


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>Wellbeing advice sessions – 09:00-12:45 Do you want to become more active, reduce stress, manage your weight, and eat healthier? Get free personalised advice and support from Solihull Lifestyle Service. For more information, call 0800 599 9880 or drop-in to the Hub.</p> <p>Lactation consultant clinic – 09:30-13:00 An NHS service to help you with any infant feeding challenges you may be facing, including tongue-tie assessment and referral. Speak to your midwife, health visitor, or GP for referral to the Infant Feeding Team. By appointment only.</p> <p>Breastfeeding café – 10:30-12:00 An NHS service to help you with any infant feeding queries or challenges you may be facing. Or simply come along for the social aspect – to meet other mums and get a hot cup of tea! Book at https://linktr.ee/Solihull.IFT</p>	<p>Health visitor clinic – 09:00-12:00 Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p>Super SEN CIC – 09:00-12:00 <i>2nd Tuesday of every month – 11 March</i> Drop-in session for parents to seek advice and support for themselves and/or their children with ADHD and/or Autism.</p> <p>Citizens Advice Bureau – 09:00-12:30 <i>11 and 25 March</i> Free, confidential, and impartial advice on a range of issues. Book by speaking to reception or by contacting CAB on 0808 278 7976.</p> <p>Menopause peer support group – 10:00-11:30 <i>11 March</i> Drop-in session for those needing support, advice, or information about menopause. Please come along to the drop-in at the Hub.</p>	<p>Midwives' post-natal clinic – 09:00-17:00 Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p>Solihull College maths and English – 09:30-11:30 <i>8 January – 19 March</i> Join our friendly course for parents and carers of children infant school. Please let us know if you require a free creche place when enquiring. To book, email susan.arnold@solihull.ac.uk.</p>	<p>Parent Carer Voice coffee morning – 09:00-12:00 <i>13 March</i> A coffee morning for parent carers of children and young people with SEND.</p> <p>Health visitor clinic – 09:00-12:00 Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p>Little Owls group – 09:30-12:00 By referral only.</p>	<p>Family Support Team drop-in – 09:00-12:00 Visit the Family Support Team for assistance with family needs such as parenting and additional support. No need to book, just drop-in.</p> <p>Health visitor clinic – 09:00-12:00 Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p>Midwives' post-natal Clinic – 09:00-17:00 Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p>EPAS school attendance drop-in – 09:30-12:00 Does your child worry about going to school? Do you feel you have tried everything? Attend our drop-in sessions for attendance support. For more information, email attendanceenquiries@solihull.gov.uk.</p> <p>Solihull College sensory play session – 09:30-12:00 <i>28 Feb – 2 May</i> Come along to the family learning session run by Solihull College. Develop some new ideas for activities to engage your children with and to gain an understanding of how to support your child's development and learning through Sensory Play. You can sign up by contacting Hatchford Brook Family Hub or Solihull College on 0121 678 7000.</p>

[Hatchford Brook, Old Lode Lane, Solihull, B92 8JE](#)

Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Health Visitor clinic – 09:00-12:00 Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p>Liberty Circle – 13:00-15:00 An inclusive craft group for anxious girls aged 11-18 to enable them to socialise in a safe space. Parents/Carers must stay. £2 per child paid in cash. Booking essential. Please email: Fay.libertycircle@gmail.com or Shelley.libertycircle@gmail.com.</p> <p>Smokefree Solihull clinic – 13:00-16:00 Stop smoking support. By referral only.</p> <p>Your Councillor session – 14:00-16:00 <i>1st Monday of every month – 3 March</i> An opportunity to drop-in to speak to your local Councillor for Elmdon ward to discuss any concerns or issues.</p>	<p>Stay and Play – 13:15-14:45 Due to the popularity of the Stay and Play, there is currently a waiting list for this group. If you are not already registered, please pop along to the Hub to complete a registration form and you will be contacted when a space is available.</p> <p>Solihull Community Housing – 13:15-14:45 <i>Fortnightly – 11 and 25 March</i> Information and advice on community housing. The SCH customer contact centre is available between 09:00-17:00, Monday to Friday, by calling 0121 717 1515.</p> <p>Specialist Inclusion Support Service – 15:00-17:00 An independent living skills group by invitation only via the SISS Sensory and Physical Impairment team. To enquire, call 0121 704 6690 and ask for the manager.</p> <p>Inclusive Sports Academy – 17:30-20:15 <i>(Term time only)</i> Inclusive Sports session for children and young people where the needs of all participants are met in an inclusive environment. To book this session or other Inclusive Sports academy activities, call 0774 371 3161 or email eva@inclusivesportsacademy.org.</p>	<p>Ordinary Magic cooking class – 13:30-15:00 A cooking class for children aged 11-16 years who are home educated. Children will learn a new culinary skill, explore foods from around the world, learn how to keep safe, develop independence in the kitchen, and discover how food can support our health and wellbeing. Each course will last 12 weeks and will have 8 spaces. Priority will be given to those children who are known to the Connected Care Network, but all children and young people are welcome. To book, email Katie@ordinarymagic.co.uk</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>Liberty Circle – 17:00-19:00 5 and 12 March An inclusive craft group for anxious girls aged 11-18 to enable them to socialise in a safe space. Parents/carers must stay. £2 per child paid in cash. Booking essential, email: Fay.libertycircle@gmail.com or Shelley.libertycircle@gmail.com.</p>	<p>*PLEASE NOTE* We are closed to the public on Thursday afternoons from 12:00 onwards.</p> <p>Early Intervention Service – 12:00-16:00 By referral only. Run by Birmingham and Solihull Mental Health NHS Foundation.</p> <p>Young Carers Club – 17:00-21:00 <i>1st Thursday of every month – 6 Mar</i> By referral only.</p>	<p>Talking Therapies – 12:00-15:30 By referral only.</p> <p>Crochet group – 13:00-15:00 Are you interested in learning to Crochet or are you a crochet master! Come along and join in. Please bring along a ball of Yarn and a hook. No need to book, just drop in!</p> <p>Early Years music sessions – 14:00-14:30 Free, fun music sessions for children aged 0-5 delivered by Solihull Music. To book, scan the QR code below or pop-in on the day!</p>  <p>*PLEASE NOTE* We are closed to the public on Friday afternoons from 15:30 onwards.</p> <p>Signpost Inclusion – 15:45-21:45 <i>(Term time only)</i> A charity that provides SEND clubs to children, young people, and families. Parent child fun cricket session – 16:30 Parent child fun football session – 17:30 Fun football older group – 18:30 Youth club – 19:30 For more information, email vickiedawkins@signpostinclusion.org.uk.</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](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 to 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