

Check out our local Family Hub... Holly Trees

(on Facebook: @StartingWellRB)

Holly trees offer: parenting groups and workshops on common issues; Fussy eating, sleep, understanding your child's behaviour and even your teens brain and development:

- baby and child clinics – giving opportunity for parents/carers to talk through any child development with a member of the health visiting team.
- SEND support groups
- Stay, weigh and play
- Breast buddies support group. And much more



For advice on housing, debts and financing, there are many professionals you can seek out for support. From [Citizens Advice Bureau](#) for longer term budgeting advice and carrying out a financial health check; [Money Helper](#) where you can calculate any benefits you may be entitled to support your family further, or, access the [government website](#) to seek support with the cost of living. Worcestershire county council also offer a household support fund, find out if you're eligible and apply here: <https://www.worcestershire.gov.uk/council-services/environment/sustainability-and-carbon-reduction/warmer-worcestershire/household>



[Harmony at Home](#) is the county's approach to reducing parental conflict at home. It is natural for all relationships to experience conflict at times, Harmony at Home offers advice to parents on "how to argue better" to reduce the negative impact on your children's outcomes, as well as advice and support with co-parenting.

How can I access a food bank?

Issac food bank on site of the nursery at Willow Trees community centre:

Collect a Free Food Parcel

Take if you need, share if you have spare!

Day or night, rain or shine, we are always open!

We're open 7 days a week, just send us an email or text our number to book a collection slot.:

Email: friendsofisaacs@hotmail.com

Number: [07496 381323](tel:07496381323)

- *All that we ask is that you shut the door with the bolt when you leave and abide by our shed rules.*
- *We know that anyone can reach crisis point and we're here to help when that happens. Everyone deserves a fully belly and a meal to look forward to after the end of a long day.*

Mental wellbeing: is about how you feel right now, and how you cope with everyday ups and downs. Looking after our mental well-being isn't just something we should do when we're struggling – it should be a daily habit. That's why it's an important lesson for children, young people and their families.

In Redditch and the local area, there are a variety of providers that offer support to families and young people.

[Mental health and wellbeing \(redditchbc.gov.uk\)](http://redditchbc.gov.uk)

Worcestershire county council gives lots of information of who to contact and where to access support in the local area, it gives details and contact details for people who need urgent help.

<https://www.worcestershire.gov.uk/council-services/health-and-wellbeing/mental-health-and-emotional-wellbeing/mental-health-and-1>

If you are new to the area, first time parents or are just looking for something different to do with your children, there are a variety of groups etc to give you and your children the opportunity to socialise with other children and parents/carers.

We are offering a parent and child stay and play within Willow Trees community centre every Tuesday 10am-12pm. FREE to attend!

Redditch Libraries have a wonderful environment for children to explore and enjoy a wonderful selection of books that they can begin their life long love of books and reading.

The library also offers various groups:

Story time: An interactive session for all children aged 5 years and under. No booking required.

How often: Weekly every Saturday

Time:10:00am to 10:30amLocation

Story Stomp Themed stories, songs and movement for children 3-5 years. The fun activities will help develop children's listening skills and gross motor movements

How often: Weekly every Friday

Time: 2:00pm to 2:30pm

Baby, Bounce and Rhyme: A fun singing and rhyme session for babies aged up to 18 months

How often:Weekly every Monday

Time:10:00am to 10:30am

Cinemaniacs: If you love a day out to the cinema, why not come along to Cinemaniacs at Redditch Library? FREE entry to a different children's movie each week.

There is also popcorn and a drink on offer for a small donation of £1 per person.

How often: Weekly every Saturday

Time:10:30am to 12:30pm

CHECK OUT REDDITCH LIBRARY FOR MORE GROUPS

Minor Injury Unit:

There are local MIUs across Worcestershire in Kidderminster, Malvern, Evesham, Tenbury and Bromsgrove. <https://www.hacw.nhs.uk/miu/>

Opening Times: Walk-in service 8am to 10pm, seven days a week. X-ray opening times: Monday to Thursday: 9am to 6pm.

Dentist: Are you and your child registered for a dentist...

<https://www.nhs.uk/service-search/find-a-dentist>

Other useful resources:



[Early Help in Worcestershire – Support for Families | Booklet](#)

[Worcestershire Early Help – Family Support | Website](#)

[Family learning courses and workshops | Worcestershire County Council](#)