

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>Health Visitor Clinic – 09:00-17:00 Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p>	<p>Super Sen CIC – 09:30-11:00 <i>Last Tuesday of the month starting 28 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>Solihull College – 12:00-14:00 <i>Starting 14 January</i> Playing with Language - read, share and create a story sack with lots of activities to take home for your children! Book directly through Solihull College by emailing katrina.griffin-jones@solihull.ac.uk.</p>	<p>School Practice Sharing Event <i>8 January 09:30-11:30 and 13:30-15:30</i> With Early Help Team.</p>	<p>Family support drop-in – 09:00-10:30 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>Ordinary Magic group – 16:00-18:00 To book, please email: jackie@ordinarymagic.co.uk</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.

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**

Parking is unavailable at the school and Coombe Road.
Parking is available on surrounding roads and Sears Retail Park.