in order to you and your partner are together or not.

Look, Say, Sing, Play (0-2 yrs) is a PROGRAM NSPCC. IT IS A 6-WEEK FACE TO FACE STAY & P ENCOURAGES YOUR BABIES DEVELOPMENT TH THIS IS FOR CHILDREN AGED 0 – 2 YEARS.

Introduction to solid foods

Do you have a baby around 6 months old? Wou information on how to introduce solid foods to come along to our Family Hubs where a membe service will be available to answer any question through this exciting stage in your baby's feedir

First Words Together (0-2 yrs)

This group aims to encourage early communica and develop their language skills. The sessions and carers to build their own awareness and co early communication leading up to their babies

Triple P for Baby

This is a parenting program focusing on strateg parent – infant relationship, promoting baby's c teaching them new skills and behaviours

<https://walsallfamilyhubs.co.uk/>



Funded
UK Gov

Walsall Holiday Activities & Food Programme

HAF Summer 2026

What's on offer this Summer?

This Summer we have lots of exciting & free activities for children and young people aged 5-16 yrs on income based free school meals. The portal will be live from **June** for you to get booked on.

Free activities:

Football, Mobile Youth Bus, Gaming & Coding, Snooker, Performing Arts, Music & DJ and much more!

Sign up now!



How to register and book for the 2026 programme?

You will need a code to register if you have not received a code, by post. Please contact us to see if you qualify for the programme via email wr4c@walsall.gov.uk.

To register your child, use any of the following options:

- Scan the QR CODE below
- Visit our website www.walsall.gov.uk/children-and-young-people/holiday-activities-programme-haf
- Call us on 01922 653899
- Email us your enquiry on wr4c@walsall.gov.uk

Once you have registered you will be able to book onto activities.



To find out more visit our website or sign up to our newsletter:

www.walsall.gov.uk/children-and-young-people/holiday-activities-programme-haf



Walsall SENDIASS

Summer Event- Princesses and Superheros!

We're holding a free, fun-filled summer event specifically for children and young people with Special Educational Needs and Disabilities and we'd love to see you there!

Dressing up is optional and all ages are welcome. There'll be lots to do including:

- competitions,
- face painting,
- sports activities,
- balloon modelling,
- glitter tattoos,
- refreshments, and
- a quiet space to allow you and your child to have space if needed.

Nova Training will also be joining us to provide activities for the event.

🕒 Thursday 6 August, 10:30-12:30pm

📍 Manor Farm Community Centre, WS4

✉ walsallsendiass@family-action.org.uk

family-action.org.uk

Family Action: Registered as a Charity in England & Wales no. 724713
Registered as a Charity in the Isle of Man no. 1206. Registered Company limited by Guarantee



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CAMHS Parent/Carer Workshops

Come and join our Parent/Carer Workshops, run by Black Country CAMHS services (on MS Teams for 1 hours). Groups held 12pm - 1pm.

We know that suffering from mental health difficulties does not only affect the person struggling, but also the family around them. Parenting a child/young person with mental health difficulties can create additional challenges for parents.

We are running workshops exploring a range of difficulties that children/young people may experience, that can impact their emotional wellbeing.

22.04.2026 - Anxiety

27.05.2026 - Understanding Autism

17.06.2026 - Low mood in Children

15.07.2026 - Anger Conduct

23.09.2026 - Trauma with attachment

21.10.2026 - Self Harm with DBT skills

18.11.2026 - Anxiety and OCD



To register your interest telephone **Andrea Ehgartner / Nicole Whitehouse** on
01922 607400



bchft_camhs



www.blackcountrychildrens.nhs.uk/camhs

Attachment



Tackling tough moments, support with behaviours

Is your child on a waiting list to be seen by a paediatric health service?

Come and join us at Manor Farm Community Association for the meeting of the Supported Waiting Network.

We have guest speakers to advise on a variety of monthly topics and many services who support with access to additional support for you and your child. Come and chat to other parents, find out what additional support is available across the partnership with our monthly themed support group.

For further advice or information, telephone **01922 656463** or email pals.officer@nhs.net



🕒 9.30am-11.30am 📅 29 July 2026
📍 Manor Farm Community Association
King George Cres, Rushall, Walsall, WS4 1EU

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Supported Waiting Parent

Is your child on a waiting list to be seen by a paediatric health service? Come and join us for support while you wait to be seen.

