


## 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>Solar workshops – 09:00-12:00</b> Solar provides emotional wellbeing services to children, young people, and families in Solihull. Workshops are pre-booked appointments via Solar and are by referral only.</p> <p><b>Wellbeing advice sessions – 09:00-12:45</b> 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 <a href="tel:08005999880">0800 599 9880</a> or drop-in to the Hub.</p> <p><b>Lactation consultant clinic – 09:30-13:00</b> 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><b>Breastfeeding café – 10:30-12:00</b> 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 <a href="https://linktr.ee/Solihull.IFT">https://linktr.ee/Solihull.IFT</a></p>	<p><b>Super SEN CIC – 09:00-12:00</b> <i>(3 December and 17 December)</i> Drop-in session for parents to seek advice and support for themselves and/or their children with ADHD and/or Autism.</p> <p><b>Health visitor clinic – 09:00-17:00</b> Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Citizens Advice Bureau – 09:00-17:00</b> <i>(3 December and 17 December)</i> Free, confidential, and impartial advice on a range of issues. Book by speaking to reception or by contacting CAB on <a href="tel:08082787976">0808 278 7976</a>.</p> <p><b>Menopause peer support group – 10:00-11:30</b> <i>(monthly from 10 December)</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><b>Solihull College family learning and grammar for parents – 09:30-11:30</b> <i>(6 November to 4 December)</i> A course to help parents of children in Year 1-6 to understand the grammar their children are learning in English Lessons. To book, email <a href="mailto:susan.arnold@solihull.ac.uk">susan.arnold@solihull.ac.uk</a></p>	<p><b>Health visitor clinic – 08:00-12:00</b> Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Little Owls Group – 09:30-12:00</b> By referral only.</p>	<p><b>Early help drop-in – 09:00-12:00</b> A member of the early help team will be available to assist with queries about family support needs such as parenting and additional support for families. Please come along to the drop-in to discuss your support needs.</p> <p><b>Health visitor clinic – 09:00-17:00</b> Booked appointments with the health visiting team. Book by speaking to your health visitor.</p>

**Christmas activities** There will be Christmas-themed activities in December! Download the Solihull Family Hubs app, follow our Facebook page, or pop-in to Hatchford Brook Family Hub, Old Lode Lane, B92 8JE, to pick up a leaflet.

Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Health visitor clinic – 13:00-16:00</b> Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Liberty Circle – 13:00-15:00</b> 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: <a href="mailto:Fay.libertycircle@gmail.com">Fay.libertycircle@gmail.com</a> or <a href="mailto:Shelley.libertycircle@gmail.com">Shelley.libertycircle@gmail.com</a>.</p> <p><b>Winnr Sports youth club – 18:00-20:00</b> A new youth club for children aged 7-13. The club offers a fun and safe space for kids to socialise, explore their interests, and participate in a variety of engaging activities, from arts and crafts to sports and team games. Running weekly, the club aims to encourage creativity, teamwork, and confidence, providing a supportive environment for young people to make new friends and develop new skills. Everyone is welcome to join the fun! Book by visiting <a href="http://www.winnrsport.com">www.winnrsport.com</a> or emailing <a href="mailto:info@winnrsport.com">info@winnrsport.com</a>.</p>	<p><b>Solihull College sensory play session – 13:00-15:00</b> Come along to a 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. Sign up by calling Solihull College at <a href="tel:01216787000">0121 678 7000</a> or contacting Hatchford Brook Family Hub.</p> <p><b>Stay and play – 13:15-14:45</b> Fun and engaging activities for babies and toddlers. Come along and make new friends!</p> <p><b>SISS Specialist Vision Independent Living Skills group – 15:00-17:00</b> by invitation only via the SISS Sensory and Physical Impairment team. To enquire, call 0121 704 6690 and ask for the manager.</p> <p><b>Inclusive Sports academy – 17:30-20:15</b> 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 <a href="mailto:eva@inclusivesportsacademy.org">eva@inclusivesportsacademy.org</a>.</p>	<p><b>Health visitor clinic – 12:30-17:00</b> Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Ordinary Magic cooking class for children – 13:30-15:00</b> A cooking class for children aged 11-16 years who are being 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 will be welcome. Please email <a href="mailto:Katie@ordinarymagic.co.uk">Katie@ordinarymagic.co.uk</a> to ask to be considered for a space.</p> <p><b>Liberty Circle – 17:00 – 19:00</b> 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: <a href="mailto:Fay.libertycircle@gmail.com">Fay.libertycircle@gmail.com</a> or <a href="mailto:Shelley.libertycircle@gmail.com">Shelley.libertycircle@gmail.com</a>.</p>	<p><b>*PLEASE NOTE*</b> Hatchford Brook Family Hub is closed to the public on Thursday afternoons from 12:00 onwards.</p> <p><b>Early intervention drop-in service – 12:00-16:00</b> A closed group for those already accessing this service. Run by Birmingham and Solihull Mental Health NHS Foundation.</p> <p><b>Young carers club – 17:00-21:00</b> By referral only.</p>	<p><b>Talking therapies – 12:00-15:30</b> By referral only.</p> <p><b>Early Years music sessions – 14:00 – 14:30</b> 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><b>*PLEASE NOTE*</b> Hatchford Brook Family Hub is closed to the public on Fridays from 15:30 onwards.</p> <p><b>Signpost Inclusion – 15:45-21:45</b> Signpost Inclusion are a charity that provides SEND clubs to children, young people, and families.</p> <p>Parent child fun cricket session – <b>16:30</b> Parent child fun football session – <b>17:30</b> Fun football older group – <b>18:30</b> Youth club – <b>19:30</b></p> <p>For more information, email <a href="mailto:wickedawkins@signpostinclusion.org.uk">wickedawkins@signpostinclusion.org.uk</a></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 [0800 800 0028](tel:08008000028). 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](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