



Telford & Wrekin
Co-operative Council

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Telford and Wrekin

FAMILY HUBS

Right help at the right time

0-2 Start for Life Offer

Version 2 November 2023



Funded by
UK Government



This booklet aims to offer families information and advice about the first two years of your babies life.



Research has shown that the first 1,001 days of a child's life are crucial for their development and wellbeing and can have a significant impact on their future.



We want every child in Telford and Wrekin to have the best possible start in life.

This booklet is a valuable resource, providing information and guidance to support your parenting journey during your baby's first two years. We encourage you to share it with anyone who may benefit.

In addition, our Family Hubs provide support for new parents and carers with infant feeding, emotional wellbeing, healthy lifestyles and many other services.

Visit www.telford.gov.uk/familyhubs to keep up to date with the local support available.

Together, we can help every family and child in Telford and Wrekin to get the right help, at the right time.



Cllr Shirley Reynolds
Cabinet Member for
Early Years, Children and
Young People.



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SIGN UP
to our Family
Hubs newsletter
by scanning the
QR code



SCAN ME



Free 0-2 groups



Term time only session

Group Name	Info
<p>Families in Telford – Under 1s (term time only)</p> 	<p>A group designated for those who are pregnant and up until they reach their first birthday. Activities are set out for different ages and stages of development offering a wide range of experiences. Grownups are welcome to get themselves a hot drink and enjoy time with their little one and other adults. Staff are present to help guide the children and also offer information and support for adults. Both antenatal and postnatal support is available covering topics such as physical health, mental health, infant feeding, weaning and development.</p>
<p>Families in Telford – Tums and Tinies (term time only)</p> 	<p>This group is specifically tailored for the needs of pregnant ladies, babies and little ones up until they start confidently moving around. Tums and Tinies provides a safe environment for babies to be able to explore and for new mothers to feel confident to be able to talk honestly and openly about their experiences. There are lots of relaxed conversations about topics such as feeding, sleep problems, milestones, weaning and the impact on relationships.</p>
<p>Families in Telford – Rise and Shine (term time only)</p> 	<p>A group designated for those little ones who are starting to find their confidence in moving. Activities are designed to encourage children in their movement and provide them with a range of experiences. Stage appropriate topics such as becoming more dependent on solid foods, language and physical development are also covered.</p>
<p>Families in Telford – Drop in and Play (term time only)</p> 	<p>Multiple indoor and outdoor activities are offered to pre-school children and their adults. From as soon as little ones are able to sit up, there is something for them to have a go with in this group. Creative and imaginative play helps develop a whole range of social and practical skills that are needed to transition towards nursery and school.</p>
<p>Starbucks Breastfeeding Group</p>	<p>A comfortable, safe and relaxed environment for mothers to breastfeed and meet others</p>
<p>Sea Change Trust (term time only)</p>	<p>Talk and Play in the Bell Tent: Drop-In therapeutic support for parents, babies and toddlers.</p> 






Age	Dates and times	Venue
Under 1s	Wednesday's 12noon-1.30pm	Dawley Christian Centre, High St, Telford TF4 2EX
From pregnancy up until babies are moving confidently	Tuesdays 9.30am-10.45am	The Hub on the Hill, 103-106 Southgate, Sutton Hill, TF7 4HG
	Thursdays 9.30am-10.45am	Park Lane Centre, Park Lane, Woodside, TF7 5QZ
For babies confident in moving	Tuesdays 11.15am-12.30pm	The Hub on the Hill, 103-106 Southgate, Sutton Hill, TF7 4HG
	Thursdays 11.15am-12.30pm	Park Lane Centre, Park Lane, Woodside, TF7 5QZ
All pre-school age	Mondays 9.30am-11am	Park Lane Centre, Park Lane, Woodside, TF7 5QZ
	Wednesdays 9.30am-11am	The Hub on the Hill, 103-106 Southgate, Sutton Hill, TF7 4HG
Newborn+	Wednesday 10am-12noon	Trench Lock Starbucks, Hadley, Telford TF1 6SZ
0-2 years	Tuesday 10am-2pm	The Bell Tent (next to Telford Town Park Visitor Centre)

