

We are here to help, Monday to Friday 9am-5pm.

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. Call us on **0121 779 1750** or email riversidefh@solihull.gov.uk

Morning Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Health Visitor Clinic 9am-12.00pm Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>Solihull College 9:30am- 11:30am Family Learning- Read, Share and create story sacks- CHRISITMAS EDITION! Book directly through Solihull College by emailing katrina.griffin-jones@solihull.ac.uk</p> <p>Independent Mothers 9:30 – 11:30 Creative workshop for single mothers.</p>	<p>Health Visitor Clinic 9am-5pm Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>SENDIAS 9.30am-11.30am (<i>2nd Tuesday of each month</i>) Drop-in session to provide information, advice and support to parents of children and young people with SEN. Contact details: 01215 165 173</p> <p>Solihull Lifestyle Service- 9:30-1pm Solihull Lifestyle Service will be available at the Hub every Tuesday to discuss your lifestyle needs. On offer are Free Lifestyle Checks including Height, weight, BMI, Blood Pressure and Atrial fibrillation readings, and Free 12-week weight management courses. Come and see one of our advisors or call our freephone 0800 599 9880.</p> <p>Super SEN CIC 9am-12pm (fortnightly- 12th/ 26th Nov) Drop in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p> <p>RO Books- Craft or Reading session 9:30am-11am (fortnightly- 5th/ 19th Nov) Alternating each week between a craft or reading session, ideal for families with children aged 0-5 years to come and be creative or listen to a story. Book by calling Riverside Family Hub on- 0121 779 1750.</p>	<p>Health Visitor Clinic 9am-5pm Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>Solihull College 9:30am-12pm Adult Maths session</p> <p>9:30am- 11:30am Sensory Play</p> <p>Book directly through Solihull College by emailing katrina.griffin-jones@solihull.ac.uk</p>	<p>Health Visitor Clinic 9am-12pm Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>Positive Birthing and Beyond 9am-12pm Pregnancy outreach support.</p> <p>Solihull Parenting Team- Postnatal parenting group 9am-12pm</p> <p>Solihull Community Housing 9:30am-1pm Information and advice on housing issues. No appointment required- drop in. The Customer Contact Centre is open 9-5, Monday to Friday. Phone 0121 717 1515 should you need to contact them directly.</p> <p>Women's Community Drop In 9.30am-1pm Drop in offering emotional, practical support and signposting services for women. 0121 722 2142</p>	<p>Citizens Advice Bureau 9am-4pm (fortnightly) Free, confidential and impartial advice on a range of issues. Book an appointment by contacting CASB on: 0808 278 7976</p> <p>Health Visitor Clinic 9am-12pm Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>Solihull Music Service- Early Years Session 10am-11:30am Drop-in music session specially for younger children and their parents/carers.</p> <p>Family Information Service 10am-12pm (1st Friday of month) Drop in to find out about childcare/ related funding and family activities within the community.</p>

Afternoon Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Five to Thrive 12:30pm-2:30pm For parents with children aged up to 2 years, the FIVE TO THRIVE building blocks explore practical things you can do to enhance your child's brain development, increase confidence in parenting and meet local parents. Book directly through -bsmhft.parenting@nhs.net</p> <p>Menopause Peer Support & awareness group 1pm-2:30pm (2nd Monday of each month) Drop in and have a chat with Aline from Menopause Knowledge to seek advice, support and get information on menopause.</p> <p>Family support drop in- 2pm-3pm Confidential advice and support that will help you make positive changes and move forward. Offering a range of advice and guidance, including: Difficult relationships at home, parenting, behaviour management, routines and boundaries, child development, bed wetting, sleep problems, school issues and many more.</p> <p>Solihull Music Service 4pm-6pm Booked session that is directly managed through Solihull Music service. solihullmusic@solihull.gov.uk</p>		<p>Breastfeeding Café 1pm – 2.30pm An NHS service that offers breastfeeding cafes, run by trained peer supporters who are able to help you with any infant feeding queries or challenges you are facing. Please book in by visiting https://linktr.ee/Solihull.IFT</p>	<p>Parent Education 12pm-4pm (3rd of the month) Booked session directly through the Young Parent Midwifery Team at UBH. Book by speaking to your midwife.</p> <p>Yums Club 12pm-4pm Yums club is a support and information group for teenage and young mums under 20 years. Drop in or contact Jennie on 07867361723.</p> <p>Midwife Clinic 1pm- 5pm Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p>Moo Music Stay and Play Session one mixed Moo's – 1:00 – 1:30pm Sessions two – baby Moo – 2:00 – 2:30pm £3.00 per session Contact Kally on – 07950 934194 or email kally.moo.music@gmail.com Session not running on 21st November.</p> <p>Urban Heard Media for All 3:30-5:30pm Interested in learning different media skills? Join this group- contact Hasan@urbanheard.co.uk for more details.</p>	<p>Family Nurse Partnership - Young Parents Stay and Play 1pm-3pm (First Friday of every month) Stay and play group for young parents (age 21 or under) and their babies/ preschool children. Booked through FNP.</p> <p>Smokefree Solihull- Stop Smoking Clinic 1pm-4pm Get support to stop smoking- Appointment by referral only.</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 [Here2Help \(solihull.gov.uk\)](http://Here2Help.solihull.gov.uk) or call the Solihull Connect service 0121 704 8001.

Wellbeing & Advice

Midwives	Health Visiting	Women's Aid	Mental Health Support
Please call your midwife using the number in your red book.	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.	If you or someone you know needs support, call 0808 800 0028. The helpline is open 7 days a week, 9.15am – 5.15pm	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 / 0121 262 3555