

We are here to help, Monday to Friday

The people working in the Family Hub will work in partnership with you and your community. They will help you find and get help from different services in the area and will be able to give you information, advice, and support. Family Hubs are open to everyone. You may need to book an appointment to access some services, but there will always be a safe space available for you if you need it. Wherever you live in the borough, you will be able to get help from one of our hub buildings, outreach services and/or digital support. Alternatively, you call us on **0121 779 6943** or email hatchfordbrookfh@solihull.gov.uk

Morning sessions

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Health Visitor Clinic - 09:00-16:00 Booked appointments with the Health Visiting team. Book by speaking to your health visitor.</p> <p>Wellbeing Advice Sessions - 09:00-12:45 Do you want to be more active, reduce stress, manage your weight, and eat healthier? Get free personalised advice and ongoing support from Solihull Lifestyle Service. For more information, please call: 0800 599 9880 or drop in to the Hub to speak to a member of staff.</p> <p>Solar Workshops - 09:00-12:00 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>Lactation Consultant Clinic - 09:30-13:00 An NHS service run by IBCLCs who can help you with any infant feeding challenges you are facing, including tongue tie assessment and referral. Clinic is by appointment only. Speak to your midwife, health visitor or GP for referral into the Infant Feeding Team.</p> <p>Breastfeeding Café - 10:30-12.00 An NHS service, run by trained peer supporters who can help you with any infant feeding queries or challenges you are facing. Or simply come along for the social aspect - to meet other mums and get a hot cup of tea! Please book by visiting https://linktr.ee/Solihull.IFT</p>	<p>Health Visitor Clinic - 09:00-17:00 Booked appointments with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>Solar Workshops - 09:00-12:00 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>Super SEN CIC - 09:00-12:00 (5 November and 19 November) Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p> <p>Citizens Advice Bureau - 09:00-17:00 (fortnightly, commencing 24/09/2024) Free, confidential, and impartial advice on a range of issues. Book by speaking to reception or by contacting CASB on 0808 278 7976</p>	<p>Midwife Clinic - 08:00-17:00 Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p>Solihull College Family Learning - Grammar for Parents - 09:30-11:30 This course is designed to help parents understand the grammar their child is learning in English Lessons. This adult only course is aimed at parents of children Year 1-Year 6 and will run from 6 November to 4 December. Book directly through Solihull College by emailing susan.arnold@solihull.ac.uk</p>	<p>Health Visitor Clinic - 08:00-12:00 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. It 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>Health Visitor Clinic - 09:00-17:00 Booked appointments with the Health Visiting team. Book by speaking to your health visitor.</p> <p>Solar Workshops - 09:00-12:00 Solar provides emotional wellbeing services to children, young people, and families in Solihull. Workshops are pre-booked appointments via Solar.</p>


Also available:

Sensory room - To book, please call 0121 779 6943

Community wardrobe - Come along and browse our selection of available items including school uniform.

Public access PC's & quiet pod with PC and phone line - Access to the internet and telephone use.

Afternoon sessions

Monday	Tuesday	Wednesday	Thursday	Friday
<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 is essential. To book, please email: fay.libertycircle@gmail.com or shelley.libertycircle@gmail.com</p> <p>Winnr Sports Youth Club - 18:00-20:00 We announce the launch of 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! Bookable via www.winnrsport.com or by emailing info@winnrsport.com.</p>	<p>Solihull College Sensory Play Session - 13:00-15:00 Come along to the family learning session run by Solihull College. Develop some new ideas for activities to engage your children and to better understanding how to support your child's learning and development through sensory play. You can sign up by contacting Hatchford Brook Family Hub at 0121 779 6943 or Solihull College at 0121 678 7000.</p> <p>Stay and Play - 13:15-14:45 Fun and engaging activities for babies and toddlers. Come along and make new friends! No need to book – just pop in.</p> <p>SISS - Independent Living Skills Workshop 15:00-17:00 By referral only.</p> <p>Inclusive Sports Academy - 17:30-20:15 Inclusive Sports session for children and young people where the needs of all participants are met in an inclusive environment. To book on to this session or other Inclusive Sports Academy Activities, please call 0774 371 3161 or email: eva@inclusivesportsacademy.org.</p>	<p>Health Visitor Clinic - 12:30-17:00 Booked appointments with the Health Visiting team. Book by speaking to your health visitor.</p> <p>Ordinary Magic - Cooking Class for Children 13:00-15:00 A cooking class for children from 11-16 years who are being home educated. This can be because they are out of school due to mental health, a health need, or because they are electively home educated. Children will learn a new culinary skill, explore foods from around the world, learn how to keep safe and develop independence in the kitchen, and discover how food can support our health and wellbeing. Each course lasts 12 weeks and will have 8 spaces. Priority will be given to children who are known to the Connected Care Network, but all children and young people will be 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 is essential. To book, please email: fay.libertycircle@gmail.com or shelley.libertycircle@gmail.com</p> <p>Young Carers Club - 17:00-21:00 By referral only.</p>	<p>*PLEASE NOTE* Hatchford Brook Family Hub is closed to the public on Thursday afternoons from 12:00 onwards.</p> <p>Early Intervention Drop-in Service - 12:00-16:00 This group is run by Birmingham and Solihull Mental Health NHS Foundation and is a closed group for those already accessing this service.</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, please scan the QR code below (https://forms.office.com/Pages/ResponsePage.aspx?id=rgObbdmfb06EmZuschoiFLfBCXhOAHZAg8EFDuAC_IUNDMwQQQwViyVUs1TEhWWEdQTzdRUVY3Ry4u&) or pop in on the day!</p>  <p>*PLEASE NOTE * Hatchford Brook Family Hub is closed to the public on Friday's from 15:30 onwards.</p> <p>Signpost Inclusion - 15:45-21:45 Signpost Inclusion are a charity that provides SEND clubs to children, young people, and their families. 15:45 - Family SEND activities to follow. 17:30 – Parent/child SEND football ages 5-10. 18:00 - SEND football for ages 11-15. 19:00 - SEND Youth Club for ages 11-15 starting after half term. For more information, please contact vickiedawkins@signpostinclusion.org.uk.</p>

Help with the cost of living

Family Hubs assist in accessing emergency food, fuel, and toiletries. Contact the Family Hub team for support in obtaining help from the Council and specialist teams. You can also visit www.solihull.gov.uk/here2help or call Solihull Connect at 0121 704 8001.

Wellbeing and advice

<p>Midwives Please call your midwife using the number in your red book.</p>	<p>Health Visiting To speak to a Health Visitor, text Chat Health on 0750 733 2563 (09:00-16:00, Monday to Friday). If your child is unwell, please see your GP or ring 111. If it is a medical emergency, please ring 999.</p>	<p>Women's Aid If you or someone you know needs support, please call 0800 800 0028. The helpline is open seven days a week, 09:15-17:15.</p>	<p>Mental Health Support The Birmingham and Solihull Mental Health NHS Foundation Trust provide help, guidance, and reassurance to people of all ages, 24 hours a day, seven days a week. Please call 0800 915 9292 or 0121 262 3555.</p>
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