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Telford and Wrekin

**FAMILY HUBS**

Right help at the right time

# 0-2 Start for Life Offer



Version 3 November 2024



Telford & Wrekin  
Co-operative Council

Protect, care and invest  
to create a better borough

## 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](http://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  
Children, Young People,  
Education, Employment  
& Skills



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Any groups advertised within this leaflet are not endorsed by Telford and Wrekin Local Authority therefore any issues should be taken up with the group leader or safeguarding concerns reported to Family Connect 01952 385385

**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	Age	Dates and times	Venue
<b>Families in Telford - Under 1s</b> (term time only) 	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.	Under 1s	Wednesday's 12noon-1.30pm	Dawley Christian Centre, High St, Telford TF4 2EX
<b>Families in Telford - Tums and Tinies</b> (term time only) 	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.	From pregnancy up until babies are moving confidently	Tuesdays 9.30am-10.45am Thursdays 9.30am-10.45am	The Hub on the Hill, 103-106 Southgate, Sutton Hill, TF7 4HG Park Lane Centre, Park Lane, Woodside, TF7 5QZ
<b>Families in Telford - Rise and Shine</b> (term time only) 	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.	For babies confident in moving	Tuesdays 11.15am-12.30pm Thursdays 11.15am-12.30pm	The Hub on the Hill, 103-106 Southgate, Sutton Hill, TF7 4HG Park Lane Centre, Park Lane, Woodside, TF7 5QZ
<b>Families in Telford - Drop in and Play</b> (term time only) 	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.	All pre-school age	Mondays 9.30am-11am Wednesdays 9.30am-11am	Park Lane Centre, Park Lane, Woodside, TF7 5QZ The Hub on the Hill, 103-106 Southgate, Sutton Hill, TF7 4HG
<b>Starbucks Breastfeeding Group</b>	A comfortable, safe and relaxed environment for mothers to breastfeed and meet others	Newborn+	Wednesday 11am-1pm	Trench Lock Starbucks, Hadley, Telford TF1 6SZ
<b>Sea Change Trust</b> (term time only) 	Talk and Play in the Bell Tent: Drop-In therapeutic support for parents, babies and toddlers.	0-2 years	Tuesday 10am-3pm	Southwater Library, Southwater Square, Southwater Way, Telford TF3 4JG

# Free 0-2 groups



Term time  
only session



Group Name	Info	Age	Dates and times	Venue
<b>Bounce and Rhyme</b>	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. <b>Please visit <a href="http://www.telford.gov.uk/libraries">www.telford.gov.uk/libraries</a> for more information</b>	0-4 years	Tuesdays 10.30am-11am	Southwater Library, Southwater Square, Southwater Way, Telford TF3 4JG
			Tuesdays 2pm-2.30pm	Wellington Library, Wellington Civic and Leisure Centre, Larkin Way, Wellington TF1 1LX
			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
<b>Strengthening Families Playing Together</b> (term time only)	A free session for you and your child to enjoy games, physical play and creative activities.	0-5 years	Tuesday 10am-11.30am	Neighbourhood Centre – Hollinswood
			Tuesday 9.15am-10.45am	Donnington Children's Centre
			Wednesday 1pm-1.45pm	The Wakes, Limes Walk, Oakengates
			Thursday 10am-11.30am	Brookside Central, Bembridge
			Friday 1pm-2.30pm	Park Lane Centre, Woodside
<b>Wellington Orbit Parent and Toddler Group</b> (term time only)	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.	0-5 years	Tuesdays 10am-12noon First come first serve as spaces are limited	Wellington Orbit, 1 Station Road, Wellington, Telford, TF1 1BY
<b>Home-Start: Bump to Baby Club</b> (term time only)	This group gives new and expectant Mums the opportunity to meet others, reduce feelings of isolation and share stories and tips about their journey as a new parent.	0-1 year	Mondays 1pm-2.30pm	Hadley Learning Community (HLC), Crescent Road, Hadley, Telford TF1 5JU Family Room
<b>Home-Start: Me Time</b> (term time only)	This group gives busy Mums a little bit of time each week to focus on their own well-being whilst children play in the free creche.	0-5 years	Mondays 1pm-2.30pm	Hollinswood Neighbourhood Centre, 7 Downemead, Hollinswood, Telford TF3 2EW
<b>Home-Start: Dad Squad</b> (term time only)	A chance to meet like-minded Dads to spend some time having fun with their children. Interim remote support available.	0-5 years	Mondays 1.30pm-2.30pm	Boardroom Café, Wellington
<b>Home-Start: Bump to Baby</b> (term time only)	Like the Monday group, this group gives new and expectant Mums the opportunity to meet others, reduce feelings of isolation and share stories and tips about their journey as a new parent.	0-1 year	Tuesdays 10am-11.30am	High Ercall Village Hall, Park Lane Telford TF6 6BB