Free 0-2 groups



Term time only session

Group Name	Info
<p>Bounce and Rhyme</p>	<p>Bounce and Rhyme sessions are aimed at babies and toddlers, aged under 5, along with their mums, dads and carers. Come along and share nursery rhymes, action songs – it is fun, interactive and noisy! Bounce and Rhyme sessions are free and are a great opportunity for dads, mums, carers and children to make new friends in a relaxed setting. New sessions coming soon! Please visit www.telford.gov.uk/libraries for more information</p>
<p>Strengthening Families Playing Together (term time only)</p> 	<p>A free session for you and your child to enjoy games, physical play and creative activities.</p>
<p>Wellington Orbit Parent and Toddler Group (term time only)</p> 	<p>Parent and toddler sessions in our cinema. The sessions are free and include soft play equipment and cartoons/other light entertainment on the cinema screen.</p>
<p>Home-Start: Bump to Baby Club (term time only)</p> 	<p>The main purpose of this group is to provide expectant and new mums with the opportunity to meet others, reduce loneliness and isolation, and provide the chance to share new experiences, challenges, or unknowns.</p>
<p>Home-Start: Dad Squad</p>	<p>A place for local Dad's to come together to access peer support, in a relaxed environment to benefit their mental health and overall wellbeing.</p>
<p>Home-Start: Chatterbox Wednesday (term time only)</p> 	<p>A group for parents and their pre-school children to enjoy activities together.</p>
<p>Home-Start: Friday Playing Together (term time only)</p>	<p>A group for parents and their pre-school children to enjoy activities together.</p> 




Age	Dates and times	Venue
0-4 years	Tuesdays 10.30am-11am	Southwater Library, Southwater Square, Southwater Way, Telford TF3 4JG
	Thursdays 10.30am-11am	Wellington Library, Wellington Civic and Leisure Centre, Larkin Way Wellington TF1 1LX
	Fridays 10.30am-11am	Newport Library, 53-55 High Street, Newport TF10 7AT
0-5 years	Tuesday 10am-11.30am	Neighbourhood Centre – Hollinswood
	Tuesday 9am-10.30am	Donnington Children's Centre
	Wednesday 1pm-2.30pm	The Wakes Limes Walk Oakengates
	Thursday 1pm-2.30pm	Brookside Central – Brookside
0-5 years	Tuesdays 10am-12noon First come first serve as spaces are limited	Wellington Orbit, 1 Station Road, Wellington, Telford, TF1 1BY
0-1 year	Thursdays 1pm-2.30pm	Creative Training Space, 8 Duke Street, Wellington, TF1 1BJ
	Wednesdays 1.30pm-2.30pm	Boardroom Café in Wellington, TF1 1LU
	Wednesday 1pm-2.30pm	Hadley Learning Community (HLC) Family Room
	Friday 9.30am-11am	Hadley Learning Community (HLC) Family Room

Free 0-2 groups





Term time only session

Group Name	Info
Home-Start: Teenage mum me time (term time only) 	A weekly drop-in group for mums under 19. Sessions include crafts, pampering, relaxation and peer support.
Shining Stars Group	A group with a range of play activities for children 0-5 years of age who have an additional need. Eligible for families prior, during or after diagnosis. Children must be supervised, two children per one adult. Siblings without an additional need are also welcome to attend.

