

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 1700 or email elmwoodfh@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>Monday 2nd – Friday 6th December 3.00pm – 4.00pm</p>	<p><u>Decorate the Christmas Tree – Elmwood Family Hub</u> We need help to decorate Elmwood Family Hub. Pop into the hub every day, week beginning 2nd December, 3.00pm-4.00pm to create a Christmas decoration to put on our Christmas tree and help us create some festive magic at Elmwood Family Hub.</p>	<p>Call in to Elmwood Family Hub, no booking required!</p>
<p>Friday 6th December 9.30am – 12.00pm</p>	<p><u>Wreath Making Workshop</u> Join North Solihull Additional Needs group for their Christmas Wreath making Workshop, especially for carers. Places are limited, so contact North Solihull Additional Needs group for all session information.</p>	 <p>Book via email at northsolihulladditionalneedsgroup@outlook.com</p>
<p>Tuesday 10th December 3.00pm – 5.00pm</p> 	<p><u>Sensory Santa</u> Join North Solihull Additional Needs group for their Sensory Santa experience, running across two sessions 3.00pm – 4.00pm and 4.30pm – 5.00pm. Places are limited, so contact North Solihull Additional Needs group for all session information.</p>	<p>Book via email at northsolihulladditionalneedsgroup@outlook.com</p> 

<p>Friday 13th December 9.30am – 11.00am</p>	<p><u>Christmas Craft Session</u></p> <p>Come along and join our fun Christmas craft session! Pop in to make a Christmas decoration or card and you can also have a cuppa and find out more about what's on offer at Elmwood Family Hub. Crafts will be running during this session for children and adults! We hope to see you there. All ages welcome.</p>	<p>Call in on the day at Elmwood Family Hub, no booking required!</p>
<p>Friday 13th December 12.30pm – 2.30pm</p>	<p><u>Christmas Sensory Play</u></p> <p>Come and join the festive fun with Solihull College and their sensory Christmas play. For children aged 18mths and upwards.</p>	<p>Call in on the day at Elmwood Family Hub, no booking required!</p> 
<p>Thursday 19th December 3.30pm – 5.30pm</p>	<p><u>Elmwood Family Hub Christmas Celebration</u></p> <p>Come and join us at our Christmas celebration event, we will have music sessions, Christmas play activities for children including messy play and arts and crafts, along with other festive fun!</p> 	<p>Call in on the day at Elmwood Family Hub, no booking required!</p>

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

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