

### Wherever you live in Solihull, we're here to support you

Family Hubs are local centres where children, young people, and families can access support and take part in fun activities! Our friendly staff and service providers work in partnership with you and your community to access the information and support you need. Some services offer drop-in sessions, whilst others require booked appointments. The Hubs are a safe space for you and your loved ones.

Morning				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Midwife clinic – 09:00-16:00</b> Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p><b>Health visitor clinic – 09:00-12:00</b> Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Solihull College family learning – 09:30-11:30</b> Winter Fun-come and play at Riverside Family Hub- each week there will be a new theme to explore, including; Snow Play Under the Sea, Goldilocks, Natural Play, Vehicles and Construction, At the Farm and The Very Hungry Caterpillar. To book, email <a href="mailto:katrina.griffin-jones@solihull.ac.uk">katrina.griffin-jones@solihull.ac.uk</a>.</p>	<p><b>Super SEN CIC – 09:30-12:00</b> <i>7<sup>th</sup> January</i> Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p> <p><b>Health visitor clinic – 09:00-16:00</b> Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>RO Books craft or reading – 09:30-11:00</b> <b>14<sup>th</sup> &amp; 28<sup>th</sup> January only</b> Each week alternates between a craft or reading session. Ideal for families with children aged 0-5 to be creative or listen to a story. To book, call <a href="tel:01217791750">0121 779 1750</a>.</p> <p><b>SENDIAS – 09:30-11:30</b> <i>Second Tuesday of each month</i> Drop-in session to provide information, advice, and support to parents of children and young people with special educational needs and disabilities. Call <a href="tel:01215165173">0121 516 5173</a> for more information.</p> <p><b>Solihull Lifestyle Service – 09:30-13:00</b> Free lifestyle checks such as height, weight, BMI, blood pressure, and atrial fibrillation readings, including a free 12-week weight management course. Drop-in to see one of our advisors or call <a href="tel:08005999880">0800 599 9880</a> for more information.</p>	<p><b>Health visitor clinic – 09:00-17:00</b> Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Solihull College sensory play – 09:30-11:30</b> To book, email <a href="mailto:katrina.griffin-jones@solihull.ac.uk">katrina.griffin-jones@solihull.ac.uk</a>.</p> <p><b>Solihull College adult maths – 09:30-12:00</b> To book, email <a href="mailto:katrina.griffin-jones@solihull.ac.uk">katrina.griffin-jones@solihull.ac.uk</a>.</p>	<p><b>Midwife clinic – 09:00-16:00</b> Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p><b>Health visitor clinic – 09:00-12:00</b> Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Positive Birthing and Beyond pregnancy support – 09:00-12:00</b></p> <p><b>Solihull Community Housing drop-in – 10am-12pm</b> Information and advice on community housing. The SCH customer contact centre is available between 09:00-17:00, Monday to Friday, by calling <a href="tel:01217171515">0121 717 1515</a>.</p> <p><b>Women's community drop-in – 09:30-13:00</b> Emotional, practical, and signposting support for women. Call <a href="tel:01217222142">0121 722 2142</a> to find out more.</p>	<p><b>Health visitor clinic – 09:00-12:00</b> Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Musical explorers stay and play</b> <i>Music session – 10:00-10:30</i> <i>Play session – 10:30-11:30</i> Drop-in music and play session for younger children and their parents or carers.</p> <p><b>Family Information Service – 10:00-12:00</b> <i>First Friday of the month</i> Drop-in to find out about childcare-related funding and family activities within the community.</p>