Paid 0-2 groups



Term time only session

Group Name	Info
Hartbeeps: Baby Belles (term time only) 	Elements of baby yoga, baby massage and calming techniques to guide little ones through our magical, imaginary Baby Land and help them to truly experience our soundtrack of remixed nursery rhymes and lullabies. They'll meet friendly puppet characters, be introduced to age-appropriate props and discover sparkly parachutes – all designed to delight those freshly acquired senses and help babies to uncurl.
Hartbeeps: Baby Beeps (term time only) 	Adventures in rhythm, baby babbles and beyond! Our bouncy, interactive baby development class that focuses on early language acquisition. Every class is a fun-filled adventure through Baby Land with wacky characters, lighting effects, cool props and parachutes that you won't see anywhere else. The class is set to a funky soundtrack of original baby songs, remixed nursery rhymes and lullabies.

Age	Dates and times 	Venue 
	Thursday 10am- 11.30am	Hadley Learning Community (HLC) Family Room
0-5 years	Tuesdays 10am-11.30am	The Linden Centre, Oak Road, Overdale, Telford, TF3 5BT

Age	Dates and times 	Venue 	Cost
Suitable for newborns - confidently sitting unaided.	Mondays 11.30am-12.15pm	Newport Cricket Club, Newport, TF10 7DP	£7.50
	Tuesdays 11.45am-12.30pm	Ketley Community Centre, Telford, TF1 5AN	
	Thursdays 11.45am-12.30pm	Jungleland, Telford, TF1 6SZ	
	Fridays 10.45am-11.30am		
Confidently sitting unaided to walking	Mondays 10.30am-11.15am	Newport Cricket Club, Newport, TF10 7DP	£7.50
	Tuesdays 10.45am-11.30am	Ketley Community Centre, Telford, TF1 5AN	
	Thursdays 10.45am-11.30am	Jungleland, Telford, TF1 6SZ	
	Fridays 11.45am		

Paid 0-2 groups



Term time only session

Group Name	Info
<p>Hartbeeps: Happy House (term time only)</p> 	<p>Expect music, drama, creative play, dance and movement all set to a fantastic soundtrack of remixed nursery rhymes, funky, original kids songs and familiar lullabies.</p>
<p>Warm Baby Swim</p>	<p>Our hydrotherapy pool is the perfect way for babies to be introduced into the water as well as being ideal for physiotherapy or rehabilitation. With a warmer temperature, lights and music the environment is relaxing and inviting. The hydrotherapy pool measures 6x4m with a maximum depth of 1.2m. The pool features a gradual entry with steps and a ramp for ease of access.</p>
<p>Glow Bambino</p>	<p>Our award winning business has created unique Sensory Adventure sessions that are designed to be a wonderful immersive experience. We use unique lighting and sensory toys, theatre techniques, puppets, storytelling, music and rhythm to travel to imaginary worlds .</p>
<p>The Anstice Tots</p>	<p>Story time, nursery rhymes, play and refreshments for babies, toddlers and their grown-ups</p>
<p>Messy Tuesdays Drop-in, no need to book.</p>	<p>Story, Song and Sensory Time – the aim of Story, Song and Sensory Time, is each week we will focus on a theme where the children will have a story and songs around that theme such as Wheels on the Bus, The Hungry Caterpillar etc. There will also be play activities around the theme each week as well which the children can enjoy in a friendly welcoming environment. As well as having sensory play in each session.</p> <p>Messy Tuesday – offers a wide range of activities to enhance little ones learning from soft play to messy play in a friendly social environment. We also offer a different craft activity each week. Drink and small lunch provided.</p> <p>Messy Play Weekend Session – once a month</p>





