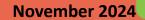
Timetable







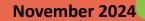
We are here to help, Monday to Friday 9am-5pm.

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				
Midwife Clinic 9am-5pm Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife. Health Visitor Clinic 9am-12.00pm Booked appointments for	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. SENDIAS 9.30am-11.30am (2nd Tuesday of each month) Drop in session to provide information, advice and support to parents of children and young people with SEN. Contact details: 01215 165 173 Solihull Lifestyle Service- 9:30-1pm Solihull Lifestyle Service will be available at the Hub every	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. Solihull College 9:30am-12pm Adult Maths session 9:30am- 11:30am Sensory Play	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. Positive Birthing and Beyond 9am-12pm Pregnancy outreach support. Solihull Parenting Team- Postnatal parenting group 9am-12pm	Citizens Advice Bureau 9am-4pm (fortnightly) Free, confidential and impartial advice on a range of issues. Book an appointment by contacting CASB on 08082787976 Midwife Clinic 9am-5pm Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.				
parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor. Solihull College 9:30am- 11:30am Family Learning- Read, Share and create story sacks- CHRSITMAS EDITION! Book directly through Solihull College by emailing katrina.griffinjones@solihull.ac.uk	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. 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. 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.	Book directly through Solihull College by emailing katrina.griffin- jones@solihull.ac.uk	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. Women's Community Drop In 9.30am-1pm Drop in offering emotional, practical support and signposting services for women. 0121 722 2142	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. Solihull Music Service- Early Years Session 10am-11:30am Drop in music session specially for younger children and their parents/carers. Family Information Service 10am-12pm (1st Friday of month) Drop in to find out about childcare/ related funding and family activities within the community.				

Timetable







Afternoon Sessions						
Monday	Tuesday	Wednesday	Thursday	Friday		
Five to Thrive 12:30pm-2:30pm		Breastfeeding Café	Parent Education	Family Nurse Partnership - Young		
For parents with children aged up to 2 years,	Independent	1pm – 2.30pm	12pm-4pm (3 rd of the month)	Parents Stay and Play		
the FIVE TO THRIVE building blocks explore	Mothers	An NHS service that offer	Booked session directly through the Young Parent	1pm-3pm (First Friday of every month)		
practical things you can do to enhance your	1pm- 2:30pm	breastfeeding cafes, run by	Midwifery Team at UBH. Book by speaking to your midwife.	Stay and play group for young parents		
child's brain development, increase	Creative workshop	trained peer supporters		(age 21 or under) and their babies/		
confidence in parenting and meet local	for single mothers.	who are able to help you	Yums Club 12pm-4pm	preschool children. Booked through		
parents.		with any infant feeding	Yums club is a support and information group for teenage	FNP.		
Book directly through <u>-</u>		queries or challenges you	and young mums under 20 years. Drop in or contact Jennie			
bsmhft.parenting@nhs.net		are facing. Please book in	on 07867361723.	Smokefree Solihull-		
		by visiting		Stop Smoking Clinic 1pm-4pm		
Menopause Peer Support & awareness		https://linktr.ee/Solihull.IFT	Midwife Clinic 1pm-5pm	Get support to stop smoking-		
group 1pm-2:30pm			Booked appointments for new and expectant parents and	Appointment by referral only.		
Drop in and have a chat with Aline from			their babies with community midwives. Book by speaking to			
Menopause Knowledge to seek advice,			your midwife.			
support and get information on menopause.						
			Moo Music Stay and Play			
Solihull Music Service 4pm-6pm			Session one mixed Moo's – 1:00 – 1:30pm			
Booked session that is directly managed			Sessions two – baby Moo – 2:00 – 2:30pm			
through Solihull Music service.			£3.00 per session			
solihullmusic@solihull.gov.uk			Contact Kally on – 07950 934194 or email			
			kally.moo.music@gmail.com			
Urban Heard			Session not running on 21st November.			
Girls Group 5pm-6pm						
Set session booked through Urban Heard for			Urban Heard			
girls aged 11-17 years.			Media for All 3:30-5:30pm			
accounts@urbanheard.co.uk			Interested in learning different media skills? Join this group-			
1			contact Hasan@urbanheard.co.uk for more details.			

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.

Wellbeing & Advice						
Midwives	Health Visiting	Women's Aid	Mental Health Support			
Please call your midwife using the	To speak to a Health Visitor, text Chat Health on	If you or someone you know needs support, call	The Birmingham and Solihull Mental Health			
number in your red book.	07507 332563 (9.00am - 4.00pm Monday to	0808 800 0028. The helpline is open 7 days a	NHS Foundation Trust provide help, guidance,			
	Friday). If your child is unwell, please see your	week, 9.15am – 5.15pm	and reassurance to people of all ages, 24 hours			
	GP, ring 111, or if it is a medical emergency,		a day, 7 days a week. Call 0800 915 9292 / 0121			
	please ring 999.		262 3555			