

## Twin Support

Below is a list of twin support groups in and around Birmingham. If you are looking for a group closer to yourself but are unable to find one please contact us and we will find one for you.

To the right is a list of twin support web sites which may be of interest not only for support and advice but also for special purchase deals.

### Support Groups in Birmingham

#### BIRMINGHAM TWINS CLUB



The Birmingham Twins Club meet every Tuesday morning 9.30-11.30 including school holidays at Maypole Methodist Church (corner of Sladepool Farm Rd and Alcester Rd, Kings Heath). New members are welcome including expectant parents and siblings! There is a large selection of toys and books, a baby area, tea, coffee, squash and biscuits, crafts, singing and snack time every week.

There is also a monthly visit from children's hairdresser and a bimonthly visit from NHS nursery nurse to weigh and measure your children and answer any questions. There is a small charge of £2 per family per week.

[www.birminghamtwinsclub.blogspot.com](http://www.birminghamtwinsclub.blogspot.com) (<http://www.birminghamtwinsclub.blogspot.com>)

[birminghamtwins@hotmail.co.uk](mailto:birminghamtwins@hotmail.co.uk) (<mailto:birminghamtwins@hotmail.co.uk>)

#### Solihull Twins Club

The Solihull Twins Club aims to support Mums and/or Dads of twins/multiples in Solihull and surrounding areas. They meet regularly at members houses for our daytime "Twins 'n' Tots" sessions or on evenings for our bi-monthly events which include New and Expectant Mums chats, guest speaker nights and social gatherings. The club holds Summer and Christmas parties for the twins/multiples and their siblings and also have Spring and Autumn Nearly New Sales. They would love to hear from any expectant or new twin/multiple Mums and/or Dads in the Solihull area so please do get in touch.

[www.solihulltwins.co.uk](http://www.solihulltwins.co.uk) (<http://www.solihulltwins.co.uk>)

[info@solihulltwins.co.uk](mailto:info@solihulltwins.co.uk) (<mailto:info@solihulltwins.co.uk>)

#### Halesowen Multibabies Twins and Triplets Club

Halesowen is a friendly welcoming club, which occurs on the 1st Thursday of every month from 1-3pm, at Short Cross Methodist Church, Attwood Street, Halesowen, West Midlands (no religious backing, just a handy location). The group is there for chat, coffee and advice for all multiple parents or carers, no matter what age your children are. You will receive a newsletter monthly and there are organised activities and evenings out throughout the year.

0121 550 5223

#### Double Troubles

Double Troubles Twin Club is held on Wednesday afternoons (term-time only) from 12.30 to 2.30 at the community leisure centre behind Turves Green Girls School in Turves Green (opposite the Woodpecker Pub), near Northfield. There are lots of toys, a great safe outdoor play area, coffee and biscuits and in addition to this there is a health visitor every four weeks! Twins, bumps and preschool siblings are more than welcome. The cost is only £2 a family.

Just turn up, or call Emma on 0121 605 1551.