**Riverside Family Hub** 289 Bosworth Drive, Chelmsley Wood, B37 5DP

### Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Five to Thrive – 12:30-14:30</b> 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 other local parents. For parents with children aged up to 2 years. To book, email <a href="mailto:bsmhft.parenting@nhs.net">bsmhft.parenting@nhs.net</a>.</p> <p><b>Menopause support and awareness group – 13:00-14:30</b> <i>Second Monday of each month</i> Drop-in and have a chat with Aline from Menopause Knowledge to seek information, advice, and support about menopause.</p> <p><b>Family support drop-in – 13:00-16:00</b> Confidential advice and support to help you make positive changes. Includes a range of advice and guidance about difficult relationships at home, parenting, behaviour management, routines, boundaries, child development, bed wetting, sleep problems, school issues, and more.</p> <p><b>Solihull Music Service – 16:00-18:00</b> Music session from the Solihull Music Service. To book, email <a href="mailto:solihullmusic@solihull.gov.uk">solihullmusic@solihull.gov.uk</a>.</p>	<p><b>Solihull parenting team- Postnatal Parenting Group- 1pm-3pm</b></p>	<p><b>Solihull College- Cooking on a budget- 12:30- 15:00</b> Learn how to make your food go further. Free slow cooker if you attend all sessions. To book email Katrina on <a href="mailto:katrina.griffin-jones@solihull.ac.uk">katrina.griffin-jones@solihull.ac.uk</a>.</p> <p><b>Breastfeeding café – 13:00-14:30</b> An NHS service that offers breastfeeding cafés run by trained peer supporters who can help you with any infant feeding queries or challenges you are facing. To book, visit <a href="https://linktr.ee/Solihull.IFT">https://linktr.ee/Solihull.IFT</a>.</p>	<p><b>Parent education – 12:00-16:00</b> <i>Third Thursday of every month</i> Session ran by the young parent midwifery team at University Hospital Birmingham. Book by speaking to your midwife.</p> <p><b>Yums club – 12:00-16:00</b> Yums club is a support and information group for teenage and young mums under age 20. Drop-in or call Jennie at <a href="tel:07867361723">0786 736 1723</a>.</p> <p><b>Moo Music stay and play – 13:00-14:30</b> <i>Mixed moo's – 13:00-13:30</i> <i>Baby moo – 14:00-14:30</i> To book, call Kally at <a href="tel:07950934194">0795 093 4194</a> or email <a href="mailto:kally.moo.music@gmail.com">kally.moo.music@gmail.com</a>. £3.00 per session. <i>Session not running on Thursday 16 January.</i></p> <p><b>Urban Heard media for all – 15:30-17:30</b> Interested in learning different media skills? Email <a href="mailto:hasan@urbanheard.co.uk">hasan@urbanheard.co.uk</a> to join the group or find out more.</p>	<p><b>Family Nurse Partnership young parents stay and play – 13:00-15:00</b> <i>First Friday of every month</i> Stay and play group for young parents aged 24 or under and their babies or preschool children. Drop in!</p> <p><b>Smokefree Solihull clinic – 13:00-16:00</b> Stop smoking support. By referral only.</p>

#### Wellbeing and advice

#### Here2Help

Family Hubs can help with food, toiletries, fuel, money, staying well, and keeping safe. To find out more, visit [www.solihull.gov.uk/here2help](http://www.solihull.gov.uk/here2help).

#### What else can the Family Hubs offer?

Help and support  
Speak to our friendly staff

#### Health visiting

To speak to a health visitor, text Chat Health on [0750 733 2563](tel:07507332563) between 09:00-16:00, Monday-Friday.

Stay and play area  
Toys, books, and soft play

#### Women's Aid

If you or someone you know needs support, call Women's Aid at [0808 800 0028](tel:08088000028). Available seven days a week, 09:15-17:15.

Sensory room  
To book, call [0121 779 1750](tel:01217791750)

#### Mental health support

The Birmingham and Solihull Mental Health NHS Foundation Trust provide guidance and reassurance to people of all ages. Call [0800 915 9292](tel:08009159292) or [0121 262 3555](tel:01212623555).

Computers and private work pods  
Internet and phone access

#### Midwives

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

Community wardrobe  
Free warm winter clothing

