

## OUR APPS

**Birmingham Family Hub App** - Your go-to guide for parenting support, with trusted tips and tailored help for every stage of your family's journey - available anytime, anywhere.



IOS



ANDROID



SIGN UP & DOWNLOAD

**EasyPeasy** - Looking for fun, practical parenting ideas? EasyPeasy is a free app for Birmingham families, full of playful ways to support your child's development.

**DadPad** - A app designed especially for new dads and dads-to-be. Packed with advice, tips, and local support to help you feel confident and involved through pregnancy, birth, and your baby's early months.



IOS



ANDROID



DOWNLOAD

**50 Things To Do** - Explore 50 fun activities designed for parents and carers to support their children in trying out and repeating engaging and educational experiences.



TOGETHER  
ST PAULS  
WEBSITE



HALL GREEN DISTRICT  
**WHAT'S ON**

1ST APRIL - 30<sup>TH</sup> JUNE

SPRINGFIELD  
PROJECT  
WEBSITE



fb.com/birminghamfamilyhubs



fb.com/birminghamfamilyhubs



## Are you worried about a child?

Children's Advice and Support Service (CASS)  
0121 303 1888

Emergency Duty Team (outside normal office hours)  
0121 675 4806

## Do you need support?

Our Family Support Workers are available **Monday to Friday from 9:00am until 5:00pm.**

For families with children aged 0-19 or 25 with SEND.

## Volunteering Opportunities

Interested in volunteering in the Hall Green District?

Simply scan the QR code or visit our websites to complete the '**Volunteer Expression of Interest**' form and register your interest!



SPRINGFIELD  
PROJECT



ST PAUL'S

## Healthy Start Vitamins

Available from our Family Hub reception for expectant women and children aged 6 months to 5 years

**Monday - Friday 8:30am until 5:00pm**

## Making it REAL (Raising Early Achievement in Literacy)

**Do you want support to build your knowledge and confidence around your child's:**

Reading and writing  
Language and communication  
Creating a positive home learning environment

**We can offer support:**

Through home visits, groups and other learning opportunities.  
**To register your interest, please contact your local Family Hub!**



## Parenting Courses Information

### Family Foundations

**Who it is for:** Expecting parents/carers around 20 weeks pregnant onwards

**Course length:** 7 sessions (4 weeks prenatal & 3 weeks postnatal where parents bring baby along)



### Approachable Parenting

**Who it is for:** Pregnancy to 3 year old child

**Course length:** 8 week programme - 2 hour sessions

### Solihull Approach - Antenatal

**Who it is for:** From conception to birth

**Course length:** 5 weeks



### BAP (Being a Parent)

**Who it is for:** Parents and carers with children aged 2-11 years

**Course length:** 8 week programme - 2 hour sessions



### Baby and Us

**Who it is for:** Parents and carers with children up to 1 years

**Course length:** 8 week programme - 2 hour sessions



# WHAT'S ON GUIDE FAMILY HUB - SPRINGFIELD PROJECT

Family Hub Springfield Project, Moseley Road, B13 9NY Telephone: 0121 777 2722 Email: [info@springfieldproject.org.uk](mailto:info@springfieldproject.org.uk)

