

Wherever you live in Solihull, we're here to support you

Family Hubs are local centres where children, young people, and families can access support and take part in fun activities! Our friendly staff and service providers work in partnership with you and your community to access the information and support you need. Some services offer drop-in sessions, whilst others require booked appointments. The Hubs are a safe space for you and your loved ones.

Morning				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Women's community drop-in – 09:00-12:00 <i>Every other week.</i> Providing emotional and practical support.</p> <p>Health Visitor clinic – 09:30-12:00 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>Marvellous Makers 10:00-12:00 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 – 10:00-12:30 <i>2nd Monday of every month – February 10</i> Drop-in to find out about childcare related funding and family activities within the community.</p>	<p>Solihull Community Housing – 09:30-12:00 Information and advice on housing issues. No appointment required so please pop in.</p> <p>Super SEN CIC coffee morning – 09:30-12:00 <i>Runs monthly – 18 February</i> 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 – 09:30-17:00 Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p>Attendance support drop-in – 11:45-13:30 Relationship breakdown with your child's school? Attend one of our sessions for attendance support. Chloe and Liz from the Education Participation Advisory Service will be offering attendance advice, support and guidance.</p>	<p>Family voices – 09:30-11:00 <i>12 February</i> Your chance to let us know what services are important to you and your family and how we can support this within the Family Hubs. Come along for a coffee and chat with Family Hub staff. Children are very welcome to attend as we would like their views too.</p> <p>Midwife clinic – 09:30-17:00 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 – 10:00-12:00 <i>4th Wednesday of the month</i> Drop in for help, guidance and information about debts and finance, mental health, social isolation, local community information and employment help. No appointment required so please pop in.</p> <p>Anxiety management support group for adults – 11:00-13:00 Weekly anxiety support group open for anyone over the age of 18. Delivered by Reimagine Me CIC. For more information please email: info@reimaginemecic.org or call Michelle on 0755 389 9373.</p>	<p>Women's mental health support group for adults – 09:00-11:00 Weekly anxiety support group open for anyone over the age of 18. Delivered by Reimagine Me CIC - for more information please email: info@reimaginemecic.org or call Michelle on 0755 389 9373. A self-referral can be made via their website: www.reimaginemecic.co.uk</p> <p>Solihull SENDIAS – 09:30-11:30 <i>4th Thursday of each month</i> 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>Citizens Advice – 09:30-12:30 Free, confidential and impartial advice on a range of issues. Book an appointment by speaking to reception or by calling CASB on 0808 278 7976.</p> <p>Musical explorers' early years session – 11:30- 12:00 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 – 09:30-12:00 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>Smokefree Solihull clinic – 11:00-13:00 Stop smoking support and advice. By referral only.</p> <p>ComputerXplorers coding and 3D design workshop – 11:00-16:00 <i>21 February</i> Exciting free coding and 3D design workshop! Learn to design in 3D and bring their ideas to life using cutting-edge technology For 11-16-year-olds. Call into Elmwood Family Hub for more information or scan the QR code to book!</p>



Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Five to Thrive – 13:00-15:00 Starts 24 February The Five to Thrive building blocks explore practical things you can do to enhance your child's brain development, increase confidence in parenting, and meet other local parents. For parents with children aged up to 2 years. To book, email bsmhft.parenting@nhs.net.</p> <p>Boys Autism Group – 16:00-18:00 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 – 16:15-18:45 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>Menopause peer support group – 13:00-14:30 2nd Tuesday of every month Drop-in.</p> <p>Life skills – 13:00-15:00 A 6-week course to build confidence & skills. Speak to family Hub staff to book.</p> <p>Family support drop-in – 13:00-16:00 Confidential advice and support to help you make positive changes. Includes a range of advice and guidance about difficult relationships at home, parenting, behaviour management, routines, boundaries, child development, bed wetting, sleep problems, school issues, and more.</p> <p>Eat Well Move More – 16:15-17:45 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>Midwife clinic 09:30-17:00 Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p>Urban Heard youth group – 16:00-18:00 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>Midwife clinic – 09:30-16:30 Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p>Solihull Lifestyle Service – 12:00-16:00 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 – 16:00-18:00 Booked after school sessions that is directly managed through Solihull Music service for children KS2 and over. Includes vocal coaching, music production and guitar. For more info and to book, please email richard.russell@solihull.gov.uk.</p>	<p>Solihull College sensory play – 12:30-14:30 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>Midwife clinic – 13:00-16:30 Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p>

Wellbeing and advice

Here2Help

Family Hubs can help with food, toiletries, fuel, money, staying well, and keeping safe. To find out more, visit www.solihull.gov.uk/here2help.

What else can the Family Hubs offer?

Help and support

Speak to our friendly staff

Health visiting

To speak to a health visitor, text Chat Health on 0750 733 2563 between 09:00-16:00, Monday-Friday.

Stay and play area

Toys, books, and soft play

Women's Aid

If you or someone you know needs support, call Women's Aid at 0808 800 0028. Available seven days a week, 09:15-17:15.

Sensory room

To book, call [0121 779 6943](tel:01217796943)

Mental health support

The Birmingham and Solihull Mental Health NHS Foundation Trust provide guidance and reassurance to people of all ages. Call 0800 915 9292 or 0121 262 3555.

Computers and private work pods

Internet and phone access

Midwives

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

Community wardrobe

Free warm winter clothing

[37 Burtons Way, Smith's Wood, Solihull, B36 0UG](https://www.solihull.gov.uk)

