

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



IOS



ANDROID

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.

**VIEW DIGITALLY..
SCAN QR CODE HERE**



TOGETHER
ST PAULS
WEBSITE



**BEST START FAMILY HUB
HALL GREEN**

WHAT'S ON
1ST OCTOBER - 31ST DECEMBER

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**



**TOGETHER
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!



Birmingham Family Hubs - Parent/Carer Groups

Togetherness - Antenatal

Who it is for: From conception up to birth
Course length: 3 - 5 weeks

Togetherness - Postnatal

Who it is for: For parents and carers with
babies up to 9 months.
Course length: 5 - 6 weeks

Approachable Parenting - Pregnancy to 3

Who it is for: Pregnancy to 3 years
Course length: 8 week programme

Approachable Parenting - 3 to 7 years

Who it is for: Parents/carers
Course length: 8 week programme

Togetherness - Understanding Your Child

Who it is for: Parents/ carers with toddler to
teens
Course length: 8 - 10 sessions

EPEC - Baby and Us (BAU)

Who it is for: Parents and carers with
children aged 0-2 years
Course length: 8 week programme

EPEC - Being A Parent Group BAP

Who it is for: Parents and carers with
children aged 2-11 years
Course length: 8 week programme

Chit Chat, Chai - Connect

Who it is for: Expectant and new
parents/carers during the perinatal period



**For more information,
scan the QR code!**



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 3 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/carers 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/carers 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/carers must book a place.



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

Sensory stay and play group for children with SEND.

Approachable Parenting - 5 Pillars of Parenting

A practical 8 week programme for parents/carers of children aged 3 to 7 Years, supporting communication with your child, routines, managing challenging behaviour and help to improve parent/carer-child relationship.



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 at 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.

EPEC - Empowering Parents, Empowering Communities

Empowering Parents, Empowering Communities (EPEC) is an 8 week programme for parents and carers of children aged 2 to 11 years. It helps build confidence, develop positive parenting skills and offers practical tips in a friendly, supportive and non-judgemental 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 others on the same journey.

Baby & Me Drop-In

A relaxed weekly drop-in for pregnant people and partners, parents, carers, and babies up to age 2 to support emotional wellbeing and your early relationship with your baby.



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.

WHAT'S ON - TOGETHER ST PAUL'S

10 Malvern Street, B12 8NN Telephone: 0121 464 6349 Email: hallgreenfamilyhub@stpaulstrust.org.uk

MONDAY

Creative English

9:15 - 11:30am
Venture

Little Blossoms Stay & Play

0 to 12 month olds
10:00 - 11:30am

Housing & Benefit Advice Support

12:00 - 2:00pm
(Appointment only)
MECC Trust

Little Explorer Stay & Play

18 months to 5 years
1:00 - 2:30pm



TUESDAY

Women's Fitness

10:00 - 11:00am
Venture

Approachable Parenting

10:00 - 12:00pm
(From 6th October)

Warm Spaces

12:00pm - 2:00pm
Venture
(From 2nd November)

Diabetes Programme & Cooking Session

12:30 - 2:00pm
Venture
(From 3rd November)

Togetherness

(Antenatal Session)
1:00 - 3:00pm

Toddler Talk

(Referrals only)
1:00 - 2:30pm

WEDNESDAY

Creative English

9:15 - 11:30am
Venture

Baby & Me Drop-In

10:00 - 11:30am

Footsteps SEND

1:00 - 3:00pm



THURSDAY

Stepping Stones Stay & Play SEND

(Referrals only)
10:00 - 11:30am

Tiny Farmers Club

(£5 per child)
10:30 - 12:00pm
Farm
(Pre book)

Women's Wellbeing Session

12:30 - 2:00pm
Venture
(From 24th September)

Startwell Stay & Play

3 months to 5 years
1:00 - 2:30pm

Youth Hub

15 - 19 years old
5:30 - 8:30pm
Boxing session for an hour
included!

