

# Starting Well –Wyre Forest Community News

## Welcome

This is the first edition of Community News, where we will be sharing with you, the work that we are doing, in our Family Hubs, Communities and online.

Sam and Claire from Starting Well Community team love to hear what is going on in your community or neighbourhood. Their role is to support local people to make a difference in the lives of children, young people and adults in their community.

***"It takes a village to raise a child"***

Our aim is to support communities to build safe and healthy environments for children, young People and families to thrive in.

## Current Projects

### Buggy Walk

On Monday 19th April our weekly Buggy Walk was launched at Springfield Park in Kidderminster. It was a great success and received fab feedback. Due to government restrictions, all new parents have missed out on face to face social interaction for themselves and their babies, so it has been wonderful to meet new Mums/Dads and get outside for a walk and a chat. The Buggy Walk will continue as lockdown restrictions ease. The group meet at 10am on a Monday, meeting by the café in Springfield Park. Please book in to join the walk.

***"I'm a new Mom so don't really know what I have been missing out on, but this is a great idea. Some fresh air, make friends and exercise. Hopefully, the Café will open soon so we can stay and chat some more."*** parent quote

### Adventure Dads

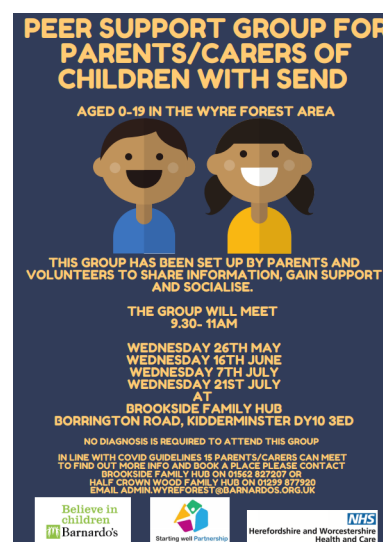
On Saturday 15th May our first Adventure Dads group was launched, it was a wet and soggy morning at Burlish Meadows Nature Reserve, but that didn't stop our Dads and children from having a fab Treasure Hunt. We received great feedback and the Dads planned what they would like to do next. The group said they wanted to stay outdoors and active so they have decided a picnic and games at Brintons Park would be perfect. Next Date is Saturday 12th June, 11:00-12:30pm. Booking in is required.

***"It's just what I need, I have found the lockdowns so hard and being on my own with the kids, I just feel I have no one to talk to. Being able to bring the kids, get outside let them run around and be able to chat with others I can't tell you how much it means, its good for my head."*** Parent quote

### SEN Parent Peer Support Group

On Wednesday 26th May we launched our SEND parent peer support group. This group is run by volunteers and parents for parents of children with SEND. The first session was a huge success and all parents that attended felt this was something they had needed for a long time. This group shares some of their stories about the highs and lows of parenting a child with SEND and some of the challenges of getting the right support for their child. The group will meet the 1st and 3rd Wednesday of each Month, 9.30 -11am at Brookside Family Hub and will run term time only. Booking in is required

***"I have been looking for something like this for years, it can be really lonely and other parents just don't seem to understand. It is good to meet parents who are going through what I am going through"*** Parent quote



## Summer Community Conversations

Starting Well Wyre Forest are heading out into your communities, housing estates and open spaces. We want to reconnect local families after such a long and difficult road of lockdowns and restrictions. We feel the best way to do this is to reach out into our communities and have a chat. We need to know what you want, what you need and how you want it, We want to know what skills and strengths you have, what you are good at, so we can build on these and create happier and healthier communities

We know that lockdown has been tough and we know it may have changed what and how we want to do things. Lots of communities supported each other during lockdown and we don't want to lose that community spirit we want to embrace it and support communities to share their voice, vision and strengths.

We will be "Popping up" all over the Wyre Forest. We will be giving hints each day on our Facebook page about where we are, come out and find us, share your stories, find out what we do and what is available locally for children, young people and families.

## Have you ever considered volunteering?



**Would you like to support your local community and Volunteer with us?**

Everyone is welcome to apply!  
All Abilities  
Diverse groups  
All Ages

To act as a valued link to all our local communities

Telephone: Julie Jethwa on: 07738 860810 or email [julie.jethwa@barnardos.org.uk](mailto:julie.jethwa@barnardos.org.uk)

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## Upcoming Plans

### Stay and play at Half crown Wood Family Hub

A group of Mums from St Bartholomews Primary School in Stourport have asked for help in setting up a stay and play session for parents of children aged 0-19. This group started off online during lockdown and the parents feel it should continue face to face as it supported so many local parents. We are really happy to support this venture and promote the benefits of improving mental health and wellbeing.

## Community Garden

Brookside Family Hub has a lovely outside space, that needs a bit of TLC. We have been approached by some families about starting a community garden. We love this idea and are just in the process of securing some money, for replacing our raised beds and hope to see this project underway during the summer. Again another great initiative to improve Mental Health and Wellbeing.

## Share your ideas

Do you have an idea about how you can improve your community? Something you think is missing? Something you are passionate about but not sure where to start?

Get in touch with Claire or Sam

[claire.leyland@barnardos.org.uk](mailto:claire.leyland@barnardos.org.uk) or call 07894803443

[Samantha.bower@barnardos.org.uk](mailto:Samantha.bower@barnardos.org.uk) or call 07738860413

## Community Conversations

This Summer the Starting Well Community team will be out and about in your local area. We want to hear what you have to say about your communities. Chat to us about what interests, skills and strengths there are in your neighbourhood.

Do you wish you could change something? Tell us about it. We will be holding pop up events throughout the Wyre Forest area. Follow us on Facebook to find out where we are

[www.facebook.com/StartingWellWyreForest/](https://www.facebook.com/StartingWellWyreForest/)



**My Neighbourhood Everyone Welcome**

Make connections across the neighbourhood  
Find people with interests, skills or passions  
We have a voice  
We share our stories  
We take action  
Support people to take action  
Connect people with shared interests  
Connect with our community and find its strengths

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