


## 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. 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. Alternatively, you call us on 0121 779 6943 or email [Hatchfordbrookfh@solihull.gov.uk](mailto:Hatchfordbrookfh@solihull.gov.uk)

### Morning Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Health Visitor Clinic - 9:00 – 16:00</b> Booked appointments with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p><b>Lactation Consultant Clinic – 9:30 – 13:00</b> An NHS service, run by IBCLCs who can help you with any infant feeding challenges you are facing, including tongue tie assessment and referral. Clinic is by appointment only. Speak to your Midwife, Health Visitor or GP for referral into the Infant Feeding Team.</p> <p><b>Breastfeeding Café - 10:30 – 12:00</b> An NHS service, run by trained peer supporters who are able to help you with any infant feeding queries or challenges you are facing. Or simply come along for the social aspect - to meet other mums and get a hot cup of tea! Please book in by visiting <a href="https://linktr.ee/Solihull.IFT">https://linktr.ee/Solihull.IFT</a></p> <p><b>Solar Workshops – 9:00 – 12:00</b> Solar provides Emotional Wellbeing Services to Children, Young People and Families in Solihull. Workshops are pre-booked appointments via Solar.</p>	<p><b>Health Visitor Clinic - 9:00 – 17:00</b> Booked appointments with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p><b>Solar Workshops – 9:00 – 12:00</b> Solar provides Emotional Wellbeing Services to Children, Young People and Families in Solihull. Workshops are pre-booked appointments via Solar.</p> <p><b>Super SEN CIC - 9:00 – 12:00</b> (fortnightly, commencing 24/09/2024) Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p> <p><b>Citizens Advice Bureau – 9:00 – 17:00</b> (fortnightly, commencing 24/09/2024) Free, confidential, and impartial advice on a range of issues. Book by speaking to reception or by contacting CASB. <b><u>08082787976</u></b></p>	<p><b>Midwife Clinic - 8:00 – 17:00</b> Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your Midwife.</p> <p><b>Solihull College Family Learning – 9:30am- 11:30am</b> Create a sack of activities to take home and share with your children. Course for the parents of children in Pre-school, Nursery or Infant School. Book directly through Solihull College by emailing <a href="mailto:susan.arnold@solihull.ac.uk">susan.arnold@solihull.ac.uk</a></p>	<p><b>Health Visitor Clinic – 8:00 – 12:00</b> Booked appointments with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p><b>Solar Thrive Parenting Group – 9:00 – 12:00</b> Solar is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Barnardo's and Autism West Midlands and provides Emotional Wellbeing and Mental Health Services to Children, Young People and Families in Solihull. Workshops are pre-booked via Solar and are not available for Drop-ins.</p> <p><b>Little Owls Group - 9:30 – 12:00</b> By referral only</p> 	<p><b>Midwife Postnatal Clinic - 8:00 – 17:00</b> Booked appointments for new parents and their babies with community midwives. Book by speaking to your Midwife.</p> <p><b>Health Visitor Clinic - 8:00 – 12:00</b> Booked appointments with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p><b>Solar Workshops – 9:00 – 12:00</b> Solar provides Emotional Wellbeing Services to Children, Young People and Families in Solihull. Workshops are pre-booked appointments via Solar.</p>


#### Also available:

**Sensory Room-** Open to bookings for families, please call us on 0121 779 6943 **Community Wardrobe** – Come along and browse our selection of available items including school uniform

#### Coming soon.....

**Public Access PC's & Quiet Pod with PC and Phone Line** – Access to the internet, Teams/Zoom and telephone use.

## Afternoon Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Liberty Circle – 13:00 – 15:00</b> An inclusive craft group for anxious girls age 11-18, to enable them to socialise in a safe space. Parents/carers must stay. £2 per child paid cash Booking is essential. Please email: <a href="mailto:Fay.libertycircle@gmail.com">Fay.libertycircle@gmail.com</a> <a href="mailto:Shelley.libertycircle@gmail.com">Shelley.libertycircle@gmail.com</a></p> <p><b>Smokefree Solihull – 13:30 – 16:30</b> Are you ready to quit smoking? Smokefree Solihull are Committed to helping you quit smoking for good. If you live in Solihull or have a Solihull GP our free stop smoking service can offer you an individual quit programme for up to 12 weeks. Call on <b>0121 740 1212</b> Email us <a href="mailto:ablh.solihull@nhs.net">ablh.solihull@nhs.net</a> Or visit our website for more info and an online referral form: <a href="https://smokefreesolihull.co.uk/">https://smokefreesolihull.co.uk/</a></p>	<p><b>Solihull College Sensory Play Session - 13:00 – 15:00</b> Come along to the family learning session run by Solihull College. Develop some new ideas for activities to engage your children with and to gain an understanding of how to support your child's development and learning through Sensory Play. You can sign up by contacting Hatchford Brook Family Hub or Solihull College on 0121 678 7000</p> <p><b>Stay &amp; Play – 13:15-14:45</b> Fun and engaging activities for babies and toddlers. Come along and make new friends!</p> <p><b>Inclusive Sports Academy – 17:30 – 20:15</b> Inclusive Sports session for children and young people, where the needs of all participants are met in an inclusive environment. To book on to this session or other Inclusive Sports Academy Activities, please contact 07743 713161 or email: <a href="mailto:eva@inclusivesportsacademy.org">eva@inclusivesportsacademy.org</a></p>	<p><b>Health Visitor Clinic – 12:30 – 17:00</b> Booked appointments with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p><b>Liberty Circle – 17:00 – 19:00</b> An inclusive craft group for anxious girls age 11-18, to enable them to socialise in a safe space. Parents/carers must stay. £2 per child paid cash Booking is essential. Please email: <a href="mailto:Fay.libertycircle@gmail.com">Fay.libertycircle@gmail.com</a> <a href="mailto:Shelley.libertycircle@gmail.com">Shelley.libertycircle@gmail.com</a></p> <p><b>Midwifery Antenatal Class – 17:30 - 19:30</b> Antenatal class for expectant parents with community midwives. Book by speaking to your Midwife.</p>	<p><b>*PLEASE NOTE *</b> <b>Hatchford Brook Family Hub is closed to the public on Thursday Afternoons</b></p> <p><b>Early Intervention Drop In Service – 12:00 – 16:00</b> This group is run by Birmingham and Solihull Mental Health NHS Foundation and is a closed group for those already accessing this service.</p>	<p><b>Early Years Music Sessions – 14:00 – 14:30</b> Free, fun music sessions for children aged 0-5, delivered by Solihull Music. Starts 18/10/2024 To book, scan the QR code below or pop in on the day!</p>  <p><b>Signpost Inclusion – 15:45 – 21:45</b> Signpost Inclusion are a charity that provides SEND clubs to children, young people and their families. <b>15:45</b> - Family SEND FUN activities to follow... <b>17:30</b> - Parent child SEND FUN football 5-10yrs. <b>18:00</b> - SEND FUN football for 11-15yrs <b>19:00</b> - SEND Youth Club 11-15yrs starting after half term. For more information please contact <a href="mailto:vickiedawkins@signpostinclusion.org.uk">vickiedawkins@signpostinclusion.org.uk</a></p>

## 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://solihull.gov.uk/Here2Help) or call the Solihull Connect service 0121 704 8001.

## Wellbeing & Advice

Midwives	Health Visiting	Women's Aid	Mental Health Support
Please call your midwife using the number in your red book.	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.	If you or someone you know needs support, call 0808 800 0028. The helpline is open 7 days a week, 9.15am – 5.15pm	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 / 0121 262 3555