

## We are here to help, Monday to Friday.

The people working in the Family Hub will work in partnership with you and your community. They will help you find and get help from different services in the area and will be able to give you information, advice and support.

Family Hubs are open to everyone. You may need to book an appointment to access some services, but there will always be a safe space available for you if you need it.

Alternatively, you call us on 0121 779 1750 or email [riversidefh@solihull.gov.uk](mailto:riversidefh@solihull.gov.uk)

Please scan the QR to download our new app to see what is on in the hubs each day.



Scan here for  
the app store.



Scan here for the  
google play store.

Wherever you live in the borough, you will be able to get help from one of our hub buildings, outreach services and/or digital support.

## Who might you meet in the Family Hub?

The people working in the Family Hub will be from the Council, NHS and voluntary partners, all working in partnership with you.

There are diverse services such as Midwives, Health Visitors, Community Nursing, support for children with additional needs, information and advice services such as Citizen's Advice Bureau, music services, activities for children and young people, mental health and welfare support services.

We can connect you to various local community services as needed.

## Help with the cost of living.

Family Hubs assist in accessing emergency food, fuel, and toiletries. Contact the Family Hub Team for support in obtaining help from the Council and specialist teams. You can also visit [Here2Help \(solihull.gov.uk\)](https://www.solihull.gov.uk/Here2Help) or call the Solihull Connect service 0121 704 8001. Each Hub has "warm spaces" for a free hot drink during your visit.

## Wellbeing & Advice

### Midwifery

Please call your midwife using the number in your red book.

### Health Visiting

To speak to a Health Visitor, text Chat Health on 07507 332563 (9.00am - 4.00pm Monday to Friday). If your child is unwell, please see your GP, ring 111, or if it is a medical emergency, please ring 999.

### Women's Aid

If you or someone you know needs support, call 0808 800 0028. The helpline is open 7 days a week, 9.15am – 5.15pm.

### Mental Health Support

The Birmingham and Solihull Mental Health NHS Foundation Trust provide help, guidance and reassurance to people of all ages, 24 hours a day, 7 days a week. Call 0800 915 9292 / 0121262 3555.

Date	Activity	Booking
<p>Wednesday 24<sup>th</sup> July 10am – 11.30am</p>	<p><b>Riverside Family Hub - Craft &amp; Cuppa Session</b> Pop in for a cuppa and to find out more about what's on offer at Riverside Family Hub. Fun crafts will be available for children- all ages welcome. Adults must stay to supervise.</p>	<p>Contact Riverside Family Hub for more details- 0121 779 1750.</p>
<p>Tuesday 6<sup>th</sup> August 11am – 12pm</p>	<p><b>Teenage Brain Workshop for Parents</b> 'The Teenage Brain' workshop- a free one hour group for parents/ carers to -understand the changes to your teenager's brain -provide practical strategies to use -learn how best to manage your teenager's behaviour.</p>	<p>Call Riverside Family Hub to book your space- 0121 779 1750.</p>
<p>Wednesday 14<sup>th</sup> August 10am – 11.30am</p>	<p><b>Riverside Family Hub - Craft &amp; Cuppa Session</b> Pop in for a cuppa and to find out more about what's on offer at Riverside Family Hub. Fun crafts will be available for children- all ages welcome. Adults must stay to supervise.</p>	<p>Contact Riverside Family Hub for more details- 0121 779 1750.</p>
<p>Monday 12<sup>th</sup>, Tuesday 13<sup>th</sup>, Friday 16<sup>th</sup> 2pm – 4pm</p>	<p><b>Urban Heard- Summer Bake Off</b> Put your cooking skills to the test with Urban Heard bake-off week.</p>	<p>Email: <a href="mailto:accounts@urbanheard.co.uk">accounts@urbanheard.co.uk</a> for more details</p>
<p>Thursday 15<sup>th</sup> July 10am – 11am</p>	<p><b>Kids and Screen Time Workshop for Parents</b> A free one-hour group for parents/ carers of children 12 and under. This workshop will cover- -Online safety and managing screen time -Setting boundaries -Practical advice and strategies</p>	<p>Call Riverside Family Hub to book your space- 0121 779 1750.</p>
<p>Thursday 22<sup>nd</sup> August 12pm – 2.30pm</p>	<p><b>ADHD Allies/ AND!?- ADHD drop in and play session.</b> Come and take a break in the school holidays. A safe space to let the children play, do some arts and crafts or just chill on their iPad, whilst you decompress and have a cuppa. No diagnosis needed and all welcome. Adults must stay to supervise their children.</p>	<p>Drop in</p>

Date	Activity	Booking
Every Friday 9am- 10am	<b>Coffee Morning Drop in</b> takes place every Friday morning 9am-10am. Come and meet the team and look around the hub and see what is on offer for you and your family.	Drop in.
Everyday	<b>The sensory room</b> is available for parents to book out daily- please call directly through to Riverside on 0121 779 1750 to find out when it is free to use.	Call 0121 779 1750 to find out availability and book a 30-minute slot.
Everyday	<p>A selection of <b>pre-loved school uniform</b> is available in reception at Riverside Family Hub daily. Please pop in to see us.</p> <p><b>There are lots of other sessions running across the holidays that take place in term time also. Please look on the Family Hub app to find out more.</b></p>	Drop in.

To find out more please visit [www.solihull.gov.uk/family-hubs](http://www.solihull.gov.uk/family-hubs) or download the “Solihull Family Hubs” App.

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