Age	Dates and times	Venue	Cost
17 months +	Mondays 9.30am-10.15am	Newport Cricket Club, Newport, TF10 7DP	£7.50
	Tuesdays 9.45am-10.30am	Ketley Community Centre, Telford, TF1 5AN	
	Thursdays 9.45am-10.15am	Jungleland, Telford, TF1 6SZ	
	Fridays 9.45am-10.30am		
0-2 years	7 days a week, term time and school holiday time – booking available via www.thecirclethlc.co.uk	The Circle, Crescent Road, Hadley, Telford, TF1 5NU	£4 per session
0-3 years	Wednesdays 10.30am Bambinos 12noon Bambinos	Shifnal Village Hall, Aston St, Shifnal TF11 8DW	£28 for 4 sessions
0-5 years	Tuesdays 11am-12.30pm	Anstice Square, The Anstice 1, Telford TF7 5BD	£2 voluntary donation
0-3 years	Tuesdays 9.15am-10.15am	The Silver Threads Hall, Next To Lawndale, Wellington Road, Telford, TF2 8AD	£2.50 per child per session
0-5 years	Tuesdays 10.30am-12noon	The Silver Threads Hall, Next To Lawndale, Wellington Road, Telford, TF2 8AD	£3 per child per session
0-8 years	Last Saturday of every month 10am-11.30am	The Silver Threads Hall, Next To Lawndale, Wellington Road, Telford, TF2 8AD	£3 per child per session

Paid 0-2 groups



Term time only session

Group Name	Info
<p>Tot Time</p>	<p>Weekly sessions covering 20 different themes.</p> <ul style="list-style-type: none"> • New activities each week • Parent Diaries full of age specific activities to help develop the child's cognitive, physical, linguistics and emotional development • Coffee and cake socials after class • Access to the parent community • Access to other Tot Time classes (first aid, pregnancy classes etc) • Members have access to our guest speaker, experts in parent and child development and mental health
<p>Creation Station - Baby Discover (term time only)</p> 	<p>Enjoy a wonderful learning and development experience with your six months to seventeen-months-old-baby. Baby Discover classes provide your baby with essential early years learning and development experiences. Plus, there are lots of journeys of creative play, treasured keepsakes and new friendships created too. Creative play with your baby provides them with a strong foundation, develops bonding and helps your baby discover their world and much, much more!</p>
<p>Creation Station - Little Explorers (term time only)</p> 	<p>Enjoy creative adventures with your child to spark their natural curiosity and to develop their own journey of exploration and discovery. Every week you can inspire your child's imagination and nurture their creativity and potential with fun, hands-on arts and crafts creative Little Explorer classes. Our exclusive, educational and safe activity programmes engage your child's senses, so they can join in at a rate and pace that suits them. What's more, the classes are social, educational and great fun for both of you!</p>
<p>Challenging Perceptions</p>	<p>Under 5's Parent and Toddler group. Pre-booking required</p> <p>Sensory Room</p>



Age	Dates and times	Venue	Cost
0-5 years	Visit totime.co.uk to see full list of sessions		£28 a month
6-17months	Wednesdays 11.30am-12.15pm	Horsehay Village Hall, 3 Bridge Road, Horsehay, Telford TF4 2NF	£7.50 10% discount for a half term block
17months-5yrs	Wednesdays 10.15am-11am	Horsehay Village Hall, 3 Bridge Road, Horsehay, Telford TF4 2NF	£7.50 10% discount for a half term block
0-5yrs	Every fortnight on a Friday	Park Lane Centre, Park Lane, Woodside, Telford, TF7 5QZ	£1
0-16yrs	Monday-Friday 9am-4.30pm		£3 per child for 30mins

Breastfeeding help and weaning



Breastfeeding Network

The Breastfeeding Network offers free information and support for you. The trained peer supporters can help you through exclusively breastfeeding, combi-feeding and pumping/expressing. The groups are for anyone who is interested in breastfeeding, needs support or wants a safe, welcoming place to meet other families. For more information, follow on Facebook

@BreastfeedingNetworkShropshire

Web: www.breastfeedingnetwork.org.uk/shropshire

National Breastfeeding Helpline

Tel: 0300 100 0212 available 9.30am-9.30pm every day.

Start4Life weaning information

Information about how to begin and when to start weaning safely.

