

## School uniform swap shop – 21-25 July

Pop in Riverside to pick up uniform for the start of the new academic year. If you have good quality school uniform to swap, you can do this at the same time.

Morning				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Health visitor clinic – 09:00-16:00</b> Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Midwife clinic – 09:00-16:00</b> Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p><b>Story makers reading and craft club – 09:30-11:30</b> <i>Term time only</i> Join Lisa from Solihull College to create a variety of activities to enjoy at home with your little one. Suitable for ages 18 months and above. To book, email <a href="mailto:katrina.griffin-jones@solihull.ac.uk">katrina.griffin-jones@solihull.ac.uk</a> or speak to Hub staff.</p>	<p><b>Health visitor clinic – 09:00-16:00</b> Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Midwife clinic – 09:00-16:00</b> Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p><b>SENDIAS – 09:30-11:30</b> <i>Second Tuesday of each month – 8 July</i> Drop-in session to provide information, advice, and support to parents of children and young people with special educational needs and disabilities. For more information, call <a href="tel:01215165173">0121 516 5173</a>.</p> <p><b>Super SEN CIC – 09:30-12:00</b> <i>First Tuesday of the month – 1 July</i> Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p> <p><b>Solihull Lifestyle Service – 09:30-13:00</b> <i>First and third Tuesdays of the month – 1 and 15 July</i> Free lifestyle checks such as height, weight, BMI, blood pressure, and atrial fibrillation readings, including a free 12-week weight management course. For more information, call <a href="tel:08005999880">0800 599 9880</a> or drop-in to see one of our advisors.</p> <p><b>School-ready coffee morning – 10:00-12:00</b> <i>8 July</i> For parents with children starting reception</p>	<p><b>Health visitor clinic – 09:00-12:00</b> Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Stay and play – 09:30-10:30</b> <i>Term time only</i> Come and join in with our FREE stay and play running at Riverside Family Hub. Fun and engaging activities for toddlers aged 1-4 years. No need to book, just drop-in.</p> <p><b>Photo shoot – 10:00-15:00</b> <i>23 July</i> Karen will be at Riverside to take a photo of your little ones. Digital photos can be purchased for £10 for one or £25 for three. To book, call <a href="tel:01217791750">0121 779 1750</a></p>	<p><b>Midwife clinic – 09:00-16:00</b> Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p><b>Women's community drop-in – 09:30-13:00</b> Emotional, practical, and signposting support for women. To find out more, call <a href="tel:01217222142">0121 722 2142</a></p> <p><b>Positive Birthing and Beyond pregnancy support – 10:00-11:30</b> <i>Baby massage from 31 July to 21 August</i> To book, email <a href="mailto:info@positivebirthingandbeyond.org.uk">info@positivebirthingandbeyond.org.uk</a></p> <p><b>Solihull Community Housing (SCH) – 10:00-12:00</b> Information and advice drop-in about community housing. The SCH customer support centre is available between 09:00-17:00, Monday to Friday, on <a href="tel:01217171515">0121 717 1515</a></p> <p><b>Fit Mama's exercise class – 10:00-12:00</b> <i>Term time only</i> <i>Session one – 10:00-11:00</i> <i>Session two – 11:00-12:00</i> Bring your little ones with you to join in with some gentle postnatal exercise classes. £3 per session. To book, contact <a href="tel:07380314463">0738 031 4463</a>.</p>	<p><b>Health visitor clinic – 09:00-12:00</b> Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Musical explorers stay and play – 10:00-11:30</b> <i>Music session – 10:00-10:30</i> <i>Play session – 10:30-11:30</i> Drop-in music and play session for younger children.</p> <p><b>Kinship coffee morning – 10:00-11:30</b> <i>First Friday of the month – 4 July</i> Support group for carers. To attend, contact <a href="mailto:lisa.webley@kinship.org.uk">lisa.webley@kinship.org.uk</a> or <a href="tel:07355035996">0735 503 5996</a>.</p> <p><b>School-ready coffee morning – 10:00-12:00</b> <i>11 July</i> For parents with children starting secondary school</p>

[289 Bosworth Drive, Chelmsley Wood, B37 5DP](#)



Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Solihull College conversation club – 12:30-14:30</b> <i>Term time only</i> Do you want to improve your spoken English skills? Join our friendly ESOL (English for Speakers of Other Languages) conversation club by speaking to Hub staff.		<b>Baby weight clinic – 12:30-15:30</b> Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.  <b>Breastfeeding café – 13:00-14:30</b> An NHS service that offers breastfeeding cafés run by trained peer supporters who can help you with any infant feeding queries or challenges you are facing. To book, visit <a href="https://linktr.ee/Solihull.IFT">https://linktr.ee/Solihull.IFT</a>	<b>Parent education – 12:00-16:00</b> <i>Third Thursday of every month – 17 July</i> Session ran by the young parent midwifery team at University Hospital Birmingham. Book by speaking to your midwife.  <b>Yums club – 12:00-16:00</b> Yums club is a weekly support and information group suitable for teenage and young mums ages 20 and under. Drop-in or call Jennie on <a href="tel:07867361723">0786 736 1723</a>  <b>Family support drop-in – 13:00-16:00</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.  <b>Moo Music stay and play – 13:00-14:30</b> <i>3 and 10 July</i> Mixed moo's – 13:00-13:30 Baby moo – 14:00-14:30 £3 per session. To book, call <a href="tel:07950934194">0795 093 4194</a> or email <a href="mailto:kally.moo.music@gmail.com">kally.moo.music@gmail.com</a> .  <b>Skills for success CV workshop – 13:30-14:30</b> <i>31 July</i>  <b>Health in the hearts of our community – 14:00-16:00</b> <i>Weekly</i> Help and advice around weight management, smoking, physical activity and much more. Speak to a member of Hub staff to make an appointment.	<b>Family Nurse Partnership stay and play – 13:00-15:00</b> <i>First Friday of every month – 4 July</i> No booking required. Young parents with babies and pre-school children welcome. For more information, contact Emily on <a href="tel:07813362911">0781 336 2911</a> .  <b>Smokefree Solihull clinic – 13:00-16:00</b> Stop smoking support by referral only.

## 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](http://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](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 1750](tel:01217791750)

### 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

