

## 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 1750 or email [riversidefh@solihull.gov.uk](mailto:riversidefh@solihull.gov.uk)

Please scan the QR to download our app to see what is on in each of 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 / 0121 262 3555.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Midwife Clinic</b> 9am- 5pm Booked appointments for new and expectant parents and their babies with community midwives.</p> <p><b>Health Visitor Clinic</b> 9am-12pm Booked appointments for parents and their babies and children with the Health Visiting team.</p> <p><b>Solihull Advocacy</b> 10.30am-1pm Booked appointments which offer support and advice to people with learning disabilities. <b>0121 706 4696</b></p> <p><b>Urban Heard Bake off</b> 2pm-4pm Set session booked through Urban Heard. <b><a href="mailto:accounts@urbanheard.co.uk">accounts@urbanheard.co.uk</a></b></p> <p><b>Urban Heard</b> Girls Group 3.30pm-5pm Set session booked through Urban Heard for girls aged 11-17 years. <b><a href="mailto:accounts@urbanheard.co.uk">accounts@urbanheard.co.uk</a></b></p>	<p><b>6<sup>th</sup> August- Teenage Brain workshop for Parents</b> <b>11am-12.30pm</b></p> <p><b>Health Visitor Clinic</b> 9am-5pm Booked appointments for parents and their babies and children with the Health Visiting team.</p> <p><b>SENDIAS</b> 9.30am-11.30am (2<sup>nd</sup> Tuesday of each month) Drop in session to provide information, advice and support to parents of children and young people with SEN. <b>01215 165 173</b></p> <p><b>Urban Heard Bake off</b> 2pm-4pm Set session booked through Urban Heard. <b><a href="mailto:accounts@urbanheard.co.uk">accounts@urbanheard.co.uk</a></b></p> <p><b>Urban Heard</b> LGBTQ Group 4pm-5pm Set session booked through Urban Heard for girls aged 14-17 years. <b><a href="mailto:accounts@urbanheard.co.uk">accounts@urbanheard.co.uk</a></b></p>	<p><b>Health Visitor Clinic</b> 9am-5pm Booked appointments for parents and their babies and children with the Health Visiting team.</p> <p><b>Breastfeeding Café</b> 1pm – 2.30pm An NHS service who offer breastfeeding cafes, run by trained peer supporters who are able to help you with any infant feeding queries or challenges you are facing. Please book in by visiting <a href="https://linktr.ee/Solihull.IFT">https://linktr.ee/Solihull.IFT</a></p> <p><b>Citizens Advice Bureau</b> 1pm-5pm Free, confidential and impartial advice on a range of issues. Book by speaking to reception or by contacting CASB. <b>08082787976</b></p>	<p><b>15<sup>th</sup> August- Kids and Screen time workshop for Parents</b> <b>10am-11.30pm</b></p> <p><b>Health Visitor Clinic</b> 9am-5pm Booked appointments for parents and their babies and children with the Health Visiting team.</p> <p><b>Solihull Community Housing</b> 9am-12pm Information and advice on housing issues. No appointment required so please pop in.</p> <p><b>Women's Community</b> 9.30am-1pm Drop in offering emotional, practical support and signposting services for women.</p> <p><b>Midwife Clinic</b> 1pm- 5pm Booked appointments for new and expectant parents and their babies with community midwives.</p> <p><b>Parent Education</b> 12pm-4pm Booked session directly through the Young Parent Midwifery Team at UBH.</p> <p><b>Urban Heard</b> SEND Media Group 4pm-6pm Set session booked through Urban Heard for girls aged 11-17 years. <b><a href="mailto:accounts@urbanheard.co.uk">accounts@urbanheard.co.uk</a></b></p>	<p><b>Brewing Bridges- Open coffee morning for parents</b> 9am-10am Come and meet the team and have a drink with us.</p> <p><b>Midwife Clinic</b> 9am- 5pm Booked appointments for new and expectant parents and their babies with community midwives.</p> <p><b>Health Visitor Clinic</b> 9am-12pm Booked appointments for parents and their babies and children with the Health Visiting team.</p> <p><b>Family Nurse Partnership - Young Parents Stay and Play</b> 1pm-3pm (First Friday of every month) Stay and play group for young parents (age 21 or under) and their preschool children.</p> <p><b>Urban Heard Bake off</b> 2pm-4pm Set session booked through Urban Heard. <b><a href="mailto:accounts@urbanheard.co.uk">accounts@urbanheard.co.uk</a></b></p> <p><b>Urban Heard</b> Drama Group 4pm-5.30pm Set session booked through Urban Heard for girls aged 10-17 years. <b><a href="mailto:accounts@urbanheard.co.uk">accounts@urbanheard.co.uk</a></b></p>