Evergreen Family Hub





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.

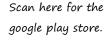
Family Hubs are open to everyone. You may need to book an appointment to access some services, but there will always be a safe space available for you if you need it.

Alternatively, you call us on 0121 779 1724 or email evergreen@colebridge.org

Please scan the QR to download our new app to see what is on in the hubs each day.



Scan here for the app store.





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.

Who might you meet in the Family Hub?

The people working in the Family Hub will be from the Council, Colebridge Trust, NHS and other partners, all working in partnership with you.

There are diverse services such as Midwives, Health Visitors, Community Nursing, support for children with additional needs, information and advice services such as Citizen's Advice Bureau, activities for children and young people, mental health and welfare support services.

We can connect you to various local community services as needed.

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 Here2Help (solihull.gov.uk) or call the Solihull Connect service 0121 704 8001. Each Hub has "warm spaces" for a free hot drink during your visit.

Wellbeing & Advice

Midwifery

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

Health Visiting

To speak to a Health Visitor, text Chat Health on 07507 332563 (9.00am - 4.00pm Monday to Friday). If your child is unwell, please see your GP, ring 111, or if it is a medical emergency, please ring 999.

Women's Aid

If you or someone you know needs support, call 0808 800 0028. The helpline is open 7 days a week, 9.15am – 5.15pm.

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, 7 days a week. Call 0800 915 9292 / 0121262 3555.

Evergreen Family Hub





Monday	Tuesday	Wednesday	Thursday	Friday
Employment & Skills Support	Health Visitor Clinic	Health and Wellbeing Walk	Health Visitor Clinic	Employment & Skills Support
9.00am – 4.00pm	9.00am – 2.00pm	9.00am-10.00am	9.00am – 2.00pm	9.00am – 4.00pm
Booked appointments with Colebridge	Booked appointments for parents and	A friendly and relaxed walk, great for the	Booked appointments for parents and	Booked appointments with Colebridge
Trust to support with job searching,	their babies and children with the Health	heart and mind.	their babies and children with the Health	Trust to support with job searching,
creating, emailing and sending your CV.	Visiting team.	Led by Colebridge Trust. Call 0121 448	Visiting team.	creating, emailing and sending your CV.
Drop in to book an appointment or call 0121 448 0720	Book by speaking to your Health Visitor.	0720 for more information	Book by speaking to your Health Visitor.	Call in to book an appointment or call 0121 448 0720
	Infant Feeding	Health & Wellbeing Café	Citizens Advice	
Professionals Drop-in	10.00am – 11.30am	10.30am-12.00pm	9.00am - 4.00pm (Fortnightly)	Stay and Play
9.00am-12.00pm	NHS service who run breastfeeding cafes,	Including fun, games and a cuppa!	Free, confidential and impartial advice on	10.00am – 12.00pm
A dedicated time for any professionals to	run by trained peer supporters who are	Led by Colebridge Trust. Call 0121 448	a range of issues Drop in to Evergreen or	Come and play and meet new friends.
visit Evergreen and see our facilities.	able to help with any infant feeding	0720 for more information.	call 0808 2787976 to book.	Suitable for Birth-4 year olds and their
	queries or challenges you are facing.			parents/carers. No booking required, just
Playing with Language		Midwife Clinic	Understanding your Child	come along and join in the fun!
9.15am-11.15am	Women's Community Drop In	12.30pm – 4.00pm	9.30am-11.30am	
Run by Solihull College you will create a	1.30pm-4pm	By appointment only with community	A course for parents run by Solihull	Midwife Clinic
story sack to read and share with your	A drop-in service with experienced staff	midwives. Book by speaking to your GP	Parenting team. Book via Evergreen.	9.00am – 4.00pm
child. Contact Evergreen to book a place.	who can provide emotional, practical	or midwife.		By appointment only with community
	support, and signpost to other services.		Midwife Clinic	midwives. Book by speaking to your GP
Stay and Play		Communication Through Play	12.30pm – 4.00pm	or midwife.
1.30pm – 3.30pm		12.30pm – 3.30pm (Fortnightly)	By appointment only with community	
Come and play and meet new friends.		Booked sessions for parents and their	midwives. Book by speaking to your GP	Family Fun Activities
Suitable for Birth-4 year olds and their		children with the Health Visiting team.	or midwife.	1.30pm-4.00pm
parents/carers. No booking required, just		Book by speaking to your Health Visitor.		Join us for a litter picking walk around
come along and join in the fun!				Kingshurst and then return to Evergreen
		After School Family Art Club		for some games, arts and crafts. Suitable
		3.45pm-4.45pm (Term time only)		for 4-12 years, parents/carers must stay
		Come and create some masterpieces in		please.
		the style of different artists and let us		
		clean up the mess! Suitable for 4-12		
		years, parents/carers must stay please.		

To find out more please visit <u>www.solihull.gov.uk/family-hubs</u> or download the "Solihull Family Hubs" App.

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