

Starting Well Bromsgrove Newsletter Autumn 23



Starting Well Bromsgrove
EVERY CONTACT SHAPES A LIFE

Meet the Community Team

Our team have a good knowledge of what is on offer locally for families and young people.

What can Our Community Team help with?

- Applying with Childcare funding
- Connect families to access Community groups, activities and services such as Foodbanks.

Please email any queries to startingwell@bromsgroveandredditch.gov.uk

Or call the one number 01905 520032, we will do our best to help.



Volunteer

We are looking for volunteers and peer support workers to support with the delivery of our parenting, community and breastfeeding groups, and to assist with the administration of our parenting and family services across Worcestershire.

Our volunteers bring invaluable skills and experience to our services and are important team members.

Volunteering can help with employment, developing confidence and skills. Full training and on-going support is offered for all roles.

www.startingwellworcs.nhs.uk/volunteering

“ I’ve only been in the role a few short months but it’s been enough time to see what a valuable role we play in supporting the wellbeing of parents both practically & emotionally. ”



Natalie

Start for Life Peer Support Volunteer



Provided by:


Herefordshire and Worcestershire
Health and Care
NHS Trust

Delivered on behalf of
 worcestershire
county council

Free Online Courses

The Solihull Approach online parenting courses are a series of NICE approved resources for parents and carers who want to learn more about sensitive and effective parenting and building a positive relationship with their child. Parents are also helped to understand how they can influence their relationship with their child through play.

The courses are **FREE** with access code: **PARENTSROCK** at www.inourplace.co.uk for residents in our area. There are courses for parents, carers and grandparents about children from bump to 19+ years on a range of topics including pregnancy, teenagers, relationships and more.

UNDERSTANDING YOUR CHILD SOLIHULL APPROACH inourplace NHS

NINE fantastic ONLINE courses!

PREPAID for YOU! Locally funded

Check out the Solihull Approach series for ALL parents, grandparents and carers

UNDERSTANDING YOUR...
_PREGNANCY
_BABY
_CHILD
_CHILD WITH ADDITIONAL NEEDS
_TEENAGER
_RELATIONSHIPS
AND MORE

Ever been curious to know what is going on in their brain?
Ever wondered why they behave like that?
Interested to look at you and yours differently?

inourplace.co.uk

Do you live in Worcestershire?
1. Visit www.inourplace.co.uk
2. Enter access code
3. Begin learning

Access Code: **PARENTSROCK**

CHAT HEALTH

If you're aged 11-19 years and live in Worcestershire, you can text the number below and speak to a school nurse for confidential advice and support on a range of health and wellbeing issues.



text: **07507331750**



HANDi Paediatric

Download the Worcestershire 'HANDi Paediatric' app to get up to date advice about common childhood illnesses & how to treat them.



We can help you get free **Healthy Start vitamins**



To check if you're eligible for Healthy Start visit: www.healthystart.nhs.uk



Healthy Start

With Healthy Start, you could be entitled to weekly support towards: Veg, Fruit, Milk, Infant formula milk, Pulses and Healthy Start Vitamins. Vitamins are available from our Family Hubs.

Find out if you are eligible and apply: www.healthystart.nhs.uk

School Health Nursing Team

Hello and welcome from the School Health Nursing team.

We as School Health Nurses are registered nurses who have undertaken specialist training in public health for children, young people, and families. All children who attend Worcestershire schools have a named School Health Nurse who offers a confidential service and provides support and advice to children, young people, and their families.

The team are supported by Health Care Support Workers who aid the delivery of the service. They work with local communities, families, and individual children in different settings to provide a link between school, home, and community, promoting the safeguarding and wellbeing of children and young people.

The team also utilises a digital system known as SchoolScreener to carry out:

- Health needs assessment questionnaires for children in reception, year 6 and year 9 children
- Hearing screening for reception children
- Height and weight measurements to promote healthier lifestyles under the National Child Measurement programme (NCMP)



SchoolScreener immediately automates results, allowing the team to review answers about your child as soon as they have been submitted. This helps to ensure that any concerns are identified early, and any additional support is available straightaway.

We are aiming to begin the health needs assessment questionnaire for Year 9 children from September 2023. Your child will be able to complete this online at school, supported by the School Health Nurse. Questions covering topics relating to:

- General health
- Lifestyle
- Aspiration
- Emotional health
- Bullying

When your child starts school, you will be issued with a letter containing a 'unique link' to register for a SchoolScreener account. Please wait for this link from your child's school before attempting to set up your account. The SchoolScreener portal is where you will then be able to access the results of your child's school aged hearing screen and their height and weight details in relation to the NCMP. Please wait for the link from your child's school and then set up your account.

For more information about SchoolScreener, you can [watch this simple explainer video](#).

If you would like more information or would like to speak to a School Health Nurse please call us on our one simple number: 01905 520 032



Self-Weigh & Play

Self-weigh clinics offer parents and carers of infants under 2 an opportunity to weigh their baby and log this in their baby's Personal Child Health Record (PCHR) Red Book.

There is a social area to stay and play and meet other parents.

Pear Tree Family Hub, Fridays: 9.30am - 10.30am, 11am - 12pm & 12.30pm - 1.30pm

To book a place call 01905 520 032



Parenting Group Spotlight

Understanding Your Child Group for Parents

Consisting of 10 sessions for 2 hours, the group is suitable for families with children and young people from 0 to 19 years.

Would you like to know more about your child's development?

Would you like a better understanding of your child's behaviour?

Come along to this relaxed, fun group to explore issues like:

Developmental needs, Having fun, Communication, Sleep, Behaviour difficulties.

For more details call 01905 520 032



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Would you like to know more about your child's development?



Would you like a better understanding of your child's behaviour?

Come along to this relaxed, fun group to explore issues like:

**Developmental needs | Having fun
Communication | Sleep | Behaviour difficulties**

Consisting of 10 sessions for 2 hours, the group is suitable for families with children and young people from birth to 19 years.

This group runs county wide, for more details call 01905 520 032 or visit www.startingwellworcs.nhs.uk Children 0 - 19 yrs

Starting Well Bromsgrove

Pear Tree Family Hub

Broad Street, Bromsgrove, B61 8LW

Call our one simple number 01905 520 032 to contact any of our services



Parents & professionals can refer by phone or [completing this form](#)