# Free 0-2 groups



Group Name	Info	Age	Dates and times	Venue
<b>Home-Start: - Chatterbox Group</b> (term time only)	A friendly, inclusive group for parents and children to play together and practice language skills.	0-5 years	Wednesday 1pm-2.30pm	Hadley Learning Community (HLC) Family Room, Crescent Road, Hadley, Telford TF1 5JU
<b>Home-Start: Teenage mum me time</b> (term time only)	This group gives Mums under 19 a chance to meet new friends and reduce feelings of isolation. Free creche available.	???	Thursday 10am- 11.30am	Meeting Point House, Southwater Square, Telford TF3 4HS
<b>Home-Start: Friday Playing Together</b> (term time only)	A group for parents and their pre-school children to enjoy activities together. Our groups operate during term time only. For more information on these groups, please contact <a href="mailto:info@homestartandw.org.uk">info@homestartandw.org.uk</a>	0-5 years	Friday 9.30am-11am	Hadley Learning Community (HLC) Family Room, Crescent Road, Hadley, Telford TF1 5JU

# Paid 0-2 groups


Group Name	Info	Age	Dates and times	Venue	Cost
<b>Hartbeeps: Baby Belles</b> (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.	Suitable for newborns - confidently sitting unaided.	Mondays 11.30am-12.15pm Tuesdays 11.45am-12.30pm Wednesdays 11.45am-12.30pm Thursdays 11.45am-12.30pm Fridays 10.45am-11.30am	Newport Cricket Club, Newport, TF10 7DP Ketley Community Centre, Telford, TF1 5AN Wellington Cricket Club, Haygate Road, Telford, TF1 2BW Jungleland, Telford, TF1 6SZ	£7.50
<b>Hartbeeps: Baby Beeps</b> (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.	Confidently sitting unaided to walking	Mondays 10.30am-11.15am Tuesdays 10.45am-11.30am Wednesdays 10.45am-11.30pm Thursdays 10.45am-11.30am Fridays 11.45am-12.30pm	Newport Cricket Club, Newport, TF10 7DP Ketley Community Centre, Telford, TF1 5AN Wellington Cricket Club, Haygate Road, Telford, TF1 2BW Jungleland, Telford, TF1 6SZ	£7.50

# Paid 0-2 groups



Term time  
only session






Group Name	Info	Age	Dates and times	Venue	Cost
<b>Hartbeeps: Baby Massage</b>	Join us in our five week course, Relax and connect with your baby through the ancient art of baby massage, discover what your baby is telling you through reading and observing your baby's cues, cries, reflexes and behavioural states. Meet and make new friends locally.		Thursdays	The Masonic Hall Constitution Hill, Wellington, Telford TF1 3AY	
<b>Hartbeeps: Happy House</b> (term time only) 	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.	17 months +	Mondays 9.30am-10.15am Tuesdays 9.45am-10.30am Wednesdays 9.45am-10.30am Thursdays 9.45am-10.15am Fridays 9.45am-10.30am	Newport Cricket Club, Newport, TF10 7DP Ketley Community Centre, Telford, TF1 5AN Wellington Cricket Club, Haygate Road, Telford, TF1 2BW Jungleland, Telford TF1 6SZ	£7.50
<b>Warm Baby Swim</b>	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.	0-2 years	7 days a week, term time and school holiday time – booking available via <a href="http://www.thecircleathlc.co.uk">www.thecircleathlc.co.uk</a>	The Circle, Crescent Road, Hadley, Telford TF1 5NU	£5 per session
<b>Tiny Swim</b>	Swimming lessons to babies from six weeks old up to pre-school children aged 4+ years old. Lessons are 30mins. Please contact <a href="mailto:hello@tinyswimming.co.uk">hello@tinyswimming.co.uk</a> to book or enquire about times and locations.	6wks-4 years	Monday to Friday Saturday and Sunday	Check website for specific venues <a href="http://www.tinyswimming.co.uk">www.tinyswimming.co.uk</a>	£15 per weekday lesson £17 per weekend lesson
<b>The Anstice Tots</b>	Story time, nursery rhymes, play and refreshments for babies, toddlers and their grown-ups	0-5 years	Tuesdays 11am-12.30pm	Anstice Square, The Anstice 1, Telford TF7 5BD	£2 voluntary donation
<b>Silver Threads - Story Time</b> (term time only) 	The aim of Story 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. <b>This group is pre-booked and pre-paid only (no drop-ins). To book please message us via WhatsApp on 07518 496840.</b>	0-5 years	Mondays 10am-11am	The Silver Threads Hall, next to, Lawndale, Wellington Rd, Donnington, Telford TF2 8AD	£25 per term for 7 sessions. Single sessions £4.

