

### 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.

Monday	Tuesday	Wednesday	Thursday
<p><b>Health Visitor clinic – 09:00-17:00</b> Developmental reviews with the Health Visiting team. If your child is due a developmental review, you will receive an appointment from your Health Visitor to attend.</p>	<p><b>Super Sen CIC – 09:30-11:00</b> Last Tuesday of the month. Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p> <p><b>Family Voices – 09:30-11:00</b> 11 February Meet Hub staff and tell us about the activities you would like to see. For more information, email <a href="mailto:familyhubs@solihull.gov.uk">familyhubs@solihull.gov.uk</a>.</p>	<p><b>RO Books stay and play – 10:00-11:30</b> 26 February Free drop-in session for parents with little ones, aimed at children 0-5 years. Running every third Wednesday of the month.</p>	<p><b>Family support drop-in – 09:00-10:30</b> Sometimes family life can prove a little difficult and it often helps to talk to someone about how you might like to improve your situation.</p> <p>Our family support workers are holding a weekly drop in coffee morning.</p> <p>We can meet with you to give you confidential advice and support that will help you make positive changes and move forward.</p> <p>We offer a range of advice and guidance around many issues, including difficult relationships at home, parenting, behaviour management, routines and boundaries, child development, bed wetting, sleep problems, school issues and many more.</p> <p><b>Ordinary Magic group – 16:00-18:00</b> To book, please email: <a href="mailto:jackie@ordinarymagic.co.uk">jackie@ordinarymagic.co.uk</a></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 6943](tel:01217796943)

##### 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

Shirley Heath Junior School, Coombe Road, Shirley, B90 3DS