FRIDAY

Speech & Language Therapy

9:00 - 12:00pm
(Appointments only)

Adults Wellbeing Session

10:00 - 12:00pm
Farm



SATURDAY

Women's Fitness

10:30 - 11:30
Venture

Move More Feel Better

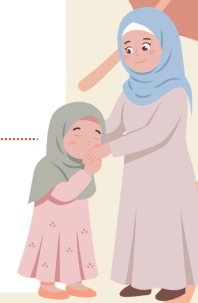
Safe steps for women and
families
10:30 - 11:30
Venture

Boys Hub

11 to 16 year olds
1:00 - 4:00pm
Hertford Street
B12 8NG

Girls Hub

11 to 16 year olds
1:00 - 4:00pm
Venture



WHAT'S ON - THE SPRINGFIELD PROJECT

Springfield Road, B13 9NY Telephone: 0121 777 2722 Email: info@springfieldproject.org.uk

MONDAY

Creative English
12:30 - 2:30pm

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

**Butterflies
Stay & Play SEND**
(Referrals only)
1:15 - 2:45pm
Park Road Nursery
Park Road, B11 4HB

Mindful Movement
(£2 to attend)
(Women only)
1:30 - 2:30pm

Boxing Club
(Boys only)
4:00 - 5:00pm

TUESDAY

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

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

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

Walking Group
1:30 - 3:00pm
Meeting Point: Springfield
Project B13 9NY



WEDNESDAY

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

Adult Art & Craft
1:00 - 2:30pm
(£2 to attend)

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

EPEC
12:30 - 2:30pm
(8 week programme)
(From 14th October)



THURSDAY

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

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

Healthy Thursdays
(Exercise and nutrition)
12:15pm - 1:00pm

Place of Welcome
(Open to everyone)
1:00 - 3:00pm

Togetherness
(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

**Sunshine Group
SEND**

5 to 11 year olds
11:00 - 12:30pm

10th October
Springfield Project,
B13 9NY

7th November
Park Road Nursery,
B11 4HB

5th December
Springfield Project,
B13 9NY



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:

Tuesday 20th October
10:00 - 11:30am
@ The Springfield Project
Springfield Road,
B13 9NY

Thursday 5th November
10:00 - 11:30am
@ Together St Pauls
10 Malvern St,
B12 8NN



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.



FAMILY HUB 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 SERVICES AND EVENTS

Baby Shower

Join us for a warm and welcoming baby shower! This event is for expectant parents and carers. Together St Pauls Trust

Thursday 10th Dec
10:00 - 12:00pm
10 Malvern Street
B12 8NN



Holiday Activity Programme

Families who are eligible for free school meals with children aged 5-11 and 11-16 years can attend!

Booking required. Places are first come, first served.
21st, 22nd & 23rd December.
Venture.
Call 01214641888 to book.



Health Awareness Day

- Health Advice & Checks
- Cervical Screening
- Community Stalls & much more!

14th Oct
9:30 - 3:00pm
10 Malvern Street
B12 8NN



Time For Me! Wellbeing

Join us for relaxing wellbeing sessions:
1st Oct Introduction to Aromatherapy
8th Oct Reflexology
15th Oct Indian Head Massage
22nd Oct Natural Remedies, Tea & Relaxation
5th Nov Food & Mood
9:30 - 11:30am
Venture
Call 07852609191 to book.

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



OUR NURSERIES

St Paul's Nursery

Open 8:00am - 1:00pm &
1:00pm - 6:00pm

Spaces available for children aged 6 months to 5 years old.

(50 week & term time places)

10 Malvern Street, B12 8NN

0121 464 1886

Mini Springers Nursery

Open 8:45am - 11:45am &
12:45pm - 3:45pm

Spaces available for children aged from 2 to 4 years old.

(Term time only)

Springfield Road, B13 9NY

0121 777 2722

Park Road Nursery

Open 8:45am - 11:45am &
12:45pm - 3:45pm

Spaces available for children aged from 2 to 4 years old.

(Term time only)

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/

Book your
visit here!



10 Malvern Street
B12 8NN
0121 464 1889



STARTWELL

BEING ACTIVE, EATING WELL, ACHIEVING MORE!



2 Snacks Max



Micky Me Size



180 Katie



Fay 5 a Day



Active Azra



Smiley Shen



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.