# Paid 0-2 groups



Term time only session



Group Name	Info	Age	Dates and times	Venue	Cost
<b>Silver Threads - Messy Tuesday</b>	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 within the group. <b>Drop-in no need to book.</b>	0-5 years	Tuesdays 10am-11.30am	The Silver Threads Hall, next to, Lawndale, Wellington Rd, Donnington, Telford TF2 8AD	£3.50 per child per session
<b>Silver Threads - Soft Play &amp; Sensory</b> (term time only) 	The aim of soft play and sensory play is to allow children to explore in a number of different sensory areas as well as playing on one of four soft play sets in a friendly and welcoming environment. <b>This group is pre-booked and pre-paid only (no drop-ins). To book please message us via WhatsApp on 07518 496840.</b>	0-5 years	Fridays 10am-11am	The Silver Threads Hall, next to, Lawndale, Wellington Rd, Donnington, Telford TF2 8AD	£25 per term for 7 sessions. Single sessions £4.
<b>Tot Time</b>	Weekly sessions covering 20 different themes. <ul style="list-style-type: none"> <li>New activities each week</li> <li>Parent Diaries full of age specific activities to help develop the child's cognitive, physical, linguistics and emotional development</li> <li>Coffee and cake socials after class</li> <li>Access to the parent community</li> <li>Access to other Tot Time classes (first aid, pregnancy classes etc)</li> <li>Members have access to our guest speaker, experts in parent and child development and mental health</li> </ul>	0-5 years	Visit <a href="http://tottime.co.uk">tottime.co.uk</a> to see full list of sessions		£28 a month
<b>Creation Station - Baby Discover</b> (term time only) 	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!	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
<b>Creation Station - Little Explorers</b> (term time only) 	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!	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
<b>Challenging Perceptions</b>	Under 5's Parent and Toddler group. <b>Pre-booking required</b>	0-5yrs	Every fortnight on a Friday	Park Lane Centre, Park Lane, Woodside, Telford, TF7 5QZ	£1
	Sensory Room	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](http://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](http://www.nhs.uk/start4life/weaning)

## Little Gannets

Weaning Workshops are designed for parents to learn more about introducing solids.

Web: [www.littlegannets.co.uk/services/weaning](http://www.littlegannets.co.uk/services/weaning)



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## A conversation about drinking and pregnancy?

Drinking in pregnancy can cause  
Fetal Alcohol Spectrum Disorder

**Even small amounts of alcohol  
in pregnancy can be harmful**

**We're here to **help**, not judge**

If you have concerns, raise  
them in your appointment  
today and we can help.



For more information visit: [www.telford.gov.uk/fasd](http://www.telford.gov.uk/fasd)

In partnership with:





# 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.telfordandthewrekin.org.uk](http://www.citizensadvice.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](http://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](http://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)

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](http://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](mailto: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](http://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/](http://mossy.life/places/nct-telford-wrekin-nappy-library/)

## Newport Toy Library

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

[facebook.com/newporttoylibrary](https://facebook.com/newporttoylibrary)

## Telford Childcare

Information on free childcare for two year olds.

