


### 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><br/><i>Every other week</i><br/>Providing emotional and practical support.</p> <p><b>Health visitor clinic – 09:30-12:00</b><br/>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><b>Marvellous Makers – 10:00–12:00</b><br/>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><b>Family Information Service – 10:00-12:30</b><br/><i>2 Monday of every month – 10 March</i><br/>Drop-in to find out about childcare related funding and family activities within the community.</p> | <p><b>Solihull Community Housing – 09:30-12:00</b><br/>Information and advice on housing issues. No appointment required so please pop in.</p> <p><b>Super SEN CIC coffee morning – 09:30-12:00</b><br/><i>Runs monthly – 18 March</i><br/>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><b>Midwife clinic – 09:30-17:00</b><br/>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p><b>EPAS attendance support drop-in – 11:45-13:30</b><br/>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><b>Midwife clinic – 09:30-17:00</b><br/>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p><b>OVOS Care Experienced Young Parents and Child Group – 10:00-11:30</b><br/>By Invitation only.</p> <p><b>Drop-in session with social prescribers – 10:00-12:00</b><br/><i>4<sup>th</sup> Wednesday of the month – 26 March</i><br/>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><b>Anxiety management support group for adults – 11:00-13:00</b><br/>Weekly anxiety support group open for anyone over the age of 18. Delivered by Reimagine Me CIC. For more information please email: <a href="mailto:info@reimaginemecic.org">info@reimaginemecic.org</a> or call Michelle on <a href="tel:07553899373">0755 389 9373</a>.</p> | <p><b>Women's mental health support group for adults – 09:00–11:00</b><br/>Weekly anxiety support group open for anyone over the age of 18. Delivered by Reimagine Me CIC - for more information please email: <a href="mailto:info@reimaginemecic.org">info@reimaginemecic.org</a> or call Michelle on 0755 389 9373. A self-referral can be made via their website: <a href="http://www.reimaginemecic.co.uk">www.reimaginemecic.co.uk</a></p> <p><b>Solihull SENDIAS – 09:30-11:30</b><br/><i>4 Thursday of each month – 27 March</i><br/>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><b>Citizens Advice – 09:30-12:30</b><br/>Free, confidential and impartial advice on a range of issues. Book an appointment by speaking to reception or by calling CASB on <a href="tel:08082787976">0808 278 7976</a>.</p> <p><b>Musical explorers' early years session – 11:30-12:00</b><br/>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><b>Health visitor clinic – 09:30-12:00</b><br/>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><b>Smokefree Solihull clinic – 11:00-13:00</b><br/>Stop smoking support and advice. Book by using the QR code or pop in for a chat.</p>  |

| Afternoon   |   |  |   |  |
|---|---|--|---|--|
| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
| <p><b>Maternity Link Support Workers – 09:00-17:00</b><br/>Maternity Link Support Workers aims to provide comprehensive and personalised care to expectant and new mothers, ensuring they receive the support they need throughout their journey from pregnancy to early motherhood. Pop into see them at Elmwood Family Hub.</p> <p><b>Boys Autism Group – 16:00-18:00</b><br/>Run by Ordinary Magic for boys with autism. Please email <a href="mailto:michelle@ordinarymagic.co.uk">michelle@ordinarymagic.co.uk</a> for further details and to enquire about booking a place.</p> <p><b>SoLO inclusive family sessions – 16:15-18:45</b><br/>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 <a href="mailto:childrens@sololifeopportunities.org">childrens@sololifeopportunities.org</a>.</p> | <p><b>Life skills – 13:00-15:00</b><br/>A 6-week course to build confidence, social networks, achieve work related goals and develop financial skills. Speak to family Hub staff to book.</p> <p><b>Family support drop-in – 13:00-16:00</b><br/>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><b>Eat Well Move More – 16:15-17:45</b><br/>A family based healthy lifestyles programme for 7-11-year-olds. To find out more email: <a href="mailto:solihullactive@solihull.gov.uk">solihullactive@solihull.gov.uk</a> or call <a href="tel:01217048207">0121 704 8207</a>.</p> | <p><b>Midwife clinic – 09:30-17:00</b><br/>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p><b>Urban Heard youth group – 15.30-17:00</b><br/>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 <a href="mailto:rowan@urbanheard.co.uk">rowan@urbanheard.co.uk</a></p> | <p><b>Midwife clinic – 09:30-16:30</b><br/>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p><b>Maternity Link Support Workers – 09:00-17:00</b><br/>Provides comprehensive and personalised care to expectant and new mothers, from pregnancy to early motherhood. Pop into see them at Elmwood Family Hub.</p> <p><b>Solihull Lifestyle Service – 14.00-16:00</b><br/>Pop in to get advice and discuss your lifestyle needs, including free height, weight, BMI, blood pressure, and atrial fibrillation readings.</p> <p><b>Music hub – 16:00-18:00</b><br/>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 <a href="mailto:richard.russell@solihull.gov.uk">richard.russell@solihull.gov.uk</a>.</p> | <p><b>Solihull College sensory play – 12:30-14:30</b><br/>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 <a href="mailto:jess.orton@solihull.ac.uk">jess.orton@solihull.ac.uk</a> or speak to Family Hub staff.</p> <p><b>Midwife clinic – 13:00-16:30</b><br/>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](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](tel:07507332563) 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](tel:08088000028). 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 people of all ages. Call [0800 915 9292](tel:08009159292) or [0121 262 3555](tel:01212623555).

#### 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)

