

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>Health visitor clinic – 09:00-12:00 Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p>Midwife clinic – 09:00-16:00 Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p>Solihull College family learning – 09:30-11:30 A new theme every week!</p> <ul style="list-style-type: none"> • Snow and natural play • At the farm • Under the sea • Vehicles and construction • Goldilocks • The Very Hungry Caterpillar <p>To book, email katrina.griffin-jones@solihull.ac.uk.</p> <p>Parent Carer voice – 09:30- 12:00 <i>Starting 24 February</i> A 6-week course for parents, helping to improve the well being of parent carers of children and young people with SEND. Book here: https://forms.office.com/r/DyrRRLxuA1</p>	<p>Health visitor clinic – 09:00-16:00 Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p>RO Books craft and reading – 09:30-11:00 26 March 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 0121 779 1750.</p> <p>SENDIAS – 09:30-11:30 <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. For more information, call 0121 516 5173.</p> <p>Super SEN CIC – 09:30-12:00 <i>4 March</i> Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p> <p>Solihull Lifestyle Service – 09:30-13:00 Free lifestyle checks such as height, weight, BMI, blood pressure, and atrial fibrillation readings, including a free 12-week weight management course. For more information, call 0800 599 9880 or drop-in to see one of our advisors.</p>	<p>Health visitor clinic – 09:00-17:00 Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p>Solihull College sensory play – 09:30-11:30 To book, email katrina.griffin-jones@solihull.ac.uk.</p> <p>Solihull College adult maths – 09:30-12:00 To book, email katrina.griffin-jones@solihull.ac.uk.</p>	<p>Positive Birthing and Beyond (PBB) pregnancy support – 09:00-12:00</p> <p>Midwife clinic – 09:00-16:00 Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p>Women's community drop-in – 09:30-13:00 Emotional, practical, and signposting support for women. To find out more, call 0121 722 2142.</p> <p>Fit Mama's exercise class – 10:00-12:00 Bring your little ones with you to join in with some gentle postnatal exercise class. Two times available 10:00-11:00 and 11:00-12:00. £3 per session. To book, message Kayleigh on 0738 031 4463.</p> <p>Solihull Community Housing (SCH) – 10:00-12:00 Information and advice drop-in about community housing. The SCH customer contact centre is available between 09:00-17:00, Monday to Friday, on 0121 717 1515.</p>	<p>Kinship- coffee morning group 10:00-11:30 <i>First Friday of the month</i> Brand new peer support group for carers to meet, listen and support those in similar circumstances. For adults only. To attend contact Lisa-lisa.webley@kinship.org.uk/07355035996.</p> <p>Health visitor clinic – 09:00-12:00 Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p>Musical explorers stay and play <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>Family Information Service (FIS) – 10:00-12:00 <i>First Friday of the month</i> Drop-in to find out about childcare-related funding and family activities within the community.</p>

289 Bosworth Drive, Chelmsley Wood, B37 5DP

Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Solihull College conversation club- 12:30- 14:30 <i>Starting 3rd March</i> Do you want to improve your spoken English skills? Join our friendly ESOL conversation club.</p> <p>Family support drop-in – 13:00-16:00 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>Solihull Music Service – 16:00-18:00 Music session from the Solihull Music Service. To book, email solihullmusic@solihull.gov.uk.</p>		<p>Solihull College cooking on a budget – 12:30-15:00 Learn how to make your food go further. Free slow cooker if you attend all sessions. To book email Katrina on katrina.griffin-jones@solihull.ac.uk.</p> <p>Breastfeeding café – 13:00-14:30 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 https://linktr.ee/Solihull.IFT.</p> <p>Parents walk and talk – 13:15-14:30 Have a cuppa with Naomi at the Hub and then go for a short walk.</p>	<p>Parent education – 12:00-16:00 <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>Yums club – 12:00-16:00 Yums club is a weekly support and information group for teenage and young mums under age 20. Drop-in or call Jennie at 0786 736 1723.</p> <p>Moo Music stay and play – 13:00-14:30 <i>Session not running on 20 February</i> Mixed moo's – 13:00-13:30 Baby moo – 14:00-14:30 To book, call Kally at 0795 093 4194 or email kally.moo.music@gmail.com. £3.00 per session.</p> <p>Urban Heard- 15:30- 17:00 SEND Media Group- Interested in learning different media skills such as website design, pod casting, photography or video? Contact Harry on harry@urbanheard.co.uk/ 0795 709 1049.</p> <p>Urban Heard – 16:00-17:30 LGBTQIA+ group. Contact Anita for more info on anita@urbanheard.co.uk</p>	<p>Family Nurse Partnership young parents stay and play – 13:00-15:00 <i>First Friday of every month</i> No booking required. All young parents and their babies/ pre-school children welcome. Run by Emily Bell (Health Visitor) Telephone number: 07813 362911.</p> <p>Smokefree Solihull clinic – 13:00-16:00 Stop smoking support by referral only.</p> <p>Colouring club – 14:30-15:30 Join us at Riverside for a relaxing hour in our sensory room or enjoy some mindful colouring. No need to book, just drop-in.</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.

Health visiting

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

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.

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).

Midwives

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

What else can the Family Hubs offer?

Help and support

Speak to our friendly staff

Stay and play area

Toys, books, and soft play

Sensory room

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

Computers and private work pods

Internet and phone access

Community wardrobe

Free warm winter clothing