[www.telford.gov.uk/talking2s](http://www.telford.gov.uk/talking2s)

## Help on cost of living

[www.telford.gov.uk/costofliving](http://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](http://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](http://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](mailto:childcarefunding@telford.gov.uk)



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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

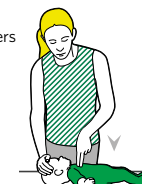
#### 2. Breathe

- > 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

- > Put soft padding around them

#### 2. Don't try to restrain them

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

#### 3. Cool them

- > Put soft padding around them

#### 4. Put them in the recovery position

- > 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](http://sja.org.uk)

St John Ambulance





# Blossom & Bloom

Blossom & Bloom is a stay and play session for infants and pre-schoolers with SEND aged 0-5. Fun activities every week, come have a coffee, meet other parents in our welcoming and inclusive environment.

Every Tuesday during term-time 10-11.30 at  
PODS Hub, 1 Hawksworth Road, Central Park,  
Telford Tf29TU

## Are you or your partner expecting a baby or have a child under two?

You can access support, information and  
guidance from our team !

We can help with a wide range of topics such as:

- Finances
- Childcare
- Emotional Wellbeing
- Mental Health
- Activities and Support
- Social Isolation
- Relationships
- Confidence building

For more information from the Social Prescribing Team  
please call 07434 869248  
or email [perinatal@telford-mind.co.uk](mailto:perinatal@telford-mind.co.uk)

# Talk & Play



Therapeutic support for parents, babies and toddlers.

## Who is the drop in for?

Parents and babies aged 0 to 2.

## What does the drop in offer?

This is a space for babies to play and for parents to chat to other parents and our parent infant specialists in a calm and supportive environment.

## When does the drop in run?

During term time on Tuesdays 10am - 3pm, whatever the weather!

## Where does the drop in take place?

Please visit our social media or call us to find out the nearest venue to you – 01743 248886

## How much does the drop in cost?

Nothing, the sessions are free.

Facebook: @theseachangetrust

Instagram: @theseachangetrust

If you have any queries, please contact us [becky@scpsychotherapy.co.uk](mailto:becky@scpsychotherapy.co.uk)

More details on our website

[www.theseachangetrust.co.uk](http://www.theseachangetrust.co.uk)

## Supporting your baby's communication skills: some top tips

**Speech and  
Language UK**  
Changing young lives.

**Talk to your baby right from the start.** Babies love to hear your voice and see your face when you talk to them.

Talking to your baby is really important because **they learn most things from you.**

Talking will help your child to be **happy, make friends and learn.**

Talking is easy – just **chat about what you are doing or what they are interested in.**

Music, noisy video games and the TV are a big part of our lives, but **try to make some noise-free time** so that your baby can hear what you are saying.

Scan me for more  
free advice and  
guidance



[speechandlanguage.org.uk](http://speechandlanguage.org.uk) | @SpeechAndLangUK

Speech and Language UK is the operating name of I CAN Charity, a registered charity in England and Wales (21003) and Scotland (SC039947), which is a company limited by guarantee registered in England and Wales (00099629). Registered address: 17-21 Wenlock Road, London, N1 7GT.

# Domestic Abuse

To learn more about domestic abuse, scan this QR code visit Telford & Wrekin Council's website.



SCAN ME

Concerned about if someone has abused before? Scan this QR code to learn about Clare's Law and what it means for you.



SCAN ME



For support and information around Domestic Abuse in Telford and Wrekin:

Tel: 0800 840 3747

Email: [helpline@westmerciawomensaid.org](mailto:helpline@westmerciawomensaid.org)

## Safety information

If you are at risk of immediate harm, call 999. If you cannot speak on the phone, use the silent option:

- call 999;
- answer the questions by coughing or tapping;
- then dial 55 if prompted.

**CRANSTOUN**  
Empowering People, Empowering Change

Concerned about your behaviour towards your partner?  
Please call Cranstoun for advice and support on 01952 454759.

# Domestic abuse can affect anyone

**It can be physical** – beating, punching, kicking, slapping, biting.

**It can be emotional** – bullying, isolation from family and friends, under-mining self confidence.

**It can be verbal** – put downs, name calling, shouting.

**It can be threats** – threats to kill, harm yourself or another person, including children, to kill or harm pets, threats to kill themselves.

