


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>Family Information Service – 10:00-12:30 (3rd Monday of every month – 17 Feb) Drop-in to find out about childcare funding and family activities within the community.</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 (2nd Tuesday of every month – 11 Feb) 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 (11 and 25 Feb) 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 (2nd Tuesday of every month – 11 Feb) Drop-in session for those needing support, advice, or information about menopause. Please come along to the drop-in at the Hub.</p>	<p>Health Visitor clinic – 09:00-13:00 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>Solihull College maths and English – 09:30-11:30 (8 January – 19 March) 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>Health Visitor clinic – 09:00-12:00 Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p>Solar Workshops – 09:00-12:00 Solar is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Barnardo's, and Autism West Midlands. Solar provides emotional wellbeing and mental health services to children, young people, and families in Solihull. Workshops are pre-booked via Solar and are by referral only.</p> <p>Little Owls Group – 09:30-12:00 By referral only.</p>	<p>Family support team – 09:00-12:00 Visit the early help 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>School attendance – 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>Midwives' post-natal clinic – 09:00-17:00 Booked appointments with the midwifery team. Book by speaking to your midwife.</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 (1st Monday of every month – 3 Feb) 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 (4 and 25 Feb) Fun and engaging activities for babies and toddlers. Come along and make new friends!</p> <p>Solihull Community Housing – 13:15-14:45 (Fortnightly – 11 and 25 Feb) 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 (Term time only) 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. Please email Katie@ordinarymagic.co.uk to ask to be considered for a space.</p> <p>Liberty Circle – 17:00-19:00 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>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>*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 (1st Thursday of every month – 6 Feb) By referral only.</p>	<p>Talking therapies – 12:00-15:30 By referral only.</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 (Term time only) 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.

Health visiting

To speak to a health visitor, text Chat Health on [0750 733 2563](tel:07507332563) between 09:00-16:00, Monday-Friday.

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.

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).

Midwives

Please call your midwife using the phone number in your red book.

What else can the Family Hubs offer?

Help and support

Speak to our friendly staff

Stay and play area

Toys, books, and soft play

Sensory room

To book, call [0121 779 6943](tel:01217796943)

Computers and private work pods

Internet and phone access

Community wardrobe

Free warm winter clothing