Web: www.nhs.uk/start4life/weaning



SIGNS OF READINESS

WHEN TO START WEANING

Before you start

A baby's nutritional needs are met by breast or formula milk until about 6 months. If your baby was born prematurely please consult with your GP or Health Visitor before starting solids.

Stay In a Sitting Position

Your baby should be able to stay in a sitting position and hold their head steady



Coordinate Hands & Mouth

Your baby should be able to coordinate their eyes, hands and mouth so that they can reach for food and bring it to their mouths

Swallow Food

Your baby should be able to swallow food (rather than spit it back out).



Weaning Myths

Having an interest in food, waking to feed in the night, needing extra milk feeds, being a 'big'/small' baby and chewing fists are not signs your baby is ready for solids.

Help and support



Citizens Advice 'Baby Steps' service

A bespoke service to help local parents before and after pregnancy. We can check your eligibility for extra help, make sure you are getting the right benefits, understand your rights as new parent or carer and support you with money worries.

Web: www.citizensadvice.org.uk

www.citizensadvice.org.uk/telfordandthewrekin.org.uk

Tel: 01952 567193

Domestic Abuse support

Support for families and children experiencing or affected by domestic abuse.

Web: www.nationaldahelpline.org.uk

Tel: 0808 200 0247 free 24 hour helpline

Family Connect

Family Connect is our front door for all child and young people safeguarding referrals. Family Connect provide impartial advice, information, guidance as well as support of a full range of children's services including childcare, activities, school admissions and finance.

Web: www.familyconnecttelford.co.uk

Tel: 01952 385385

Finding an NHS dentist

If you have an urgent dental problem or need help finding an NHS dentist contact the Shropshire and Telford & Wrekin Dental Advice Line on 01743 237916 or scan the QR code to find a dentist near you.



SCAN ME

Health Visiting Team (single point of access)

The health visiting service provides support for your child up until their 5th birthday. The team provide support around children's health care needs, including infant feeding, development, support for minor illnesses and supporting the wider families holistic health needs.

Tel: 0333 358 3328 or for text support 07520 619053

Newlife Charity

A charity that supports families with a disability to get equipment to meet their needs. Available Monday to Friday 9.30am-5pm.

Tel: 01543 462777

Web www.newlifecharity.co.uk

Perinatal and infant disability support

Louise is here to support parents and families who receive a diagnosis of disability during pregnancy or shortly after birth. She can provide a listening ear, attend appointments, help with managing services and guide families through their new world using her own lived experience.

Tel: 07767975592

Email: louise@podstelford.org



Useful information

The Cuddle Collective (Sling library)

The Cuddle Collective are here for all of your babywearing needs – we offer a sling library hire service, provide professional fitting and advice, sell many brands of slings, as well as organising social events (when we can!)

Web: www.thecuddlecollective.co.uk

NCT Telford & Wrekin Nappy Library

Nappy library covering Telford & Wrekin, Wellington, Newport, Bridgnorth etc.

If you've thought about giving cloth nappies or wipes a go, but aren't sure where to start, we will be providing help, advice, and kits to hire to get you started. The perfect way to try cloth nappies and see which work for you, before investing in your own stash!

Web: mossy.life/places/nct-telford-wrekin-nappy-library/

Newport Toy Library

Toy lending library in The Cottage Care Centre, Newport Shropshire.

facebook.com/newporttoylibrary

Telford Childcare

Information on free childcare for two year olds.

www.telford.gov.uk/talking2s

Help on cost of living

www.telford.gov.uk/costofliving

The Baby & Toddler Bank

Offer food banks, school uniform help, (baby bank via referral)

Tel: 01952 586646

Web: telfordcrisissupport.org.uk

Maternity and Neonatal Voices Partnership

Feedback about your experience of care during pregnancy, labour and birth and postnatally to help improve local services.

Web: www.shroptwmaternityvoices.co.uk

Talking Early Years and Childcare

We can help with: childcare funding offers; quality support and CPD for EYFS/childcare providers; becoming a childminder; careers in the early years/childcare and education sector; business support for new settings and extended school provision.

