

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. Email us on: [familyhubs@solihull.gov.uk](mailto:familyhubs@solihull.gov.uk)

Monday	Tuesday	Wednesday	Thursday
	<p><b>Super Sen CIC (from January 2025)</b> 9:30 – 11:00 Last Tuesday of every month starting 28<sup>th</sup> January Drop in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p> <p><b>Solihull College</b> 19<sup>th</sup> November – 17<sup>th</sup> December 2024 13:00 – 15:00 Family Learning- Read, Share and create story sacks- CHRISITMAS EDITION! Book directly through Solihull College by emailing <a href="mailto:kerry.scattergood@solihull.ac.uk">kerry.scattergood@solihull.ac.uk</a></p>	<p><b>Super Sen CIC</b> Wednesday 11<sup>th</sup> December 9:30 – 11:30 One off event Last Tuesday of every month starting 28<sup>th</sup> January 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 Support Drop in</b> 9:00 – 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. Our family support workers are holding a weekly drop in coffee morning. We can meet with you to give you confidential advice and support that will help you make positive changes and move forward. 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</b> 4pm – 6pm Please email: <a href="mailto:katie@ordinarymagic.co.uk">katie@ordinarymagic.co.uk</a> to book</p>

### 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 \(solihull.gov.uk\)](http://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 number in your red book.	To speak to a Health Visitor, text Chat Health on 07507 332563 (9.00am - 4.00pm Monday to Friday). If your child is unwell, please see your GP, ring 111, or if it is a medical emergency, please ring 999.	If you or someone you know needs support, call 0808 800 0028. The helpline is open 7 days a week, 9.15am – 5.15pm. Or Solihull Community Outreach can be called Mon to Fri 10am-4pm on 0121 772 2142	The Birmingham and Solihull Mental Health NHS Foundation Trust provide help, guidance, and reassurance to people of all ages, 24 hours a day, 7 days a week. Call 0800 915 9292 / 0121 262 3555