

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
Women's community drop-in – 09:00-13:00 10 and 24 November Providing emotional and practical support. Uplift Initiative wellness walk – 10:00-12:00 Join us for a gentle walk, good conversation and a cosy cuppa afterwards (& cake!). Meet at the Family Hub for 10:00. For more information, email theuplift.org@gmail.com or call Tammy on 0730 313 7292. Marvellous Makers – 10:00-12:00 Stay and play session suitable from birth onwards. Come and join us for arts and crafts activities, use of the sensory room, and lots of play. No booking required, just drop-in. Siblings welcome.	Solihull Community Housing – 09:30-11:30 Information and advice on housing issues. No appointment required, just drop-in. Solihull College family learning – 09:30-11:30 Starts 11 November A five-week course explaining and helping you to understand the grammar your child is learning in their English lessons. Suitable for anyone with a child in year 1 to year 6. Grandparents and other carers welcome! FREE for Solihull residents. For more information, visit www.solihull.ac.uk/community-education or email katrina.griffin-jones@solihull.ac.uk. Super SEN CIC – 09:30-12:00 18 November Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism. Baby massage – 11:15-12:15 Join us for some bonding time with your baby. To book, email michelle.meryon@ordinarymagic.co.uk or speak to Hub staff.	Solihull College digital skills – 09:00-11:00 Free 10-week course with a friendly tutor to learn new computer skills. Suitable for beginners. To book, speak to Family Hub staff. Drop-in session with social prescribers – 09:30-12:00 26 November Drop-in for guidance and information about debts, finance, mental health, social isolation, local community information, and employment. No need to book, just drop-in. Anxiety management support group for adults – 11:00-13:00 Weekly anxiety support group open for age 18 and above. Delivered by Reimagine Me CIC. For more information, email or call Michelle on info@reimaginemecic.org or 0755 389 9373.	Uplift Initiative clothing bank – 09:00-16:00 6 November Free clothing for the local community – helping families make their money go further. Pop in to find out more! For more information, email theuplift.org@gmail.com or call Tammy on 0730 313 7292. Solihull SENDIAS – 09:30-11:30 27 November If you have a child with Special Educational Needs (SEN) and would like free and impartial information and advice, SENDIAS can advise about statutory SEN processes relating to support in schools, Education, Health and Care Plans (EHCPs), and much more. Citizens Advice Solihull drop-in – 09:30-12:30 13 and 27 November Citizens Advice provide free, practical advice. Solihull Lifestyle Service – 11:00-13:00 6 and 20 November Drop-in to get advice and discuss your lifestyle needs, including free height, weight, BMI, blood pressure, and atrial fibrillation readings. Baby massage – 11:15-12:15 Join us for some bonding time with your baby. To book, Email michelle.meryon@ordinarymagic.co.uk or speak to Hub staff. Musical explorers' early years session – 11:30-12:00 FREE, fun, drop-in music sessions followed by a relaxed stay and play. Suitable for ages 0-5. Delivered by Solihull Music. Siblings welcome.	North Solihull Additional Needs Support Group – 09:30-11:30 14 and 28 November For children with additional needs and their parents or carers. To book, email northsolihulladditionalneeds@outlook.com. For more information, visit www.solihullsendsupportgroup.co.uk. Health visitor clinic – 09:30-12:00 Booked appointments for parents and their babies, and children with the health visiting team. Book by speaking to Hub staff or your health visitor.

[37 Burtons Way, Smith's Wood, Solihull, B36 0UG](#)

Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
Health in the hearts of our community – 14:00-17:00 Help and advice around weight management, smoking, physical activity, and more. To book, speak to Hub staff. Boys Autism group – 16:00-18:00 <i>Term time only</i> Run by Ordinary Magic for boys with Autism. To book or find out more, email michelle@ordinarymagic.co.uk.	EPAS attendance support drop-in – 12:00-13:30 The Education Participation Advisory Service (EPAS) offer advice and guidance about school attendance. LifeSkills by Family Action – 13:00-15:00 FREE six-week course on topics such as budgeting, problem solving, and communication skills. Suitable for adults and students. To book, email gillian.kelsall@family-action.org.uk or call 0121 779 1700. Family support drop-in – 13:00-16:30 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.	Steps to The Real Me youth workshops – 17:00-19:00 Working together to help young people aged 13-25 reach their full potential through a combination of mentoring support and activities. For more information, email bobby@colebridge.org.	Stay and play – 12:30-14:00 <i>Every other week – 13 and 27 November</i> There will be a trained parent practitioner at the sessions to offer support and guidance if requested. No booking required, just drop-in. Suitable for ages 0-5. Come and join the fun! The Mum Hub – 13:00-15:00 A warm, supportive space for mums to connect, share, and feel heard. Whether you're expecting or have a little one aged 0-24 months, The Mum Hub is here for YOU! Each week brings a new theme designed to support you through the ups and downs of motherhood, from expert tips to friendly chats over a cuppa'. Babies are absolutely welcome too! For more information, email naomi@positivebirthingandbeyond.org.uk. Solihull Music Service – 16:00-18:00 After school guitar sessions at Elmwood Family Hub! Register your interest on the Solihull Music website: www.solihullmusic.org/our-family-offer	Solihull College sensory play – 12:30-14:30 New ideas for activities to engage your children with an understanding of how to support your child's learning through sensory activities and play. FREE for Solihull residents. To book, email jess.orton@solihull.ac.uk or speak to Hub staff. Super SEN CIC sensory Christmas event – 16:00-18:00 A complete sensory Christmas event running at Elmwood Family Hub on the same evening as the Smith's Wood Christmas lights switch on. To find out more, email supersencic@gmail.com or speak to Family Hub staff.

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

