

## 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.

### Morning

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Women's community drop-in – 09:00-13:00</b> 7 and 21 July Providing emotional and practical support.</p> <p><b>Maternity link support workers – 09:00-17:00</b> Comprehensive and personalised care to expectant and new mothers to ensure they receive the support they need throughout their journey from pregnancy to early motherhood. No need to book, just drop-in.</p> <p><b>Free breakfast club – 10:00-11:00</b> 21 July Pop in to enjoy croissants, fruit juice, tea, coffee, local information, and to find out more about what Solihull College have to offer.</p> <p><b>Marvellous Makers – 10:00-12:00</b> Stay and play session suitable from birth onwards. Come and join us for arts and crafts activities, use of the sensory room, and lots of play. No booking required, just drop-in.</p>	<p><b>Solihull Community Housing – 09:30-11:30</b> Information and advice on housing issues. No appointment required, just drop-in.</p> <p><b>Sensory craft activities for parents of children with SEND – 09:30-11:30</b> Term time only If you are keen to help your child with their learning and like sharing ideas and making things, then come and join our friendly family learning group.</p> <p><b>Super SEN CIC – 09:30-12:00</b> 15 July Drop-in session for parents to seek advice and support for children or themselves, as adults with ADHD and/or Autism.</p> <p><b>Healthy Families session – 11:00-13:00</b> 29 July Join Solihull Active for a fun family session.</p> <p><b>Baby massage – 11:15-12:15</b> Join us for some bonding time with your baby. Email <a href="mailto:Michelle.mervon@ordinarymagic.co.uk">Michelle.mervon@ordinarymagic.co.uk</a> or contact to Family Hub staff to book your place – details below!</p>	<p><b>School transition coffee morning – 09:00 -12:00</b> 2 July Coffee morning, run by the Family Support Service to offer support to parents and carers who have children starting <b>secondary school</b> in September. No need to book, just drop-in!</p> <p><b>Digital skills course – 09:30-11:30</b> Term time only Free 10-week course with a friendly tutor to learn new computer skills. Suitable for beginners. To book, contact Hub staff – details below!</p> <p><b>Social prescribers – 09:30-12:00</b> 30 July Guidance and information about debts, finance, mental health, social isolation, local community information, and employment. No need to book, just drop-in.</p> <p><b>Anxiety management support group for adults – 11:00-13:00</b> Weekly anxiety support group open for age 18 and above. Delivered by Reimagine Me CIC. For more information, email or call Michelle on <a href="mailto:info@reimaginemecic.org">info@reimaginemecic.org</a> or 0755 389 9373</p>	<p><b>Solihull SENDIAS annual review workshop – 09:30-11:30</b> Last Thursday of every month – 24 July If you have a child with Special Educational Needs (SEN) and would like to learn more about statutory SEN processes relating to support in schools or Education, Health and Care Plans (EHCPs), then pop along to this free workshop all about EHCP needs assessments.</p> <p><b>Citizens Advice Solihull drop-in – 09:30-12:30</b> 10 and 24 July</p> <p><b>West Midlands Police beat surgery – 10:00-11:00</b> 10 July Pop in to see your local neighbourhood officers for any help or advice and to discuss any local concerns.</p> <p><b>Solihull Lifestyle Service – 11:00-13:00</b> 3 and 17 July Drop-in to get advice and discuss your lifestyle needs, including free height, weight, BMI, blood pressure, and atrial fibrillation readings.</p> <p><b>Baby massage – 11:15-12:15</b> Join us for some bonding time with your baby. Email <a href="mailto:Michelle.mervon@ordinarymagic.co.uk">Michelle.mervon@ordinarymagic.co.uk</a> or contact Family Hub staff to book your place – details below!</p> <p><b>Musical explorers' early years session – 11:30-12:00</b> FREE, fun, drop-in music sessions followed by a relaxed stay and play. Suitable for ages 0-5. Delivered by Solihull Music.</p>	<p><b>School transition coffee morning – 09:00-12:00</b> 11 July Coffee morning, run by the Family Support Service to offer support to parents and carers who have children starting <b>reception</b> in September. No need to book, just drop-in!</p> <p><b>Health visitor clinic – 09:30-12:00</b> Booked appointments for parents and their babies, and children with the health visiting team. Book by speaking to Hub staff or your health visitor.</p> <p><b>Super SEN Personal Independence Payment and Disability Living Allowance workshop – 09:30-12:00</b> 4 July</p> <p><b>Employment and skills summer workshop – 10:00-12:00</b> 25 July To help young people understand their options after exams.</p>



Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Health in the hearts of our community – 14:00-17:00</b> Help and advice around weight management, smoking, physical activity, and more. To book, speak to a member of Hub staff – details below!</p> <p><b>Boys Autism group – 16:00-18:00</b> <i>Term time only</i> Run by Ordinary Magic for boys with Autism. To book or find out more, email <a href="mailto:michelle@ordinarymagic.co.uk">michelle@ordinarymagic.co.uk</a></p>	<p><b>Tommy Tea charity event – 11:00-14:00</b> <i>22 July</i> Please join us at Elmwood for delicious cakes to support veterans in need.</p> <p><b>EPAS attendance support drop-in – 12:00-13:30</b> The Education Participation Advisory Service (EPAS) offer advice and guidance about school attendance.</p> <p><b>Future Steps pregnancy walking group – 13:00</b> Refreshing, relaxing, and supportive walks to meet mums who understand.</p> <p><b>Family support drop-in – 13:00-16:30</b> Confidential advice and support to help you make positive changes. Includes a range of advice and guidance about difficult relationships at home, parenting, behaviour management, routines, boundaries, child development, bed wetting, sleep problems, school issues, and more.</p> <p><b>Open craft session – 14:30-16:00</b> <i>22 July</i> Drop-in to Elmwood to enjoy our arts and craft station.</p>		<p><b>Shaw Trust – 10:00-14:00</b> <i>17 July</i> Drop-in to find out more from the Shaw Trust, a leading employment charity who help people find and keep meaningful jobs.</p> <p><b>Health in the hearts of our community – 13:00-15:00</b> Help and advice around weight management, smoking, physical activity, and more. To book, speak to a member of Hub staff – details below!</p> <p><b>Music hub – 16:00-18:00</b> <i>Term time only</i> Booked after school sessions managed by Solihull Music Service for KS2 children and over. Includes vocal coaching, music production, and guitar playing. To book or for more information, email <a href="mailto:richard.russell@solihull.gov.uk">richard.russell@solihull.gov.uk</a></p>	<p><b>Solihull College sensory play – 12:30-14:30</b> <i>Term time only</i> New ideas for activities to engage your children with an understanding of how to support your child's learning through sensory activities and play. To book, email <a href="mailto:jess.orton@solihull.ac.uk">jess.orton@solihull.ac.uk</a> or speak to Hub staff – details below!</p> <p><b>Midwife clinic – 13:00-16:30</b> Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</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](http://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 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. 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 or 0121 262 3555.

### 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

[37 Burtons Way, Smith's Wood, Solihull, B36 0UG](https://www.solihull.gov.uk/37-Burtons-Way-Smiths-Wood-Solihull-B36-0UG)

