




## 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 (closed 25 August)	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>Super SEN PIP and DLA workshop – 09:30-12:00</b> <b>4 August</b> Are you thinking of applying for PIP? Is your child moving over from DLA to PIP? Or do you just want to get information for the future? Contact <a href="mailto:supersencic@gmail.com">supersencic@gmail.com</a> to prebook your place on this workshop. For only £3 per person</p> <p><b>Movie Mondays – starting from 10:00</b> Chill out and watch a family film! Paddington – <b>11 August</b>, <a href="#">Book on Eventbrite</a> Annie – <b>18 August</b>, <a href="#">Book on Eventbrite</a> Refreshments provided. To book, click the links above or call <a href="tel:01217791750">0121 779 1750</a></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> <b>Second Tuesday of every month – 12 August</b> 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> <b>First Tuesday of every month – 5 August</b> 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> <b>Fortnightly – 12 and 26 August</b> 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>Health visitor clinic – 09:00-12:00</b> <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.</p> <p><b>Treasure hunt – 09:30-11:45</b> <b>6 August</b> See if you can find the hidden treasure! Two sessions: 09:30-10:30 <b>FULLY BOOKED</b> 10:45-11:45 <b>FULLY BOOKED</b></p>  <p><b>Sublime Science and circus skills family fun with Flip and Dippy – 10:00-12:00</b> <b>13 August</b> <a href="#">Book on Eventbrite</a> or 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>Skills for Success – 10:00</b> <b>4 August</b> Apprentice workshop</p> <p><b>Positive Birthing and Beyond (PBB) pregnancy support – 10:00-11:30</b> <b>Baby massage will run from 31 July to 21 August</b> To book, email <a href="mailto:info@positivebirthingandbeyond.org.uk">info@positivebirthingandbeyond.org.uk</a></p>  <p><b>Art classes – 10:00-11:30</b> <b>7, 14, 21, and 28 August</b> Come and get creative with your children! Get creative together using a range of art supplies. No need to book, just drop-in. Provided by Arts Therapy UK.</p> <p><b>Solihull Community Housing (SCH) – 10:00-12:00</b> Information and advice drop-in about community housing. The SCH customer contact centre is available between 09:00-17:00, Monday to Friday, on <a href="tel:01217171515">0121 717 1515</a>.</p> <p><b>School Nursing Team drop-in – 10:00-12:00</b> <b>7 August</b> Discuss any issues or concerns over toileting or health concerns for school age children.</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> <b>8, 15, 22, and 29 August</b> Music session – 10:00-10:30 Play session – 10:30-11:30 Drop-in music and play session for younger children and their parents or carers.</p>

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



### Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Solihull Active healthy food choices – 11:00-13:00</b> <i>5 August</i></p> <p><b>Young people's online citizen project survey – 16:00-18:00</b> <i>5, 12, 19, and 26 August</i></p> <p>Are you aged 13-19 and want to be internet citizens? Come and get involved. To find out more, complete this <a href="#">form</a> or speak to Hub staff.</p>	<p><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>.</p> <p><b>School Nursing Team drop-in – 13:00-15:00</b> <i>6 August</i></p> <p>The school nursing team will be at Riverside to discuss any health concerns for school age children.</p> <p><b>Our Voices Heard – 14:00-16:00</b> <i>13 August</i></p>	<p><b>Yums club – 12:00-16:00</b> Yums club is a weekly support and information group suitable for teenage and young mums age 20 and under. Drop-in or call Jennie on <a href="tel:07867361723">0786 736 1723</a>.</p> <p><b>Parent education – 12:00-16:00</b> <i>Third Thursday of every month – 21 August</i></p> <p>Session ran by the young parent midwifery team at University Hospital Birmingham. Book by speaking to your midwife.</p> <p><b>Skills for Success – 13:00-14:00</b> <i>28 August</i></p> <p>Late application support</p> <p><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.</p> <p><b>Young people's online citizen project survey – 16:00-18:00</b> <i>14, 21, and 28 August</i></p> <p>Are you aged 13-19 and want to be internet citizens? Come and get involved. To find out more, complete this <a href="#">form</a> or speak to Hub staff.</p>	<p><b>Family Nurse Partnership young parents stay and play – 13:00-15:00</b> <i>First Friday of every month – 1 August</i></p> <p>No booking required. All young parents and their babies or pre-school children welcome. For more information, call Emily Bell, (Health Visitor) on <a href="tel:07813362911">0781 336 2911</a></p> <p><b>Smokefree Solihull clinic – 13:00-16:00</b> Stop smoking support by referral only.</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).

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

##### Computers and private work pods

Internet and phone access

##### Community wardrobe

Free clothing