Forthcoming dates for 2026

March 25th

~~April 29th~~ Cancelled

May 27th

June 24th - Venue change - Oakwood School, Pelsall Lane, WS4 1NG

July 29th

August 26th

For further advice or information, telephone **01922 656463** or email pals.officer@nhs.net



📍 Manor Farm Community Association
King George Crescent, Rushall, Walsall, WS4 1EU

WMC_15342614_13.03.25_V_3



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School Nurse Service

Your School Nurse service offer **FREE** virtual workshops for Parents/Carers

Are you a Parent/Carer of a child or young person who is struggling with any of the following:

Sleep **Behaviour** **Emotions**

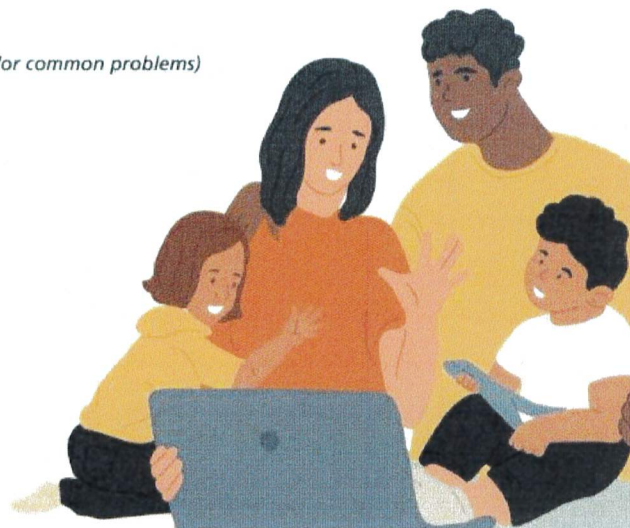
Toileting (training and/or common problems)

Healthy Lifestyles

Fussy Eating

Bedwetting

Scan the QR code for more information



Do you need advice and support about other health issues?

You can call our Single Point of Access on **01922 423349**.

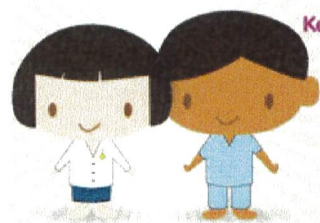
We have resources to help you:

- Health for Teen Website for teenagers: www.healthforteens.co.uk
- Health for Kids Website for children: www.healthforkids.co.uk
- School Nursing Service Webpages: www.walsallhealthcare.nhs.uk/our-services/school-nursing
- ChatHealth – text messaging service to contact a School Nurse for advice
- Teen ChatHealth - **07480 635363** - Parent ChatHealth - **07520 634909**

School Nursing Offer to Schools & Education Settings

— Someone you know and can trust...

Your School Nursing Service can work both in and out of School to help provide or find you support about:



Keeping Healthy
Immunisations
Emotional Health
Weight Management
Sexual Health
Drugs and Alcohol
Smoking

Welcome back to the start of a new academic year

It is timely to remind our schools about the School

The service is aligned with the Early Help localities a link to a team of School Nursing staff lead by a Sp School Nurse. This team will provide named School school and deliver agreed interventions to your school

Autumn Term Liaison Meetings

School Nursing locality teams will be contacting each school at the beginning of the term to arrange a named link person. This differs between each school however schools normally nominate the SENCo, a deputy head as a link between the school and the School Nursing service. The benefit of a link person is communication between the school and the School Nursing service. The autumn term meetings are arranged to discuss the School Nurse provision and plan for the year ahead.

Single Point of Access (SPA)

It is important that professionals, parents/carers and young people have easy access to a School Nurse access to a qualified nurse who can provide advice about health and wellbeing issues & information at Parents/carers can call for confidential advice and/or to book onto any of workshops or groups without from a professional.

The SPA operates 9am-5pm weekdays and is accessible by email, phone or text.

- o Email: bcicb.walsallhcp0-19.spa@nhs.net
- o Telephone: 01922 423349
- o Parent/carers Chat Health Text: 07520 634 909
- o Teen Chat Health Text: 07480 635 363



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Walsall School Nursing Service Information for Parents and Carers



Who are School Nurses?

School Nurses are qualified nurses with specialist training in public health for children, young people and families.

