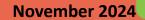
Timetable







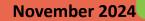
We are here to help, Monday to Friday 9am-5pm.

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

Mandan		orning Sessions		
Monday	Tuesday	Wednesday	Thursday	Friday
				Citizens Advice Bureau 9am-4pm
Midwife Clinic 9am-5pm	Health Visitor Clinic 9am-5pm	Health Visitor Clinic 9am-5pm	Health Visitor Clinic 9am-12pm	(fortnightly)
Booked appointments for new and	Booked appointments for parents and their	Booked appointments for parents	Booked appointments for parents	Free, confidential and impartial
expectant parents and their babies	babies and children with the Health Visiting	and their babies and children with	and their babies and children with	advice on a range of issues. Book
with community midwives.	team. Book by speaking to your Health Visitor.	the Health Visiting team. Book by	the Health Visiting team. Book by	an appointment by contacting
Book by speaking to your midwife.		speaking to your Health Visitor.	speaking to your Health Visitor.	CASB on <u>08082787976</u>
	SENDIAS 9.30am-11.30am (2 nd Tuesday of			
	each month)	Solihull College	Positive Birthing and Beyond	Midwife Clinic 9am-5pm
Health Visitor Clinic 9am-12.00pm	Drop in session to provide information, advice	9:30am-12pm Adult Maths session	9am-12pm	Booked appointments for new and
Booked appointments for parents and	and support to parents of children and young		Pregnancy outreach support.	expectant parents and their babies
their babies and children with the	people with SEN.	9:30am- 11:30am Sensory Play		with community midwives. Book
Health Visiting team.	Contact details: 01215 165 173		Solihull Parenting Team- Postnatal	by speaking to your midwife.
Book by speaking to your Health		Book directly through Solihull	parenting group 9am-12pm	
Visitor.	Super SEN CIC	College by emailing katrina.griffin-		Health Visitor Clinic
	9am-12pm (fortnightly- 12th/ 26th Nov)	jones@solihull.ac.uk		9am-12pm
	Drop in session for parents to seek advice and		Solihull Community Housing	Booked appointments for parents
Solihull College	support for children or themselves as adults		9:30am-1pm	and their babies and children with
9:30am- 11:30am Family Learning-	with ADHD and/or Autism.		Information and advice on housing	the Health Visiting team. Book by
Read, Share and create story sacks-			issues. No appointment required-	speaking to your Health Visitor.
CHRSITMAS EDITION!	RO Books- Craft or Reading session		drop in. The Customer Contact	
Book directly through Solihull College	9:30am-11am (fortnightly- 5 th / 19 th Nov)		Centre is open 9-5, Monday to	Solihull Music Service- Early Years
by emailing katrina.griffin-	Alternating each week between a craft or		Friday. Phone 0121 717 1515 should	Session
jones@solihull.ac.uk	reading session, ideal for families with children		you need to contact them directly.	10am-11:30am
	aged 0-5 years to come and be creative or listen			Drop in music session specially for
	to a story. Book by calling Riverside Family Hub		Women's Community Drop In	younger children and their
	on- 0121 779 1750.		9.30am-1pm	parents/carers.
			Drop in offering emotional, practical	Family Information Co. 1
			support and signposting services for	Family Information Service
			women.	10am-12pm (1st Friday of month)
			0121 722 2142	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	Independent Mothers	1pm – 2.30pm	12pm-4pm (3 rd of the month)	Parents Stay and Play		
years, the FIVE TO THRIVE building blocks	1pm- 2:30pm	An NHS service that offer	Booked session directly through the Young	1pm-3pm (First Friday of every month)		
explore practical things you can do to	Creative workshop for single	breastfeeding cafes, run by trained	Parent Midwifery Team at UBH. Book by	Stay and play group for young parents		
enhance your child's brain development,	mothers.	peer supporters who are able to	speaking to your midwife.	(age 21 or under) and their babies/		
increase confidence in parenting and		help you with any infant feeding		preschool children. Booked through FNP.		
meet local parents.		queries or challenges you are	Midwife Clinic 1pm-5pm			
Book directly through <u>-</u>		facing. Please book in by visiting	Booked appointments for new and expectant	Smokefree Solihull-		
bsmhft.parenting@nhs.net		https://linktr.ee/Solihull.IFT	parents and their babies with community	Stop Smoking Clinic 1pm-4pm		
			midwives. Book by speaking to your midwife.	Get support to stop smoking-		
Menopause Peer Support & awareness				Appointment by referral only.		
group 1pm-2:30pm			Moo Music Stay and Play			
Drop in and have a chat with Aline from			Session one mixed Moo's – 1:00 – 1:30pm			
Menopause Knowledge to seek advice,			Sessions two – baby Moo – 2:00 – 2:30pm			
support and get information on			£3.00 per session			
menopause.			Contact Kally on – 07950 934194 or email			
			kally.moo.music@gmail.com			
Solihull Music Service 4pm-6pm			Session not running on 21st November.			
Booked session that is directly managed						
through Solihull Music service.			Urban Heard			
solihullmusic@solihull.gov.uk			Media for All 3:30-5:30pm			
			Interested in learning different media skills?			
Urban Heard			Join this group- contact			
Girls Group 5pm-6pm			Hasan@urbanheard.co.uk for more details.			
Set session booked through Urban Heard						
for girls aged 11-17 years.						
accounts@urbanheard.co.uk						

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.

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				