**It can be financial** – control over money – not allowing money, personal items, food or transport.



## Pregnancy and Domestic Abuse

People who are pregnant are up to 9x more likely to experience domestic abuse during their pregnancy. If you are concerned, ask yourself:

- Is my pregnancy being used as an excuse to criticise my weight and body?
- Has my partner caused pain to my body?
- Does my partner threaten me, the baby, my other children or himself?
- Does my partner blame me for his actions? Do they tell me it's my own fault, hit me or denies that the child is theirs?
- Has my partner ever said things like 'I didn't mean it', 'I was having a bad day', 'It only happened once'?
- Am I being stopped from attending antenatal care and medical appointments?
- Am I refused emotional or financial support throughout the pregnancy?
- Is my access to food, friends or family being controlled?
- Is there the threat of being left or reported to Social Services as an 'unfit' mother?

If you're pregnant and feel worried, speak to a:

- GP;
- midwife;
- health visitor;
- social worker.





### Domestic Abuse can lead to a number of complications with pregnancy:

- Missed antenatal care and medical appointments.
- Miscarriage.
- Still birth.
- Bleeding.
- Waters may be broken prematurely.
- Infections.
- Foetal bruising and fractures.
- Premature labour.
- Insufficient weight gain and low birth weights.

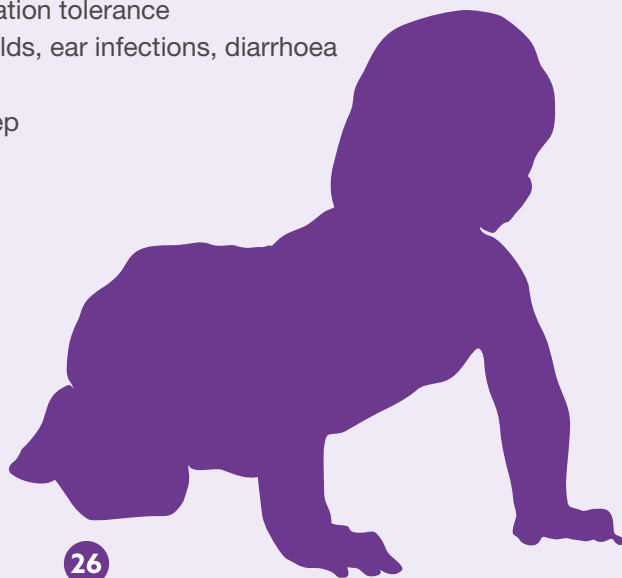
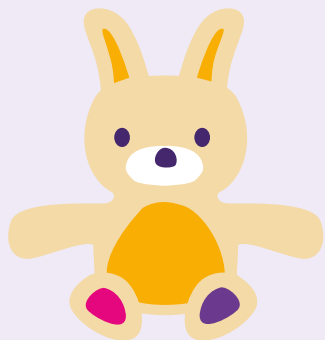
### If domestic abuse is present in a pregnancy, it's highly likely that there will be significant emotional wellbeing risks:

- Lack of bonding with baby once born
- Increased stress and anxiety for baby in womb and after birth
- Increased stress and anxiety for pregnant parent

Children are witnessing domestic abuse by just being in the same home as where domestic abuse is taking place. Babies and toddlers are even more at risk due to their complete dependence on caregivers.

### Infants and Toddlers (0-2 ½ years)

- Developmental delay
- Failure to thrive – due to chaotic, loud and harmful environment
- Emotional withdrawal/low frustration tolerance
- Physical problems – frequent colds, ear infections, diarrhoea
- increased sensitivity and crying
- difficulty sleeping or falling asleep
- separation anxiety



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**Physical activity is crucial for babies and toddlers' overall development and wellbeing. It helps build strong muscles and bones, supports healthy cardiovascular function, and fosters coordination and motor skills.**

Additionally, active play stimulates brain development, enhances social skills through interaction with others, and contributes to better sleep patterns.

The Chief Medical Officer recommends that children aged 0-5 years should aim for 180 minutes of movement per day. For ideas to help your child stay active, scan the QR code for our free Active Families resource with games and activities to try at home.

Web: [energizestw.org.uk](http://energizestw.org.uk)

Email: [claire.mansfield@energizestw.org.uk](mailto:claire.mansfield@energizestw.org.uk)



SCAN ME

### #ActiveFamiliesSTW

For families with pre-school children



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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

**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](https://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](mailto: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. Please visit session provider websites for up-to-date information. For updated information on Telford and Wrekin Family Hubs activities, visit the website [www.telford.gov.uk/familyhubs](https://www.telford.gov.uk/familyhubs)