

## 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>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>Family learning activities for parents and children – 09:30-11:30</b> <i>Term time only – last session on 8 December</i> Join Lisa from Solihull College to play and/or 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>Movie Monday – 10:00-12:00</b> <i>22 and 29 December</i> Come along to watch the festive films Klaus (22 December) and The Christmas Chronicles (29 December).</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 every month – 9 December</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>2 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>Solihull Lifestyle Service – 09:30-13:00</b> <i>Fortnightly – 2 and 16 December</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 info, call <a href="tel:08005999880">0800 599 9880</a> or drop-in to see one of our advisors.</p>	<p><b>Self-weigh baby clinic – 09:00-12:00</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 ChatHealth text service on <a href="tel:07507332563">0750 733 2563</a> (Monday to Friday, 09:00-16:00) to receive a response from a health visitor within 24 hours.</p> <p><b>Health visitor clinic – 09:00-17:00</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 – 3, 10, 17 December</i> Come and join in with our FREE stay and play. Fun and engaging activities for toddlers aged 0-4 years. No need to book, just drop-in. Session on 17 December is a Christmas-themed stay and play.</p> <p><b>Solihull College adult maths – 09:30-12:00</b> <i>Term time only</i> To book, email <a href="mailto:katrina.griffin-jones@solihull.ac.uk">katrina.griffin-jones@solihull.ac.uk</a>.</p>	<p><b>Positive Birthing and Beyond pregnancy support – 09:00-12:00</b> <i>Starting 4 December</i> Baby massage for four weeks. To book, email <a href="mailto:info@positivebirthingandbeyond.org.uk">info@positivebirthingandbeyond.org.uk</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>Fit Mama's exercise class – 10:00-12:00</b> <i>Term time only</i> Bring your little ones with you to join in with some gentle postnatal exercise classes. Two times available, 10:00-11:00 and 11:00-12:00. £3 per session. To book, contact <a href="tel:07380314463">0738 031 4463</a>.</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>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>Kinship coffee morning group – 10:00-11:30</b> <i>First Friday of every month – 5 December</i> Peer support group for carers to meet, listen, and support those in similar circumstances. Suitable for adults. To attend, email or call Lisa on <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>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 and their parents or carers.</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](#)

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



## Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Solihull College conversation club – 13:00-15:00</b> <i>Term time only – last session 1 December</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.</p> <p><b>Young people's online citizen project survey – 16:00-18:00</b> <i>Term time only</i> Are you aged 13-19 and want to be internet citizens? Come along and get involved. No need to book, just drop-in.</p>	<p><b>30 December</b> <b>Christmas biscuit decorating – 11:00-12:00</b> <b>Flip and Dippy elf and little disco show – 12:00-14:00</b> Including balloon animals!</p> <p><b>We Care UK mobile food pantry – 11:00-13:00 NEW 9 December</b> Located in the car park - come and collect fresh food.</p> <p><b>Super Sensory Seekers – 12:30-14:00 NEW 2 December</b> Stay and play by Super SEN CIC.</p>	<p><b>Infant feeding support group – 12:00-13:30</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>Parent education – 12:00-16:00</b> <i>Third Thursday of every month – 18 December</i> Session ran by the young parent midwifery team at University Hospital Birmingham. Book by speaking to your midwife.</p> <p><b>Yums club – 12:00-14:30</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>. Yums Christmas party on 18 December.</p> <p><b>Moo Music stay and play – 12:45-14:15</b> <i>4 and 11 December (Term time only)</i> Mixed moo's – 13:00-13:30 Baby moo – 14:00-14:30 £3 per session. To book, call Kally at <a href="tel:07950934194">0795 093 4194</a> or email <a href="mailto:kally.moo.music@gmail.com">kally.moo.music@gmail.com</a>.</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>Steps to the real me by The Colebridge Trust – 14:00-16:00</b> Working together to help young people aged 13-25 to reach their full potential through a combination of outdoor play, creative art, drama activities, sport-based intervention, and personal development. For more info or to register interest, call <a href="tel:01214480720">0121 448 0720</a> or email <a href="mailto:youth@colebridge.org">youth@colebridge.org</a>.</p> <p><b>Super SEN family youth group and games club – 17:00-18:30</b> <i>11 December</i> Activities and games with Super SEN CIC for children ages 10-16 years with their families. Email <a href="mailto:supersencic@gmail.com">supersencic@gmail.com</a> to find out more/book a space.</p>	<p><b>Family Nurse Partnership young parents stay and play – 13:00-15:00</b> <i>First Friday of every month – 5 December</i> No booking required. All young parents and their babies or pre-school children welcome. For more info, call Emily (Health Visitor) on <a href="tel:07813362911">0781 336 2911</a>.</p> <p><b>Decorate our Christmas tree – 14:30-15:30</b> <i>5 December</i></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).

#### 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 to people of all ages. Call [0800 915 9292](tel:08009159292) or [0121 262 3555](tel:01212623555).

#### Download our app!

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

### 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