## MONDAY

**PHP**  
**Promoting Happier Parenting**  
9:30 - 11:30am

**Startwell**  
**Stay & Play**  
1:00 - 2:30pm  
Hall Green United Church, B28 8TE

**Butterflies**  
**Stay & Play SEND**  
(Referral only)  
Park Road Nursery  
1:15 - 2:45pm

**Mindful Movement**  
(Women only)  
2:00 - 3:00pm

## TUESDAY

**Seedlings**  
**Stay & Play**  
9:30 - 11:00am  
(£1 per family)

**Toddler Talk**  
(Referral only)  
10:00 - 11:15am



## WEDNESDAY

**Seedlings**  
**Stay & Play**  
9:30 - 11:00am  
(£1 per family)

**IT Skills**  
12:00 - 2:00pm

**Creative Wednesdays**  
1:00 - 2:30pm

**School Readiness**  
**Stay & Play**  
(Referral only)  
Park Road Nursery,  
Park Road, B11 4HB  
1:15 - 2:45pm

## THURSDAY

**Seedlings**  
**Stay & Play**  
9:30 - 11:00am  
(£1 per family)

**KIDS Group**  
(Referral only)  
For children with SEND  
9:30 - 11:30am

**Cooking Group**  
12:00 - 2:30pm

**Creative English**  
12:00 - 2:30pm

**Place of Welcome & Healthy Thursdays**  
1:00 - 3:00pm

**Solihull Approach**  
(Antenatal Session)  
1:00 - 3:00pm

**Girls Club**  
10 to 13 year olds  
4:00 - 6:00pm

## FRIDAY

**Creative English**  
9:30 - 11:30am



## SATURDAY

**Family Mile Healthy Walk in Sparkhill Park**  
Meeting Point:  
Park Road Nursery,  
B11 4HB  
1:00 - 2:30pm

**Sunshine Group**  
**SEND**  
5 to 11 year olds  
11:00 - 12:30pm

Once a month:  
11th April  
9th May  
6th June  
4th July



# WHAT'S ON GUIDE FAMILY HUB - TOGETHER ST PAUL'S

Family Hub St Paul's Trust, 10 Malvern Street, B12 8NN Telephone: 0121 464 6349 Email: [hallgreenfamilyhub@stpaulstrust.org.uk](mailto:hallgreenfamilyhub@stpaulstrust.org.uk)

## MONDAY

**Creative English  
Venture**  
9:15 - 11:30am

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**Little Blossoms  
Stay & Play**  
0 to 12 month olds  
10 - 11:30am

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**Little Explorer  
Stay & Play**  
18 months to 5 years  
12:45 - 2:15pm

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**Housing & Benefit  
Advice Support**  
12:00 - 2:00pm  
(Appointment only)  
MECC Trust

## TUESDAY

**PHP  
Promoting Happy  
Parenting**  
9:30 - 11:30am

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**Togetherness  
Solihull Approach  
(Antenatal Session)**  
1:00 - 3:00pm

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**Toddler Talk  
(Referral only)**  
1:00 - 2:30pm



## WEDNESDAY

**Creative English  
Venture**  
9:15 - 11:30am

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**Footsteps SEND**  
9:30 - 11:30am

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**Harmony  
(Wellbeing Session)**  
1:00 - 3:00pm



## THURSDAY

**Stepping Stones  
Stay & Play  
SEND  
(Referral only)**  
10:00 - 11:30am

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**Startwell  
Stay & Play**  
3 months to 5 years  
1:00 - 2:30pm

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**Tiny Farmers Club**  
(£5 per child, £4 for  
siblings)  
10:30 - 12:00pm



## FRIDAY

**Speech &  
Language Therapy  
(Referral only)**  
9:00 - 12:00pm  
Health Visitors  
(Appointment only)



## SATURDAY

**Girls Club  
Venture**  
11 to 18 year olds  
1:00 - 4:00pm

# SERVICE & ACTIVITY INFORMATION



## Little Blossoms Stay & Play (Aged 0 to 1 year)

Warm and engaging sessions for babies, supporting bonding, early communication, and development through sensory, physical, language, and social activities.

## Startwell Stay & Play (Aged 3 months to 5 years)

The aim is to support families to learn about 8 Startwell key messages and how to introduce these messages into their daily routines. Such as healthy eating, healthy snacks, being active, and oral health.

## Stepping Stones Stay & Play \*Referral only\* (Aged 0 months to 5 years)

6 week programme - SEND stay and play for children with identified or emerging additional needs. Sessions are based around offering opportunities for sensory play and providing strategies for parents to support children's development.

## Toddler Talk (Aged 18 months to 3 years)

8 week programme - learning fun and simple activities to support your child's communication and language development and provide parents/carers with confidence and activity ideas to support their little ones communication at home. Educating parents on developmental milestones.

## The Sunshine Group (Aged 5-11 years)

A stay and play group for children with SEND needs or disabilities. Spaces are limited, parents must book a place.

## KIDS Group \*Referral only\* (Aged 0 to 5 years)

Sensory stay and play group for children with SEND.



## School Readiness (Aged 18 months to 5 years)

The aim is to support families to ensure their child is ready to learn and develop their confidence, independence, language and social skills. By developing these skills children are on track to make a great start to school.

