

# Evergreen Family Hub



## 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 1724 or email [evergreen@colebridge.org](mailto:evergreen@colebridge.org)

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, Colebridge Trust, NHS and other 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, 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Employment &amp; Skills Support</b> 9.00am – 4.00pm Booked appointments with Colebridge Trust to support with job searching, creating, emailing and sending your CV. Drop in to book an appointment or call 0121 448 0720</p> <p><b>Professionals Drop-in</b> 9.00am-12.00pm A dedicated time for any professionals to visit Evergreen and see our facilities.</p> <p><b>Playing with Language</b> 9.15am-11.15am Run by Solihull College you will create a story sack to read and share with your child. Contact Evergreen to book a place.</p> <p><b>Solihull Perinatal Mental Health Team</b> 9.00am – 3.00pm To provide safe, high quality, family friendly mental health service. By appointment only.</p> <p><b>Stay and Play</b> 1.30pm – 3.30pm Come and play and meet new friends. Suitable for Birth-4 year olds and their parents/carers. No booking required, just come along and join in the fun!</p>	<p><b>Health Visitor Clinic</b> 9.00am – 2.00pm Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p><b>Infant Feeding</b> 10.00am – 11.30am NHS service who run breastfeeding cafes, run by trained peer supporters who are able to help with any infant feeding queries or challenges you are facing.</p> <p><b>Women’s Community Drop In</b> 1.30pm-4pm A drop-in service with experienced staff who can provide emotional, practical support, and signpost to other services.</p>	<p><b>Health &amp; Wellbeing Café</b> 10.30am-12.00pm Gentle movement to music, seated or standing according to preference, followed by activities to support your physical and mental health and wellbeing. Led by Colebridge Trust. Call 0121 448 0720 for more information.</p> <p><b>Midwife Clinic</b> 12.30pm – 4.00pm By appointment only with community midwives. Book by speaking to your GP or midwife.</p> <p><b>Communication Through Play</b> 12.30pm – 3.30pm (Fortnightly) Booked sessions for parents and their children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p><b>After School Family Art Club</b> 3.45pm-4.45pm (Term time only) Come and create some masterpieces in the style of different artists and let us clean up the mess! Suitable for 4-12 years, parents/carers must stay please.</p>	<p><b>Health Visitor Clinic</b> 9.00am – 2.00pm Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p><b>Citizens Advice</b> 9.00am - 1.00pm (Fortnightly) Free, confidential and impartial advice on a range of issues Drop in to Evergreen or call 0808 2787976 to book.</p> <p><b>Understanding your Child</b> 9.30am-11.30am A course for parents run by Solihull Parenting team. Book via Evergreen.</p> <p><b>Midwife Clinic</b> 12.30pm – 4.00pm By appointment only with community midwives. Book by speaking to your GP or midwife.</p> <p><b>Yums Club</b> 12.00pm-4.00pm A support group for young, expectant mums under 20. Come to a safe space and talk about any worries, fears and all your excitement about pregnancy.</p>	<p><b>Employment &amp; Skills Support</b> 9.00am – 4.00pm Booked appointments with Colebridge Trust to support with job searching, creating, emailing and sending your CV. Call in to book an appointment or call 0121 448 0720</p> <p><b>Stay and Play</b> 10.00am – 12.00pm Come and play and meet new friends. Suitable for Birth-4 year olds and their parents/carers. No booking required, just come along and join in the fun!</p> <p><b>Midwife Clinic</b> 9.00am – 4.00pm By appointment only with community midwives. Book by speaking to your GP or midwife.</p> <p><b>Family Fun Activities</b> 1.30pm-4.00pm Join us for a litter picking walk around Kingshurst and then return to Evergreen for some games, arts and crafts. Suitable for 4-12 years, parents/carers must stay please.</p>

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.

Alternatively, you can call us on 0121 779 1724 or email [evergreen@colebridge.org](mailto:evergreen@colebridge.org)