School Nurses are supported by staff nurses, nursery nurses, clinical support workers and administrative staff.

Where do School Nurses deliver their service?

The service is delivered to children and young people from when they start full time school until 19 years old (and up to 25 years for young people with additional needs), who attend a Walsall School in a range of places including schools, community venues, homes and clinics.

What do School Nurses do?

Promote the health, wellbeing and protection of children and young people in Walsall. Identify health needs and offer early intervention. Work with other health professionals, GP's, children's services, voluntary services, schools and other agencies to ensure the health needs of Walsall children and young people are met.

How can the School Nurse Service support your child or young person?

Promote healthy lifestyles

- Maintaining a healthy weight (inc. physical activity, healthy eating and advice for worries about eating disorders)
- Preventative education about tobacco, alcohol and substance misuse
- Promoting good oral health
- Screening and support to provide and increase immunisation uptake
- Relationships, sexual health and contraception
- NCMP – National Child Measurement program - Children in reception and year 6 are offered height and weight checks

Keep children and young people safe and well

- Safeguarding against knife, gun and gang crime
- Promoting good mental health to enhance resilience (inc. bullying, including physical/on-line, peer pressure)
- Promoting safety and reducing accidental injuries
- Safeguarding vulnerable children and young people
- Looked after children

Support children and young people who have additional needs

- Long term health conditions e.g. asthma, diabetes, epilepsy and anaphylaxis
- Disability and complex health needs
- Continence

Helping children and young people make transitions

- Starting school
- Moving to secondary school
- Preparing for adulthood
- Changes and life events



Online support for you and your family

Health for Kids

www.healthforkids.co.uk
Games and activities for children and pages for parent/carers.



Health for Teens

www.healthforteens.co.uk
Blogs and information for young people.



Contact us

Tel:

01922 423349

Email:

schoolnursingadmin@nhs.net
bcicb.walsalhcp0-19.spa@nhs.net

Website:

www.walsallhealthcare.nhs.uk/our-services/school-nursing/parents-and-carers



Parent ChatHealth text:

07520 634 909

Teen ChatHealth text:

07480 635 363



HCP 0-19 SEND Team

HCP 0-19 Service

Are you a parent/carer of a child/young person with Special Educational Needs and/or Disabilities?

Our SEND Team are offering weekly drop-in sessions covering the following:



Toileting

Behaviour



Fussy Eating

Sleep



Emo

🕒 9:30am-11:30am

🗓️ Every Thursday

📍 Child Development Centre, Coalheath Lane, Walsall, WS4 1PL

If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our **Single Point of Access** on **01922 603074** or **send a text explaining your concerns** with your **child's name, date of birth** and **NHS number** to **07520 634909**.



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HENRY Healthy Families programme online

Give your child a great start in life

The HENRY programme is completely FREE to join for parents and carers of children aged 0 to 5 years old.

We will send you details of how to join online.



The programme provides everything you need to help your little one get off to a great start.

We cover the 5 following themes across 8 weeks:

- Feeling more confident as a parent
- Physical activities for the little ones
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Each week there is a 1 hour live session and a couple of videos to watch before each session. You'll also receive a free toolkit with lots of fantastic resources, delivered to your home. The programme is an opportunity to share ideas and experiences with other families in a safe environment!



Programme details

Week 1 will start Tuesday 4th March 10 am-11:15am

The programme will run each Tuesday for 8 weeks, session 8 will be 6th May due to the Easter break.

Please note that each group has a maximum capacity of 6 families so please do get in touch if you would like to join us, in order to save your space and get your toolkit sent out in good time!



Charity number 1132581

Get in touch to sign up now!

Contact Us

Laura Dickson
Local HENRY Coordinator
Tel : 01922 653901

henry@walsall.gov.uk

Healthy Families: Growing Up online



Healthy, thriving children and families



HENRY's free **Healthy Families: Growing Up** online programme is for parents and carers of primary-school age children - it will help you develop a healthier, happier lifestyle that the whole family can enjoy.

The programme covers these 5 themes across 8 weeks and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Get in touch to sign up now!



"This was the best thing I could possibly have done to help me be a better mum"

"This was so much better than I expected. I would encourage every parent to do it."



Programme details

Week 1 will start Tuesday 4th March 7pm-8:15pm

The programme will run each Tuesday for 8 weeks, session 8 will be 6th May due to the Easter break.