Tel: 01952 385423

Email: childcarefunding@telford.gov.uk



SCAN ME





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BABY FIRST AID AND ACCIDENT PREVENTION COURSES

Are you currently pregnant or have had a baby in the last year? Do you live in Telford & Wrekin?



As part of the Telford & Wrekin Start for Life initiative, there are FREE places available for Telford & Wrekin Residents on both Baby First Aid and Accident Prevention Courses run by the award winning Mini First Aid!



To book your space and to find out the next available classes, please contact the email address below, or complete the Microsoft Forms Questionnaire by following the link or scanning the QR code below:

betterbirths.stw@nhs.net
<https://forms.office.com/e/VpeYtVuHnn>



Five ways you can save your baby's life

What to do if your baby is choking

1. Slap it out

- > Lay your baby face down on your thigh and support their head
- > Give up to five blows between their shoulder blades

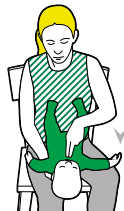


2. Check their mouth

- > Carefully pick anything out

3. Squeeze it out

- > Lay your baby on your thigh face up
- > Using two fingers, give up to five chest thrusts
- > Check the mouth. If the obstruction hasn't cleared call 999/112 for emergency help



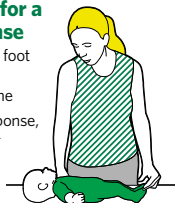
4. Call 999/112

- > Take your baby with you and call 999 or 112
- > Repeat steps 1 to 3 until help arrives or your baby stops choking.

What to do if your baby is unresponsive

1. Check for a response

- > Tap their foot and call their name
- > If no response, shout for help



2. Open their airway

- > Gently tilt the head back



3. Check for breathing

- > Look, listen and feel



4. If they are breathing

- > Hold them in the recovery position (see below)
- > Call 999/112 for help

If they are not breathing

- > Call 999/112
- > Give CPR until help arrives.

What to do if your baby has stopped breathing

If your baby is unresponsive and they are not breathing, follow these steps to perform CPR

1. Call 999/112 for an ambulance

- > If you're alone, give one minute of CPR before calling on a speaker phone

2. Breathe

- > Open airway
- > Put your lips around their mouth and nose and blow steadily for up to one second
- > Give five initial rescue breaths



3. Pump

- > Using two fingers in the centre of the chest, give 30 chest compressions at a rate of 100-120 per minute



4. Repeat

- > Give two rescue breaths followed by 30 chest compressions
- > Continue CPR until help arrives.

What to do if your baby has a seizure (fit)

Make it safe

1. Clear objects that may cause your baby injury

2. Don't try to restrain them

- > Put soft padding around them

3. Cool them

- > Take away bedding and remove a layer of clothing when the seizure has stopped

4. Put them in the recovery position

5. Call 999/112 for emergency help

- > When seizure has stopped, put them in the recovery position while you wait.



How to hold a baby in the recovery position

1. Cradle them in your arms, with their head tilted downwards



2. Call 999/112 for emergency help

3. Monitor their breathing, pulse and level of response.

More life saving techniques and videos can be found on our website.

sja.org.uk

St John
Ambulance





Telford & Wrekin
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Right help at the right time

This is a government funded initiative.

You can discover additional 0-2 groups in Telford and Wrekin by visiting the Live Well Telford website at livewell.telford.gov.uk

If you organise or manage a 0-2 group, we would be happy to showcase your contact details on the Live Well Telford website, get in touch at telfordfamilyhubs@telford.gov.uk

The information included in this booklet is believed to be accurate at the time of printing. However, circumstances might change after printing and the information contained herein may become outdated or incomplete. For updated information on Telford and Wrekin Family Hubs activities, visit the website

www.telford.gov.uk/familyhubs