

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

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

Scan here for the
google play store.



Scan here for the
app 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 \(solihull.gov.uk\)](http://Here2Help.solihull.gov.uk) 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>Midwife Clinic 9am- 5pm Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to the receptionist or your midwife.</p> <p>Health Visitor Clinic 9am-12.00pm Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to the receptionist or your Health Visitor.</p> <p>Solihull College 9am-12pm Family Learning Book directly through Solihull College.</p> <p>Yourself Workshop run by Lisa from AND?! Neurodivergent - 9.30am-12pm Book directly - andactuallyneurodivergent@gmail.com</p> <p>Solihull Advocacy 10.30-1pm Booked appointments which offer support and advice to people with learning disabilities. 0121 706 4696</p> <p>Five to Thrive 12:30pm-2:30pm For parents with children aged up to 2 years, the FIVE TO THRIVE building blocks explore practical things you can do to enhance your child's brain development, increase confidence in parenting and meet local parents. Book directly through - bsmhft.parenting@nhs.net</p> <p>Solihull Music Service 4pm-6pm Booked session that is directly managed through Solihull Music service. Updates to follow as capacity grows across the Family Hubs.</p> <p>Urban Heard Girls Group 4pm-6pm Set session booked through Urban Herd for girls aged 11-17 years. accounts@urbanheard.co.uk</p>	<p>Health Visitor Clinic 9am-5pm Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to the receptionist or your Health Visitor.</p> <p>SENDIAS 9.30am-11.30am (<i>2nd Tuesday of each month</i>) Drop in session to provide information, advice and support to parents of children and young people with SEN. 01215 165 173</p> <p>ADHD Allies/ AND?! Neurodivergent 9am-12pm (fortnightly) Drop in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p> <p>Independent Mothers 1pm- 2:30pm Creative workshop for single mothers</p> <p>Urban Heard LGBTQ Group 4pm-5pm Set session booked through Urban Herd for girls aged 14-17 years. accounts@urbanheard.co.uk</p>	<p>Health Visitor Clinic 9am-5pm Booked appointments for parents and their babies and children with the Health Visiting team.</p> <p>Solihull College 9am-12pm Adult Maths session 1pm-5pm Family Learning Sessions- Sensory Sacks & Cooking on a budget. Book directly through Solihull College.</p> <p>Breastfeeding Café 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 https://linktr.ee/Solihull.IFT</p> <p>Citizens Advice Bureau 1pm-5pm Free, confidential and impartial advice on a range of issues. Book by speaking to reception or by contacting CASB. 08082787976</p> <p>Shine Youth Well Being Group 3.30pm-5pm Creative after school club focusing on developing mental and emotional health, [positive self esteem, identify and confidence. Book here- https://www.shineyouth.org.uk/wellbeing-groups</p>	<p>12th September- Parent Carer Voice coffee morning 9am- 12pm.</p> <p>Health Visitor Clinic 9am-5pm Booked appointments for parents and their babies and children with the Health Visiting team.</p> <p>Postnatal Parenting Group 9:30pm- 11:30pm Book directly through- bsmhft.parenting@nhs.net</p> <p>Solihull Community Housing 9am-12pm Information and advice on housing issues. No appointment required so please pop in.</p> <p>Women's Community 9.30am-1pm Drop in offering emotional, practical support and signposting services for women. 0121 722 2142</p> <p>Parent Education 12pm-4pm Booked session directly through the Young Parent Midwifery Team at UBH.</p> <p>Midwife Clinic 1pm- 5pm Booked appointments for new and expectant parents and their babies with community midwives.</p> <p>Urban Heard SEND Media Group 4pm-5:30pm Set session booked through Urban Herd for girls aged 11-17 years. accounts@urbanheard.co.uk</p>	<p>Brewing Bridges- Open coffee morning for parents 9am-10am Come and meet the team and have a drink with us.</p> <p>Midwife Clinic 9am- 5pm Booked appointments for new and expectant parents and their babies with community midwives.</p> <p>Health Visitor Clinic 9am-12pm Booked appointments for parents and their babies and children with the Health Visiting team.</p> <p>Solihull Music Service- Early Years Session- stay and play 10am-11.30pm Drop in session run by Solihull Music Service specially for younger children and their parents/carers.</p> <p>Family Information Service 9am-12pm (Friday 13th September) Drop in to find out about childcare/ related funding and family activities within the community.</p> <p>Children's Community Nursing 9am-12pm</p> <p>Family Nurse Partnership - Young Parents Stay and Play 1pm-3pm (First Friday of every month) Stay and play group for young parents (age 21 or under) and their preschool children.</p>