Contact Us

Laura Dickson
Local HENRY Coordinator

Tel: 01922 653901

henry@walsall.gov.uk



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Here to
help

Need support with
weight management,
stopping smoking or
wellbeing?

**Be
Well
Walsall**

BeWell Walsall run
free Wellbeing services for
communities across Walsall.

Get help to buy food
and milk
(Healthy Start Scheme)



If you're more than 10 weeks
pregnant or have a child
under 4, you may be entitled
to get help to buy healthy food
and milk.

For more information or assistance to sign up to
either of these programmes please contact your
local Walsall Connected Centre



**Need help accessing
Council services?**

**Nash Dom Community Hub,
Sun Street, Walsall, WS1 4AL
9:30 – 17:00**

Walsall Connected supports with
in-person digital upskilling, general
advice & signposting.



Community Libraries:

Aldridge Community Library
WS9 8NP | Tel: 01922 655569

Bloxwich Community Library
WS3 2HR | Tel: 01922 655900

Brownhills Community Library
WS8 7JB | Tel: 01922 650730

Darlaston Community Library
WS10 8DE | Tel: 01922 654777

Community Partners:

Aaina Community Hub
WS1 3BS | Tel: 01922 644006

Birchills Neighbourhood Community Hub
WS2 8SP | Tel: 07505 202722

**Bloxwich Community Partnership
Stan Ball Centre**
WS3 3AZ | Tel: 01922 403551

Palace Play, Shop, Eat
WS3 1LV | Tel: 01922 712069

Brownhills Community Association
WS8 7JS | Tel: 01543 452119

The Collingwood Centre
B43 7NF | Tel: 0121 360 1484

Darlaston All Active
WS10 8AA | Tel: 0121 568 6144

**Frank F Harrison -
Beechdale Lifelong Learning Centre**
WS2 7DY | Tel: 01922 746967

The Hive Community Hub
WV12 5EA | Tel: 01922 276464

Manor Farm Community Association
WS4 1EU | Tel: 01922 614316

Moxley People's Centre
WS10 6TA | Tel: 01902 496378

**Lichfield
(Walsall)**
WS1 1

Street
B74 3H

Willen
WV13

Nash
WS1 4

Old Hall
WS2 1

Pelsall
WS3 4

RMC
WS1 1

Ryecroft
WS3 1

**Street
Comm**
B74 3H

The M
WS2 5

Walsall
WS1 3

Willen
WV13

Walsall
WS2 5

Ask for

YMCA
WS1 3

For more information please visit:
www.walsall.gov.uk/walsallconnected



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The Bereavement Journey



We are writing to let you know that we will be running *The Bereavement Journey* at St John's Methodist Church, Victoria Avenue, Bloxwich, WS3 3HW on Monday evenings from 7pm to 9pm on June 9th, 16th, 23rd, 30th and July 7th & 14th, with an optional faith session on July 21st.

What is *The Bereavement Journey*?

The Bereavement Journey is a 7-session series of films and discussion groups that gently guides bereaved people through the most common aspects of grief and bereavement to help them process their loss. Facilitated by volunteers, any person bereaved at any time is helped to consider for themselves the implications of their bereavement and to discern the next steps. For most people *The Bereavement Journey* provides the tools they need, either to process their loss without one-to-one professional assistance or to identify where further support might help.

Why is *The Bereavement Journey* important?

Bereavement is one of the most stressful times in life and loss needs to be processed. *The Bereavement Journey* provides a safe space for bereaved people to talk with others who understand the pain of grief, to explore the impact of their loss and consider ways they might resolve issues they are facing, for a healthy and positive future.

Who is *The Bereavement Journey* for?

Any bereaved person 18 years and over, bereaved of anyone at any time, by death, and will also help those who are in anticipatory grief. Many people attend *The Bereavement Journey* in the months following the death, but others may find their grief surfacing from an unprocessed death from years beforehand or want to explore how a past bereavement might have affected them.

How much does *The Bereavement Journey* cost?

We ask for a donation of £10 per person, which includes the Guest Manual. But we would not want cost to prevent someone attending.



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What is covered by the sessions in *The Bereavement Journey*?