## Footsteps SEND

5 week programme - For parents and carers of children with any additional needs (e.g., Autism, ADHD, Down Syndrome, Cerebral Palsy). Topics include ECHPs, transitions, funding, routines, and sensory needs.

## Promoting Happier Parenting (PHP)

5 week parenting programme - helps parents build positive relationships with their children through practical strategies for communication and behaviour. It supports confidence, creating a happier home environment.

## Togetherness (Antenatal Session)

Understanding pregnancy, labour, birth and your baby. Togetherness antenatal group is a supportive space where expectant parents learn about pregnancy and share experiences it helps build confidence and create connections with other on the same journey.

## Harmony (Wellbeing Group)

6 week programme - giving practical tips and hints to support women's wellbeing. Enjoy light exercise, arts, and crafts.



## Creative English Classes

Build your confidence in basic English. Learn how to cope in everyday situations like speaking with your GP or your child's teacher.

# HALL GREEN FAMILY VOICES EVENTS

Family Voices is a parent-led group designed to help shape and improve local family hub services. Parents and carers, particularly those with children under 2, can join to ensure services meet community needs while gaining confidence and connecting with others. The initiative operates under the Best Start in Life offer. Our next events will be held:

Monday 18<sup>th</sup> May  
10:00am till 11:30am  
Together St Paul's Family  
Hub, 10 Malvern St, B12  
8NN

Wednesday 30<sup>th</sup> June  
1:00pm till 2:30pm  
Springfield Project,  
Moseley Road, B13 9NY



**Have your say** - Share your experiences and ideas to help shape local family services across the whole of Birmingham.



**Be heard** - Join friendly sessions where parents, carers, and young people talk about what really matters.



**Make a difference** - Your feedback helps improve support, activities, and opportunities for families in your area.



## SERVICE FEEDBACK

Share Your Thoughts!



Your feedback is important to us, please help us to improve our services by completing our short feedback form online



## OTHER EVENTS...

### Family Hub Baby Shower Event

Join us for a warm and welcoming baby shower! This event is for expectant parents and carers, offering a chance to relax, connect and feel supported with professionals. We provide helpful advice on pregnancy, baby care, health and wellbeing, along with fun activities, free resources, and the opportunity to meet other parents in your community. Whether it's your first baby or not, everyone is welcome! Just call **0121 464 6349** to find out more and get your place.

## OTHER INFORMATION

### Health Visitor Hub

If you would like to speak to a health visitor, please call them on: 0121 683 2330

#### Central Booking System

If you need to change or cancel a 2-year development review, please contact: 0121 683 2320

### Childcare Choices

You may be eligible for 15 and 30 hours childcare support. Find out what support you might get at:

[www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)



# OUR NURSERIES

## St Paul's Nursery

Open 8:00am - 6:00pm  
Spaces available for children aged 6 months to 5 years old.  
10 Malvern Street  
B12 8NN  
0121 464 1886



## Mini Springers Nursery

Open 8:45am - 3:45pm  
Spaces available for children aged from 2 to 4 years old.  
Springfield Road  
B13 9NY  
0121 777 2722



## Park Road Nursery

Open 8:45am - 3:45pm  
Spaces available for children aged from 2 to 4 years old.  
57 Park Road  
B11 4HB  
0121 725 4990

# OUR FARM SITE



## Balsall Heath City Farm

We are open 7 days a week!  
All farm visitors must book their visit in advance on our website:  
[www.stpaulstrust.org.uk/city-farm/visit-and-donate/](http://www.stpaulstrust.org.uk/city-farm/visit-and-donate/)

Book your visit here!



10 Malvern Street  
B12 8NN  
0121 464 1889



# STARTWELL

BEING ACTIVE, EATING WELL, ACHIEVING MORE!



## Startwell

Startwell is here to support families in giving children the best possible start in life. We offer friendly advice and practical help on healthy eating, staying active, and looking after your child's health and wellbeing. From tips on nutrition and oral health to fun activities and support for families, Startwell works with parents and carers to build healthy habits that last a lifetime. For more information, please scan the QR code or contact your Family Hub.

