

## 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><b>Wellbeing advice sessions – 09:00-12:45</b> 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 <a href="tel:08005999880">0800 599 9880</a> or drop-in to the Hub.</p> <p><b>Fit Mama's Exercise Class – 09:30-11:00</b> <i>Term time only</i> Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on <a href="tel:07380314463">0738 031 4463</a>.</p> <p><b>Lactation consultant clinic – 09:30-13:00</b> 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><b>Bradley's Promise information hub – 10:00-14:30</b> <i>8 December</i> Are you a family member or carer of a young person aged between 16-25 years-old with a life-limited condition of Duchenne Muscular Dystrophy or similar, in need of support or advice? Come along to our drop in. For more info, contact Sarah on <a href="tel:07866806672">0786 680 6672</a> or visit <a href="http://www.bradleyspromise.co.uk">www.bradleyspromise.co.uk</a>.</p> <p><b>Infant feeding support group – 10:30-12:00</b> 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 <a href="https://linktr.ee/SolihullJFT">https://linktr.ee/SolihullJFT</a>.</p>	<p><b>Citizens Advice Bureau – 09:00-13:00</b> <i>2 and 16 December</i> Free, confidential, and impartial advice on a range of issues. Book by speaking to reception or by contacting CAB on <a href="tel:08082787976">0808 278 7976</a>.</p> <p><b>Super SEN CIC – 09:30-12:00</b> <i>9 December</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>Newborn hearing screening clinic – 09:00-14:00</b> Booked appointments with the NHS Hearing Screening Team.</p> <p><b>Health visitor clinic – 09:00-17:00</b> Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Community Development Team drop-in – 10:00-12:00</b> <i>16 December</i> 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, finding funding, volunteering, or connecting 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><b>C-section scar advice drop-in – 09:00-11:00</b> <i>10 December</i> An advice session for anyone with a C-section scar who would like to know more about potential treatments and therapy to improve healing, comfort and mobility. For more info, complete the <a href="#">form</a>.</p> <p><b>Midwife clinic – 09:00-17:00</b> Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p><b>Solihull College creative writing – 09:30-11:30</b> <i>Term time only</i> Creative writing for wellbeing. Free creche available. To book, email <a href="mailto:susan.arnold@solihull.ac.uk">susan.arnold@solihull.ac.uk</a>.</p>	<p><b>Newborn hearing screening clinic – 09:00-14:00</b> Booked appointments with the NHS Hearing Screening Team.</p> <p><b>Little Owls group – 09:30-12:00</b> <i>Term time only</i> By referral only.</p>	<p><b>Family Support Service drop-in – 09:00-12:00</b> 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><b>Midwife clinic – 09:00-17:00</b> Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p><b>Solihull College sensory play – 09:30-12:00</b> <i>Term time only</i> Develop some new ideas for activities to engage your children with and to gain an understanding of how to support your child's development and learning through sensory play. To book, call Solihull College on <a href="tel:01216787000">0121 678 7000</a> or speak to Hub staff.</p> <p><b>Solihull College ESOL group – 09:30-12:00</b> <i>Term time only</i> Develop your English speaking, reading and writing skills, and improve your confidence with an ESOL course. To book, call Solihull College on <a href="tel:01216787000">0121 678 7000</a> or via Hub reception.</p>



Download the Solihull Family Hubs app!

Discover upcoming events, useful links, Hub details, and more. Now available in 20 languages on the Apple [App Store](#) and Android [Google Play Store](#)



