

If you're aged 16-29, not in Employment,
Education or training

.....**Impact is for you!**



The programme will provide intensive support to young people in the Black Country, with the aim to assist young adults into Education, Employment or Training.

For more information contact Stacey Treasure on

01902 558331 or email

Stacey.Treasure@wolverhampton.gov.uk



Eastfield Strengthening Families Hub



January - March
2017

What's On Guide

Eastfield Strengthening Families Hub

Serving Eastfield, East Park, Portobello & Stow Heath

Welcome to our what's on activity guide for Area 1.
Please be aware of new times and locations for our groups.
For more information about our groups or to book your place,
please contact us on 01902 558331.
Please see the last page for group locations and addresses.

Find us on Facebook!

To find us, please search for
'Eastfield Strengthening Families Hub'
or visit

www.facebook.com/EastfieldSFH

and like our Facebook page to keep up to date with our groups and
events, cancellations and so much more!



Healthy Start Vitamins

Are you pregnant or have a child under the age of 4?
If so, did you know that you can pick up FREE Healthy Start Vitamins
from the centre? For your free vitamins, please pop into the centre
and speak to a member of staff on reception.



Locations

St Josephs Church

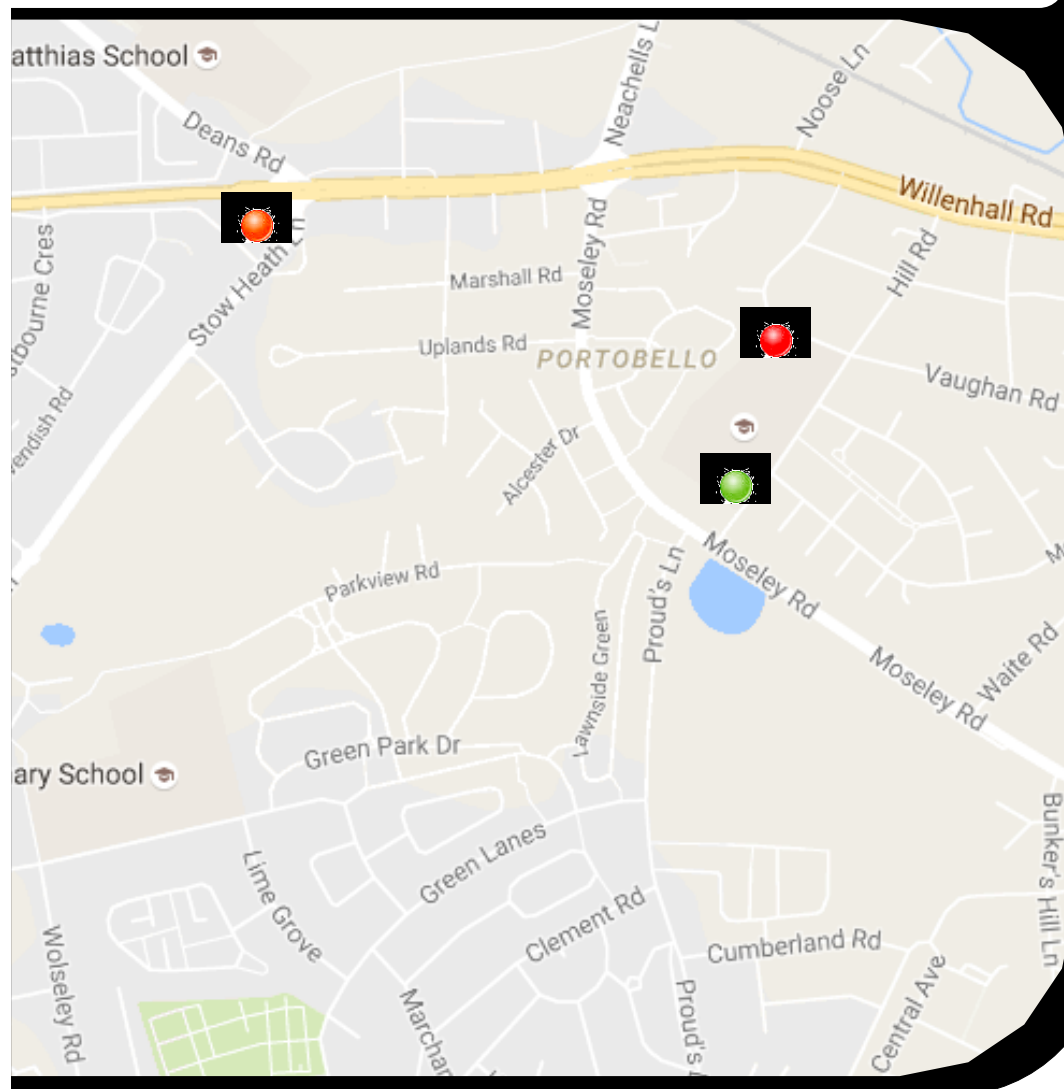
Stow Heath Lane, Wolverhampton, WV1 2QN

Portobello Community Centre

Hill Road, Wolverhampton, WV13 3TT

Rainbow Nursery

Vaughan Road, Wolverhampton, WV13 3UD



Group 1

Eastfield Strengthening Families Hub

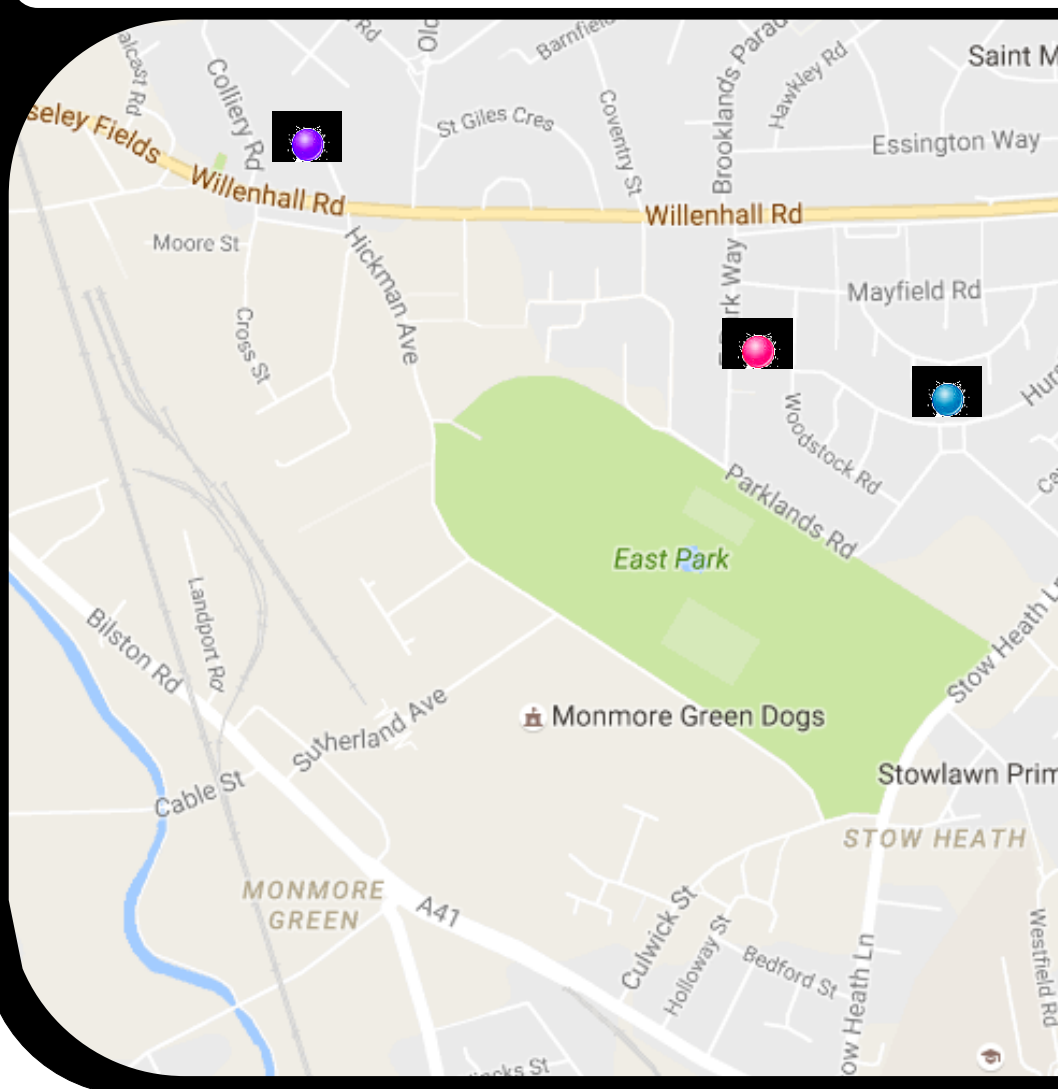
Griffin Street, Wolverhampton, WV1 2HH

St Matthews Church

East Park Way, Wolverhampton, WV1 2DN

East Park Library

Hurstbourne Crescent, Wolverhampton, WV1 2EE



Terrific for Twos

Are you eligible for up to 15 hours FREE* childcare for your 2 year old?

