

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
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. Buggy walk – 13:00-13:45 <i>Weather dependant</i> Times may change for the stay and play workshop dependant on the weather. Families to be notified through the Evergreen Facebook page or changes to app. Stay and play – 13:30-15:00 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 with the fun! After-school club – 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.	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. Midwifery team – 09:30-15:30 Community midwives that provide maternity care outside of a hospital setting. Parent consultation workshops with midwifery team. Community coffee morning – 10:30-12:00 Come in for a cuppa and tell us what you would like to see happening at Evergreen or find out more about volunteering and other services in your local area. Sensory room – 14:30-onwards Slots available for the sensory room. To book, call Evergreen on 0121 779 1724.	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. 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 through one-to-one consultations. Health visitors' sensory play – 13:00-15:00 <i>Weather dependant Every second and last week of the month – 10 and 24 September</i> To book, call the Health Visiting Team on 0750 733 2563. Family support worker drop-in – 13:00-16:00 Drop-in service, advice, support and signposting to other services. Helpline is provided at Evergreen on Wednesday afternoon on 0121 788 4327 Sensory room – 14:30-onwards Slots available for the sensory room. To book, call Evergreen on 0121 779 1724. Seasonal crafts – 15:30-16:30 Autumn-themed craft workshop.	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. Family support worker workshop – 10:00-13:00 Solution focused workshop Sensory room – 15:00-onwards Slots available for the sensory room. To book, call Evergreen on 0121 779 1724.	Employment, training, and digital skills support – 09:00-15:30 Support with job searching, creating, emailing and sending your CV. Drop in or call 0121 779 1724 to book an appointment. Midwifery team – 09:30-15:30 Community midwives that provide maternity care outside of a hospital setting. Parent consultation workshops with midwifery team. 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 with the fun! 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.

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 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. 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 or 0121 262 3555.

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

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

