



## Supporting parents, building brighter futures

### Virtual Family Space: Coventry and Warwickshire winter wellness workshops

A reminder that parents and carers living in Coventry or Warwickshire can join us for one of our free, online short sessions. Designed to give them practical advice, tips, tools, and confidence to help keep their family healthy and well over the winter and to reduce pressure on A&E departments.

We're being supported by Coventry and Warwickshire Integrated Care Board and NHS England to offer these free, parenting workshops for local families.

Our Winter Wellness sessions provide evening, weekend and daytime virtual online sessions to help families manage common winter challenges like preventing/avoiding respiratory illnesses, preventing black mould and damp, getting support for fuel costs and staying mentally safe and well.

Some of our Children and Family Centres in Warwick are also offering sessions face to face, and we've included their details below.

**Please could you share this newsletter with your colleagues and other professionals - if you would like to receive this as a PDF, please email [Virtualfamilyspace@barnardos.org.uk](mailto:Virtualfamilyspace@barnardos.org.uk)**



**[CLICK HERE](#), to watch a short video and find out more about how our Winter Wellness programme can help support families in your community.**

For further details, please email us at [Virtualfamilyspace@barnardos.org.uk](mailto:Virtualfamilyspace@barnardos.org.uk) and one of our team will be happy to help.

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# 2026 PROGRAMME

## Upcoming Events

### Winter Illnesses & Prevention

- how to take a temperature and how to manage a fever
- taking a look at winter illnesses
- immunisations
- supporting an unwell child, with confidence



Choose from the following dates (online sessions):

- Wednesday, 28 January 2026 at 6pm
- Tuesday, 10 February 2026 at 6pm
- Tuesday, 24 February 2026 at 6pm
- Saturday, 28 February 2026 at 10am

[CLICK HERE TO BOOK A PLACE](#)



### Getting Your Home Ready for Winter

- black mould and how to prevent this in your home
- how to help prevent accidents, injuries or harm in the home
- how to help a person, should they fall, trip or get injured
- what can cause risk, or be a threat, to a child at home

Choose from the following dates (online sessions):

- Tuesday, 27 January 2026 at 6pm
- Thursday, 5 February 2026 at 6pm
- Wednesday, 11 February 2026 at 6pm
- Saturday, 14 February 2026 at 10am

[CLICK HERE TO BOOK A PLACE](#)

## Empowering Dads & Male Carers

- join other male parents and carers to discuss techniques to deal with stress and anxiety
- get the tools you need to protect your own mental health and that of your children



Choose from the following dates (online sessions):

- Thursday, 29 January 2026 at 10am
- Wednesday, 4 February 2026 at 6pm

[CLICK HERE TO BOOK A PLACE](#)



## WEBINAR: Healthy Kids, Happy Parents - Live Panel

with our Barnardo's GP, Health Visitor, Family Practitioner and oral health expert - **you should have received a separate email and flyer, with further information.**

Join us, on:

- Monday, 9 February 2026 at 6pm

[CLICK HERE TO BOOK A PLACE](#)



## LEAFLETS AVAILABLE HERE

To promote the workshops, we have created leaflets for all of the sessions, which are available on our dedicated Padlet. These are downloadable and printable and can be found via the QR code or by clicking [HERE](#). If you would like us to send you these by email (PDF format), please contact [Virtualfamilyspace@barnardos.org.uk](mailto:Virtualfamilyspace@barnardos.org.uk)

**How to book a place**



## For the online workshops:

You can find out further information and book up online via this link:

<https://www.barnardos.org.uk/virtual-family-space-coventry-warwickshire>

**For the face-to-face workshops:**

**We have workshops running at the following venues, on the dates listed below. To sign up for one of these sessions, please contact the venue directly.**

Camp Hill Children and Family Centre

Tel: 024 7634 4334

Email: [nuneatoncfc@barnardos.org.uk](mailto:nuneatoncfc@barnardos.org.uk)

- Winter Illnesses & Prevention on **Wednesday, 4 February 2026 at 12.45pm**
- Getting Your Home Ready for Winter on **Wednesday, 11 February 2026 at 12.45pm**
- Empowering Dads and Male Carers on **Wednesday, 25 February 2026 at 12.45pm**

Claremont Children and Family Centre

Tel: 01788 579488

Email: [rugbycfc@barnardos.org.uk](mailto:rugbycfc@barnardos.org.uk)

- Winter Illnesses & Prevention on **Wednesday, 4 February 2026 at 12.45pm**
- Getting Your Home Ready for Winter on **Wednesday, 11 February 2026 at 12.45pm**
- Empowering Dads and Male Carers on **Wednesday, 25 February 2026 at 12.45pm**

Stratford Children and Family Centre

Tel: 01789 266624

- Winter Illnesses & Prevention on **Monday, 2 February 2026 at 9.15am**
- Getting Your Home Ready for Winter on **Monday, 9 February 2026 at 9.15am**
- Empowering Dads and Male Carers on **Monday, 23 February 2026 at 9.15am**

Lillington Children and Family Centre

Tel: 01926 887597

Email: [warwickdistrictcfc@barnardos.org.uk](mailto:warwickdistrictcfc@barnardos.org.uk)

- Winter Illnesses & Prevention on **Monday, 2 February 2026 at 12.45pm**
- Getting Your Home Ready for Winter on **Monday, 9 February 2026 at 12.45pm**
- Empowering Dads and Male Carers on **Monday, 23 February 2026 at 12.45pm**