*If you are in receipt of one of the following:

- Income Support
- Income related Employment & Support Allowance
- Income based Job Seekers Allowance
- Support from the NASS under part VI of the Immigration and Asylum Act 1999
- Working Tax Credit - with income less than £16,190
- Child Tax Credit - with income less than £16,190
- Disability Living Allowance
- Element of State Pension
- Care for a Looked after Child
- or Care for an adopted child

Then your 2 year old is eligible for up to 15 hours free childcare in one of many childcare provisions around the city!

Please contact us for more information

or go to

www.terrificfortwos.com

to complete an online application.



Monday

Stay & Play

Every Monday (Term Time Only)

Starts 9th January 2017

9AM - 11AM

Free stay and play session

(Venue - St Matthews Church)

Stay & Play

Every Monday

Starts 9th January 2017

1PM - 2.30PM

Come along to our free stay and play session where we aim to promote opportunities for your little one to explore and learn in a safe and nurturing environment.

For children aged 0 - 5 years

(Venue - Eastfield Strengthening Families Hub)

Baby Massage

Starts 23rd January 2017

10AM - 11AM

This course gives you the opportunity to have 'special time' to bond with your baby and meet new parents.

Limited spaces - Please contact Karen on 01902 558331 to book your place

(Venue - Eastfield Strengthening Families Hub)

Other

DWP Lone Parent Event

Monday 30th January 2017

12.30PM - 2.30PM

With the changes to benefits, are you getting all you're entitled to? If you are interested in volunteer work, training or getting back into employment, come along to our event run by the Job Centre Plus.

The staff will also help you with benefit checks to see if you are receiving all you are entitled to.

(Venue - Eastfield Strengthening Families Hub)

Talk to Tivey Counselling Sessions

Talk to Tivey is a local counselling service for adults and children. Sessions available to be booked at Eastfield Strengthening Families Hub on Wednesday and Thursday mornings and Thursday afternoons at Rainbow Day Nursery.

For more information or to talk to Mike, please contact the centre on 01902 558331 or visit

<https://www.facebook.com/talk2tivey>

(Venue - Eastfield Strengthening Families Hub & Rainbow Nursery)

Friday

Parent Power

A 4 week parenting course that focuses on behaviour management. This course helps parents/carers to recognise their existing skills and explore new ideas and strategies to promote positive behaviour.

Crèche places available.

9.30AM - 11.30AM

Starts Friday 27th January 2017

To book onto this session and to book a crèche place, please contact the centre on 01902 558331.

(Venue - Eastfield Strengthening Families Hub)

Tuesday

Stay & Play

Every Tuesday

Starts 10th January 2017

9.30AM - 11AM

Come along to our free stay and play session to play, socialise and have fun.

For children aged 0 - 5 years

(Venue - Portobello Community Centre)

Other Professionals

Special Needs Early Years

Tel: 01902 558406

Speech and Language

Tel: 01902 444363

Midwife

New Cross switch board: 01902 307999 - ask for midwives

Health Visitors

Tel: 01902 444593

Wednesday

Baby Clinic

Every other Wednesday

Appointment Only

1 PM - 3 PM

Health Visitor session for parents to get your little ones weighed and get help and advice

**To book your appointment, please contact the Health Visiting Team
on 01902 444593**

(Venue - Eastfield Strengthening Families Hub)

ONE FAMILY

Move more, eat well in the early years

FREE 8 week healthy lifestyles programme for children aged 2-4 and their parents focussing on **nutrition**, **physical activity** and **positive parenting**.

HEALTHY EATING

FREE CRÈCHE

HEALTHY COOKING

HEALTHY SNACK TASTING

PHYSICAL ACTIVITY



Starting
THURS 19TH JAN 2017
10AM—12.30PM
at
**Eastfield Strengthening
Families Hub**
Griffin Street, WV1 2HH.
Spaces are limited so for more
information and to book a place
please contact us.

Contact us on: 01902 55 3029 / 07552211483 or email:
heartylives@wolverhampton.gov.uk

CITY OF
WOLVERHAMPTON
COUNCIL



Thursday

Stay & Play

Every Thursday (Term Time Only)

Starts 12th January 2017

9AM - 11AM

Free stay and play session

(Venue - **St Matthews Church**)

Story & Rhyme Session

Every Thursday (Term Time Only)

Starts 12th January 2017

2.30PM - 3PM

Free story and rhyme session for children 0 - 3 years

(Venue - **East Park Library**)

Friday

Stay & Play

Every Friday (Term Time Only)

Starts 13th January 2017

9AM - 10.45AM

50p per child

(Venue - **St Josephs Church**)

Baby Group

Every Friday

Starts 13th January 2017

1PM - 2.30PM

Free stay & Play especially for 0 - 12 month olds.

Come along to the group and start your child's learning journey.

(Venue - **Eastfield Strengthening Families Hub**)