

### 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><b>Women's community drop-in – 09:00-12:00</b> <i>Every other week</i> Providing emotional and practical support.</p> <p><b>Health Visitor clinic – 09:30-12:00</b> Booked appointments for parents and their babies and children. Book by speaking to the receptionist or your Health Visitor.</p> <p><b>Children's learning disability nursing – 09:30-12:00</b> <i>Fortnightly</i> To book, speak to Family Support Workers at Reynolds Cross school, Forest Oak, Merstone, or Hazel Oak.</p> <p><b>Citizens Advice – 09:30-17:00</b> Free, confidential, and impartial advice. To book, call 0808 278 7976.</p> <p><b>Marvellous Makers – 10:00-12:00</b> Stay and play session suitable from birth onwards. Arts and crafts activities, use of the sensory room, and lots of play. Join the fun! Drop-in, no booking required.</p> <p><b>Family Information Service – 10:00-12:30</b> <i>Second Monday of every month</i> Information on childcare-related funding and community family activities.</p>	<p><b>Solihull Community Housing – 09:30-12:00</b> Information and advice on housing. Drop-in, no booking required.</p> <p><b>Super SEN CIC coffee morning – 09:30-12:00 (21 Jan)</b> <i>Monthly</i> We are two autistic ADHDers, offering support, advice, and advocacy to neurodivergent families and individuals. Have a cuppa' in a safe space.</p> <p><b>Midwife clinic – 09:30-17:00</b> Booked appointments for new and expectant parents and their babies with community midwives.</p>	<p><b>Midwife clinic – 09:30-17:00</b> Booked appointments for new and expectant parents and their babies with community midwives.</p> <p><b>Social Prescribers drop-in – 10:00-12:00</b> <i>4<sup>th</sup> Wednesday of the month</i> Drop-in session for help, guidance, and information about finances, mental health, social isolation, local community information, and employment. No appointment required.</p> <p><b>Anxiety management support group for adults – 11:00-13:00</b> Weekly anxiety support group delivered by Reimagine Me CIC for ages 18+. A self-referral can be made via: <a href="https://www.reimaginemecic.co.uk">https://www.reimaginemecic.co.uk</a> To find out more, email: <a href="mailto:info@reimaginemecic.org">info@reimaginemecic.org</a> or call Michelle on 0755 389 9373.</p>	<p><b>Women's mental health support group for adults – 09:00-11:00</b> Weekly anxiety support group delivered by Reimagine Me CIC for ages 18+. A self-referral can be made via: <a href="https://www.reimaginemecic.co.uk">https://www.reimaginemecic.co.uk</a> To find out more, email: <a href="mailto:info@reimaginemecic.org">info@reimaginemecic.org</a> or call Michelle on 0755 389 9373.</p> <p><b>Solihull SENDIAS – 09:30-11:30</b> <i>4<sup>th</sup> Thursday of every month</i> Drop-in session to provide impartial information and support to children and young people with SEND and their parents and carers. No appointment required.</p> <p><b>Midwife clinic – 09:30-16:30</b> Booked appointments for new and expectant parents and their babies with community midwives. To book, speak to your midwife.</p> <p><b>Musical explorers early years session – 11:30-12:00</b> Weekly free and fun drop-in music sessions followed by a relaxed stay and play for children aged 0-5 from Solihull Music. No booking required.</p>	<p><b>Health Visitor clinic – 09:30-12:00</b> Booked appointments for parents and their babies and children. Book by speaking to the receptionist or your Health Visitor.</p> <p><b>Smokefree Solihull clinic – 11:00-13:00</b> Stop smoking support and advice. By referral only.</p>



Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Midwife clinic – 13:00-17:00</b> Booked appointments for new and expectant parents and their babies with community midwives.</p> <p><b>Boys Autism group – 16:00-18:00</b> By Ordinary Magic for boys with Autism. To book, email <a href="mailto:michelle@ordinarymagic.co.uk">michelle@ordinarymagic.co.uk</a>.</p> <p><b>SoLO – Inclusive family sessions – 16:15-18:45</b> Inclusive sensory play, story time, and arts and crafts for children aged 7-13 years. Support available for children with additional needs. To book, email <a href="mailto:childrens@sololifeopportunities.org">childrens@sololifeopportunities.org</a>.</p>	<p><b>Menopause Peer Support Group – 13:00-14:30</b> <i>2<sup>nd</sup> Tuesday of every month</i> No booking required, just drop-in.</p> <p><b>Life skills – 13:00-15:00</b> A 6-week course to build confidence and skills. To book, speak to Family Hub staff.</p> <p><b>Family support drop-in – 13:00-16:00</b> Confidential advice, guidance, and support to help you make positive changes. Topics include parenting relationships, behaviour management, boundaries, routines, child development, bed wetting, sleeping, schooling, and more.</p> <p><b>Eat Well Move More – 16:15-17:45</b> Family-based healthy lifestyles programme for ages 7-11. To find out more, email <a href="mailto:solihullactive@solihull.gov.uk">solihullactive@solihull.gov.uk</a> or call 0121 704 8207.</p>	<p><b>Urban Heard youth group – 16:00-18:00</b> Free arts, crafts, games, and activities for ages 10-16. Drop-in, no booking required. For more info, email <a href="mailto:hasan@urbanheard.co.uk">hasan@urbanheard.co.uk</a>.</p>	<p><b>Solihull Lifestyle Service – 12:00-16:00</b> Free height, weight, BMI, blood pressure and atrial fibrillation readings and advice on lifestyle needs. Drop-in, no booking required.</p> <p><b>Music hub – 16:00-18:00</b> Vocal coaching, music production, and guitar sessions for KS2 and above from Solihull Music. To book, email <a href="mailto:richard.russel@solihull.gov.uk">richard.russel@solihull.gov.uk</a> or scan the QR codes on the digital screens at the Family Hubs.</p>	<p><b>Solihull College sensory play – 12.30pm – 2.30pm</b> New activities to engage your children and support their learning through sensory play. To book, email <a href="mailto:iess.orton@solihull.ac.uk">iess.orton@solihull.ac.uk</a> or speak to Family Hub staff.</p> <p><b>Midwife clinic – 13:00-16:30</b> Booked appointments for new and expectant parents and their babies with community midwives.</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](http://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/37-burtons-way-smiths-wood-solihull-b36-0ug)

