

## 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
<p><b>Employment, training and digital skills support – 09:00-16:00</b> Support with job searching, creating, emailing and sending your CV. Drop in or call <a href="tel:01217791724">0121 779 1724</a> to book an appointment.</p> <p><b>Solihull College – 09:30-11:30</b> <i>Term time only</i> Contact Evergreen to book a place. What the Children do at school. Supporting your children with Maths and English (KS1). Term time only.</p> <p><b>Breakfast clubs – 10:00-11:00</b> <i>4, 11, and 18 August</i> Held throughout the summer holidays</p> <p><b>New buggy walk – 13:00-13:45</b> <i>Starting 14 July</i></p> <p><b>Stay and play – 13:45-15:00</b> Come and play and meet new friends. Suitable for ages 0-4 and their parents or carers. No booking required, just come along and join the fun!</p> <p><b>Family activities – 15:30-16:30</b> 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><b>Health visitor clinic – 09:00-14:00</b> Booked appointments for parents and their babies and children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Midwifery team – 09:30-15:30</b> Community midwives that provide maternity care outside of a hospital setting. Parent consultation workshops with midwifery team.</p> <p><b>Community coffee morning 10:30-12:00</b> 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><b>Sensory room – 15:00</b> The sensory room is available to book after 15:00. To book, call <a href="tel:01217791724">0121 779 1724</a></p> <p><b>Sensory play</b> Booking to be confirmed through the health visitors for every second Tuesday of the month, and the last week of the calendar month.</p>	<p><b>Employment, training and digital skills support – 09:00-16:00</b> Support with job searching, creating, emailing and sending your CV. call <a href="tel:01217791724">0121 779 1724</a> to book an appointment.</p> <p><b>Health in the hearts of our community social group – 10:30-12:00</b> Social group including fun, games and a cuppa! Learn more about heart health with one-to-one consultations.</p> <p><b>Family support worker drop-in – 13:00-16:00</b> Drop-in service, advice, support and signposting to other services. Helpline is provided at Evergreen on Wednesday afternoon on <a href="tel:01217884327">0121 788 4327</a></p> <p><b>Family activities – 15:30-16:30</b> 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><b>Health intervention workers</b> Book in one-to-one consultations with our health intervention workers who will help you achieve your health and wellbeing goals for better lifestyle changes. For more information, call <a href="tel:01217791724">0121 779 1724</a></p>	<p><b>Health visitor clinic – 09:00-14:00</b> Booked appointments for parents and their babies and children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Family Support Worker workshop – 10:00-13:00</b> Solution-focused workshop.</p> <p><b>Smoking clinic workshop – 14:15-16:00</b> Advice support around quitting smoking. One-to-one consultations and resources provided.</p> <p><b>Sensory room – 15:00</b> The sensory room is available to book after 15:00. To book, call <a href="tel:01217791724">0121 779 1724</a></p> <p><b>Health and nutrition workshop – 12:00-13:00</b> <i>21 August</i> Provided by Solihull Council.</p>	<p><b>Midwifery team – 09:30-15:30</b> Community midwives that provide maternity care outside of a hospital setting. Parent consultation workshops with midwifery team.</p> <p><b>Stay and play – 10:00-11:30</b> 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><b>Community walk and litter pick – 13:00-14:00</b> Explore the local area and join in after school activities.</p> <p><b>Family activities – 13:30-15:30</b> 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> <p>There will be a selection of fun family activities taking place over the summer holidays! Follow us on <a href="#">Facebook</a> to find out more.</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).

#### Help and support

Speak to our friendly staff

### What's on offer

#### Health visiting

To speak to a health visitor, text Chat Health on [0750 733 2563](tel:07507332563) 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 clothing

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

