



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough



Telford and Wrekin

FAMILY HUBS

Right help
at the right
time

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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
Families in Telford - Tums and Tinies	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.
Families in Telford - Rise and Shine	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.
Families in Telford - Drop in and Play	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.
Starbucks Breastfeeding Group	A comfortable, safe and relaxed environment for mothers to breastfeed and meet others
Sea Change Trust (term time only)	Talk and Play in the Bell Tent: Drop-In therapeutic support for parents, babies and toddlers.
Bounce and Rhyme	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.





Age	Dates and times	Venue
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)
0-5 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 10.30-11am	Newport Library, 53-55 High Street, Newport TF10 7AT

Group Name	Info
<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>Homestart: Chatterbox Wednesday (term time only)</p>	<p>A group for parents and their pre-school children to enjoy activities together.</p> 
<p>Homestart: Friday Playing Together (term time only)</p>	<p>A group for parents and their pre-school children to enjoy activities together.</p> 
<p>Homestart: Teenage mum me time (term time only)</p>	<p>A weekly drop-in group for mums under 19. Sessions include crafts, pampering, relaxation and peer support.</p> 
<p>Shining Stars Group</p>	<p>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.</p>
<p>Baby Babble</p>	<p>A group for babies and toddlers, advice and support for parents over a cup of tea.</p>

Age	Dates and times 	Venue 
0-5 years	Monday 9.30am-11.30am	Dawley Town Hall
	Tuesday 10am-11.30am	Neighbourhood Centre – Hollinswood
	Tuesday 1.30pm-3pm	Hub on the Hill – Sutton Hill
	Tuesday 9am-10.30am	Donnington Children's Centre
	Wednesday 10am-11.30am	Shortwood Centre – Arleston
	Wednesday 1.30pm-2.30pm	Bembridge - Brookside
	Wednesday 1pm-2.30pm	The Wakes Limes Walk Oakengates
	Thursday 10am-11.30am	Linden/Carpenter Centre - Overdale
	Friday 1pm-2.30pm	Park Lane Centre – Woodside
	Friday 9.30am-11am	Hadley Learning Community (HLC)
0-5 years	Tuesdays 10am-12noon First come first serve as spaces are limited	Wellington Orbit, 1 Station Road, Wellington, Telford, TF1 1BY
	Wednesday 1pm-2.30pm	Hadley Learning Community (HLC) Family Room
	Friday 9.30am-11am	Hadley Learning Community (HLC) Family Room
	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
0-5 years	Last Tuesday of every month 1.30pm-2.30pm	St Leonard's Church Brunel Rd, Telford TF4 2DU

Paid 0-2 groups



Term time
only session

Group Name	Info
<p>Hartbeeps: Baby Belles (term time only)</p> 	<p>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.</p>
<p>Hartbeeps: Baby Beeps (term time only)</p>	<p>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.</p> 
<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>



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		
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	Monday 5pm-5.45pm	The Circle, Crescent Road, Hadley, Telford, TF1 5NU	£4 per session
	Monday 5.45pm-6.30pm		
	Monday 6.45pm-7.45pm		
	Tuesday 5pm-5.45pm		
	Tuesday 5.45pm-6.30pm		
	Thursday 5.45pm-6.30pm		
	Saturday 12noon-12.45pm		
	Saturday 3pm-3.45pm		
	Sunday 8.45am-9.30am		
	Sunday 9.30am-10.15am		
Sunday 10.15am-11am			
Sunday 11am-11.45am			

Group Name	Info
Glow Bambino	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 .
The Anstice Tots	Story time, nursery rhymes, play and refreshments for babies, toddlers and their grown-ups
Messy Friday	<p>Story and Song Time – the aim of the group 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.</p> <p>Soft Play – the aim of the group is for children to enjoy a fun filled soft play session as well as having sensory stations to play in during the session, enabling children to build friendships with other children in a friendly environment. Drink and healthy snack provided.</p> <p>Messy Friday – the aim of the group is to offer a friendly social environment. To offer a wide range of activities to enhance little ones learning from soft play to messy play. We also offer a different craft activity each week. Drink and snack provided.</p>
Tot Time	<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) • Flexible memberships • Members have access to our guest speaker, experts in parent and child development and mental health



Age	Dates and times	Venue	Cost
0-3 years	Mondays 10.30am-12noon	The Silver Threads Hall, Next To Lawndale, Wellington Road, Telford, TF2 8AD	£28 for 4 sessions
	Thursdays 10.30am-12noon	Shifnal Village Hall, Aston St, Shifnal TF11 8DW	£28 for 4 sessions
	Fridays 12.30pm-2pm	The Silver Threads Hall, Next To Lawndale, Wellington Road, Telford, TF2 8AD	£28 for 4 sessions
0-5 years	Tuesdays 11am-12.30pm	Anstice Square, The Anstice 1, Telford TF7 5BD	£2 voluntary donation
0-5 years	Tuesdays 10am-11am	The Silver Threads Hall, Next To Lawndale, Wellington Road, Telford, TF2 8AD	£2.50
	Wednesday 10am-11am	The Silver Threads Hall, Next To Lawndale, Wellington Road, Telford, TF2 8AD	£3
	Friday 10am-11am	The Silver Threads Hall, Next To Lawndale, Wellington Road, Telford, TF2 8AD	£3
0-5 years	Visit totime.co.uk to see full list of sessions		£35 a month

Help and support



Citizens Advice 'Baby Steps' Service - Money Help, Rights and Support

A new 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.telfordandthewrekin.org.uk/contact-us

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 national domestic abuse 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 across the borough 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.



Health Visiting Team (single point of access)

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

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



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 Child Care info

Information on free childcare for two year olds.

www.telford.gov.uk/info/20393/free_childcare_places_for_2_3_and_4_year_olds/792/talking_2s

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 Voice Partnerships

www.healthwatchtelfordandwrekin.co.uk/maternity-voices-partnership

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





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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