

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Employment, training and digital skills support – 09:00-16:00 Support with job searching, creating, emailing and sending your CV. Drop in or call 0121 779 1724 to book an appointment.</p> <p>Solihull College – 09:30-11:30 Contact Evergreen to book a place. What the Children do at school. Supporting your children with Maths and English (KS1). Term time only.</p> <p>Stay and play – 13:00-15:00 Come and play and meet new friends. Suitable for ages 0-4 and their parents/carers. No booking required, just come along and join in the fun!</p> <p>SOLAR – 14:00-16:00 NHS mental health service. Contact SOLAR to book an appointment.</p> <p>After-school activities – 15:30-16:30 Bring your homework, play board games, do quizzes, art, table tennis and other fun activities. Suitable for ages 4-12, parents/carers must stay and supervise their children.</p>	<p>Health Visitor clinic – 09:00-14:00 Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>Community coffee morning – 10:30-12:00 Come in for a cuppa and tell us what you'd like to see happening at Evergreen, find out more about volunteering and other services in your local area.</p> <p>Pre-school play session – 14:30-16:00 Pre-school activities in preparation for children starting nursery and reception. Suitable for ages 2-5 years and their parents/carers. No booking required, just come along, join in the fun and meet other parent/carers of pre-schoolers!</p>	<p>Employment, training and digital skills support – 09:00-16:00 Support with job searching, creating, emailing and sending your CV. Drop in or call 0121 779 1724 to book an appointment.</p> <p>Health in the hearts of our community social group – 10:30-12:00 Social group including fun, games and a cuppa! Learn more about heart health.</p> <p>Midwife clinic – 12:30-16:00 By appointment, only with community midwives. Book by speaking to your GP or midwife.</p> <p>Family support worker drop-in – 13:00-16:00 Drop-in service, advice, support and signposting to other services.</p> <p>After-school activities – 15:30-16:30 Bring your homework, play board games, do quizzes, art, table tennis and other fun activities. Suitable for ages 4-12, parents and carers must stay and supervise their children.</p>	<p>Health Visitor clinic – 09:00-14:00 Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>Midwife clinic – 12:30-16:00 By appointment only with community midwives. Book by speaking to your GP or midwife.</p>	<p>Midwife clinic – 09:00-16:00 By appointment only with community midwives. Book by speaking to your GP or midwife.</p> <p>Stay and play – 10:00-12:00 Come and play and meet new friends. Suitable for ages 0-4 and their parents/carers. No booking required, just come along and join in the fun!</p> <p>After-school activities – 13:30-14:30 Bring your homework, play board games, do quizzes, art, table tennis and other fun activities. Suitable for 4-12 years, parents/carers must stay and supervise their children.</p> <p>Community walk and litter pick – 14:30-16:00 Explore the local area.</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

[42 Kingshurst Way, Kingshurst, Solihull, B37 6DX](https://www.solihull.gov.uk/42-kingshurst-way)

