

We are here to help, Monday to Friday 9am-5pm.

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. Call us on **0121 779 1700** or email: elmwoodfh@solihull.gov.uk

Morning sessions

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Health Visitor Clinic 9.30am - 12.00pm</p> <p>Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to the receptionist or your Health Visitor.</p> <p>Children's Learning Disability Nursing 9.30am – 12.00pm (Running Fortnightly)</p> <p>To book, speak to the Family Support Worker at Reynolds Cross school, Forest Oak, Merstone or Hazel Oak.</p> <p>Citizens Advice 9.30am - 5.00pm</p> <p>Free, confidential and impartial advice on a range of issues. Book an appointment by speaking to reception or by contacting CASB. Tel: 0808 2787976</p> <p>Marvellous Makers 10.00am – 12.00am</p> <p>Stay and play session, suitable from birth onwards. Come and join us for arts and crafts activities, use of the sensory room and lots of play. Come and join the fun! Drop in and no booking required.</p> <p>Family Information Service 10am-12pm (4th Monday of every month)</p> <p>Drop in to find out about childcare/ related funding and family activities within the community.</p> <p>Women's Community Drop-In 9.00am – 12.00pm</p> <p>Providing emotional and practical support.</p>	<p>Midwife Clinic 9.30am – 5.00pm</p> <p>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p>Solihull Community Housing 9.30am -12.00pm</p> <p>Information and advice on housing issues. No appointment required so please pop in.</p> <p>Parenting Together 9.30am – 11.30am</p> <p>A 6-week group to learn new ways of resolving disagreements using respectful & constructive communication skills to create a happier home environment for you and your family – ideally for couples but not required. Speak to a member of staff within the hub to find out more or to book your free place.</p>	<p>Coffee Morning Drop in with Super SEN CIC (runs fortnightly) 9.30am – 12.00pm</p> <p>We are two autistic ADHDers, offering support, advice and advocacy to neurodivergent families and individuals. Come along and have a cuppa, in a safe space.</p> <p>Midwife Clinic 9.30am – 5.00pm</p> <p>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p>Drop-in Session with Social Prescribers 10am-12pm (4th Wednesday of the month)</p> <p>Drop in for help, guidance and information about debts and finance, mental health, social isolation, local community information and employment help.</p> <p>Motivate You Running 5th & 6th November all day.</p> <p>For 16–24-year-olds, come along to find out more about training and employability, learn skills in a relaxed way. Free lunch! Call 0121 704 6869 or email employmentteam@solihull.gov.uk to book your place.</p>	<p>Midwife Clinic 9.30am- 4:30pm</p> <p>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p>Solihull SENDIAS 9.30am-11.30am (4th Thursday of each month)</p> <p>Drop-in session to provide impartial, information, advice and support to children and young people with SEND and their parents and carers. No appointment required so please pop in.</p> <p>Independent Mothers 9.30am – 11.30am</p> <p>CA sae space to meet others and try your hand at something creative.</p> <p>Musical Explorers - Early Years Session. 11.30am-12.00pm</p> <p>Running weekly - free, fun, music sessions for children aged 0 -5 delivered by Solihull Music. Followed by a relaxed Stay and Play. Drop in.</p>	<p>Health Visitor Clinic 9.30am-12.00pm</p> <p>Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to the receptionist or your Health Visitor.</p>

Afternoon Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Solihull College – Functional English Skills 12.30pm – 3.00pm</p> <p>Come along to free friendly English classes suitable for all levels. To book a place email Kerry.scattergood@solihull.ac.uk or speak to Family Hub staff.</p> <p>Midwife Clinic 1.00pm – 5.00pm</p> <p>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p>Boys Autism Group 4.00pm – 6pm</p> <p>Run by Ordinary Magic for boys with autism. Please email michelle@ordinarymagic.co.uk for further details and to enquire about booking a place.</p> <p>SoLO – Inclusive Family Sessions 4.15pm – 6.45pm</p> <p>For children aged 7-13 years, sessions include sensory play, arts and crafts and story time. Inclusive with support available for children with higher needs. To book please email childrens@sololifeopportunities.org</p>	<p>My Babe and Me 1.30pm – 2.30pm</p> <p>Come and join us and get to know other parents and socialise at this stay and play for younger children. Running fortnightly. To book, search My Babe and Me on social media or ask Family Hub staff.</p> <p>Life Skills 1.00pm-3.00pm</p> <p>A 6-week course to build confidence & skills. Speak to family Hub staff to book.</p> <p>Drop-In Menopause Peer Support Group 1.00pm – 2.30pm (2nd Tuesday of every month)</p> <p>Eat Well Move More 4.15pm – 5.45pm</p> <p>Eat Well Move More is a family based healthy lifestyles programme for 7-11 year olds. To find out more email: solihullactive@solihull.gov.uk or call 0121 704 8207.</p>	<p>Urban Heard Youth Group 4pm – 6pm</p> <p>Open youth group. Arts, crafts, games and activities for anyone between 10-16 years of age. Free and young people can drop in – no booking required. For more info please email hasan@urbanheard.co.uk</p>	<p>Solihull Lifestyle Service 12pm -4pm</p> <p>Pop in to get advice and discuss your lifestyle needs, including free height, weight, BMI, blood pressure and atrial fibrillation readings.</p> <p>Music Hub 4pm -6pm</p> <p>Booked after school sessions that is directly managed through Solihull Music service specially for children KS2 and over. Includes vocal coaching, music production and guitar. Come down to the music hub! For more info and to book, please email richard.russell@solihull.gov.uk</p>	<p>Solihull College – Sensory Play 12.30pm – 2.30pm</p> <p>New ideas for activities to engage your children with and an understanding of how to support your child's learning through sensory activities and play. To book please email jess.orton@solihull.ac.uk or speak to Family Hub staff.</p> <p>Breastfeeding Café 1.00pm – 4.30pm</p> <p>We are an NHS service who offer breastfeeding cafes, run by trained peer supporters who are able to help you with any infant feeding queries or challenges you are facing. Please book in by visiting https://linktr.ee/Solihull.IFT</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 \(solihull.gov.uk\)](http://Here2Help.solihull.gov.uk) or call the Solihull Connect service 0121 704 8001.

Wellbeing & Advice

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