

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.

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Employment, training and digital skills support – 09:00-16:00 Support with job searching, creating, emailing and sending your CV. Drop in or call 0121 779 1724 to book an appointment.</p> <p>Solihull College – 09:30-11:30 <i>Term time only</i> Supporting your children with maths and English (KS1). Contact Evergreen to book a place.</p> <p>Buggy walk – 13:00-13:45 Every Monday starting 14 July NEW</p> <p>Stay and play – 13:45-15:00 Come and play and meet new friends. Suitable for ages 0-4 and their parents/carers. No booking required, just come along and join in the fun!</p> <p>Family activities – 15:30-16:30 Play board games, do quizzes, art, table tennis and other fun activities. Suitable for ages 4-12, parents/carers must stay and supervise their children.</p> | <p>Health visitor clinic – 09:00-14:00 Booked appointments for parents and their babies and children with the health visiting team. Book by speaking to your health visitor.</p> <p>Midwifery team – 09:30-15:30 Community midwives that provide maternity care outside of a hospital setting. Parent consultation workshops with midwifery team.</p> <p>Community coffee morning – 10:30-12:00 Come in for a cuppa' and tell us what you'd like to see happening at Evergreen, find out more about volunteering and other services in your local area.</p> <p>Sensory room bookings – 14:00 onwards To book, call Evergreen on 0121 779 1724</p> | <p>Employment, training and digital skills support – 09:00-16:00 Support with job searching, creating, emailing and sending your CV. Call 0121 779 1724 to book an appointment.</p> <p>Health in the hearts of our community social group – 10:30-12:00 Social group including fun, games, and a cuppa'! Learn more about heart health with one-to-one consultations.</p> <p>Sensory play – 13:00-15:00 Booking to be confirmed through the health visitors for every second and fourth week of the month.</p> <p>Family support worker drop-in – 13:00-16:00 Advice, support and signposting to other services. Helpline provided at Evergreen on 0121 788 4327</p> <p>Family activities – 15:30-16:30 Play board games, do quizzes, art, table tennis and other fun activities. Suitable for ages 4-12, parents and carers must stay and supervise their children.</p> <p>Book in one-to-one consultations with our health intervention workers</p> | <p>Health visitor clinic – 09:00-14:00 Booked appointments for parents and their babies and children with the health visiting team. Book by speaking to your health visitor.</p> <p>Family support workers solution-focused workshop – 10:00-13:00</p> <p>Sensory room bookings – 14:00 onwards To book, call Evergreen on 0121 779 1724</p> <p>Smoking clinic workshop – 14:15-16:00 Advice and support around quitting smoking. One-to-one consultations and resources provided.</p> | <p>Midwifery team – 09:30-15:30 Community midwives that provide maternity care outside of a hospital setting. Parent consultation workshops with the midwifery team.</p> <p>Stay and play – 10:00-11:30 Come and play and meet new friends. Suitable for ages 0-4 and their parents/carers. No booking required, just come along and join in the fun!</p> <p>Community walk and litter pick – 13:00-14:00 Explore the local area and join in with after school activities.</p> <p>Family activities – 13:30-15:30 Bring your homework, play board games, do quizzes, art, table tennis and other fun activities. Suitable for 4-12 years, parents/carers must stay and supervise their children.</p> |

Wellbeing and advice

What else can the Family Hubs offer?

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.

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 [0800 800 0028](tel:08008000028). 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](tel:08009159292) or [0121 262 3555](tel:01212623555).

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

[42 Kingshurst Way, Kingshurst, Solihull, B37 6DX](https://www.solihull.gov.uk/42-Kingshurst-Way-Kingshurst-Solihull-B37-6DX)