Topics include:

- Attachment, separation and loss
 - The pain and responses of grief
 - Anger and guilt
 - Coping with others' reactions
 - Delayed and suppressed grief
 - Adjusting to change
 - Moving forward healthily
-
- Faith questions (optional)

If you would like more information, please don't hesitate to get in touch.

Email: bereavementjourneywalsall@gmail.com

Mobile: 07970808819

<https://www.thebereavementjourney.org/>

Please pass on information to anyone you feel may benefit from *The Bereavement Journey*. We will be running courses throughout 2024 at different venues across Walsall.

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ESOL ONLINE

For Beginner (E1) Learners

TUESDAY

5:00 PM – 6:30 PM

FRIDAY

11:00 AM – 12:30 PM

- Improve your Speaking and Listening skills
- Learn simple grammar
- Meet new people
- Gain Confidence

REGISTER NOW

074 644 29351

l.perehrestjuka@nashdomcic.org

You will need:

- A smartphone or a laptop
- Access to the internet



ESOL ONLINE

For Pre-Intermediate (E2) & Intermediate (E3) Learners

WEDNESDAY

11:00 AM – 12:30 PM

FRIDAY

5:00 PM – 6:30 PM

- Improve Speaking and Listening skills
- Master grammar
- Meet new people
- Gain Confidence

REGISTER NOW

074 644 29351

l.perehrestjuka@nashdomcic.org

You will need:

- A smartphone or a laptop
- Access to the internet



ESOL PRE-BEGINNER

Entry Level 0

Join our FREE English courses to boost your employability and communications skills:

- Practical communication lessons
- Interactive sessions
- Cultural Understanding

EASY STEPS TO START

- Book your assessment appointment
- Identify your English language Level
- Get placed in the right group



Entry Assessment is required for the allocation to the right group. Scan QR code or contact us for assessment

When?

Monday
Thursday
10:00 am - 12:00 pm

Where?

Nash Dom Community Hub
Entrance on Milton Street,
WS1 4LA, Walsall

Need help?

info@nashdomcic.org
+44 7464 429351
(Ludmila)

nash_domcic
Nash Dom CIC

l.perehrestjuka@nashdomcic.org
+44 7464 429351 (Ludmila)

Nash Dom Community Hub
Sun Street, WS1 4AL, Walsall

ESOL PRE-INTERMEDIATE

Entry Level 2

Join our FREE English courses to boost your employability and communications skills:

- Practical communication lessons
- Interactive sessions
- Cultural Understanding

EASY STEPS TO START

- Book your assessment appointment
- Identify your English language Level
- Get placed in the right group



Entry Assessment is required for the allocation to the right group. Scan QR code or contact us for assessment

When?

Tuesday
Wednesday
10:00 am - 12:00 pm

Where?

Nash Dom Community Hub
Entrance on Milton Street,
WS1 4LA, Walsall

Need help?

info@nashdomcic.org
+44 7464 429351
(Ludmila)

nash_domcic
Nash Dom CIC

l.perehrestjuka@nashdomcic.org
+44 7464 429351 (Ludmila)

Nash Dom Community Hub
Sun Street, WS1 4AL, Walsall

ESOL BEGINNER

Entry Level 1

Join our FREE English courses to boost your employability and communications skills:

- Practical communication lessons
- Interactive sessions
- Cultural Understanding

EASY STEPS TO START

- Book your assessment appointment
- Identify your English language Level
- Get placed in the right group

Free Services Available for participants:
Stay & Play Group for children aged 5 and older

When?

Wednesday
Thursday
5:00 - 7:00 pm

Where?

Nash Dom Community
Entrance on Milton St
WS1 4LA, Walsall

nash_domcic
Nash Dom CIC

l.perehrestjuka@nashdomcic.org
+44 7464 429351 (Ludmila)

ESOL INTERMEDIATE

Entry Level 3

Join our FREE English courses to boost your employability and communications skills:

- Practical communication lessons
- Interactive sessions
- Cultural Understanding

EASY STEPS TO START

- Book your assessment appointment
- Identify your English language Level
- Get placed in the right group

Free Services Available for participants:
Stay & Play Group for children aged 5 and older

When?

Monday
Tuesday
5:00 - 7:00 pm

Where?

Nash Dom Community
Entrance on Milton St
WS1 4LA, Walsall

nash_domcic
Nash Dom CIC

l.perehrestjuka@nashdomcic.org
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