

We are here to help, Monday to Friday.

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.

Alternatively, you call us on 0121 779 1700 or email elmwoodfh@solihull.gov.uk

Please scan the QR to download our new app to see what is on in the hubs each day.



Scan here for
the app store.



Scan here for the
google play store.

Wherever you live in the borough, you will be able to get help from one of our hub buildings, outreach services and/or digital support.

Who might you meet in the Family Hub?

The people working in the Family Hub will be from the Council, NHS and voluntary partners, all working in partnership with you.

There are diverse services such as Midwives, Health Visitors, Community Nursing, support for children with additional needs, information and advice services such as Citizen's Advice Bureau, music services, activities for children and young people, mental health and welfare support services.

We can connect you to various local community services as needed.

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 \(solihull.gov.uk\)](https://www.solihull.gov.uk/here2help) or call the Solihull Connect service 0121 704 8001. Each Hub has "warm spaces" for a free hot drink during your visit.

Wellbeing & Advice

Midwifery

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

Health Visiting

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.

Women's Aid

If you or someone you know needs support, call 0808 800 0028. The helpline is open 7 days a week, 9.15am – 5.15pm.

Mental Health Support

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 / 0121262 3555.

Date	Activity	Booking
<p>Tuesday 23rd July 10am – 1.00pm</p>	<p>Skills for Success Summer workshops - Pathways and Transition Support. Support for students in Years 10-13. To help to prepare for next steps, we will deliver a series of workshops. This one covers Pathways and Transition Support.</p>	<p>Email: skillsforsuccess@solihull.gov.uk for more information</p>
<p>Wednesday 24th July 1.30pm – 3.00pm</p>	<p>Urban Heard Y6-Y7 Transition Workshops Urban Herd are running a set of 5 workshops exploring topics such self-esteem, resilience, and confidence to prepare Year 6 children facing the move into big school in September. Running weekly for 5 weeks.</p>	<p>Please contact Urban Heard for further details - email: accounts@urbanheard.co.uk</p>
<p>Thursday 25th July 11.30am – 12.00pm</p>	<p>Summer Music Sessions - Early Years Music Group Free music session for children at Elmwood Family Hub, delivered by Solihull Music. Early Years Music Group. 0-5 years old with a grown up.</p>	<p>Email: solihullmusic@solihull.gov.uk for more details</p>
<p>Thursday 25th July 1.00pm – 1.45pm</p>	<p>KS2 Summer Music Session – Guitars Free music session for children at Elmwood Family Hub, delivered by Solihull Music. Come along to try the music group for KS2 children and a grown up.</p>	<p>Email: solihullmusic@solihull.gov.uk for more details</p>
<p>Tuesday 30th July 1.30pm – 4.30pm</p>	<p>Skills for Success Summer Workshops – Apprenticeships Support for students in Years 10-13. To help to prepare for next steps, we will deliver a series of workshops. This one covers Apprenticeships.</p>	<p>Email: skillsforsuccess@solihull.gov.uk for more information</p>

To find out more please visit www.solihull.gov.uk/family-hubs or download the “Solihull Family Hubs” App.

Alternatively, you can call us on 0121 704 6017 or email elmwoodfh@solihull.gov.uk

Date	Activity	Booking
Thursday 1 st August 10.15am – 10.45am	<p>Summer Music Sessions - Early Years Music Group Free music session for children at Elmwood Family Hub, delivered by Solihull Music. Early Years Music Group. 0-5 years old with a grown up.</p>	<p>Email: solihullmusic@solihull.gov.uk for more details</p>
Thursday 1 st August 1.00pm – 1.45pm	<p>KS2 Summer Music Session - Strings and Djembes Free music session for children at Elmwood Family Hub, delivered by Solihull Music. Come along to try the music group for KS2 children and a grown up.</p>	<p>Email: solihullmusic@solihull.gov.uk for more details</p>
Tuesday 6 th August 1.00pm – 2.30pm	<p>Elmwood Family Hub - Craft & Cuppa Session Pop in for a cuppa and to find out more about what's on offer at Elmwood Family Hub. Fun crafts will be available for children.</p>	<p>Pop in or contact Elmwood Family Hub – Email elmwoodfh@solihull.gov.uk or call 0121 779 1700</p>
Thursday 8 th August 10.15am – 10.45am	<p>Summer Music Sessions - Early Years Music Group Free music session for children at Elmwood Family Hub, delivered by Solihull Music. Early Years Music Group. 0-5 years old with a grown up.</p>	<p>Email: solihullmusic@solihull.gov.uk for more details</p>
Thursday 8 th August 10.15am – 10.45am	<p>KS2 Summer Music Session - Ukuleles Free music session for children at Elmwood Family Hub, delivered by Solihull Music. Come along to try the music group for KS2 children and a grown up.</p>	<p>Email: solihullmusic@solihull.gov.uk for more details</p>
Monday 12 th August 11.00am – 12.00pm	<p>Teenage Brain Workshop A workshop for parents and carers about the teenage brain, delivered by Solihull Parenting Team.</p>	<p>Contact Elmwood Family Hub – Email elmwoodfh@solihull.gov.uk or call 0121 779 1700</p>
Friday 23 rd August 10.00am – 12.30pm	<p>Elmwood Family Hub - Craft & Cuppa Session Pop in for a cuppa and to find out more about what's on offer at Elmwood Family Hub. Fun crafts will be available for children.</p>	<p>Pop in or contact Elmwood Family Hub – Email elmwoodfh@solihull.gov.uk or call 0121 779 1700</p>

<p>Tuesday 27th August 1.30pm – 4.30pm</p> <p>Thursday 29th August 11.30am – 12.00pm</p> <p>Thursday 29th August 1.00pm – 1.45pm</p> <p>Tuesday 3rd & Wednesday 4th September 10.00am – 1.00pm</p>	<p>Skills for Success Summer Workshops – How to Impress at Interview Support for students in Years 10-13. To help to prepare for next steps, we will deliver a series of workshops. This one covers how to impress at interview.</p> <p>Summer Music Sessions - Early Years Music Group Free music session for children at Elmwood Family Hub, delivered by Solihull Music. Early Years Music Group. 0-5 years old with a grown up.</p> <p>KS2 Summer Music Session - Keyboards and Guitar Free music session for children at Elmwood Family Hub, delivered by Solihull Music. Come along to try the music group for KS2 children and a grown up.</p> <p>Skills for Success Summer Workshops - Late Application Support Support for students in Years 10-13. To help to prepare for next steps, we will deliver a series of workshops. This one covers late application support.</p> <p>A selection of pre-loved school uniform is available in reception at Elmwood daily. Please pop in to see us.</p>	<p>Email: skillsforsuccess@solihull.gov.uk for more information</p> <p>Email: solihullmusic@solihull.gov.uk for more details</p> <p>Email: solihullmusic@solihull.gov.uk for more details</p> <p>Email: skillsforsuccess@solihull.gov.uk for more information</p>
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