



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>Inclusive Sports HAF provision – 09:00-16:00 4, 11, and 18 August Pre-booking directly with Inclusive Sports is required. To book, call 0774 371 3161 or email eva@inclusivesportsacademy.org</p> <p>Wellbeing advice sessions – 09:30-12:45 Do you want to become more active, reduce stress, manage your weight, and eat healthier? Get free personalised advice and support from Solihull Lifestyle Service. For more information, call 0800 599 9880 or drop-in to the Hub.</p> <p>Lactation consultant clinic – 09:30-13:00 An NHS service to help you with any infant feeding challenges you may be facing, including tongue-tie assessment and referral. Speak to your midwife, health visitor, or GP for referral to the Infant Feeding Team. By appointment only.</p> <p>Breastfeeding café – 10:30-12:00 An NHS service to help you with any infant feeding queries or challenges you may be facing. Or simply come along for the social aspect – to meet other mums and get a hot cup of tea! Book at https://linktr.ee/SolihullJFT</p>	<p>Citizens Advice Bureau – 09:00-13:00 12 and 26 August Free, confidential, and impartial advice on a range of issues. Book by speaking to reception or by contacting CAB on 0808 278 7976.</p> <p>Newborn hearing screening clinic – 09:00-14:00 5 and 19 August Booked appointments with the NHS Hearing Screening Team.</p> <p>Health visitor clinic – 09:00-17:00 Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p>Fit Mama's boot camp – 09:30-10:30 5 August Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on 0738 031 4463</p> <p>Super SEN CIC – 09:30-12:00 Second Tuesday of the month – 12 August Drop-in session for parents to seek advice and support for themselves and/or their children with ADHD and/or Autism.</p> <p>Community Development Team drop-in – 10:00-12:00 19 August A drop-in session to meet the Community Development team and find out how they are working to bring communities together. Whether you are part of an existing group, interested in starting one, find funding, volunteer, or connect with local support, feel free to join CDT team for a coffee and a friendly conversation. No appointments required so please pop in.</p>	<p>Midwives' post-natal clinic – 09:00-17:00 Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p>Safe space drop-in – 10:00-12:00 27 August Safe Space drop-in is a parent-run support group offering help for parents in the Solihull and South Birmingham Area. Our aim is to provide a 'Safe Space' for parents and carers to meet up and chat, get support, laugh, cry and make new friends. Contact Emma Bowden 07931 968 133 and Gina Whitehouse 0780 714 1815 for more information.</p> <p>Nature-themed family fun day – 12:00-16:00 6 August Take part in a mini-beast hunt, nature crafts, a picnic, and seed planting! Booking required. To book, visit www.eventbrite.com/e/nature-themed-family-fun-day-tickets-1469593727399</p> 	<p>Health visitor clinic – 09:00-12:00 Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p>Newborn hearing screening clinic – 09:00-14:00 Booked appointments with the NHS Hearing Screening Team.</p> <p>Solihull Active Eat Well Move More taster session – 13:00-16:00 14 August A family-based healthy lifestyles programme for 7-11-year-olds. To find out more, email: solihullactive@solihull.gov.uk or call 0121 704 8207</p>	<p>Midwives' post-natal clinic – 09:00-17:00 Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p>Family Support Team drop-in – 09:00-12:00 Visit the Family Support Team for assistance with family needs such as parenting and additional support. No need to book, just drop-in.</p> <p>Health Visitor clinic – 09:00-12:00 Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p>Fit Mama's boot camp – 9:30-10:30 8 August Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on 0738 031 4463.</p> <p>Wild Science animal experience – 10:00-12:00 1 August Get ready to get up close and personal with wild animals for a science-filled adventure! Booking required. To book, visit: www.eventbrite.com/e/wild-science-animal-experience-tickets-1469585422559</p> 

[Hatchford Brook, Old Lode Lane, Solihull, B92 8JE](#)

Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Health Visitor clinic – 13:00-16:00 Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p>Your Councillor clinic – 14:00-16:00 First Monday of the month – 4 August An opportunity to drop-in to speak to your local Councillor for Elmdon ward to discuss any concerns or issues.</p>	<p>Super SEN HAF provision – 13:00-17:00 5 August Free with a HAF code, £3 without a HAF code. Pre-booking via Super SEN required. To book, contact supersencic@gmail.com</p> <p>Solihull Active healthy family's session – 13:00-16:00 12 August Summer fun with food and games hosted by Solihull Active. Booking essential. To book, call on 0121 704 6943</p> <p>PCSO drop-in – 11:00-14:00 5 August A Police Community Support Officer (PCSO) will be available at the Family Hub for informal drop-in sessions. Come along for a friendly chat, community advice, or to raise any local concerns in a safe and supportive environment.</p>	<p>Super SEN HAF provision – 13:00-17:00 20 and 27 August Free with a HAF code, £3 without a HAF code. Pre-booking via Super SEN required. To book, contact supersencic@gmail.com</p>	<p>We are closed to the public on Thursday from 12:00 onwards</p> <p>Early intervention service – 12:00-16:00 By referral only. Led by Birmingham and Solihull Mental Health NHS Foundation.</p> <p>Young carers club – 17:00-21:00 7 August By referral only.</p> <p>Bradley's promise – 18:30-21:30 14 and 21 August Come and join us for social nights. For young people aged 16-25 with life-limiting conditions such as Duchenne Muscular Dystrophy and similar conditions. Your friends are welcome too.</p>	<p>Talking therapies – 12:00-15:30 By referral only.</p> <p>Crochet club – 13:00-15:00 Are you interested in learning to crochet or are you a crochet master? Please bring along a ball of yarn and a hook. No need to book, just drop in!</p> <p>Early years music sessions – 14:00-14:30 8, 15, 22, and 29 August Free, fun music sessions for children aged 0-5 delivered by Solihull Music. Book via the form or pop-in on the day!</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.

Health visiting

To speak to a health visitor, text Chat Health on [0750 733 2563](tel:07507332563) between 09:00-16:00, Monday-Friday.

Women's Aid

If you or someone you know needs support, call Women's Aid at [0808 800 0028](tel:08088000028). Available seven days a week, 09:15-17:15.

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).

Midwives

Please call your midwife using the phone number in your red book.

What else can the Family Hubs offer?

Help and support

Speak to our friendly staff

Stay and play area

Toys, books, and soft play

Sensory room

To book, call [0121 779 6943](tel:01217796943)

Computers and private work pods

Internet and phone access

Community wardrobe

Free clothing