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



## Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Liberty Circle – 13:00-15:00</b> <i>Term time only</i> An inclusive craft group for anxious girls aged 11-18 to socialise in a safe space. Parents and carers must stay. Session costs £2 per child in cash. To book, email <a href="mailto:Fay.libertycircle@gmail.com">Fay.libertycircle@gmail.com</a> or <a href="mailto:Shelley.libertycircle@gmail.com">Shelley.libertycircle@gmail.com</a>.</p> <p><b>Health visitor clinic – 13:00-16:00</b> Booked appointments with the Health Visiting Team. Book by speaking to your health visitor.</p> <p><b>Self-weigh baby clinic – 13:00-17:00</b> Do you want to get your baby weighed but don't need to see a health visitor? Come along, no appointment necessary. Any questions or concerns contact <a href="https://www.chathealth.org.uk">ChatHealth</a> text service on <a href="tel:07507332563">07507 332563</a> (Monday to Friday, 9:00 AM - 4:00 PM) to receive a response from a health visitor within 24 hours.</p> <p><b>Your Councillor clinic – 14:00-16:00</b> <i>1 December</i> An opportunity to drop-in to speak to your local Councillor for Elmdon ward to discuss any concerns or issues.</p> <p><b>Winnr Sports youth club – 17:30-19:00</b> <i>Term time only</i> A youth club for children aged 7-12 for kids to socialise, explore their interests, and participate in a variety of activities. Book by visiting <a href="http://www.winnrsport.com">www.winnrsport.com</a> or emailing <a href="mailto:info@winnrsport.com">info@winnrsport.com</a>.</p>	<p><b>Stay and play – 13:15-14:45</b> <i>Term time only</i> Due to the popularity of the stay and play, there is currently a waiting list for this group. If you are not already registered, pop along to the Hub to complete a registration form and you will be contacted when a space is available.</p> <p><b>Solihull Community Housing drop-in – 13:15-14:45</b> <i>2, 9, and 16 December</i> Information and advice on community housing. The SCH customer contact centre is available between 09:00-17:00, Monday to Friday, by calling on <a href="tel:01217171515">0121 717 1515</a>.</p> <p><b>Inclusive Sports academy – 17:30-20:15</b> <i>Term time only</i> Inclusive Sports session for children and young people. To book, call <a href="tel:07743713161">0774 371 3161</a> or email <a href="mailto:eva@inclusivesportsacademy.org">eva@inclusivesportsacademy.org</a>.</p>	<p><b>Steps to the Real Me by The Colebridge Trust – 13:00-16:00</b> Working together to help young people aged 13-25 to reach their full potential, through a combination of outdoor play, creative art and drama activities, sport-based intervention and personal development. For more information or to register interest, contact <a href="tel:01214480720">0121 448 0720</a> or email <a href="mailto:youth@colebridge.org">youth@colebridge.org</a>.</p> <p><b>Liberty Circle cooking class – 13:30-15:00</b> <i>Term time only</i> A cooking class for children aged 11-16 years who are home-educated. Learn a new culinary skill, develop independence in the kitchen, and explore foods from around the world. Each course will last 12 weeks and will have 8 spaces. Priority will be given to children who are known to the Connected Care Network, but all children and young people are welcome. To book, email <a href="mailto:Fay.libertycircle@gmail.com">Fay.libertycircle@gmail.com</a> or <a href="mailto:Shelley.libertycircle@gmail.com">Shelley.libertycircle@gmail.com</a>.</p> <p><b>Liberty Circle – 17:00-19:00</b> <i>Term time only</i> An inclusive craft group for anxious girls aged 11-18 to enable them to socialise in a safe space. Parents/carers must stay. £2 per child paid in cash. Booking essential. Please email: <a href="mailto:Fay.libertycircle@gmail.com">Fay.libertycircle@gmail.com</a> or <a href="mailto:Shelley.libertycircle@gmail.com">Shelley.libertycircle@gmail.com</a>.</p>	<p><b>We are closed to the public on Thursday from 12:00 onwards.</b></p> <p><b>Early Intervention Service – 12:00-16:00</b> By referral only. Led by Birmingham and Solihull Mental Health NHS Foundation.</p> <p><b>Young carers club – 17:00-21:00</b> <i>4 December</i> By referral only.</p> <p><b>Bradley's Promise social group – 16:00-20:00</b> <i>11 and 18 December</i> For young people aged 16-25 living with life-limiting conditions such as Duchenne Muscular Dystrophy and similar conditions. Come along, have fun, and make new memories! We can't wait to welcome you! For more information contact Sarah Green on <a href="tel:07866806672">07866 806672</a> or visit <a href="http://www.bradleypromise.co.uk">www.bradleypromise.co.uk</a></p>	<p><b>Fit Mama's exercise class – 12:00-14:00</b> <i>Term time only</i> Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on <a href="tel:07380314463">0738 031 4463</a>.</p> <p><b>Talking Therapies – 12:00-15:30</b> By referral only.</p> <p><b>Crochet club – 13:00-15:00</b> 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><b>Early Years music sessions – 14:00-14:30</b> Free, fun music sessions for children aged 0-5 delivered by Solihull Music. Book via the <a href="#">form</a> or pop-in on the day!</p> <p><b>Signpost Inclusion – 17:30-21:45</b> <i>Term time only</i> A charity that provides SEND clubs to children, young people, and families. For more info, email <a href="mailto:vickiedawkins@signpostinclusion.org.uk">vickiedawkins@signpostinclusion.org.uk</a>.</p>

### Wellbeing and advice

#### Here2Help

We're Here2Help 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).

### What else can the Family Hubs offer?

#### 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 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

#### Download our app!

Discover upcoming events, available on the [App Store](#) and [Google Play Store](#)

#### Community wardrobe

Free clothing