

## 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
<p><b>Employment, training and digital skills support – 09:00-16:00</b> Support with job searching, creating, emailing and sending your CV. Drop in or call <u>0121 779 1724</u> to book an appointment.</p> <p><b>Baby group – 10:00-11:00</b> Sensory time, tummy time, and baby toys! For parents with babies under the age of 1 year to meet up and chat over a warm drink. Parents must stay and supervise their children. No booking required. Pre-walkers.</p> <p><b>Healthy Hearts project – 13:00-15:00</b> <i>First Monday of the month – 5 January</i> Please come along and speak to Colebridge Healthy Hearts team for stop smoking advice.</p> <p><b>Stay and play – 13:30-15:00</b> 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 the fun!</p> <p><b>Family fun – 15:30-16:30</b> Play board games, do quizzes, art, table tennis and other fun activities. Suitable for ages <b>4-12</b>, parents/carers must stay and supervise their children.</p>	<p><b>Health visitor clinic – 09:00-14:00</b> Booked appointments for parents and their babies and children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Midwifery team workshops – 09:30-15:30</b> Community midwives that provide maternity care outside of a hospital setting.</p> <p><b>Community coffee morning for professionals – 10:30-11:30</b> Professionals are invited to come along and share what their organisation does to support local families.</p> <p><b>Sensory room</b> Slots available for the sensory room after 14:30. To book, call Evergreen on <u>0121 779 1724</u>.</p>	<p><b>Employment, training, &amp; digital skills – 09:00-16:00</b> Support with job searching and creating, emailing, and sending your CV. To book, call <u>0121 779 1724</u> or drop-in.</p> <p><b>Born 2 Sing for babies – 10:00-11:00</b> Interactive classes for ages 3-24 months to explore colours, textures, and sing! Sessions are FREE, funded by The Colebridge Trust. To book, email <a href="mailto:Info@born2sing.co.uk">Info@born2sing.co.uk</a> or visit <a href="http://www.born2sing.co.uk">www.born2sing.co.uk</a></p> <p><b>Health in the hearts of our community – 10:30-12:00</b> Social group including fun games and a cuppa! Learn more about heart health and have one-to-one consultations.</p> <p><b>Family support worker drop-in – 13:00-16:00</b> Advice, support, and signposting to other services. Helpline is provided at Evergreen on Wednesday afternoon on <u>0121 788 4327</u>.</p> <p><b>Parents drop-in session – 14:00-15:00</b> Visit Evergreen for a chat about how staff can provide support and signpost to local services, or just for general advice.</p> <p><b>Family fun workshop – 15:30-16:30</b> Board games, quizzes, art, table tennis, and more! Suitable for ages <b>4-12</b>. Parents or carers must stay and supervise their children.</p>	<p><b>Health visitor clinic – 09:00-14:00</b> Booked appointments for parents and their babies and children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Solihull College – 09:15-14:00</b> Provision, creative arts, and journaling courses available.</p> <p><b>Women's group – 14:00-15:00</b> <i>Second Thursday of the month – 8 January</i> A safe, supportive, and empowering group for women in north Solihull. For more information, call <u>0744 209 2775</u>.</p> <p>Healthy hearts keep fit session. Get active at Evergreen health workshop for parents and adults.</p> <p><b>Sensory room</b> Slots available for the sensory room after 14:00. To book, call Evergreen on <u>0121 779 1724</u>.</p>	<p><b>Digital Divide – 09:00-15:30</b> Support with job searching, phone and computer skills, and creating, emailing and sending your CV. To book, call <u>0121 779 1724</u> or drop-in.</p> <p><b>Midwifery team – 09:30-15:30</b> Community midwives that provide maternity care outside of a hospital setting. Parent consultation workshops with the midwifery team.</p> <p><b>Stay and play – 10:00-11:30</b> 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 the fun.</p> <p><b>Digital Divide computer group – 13:30-14:30</b> Computer group including job site training, learning free apps, scam awareness, and support your health online. For more information, call <u>0121 448 0720</u>.</p> <p><b>Family activities – 13:30-15:00</b> Bring your homework, play board games, do quizzes, art, table tennis and other fun activities. Suitable for <b>4-12</b> years. Parents or carers must stay and supervise their children.</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).

### 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 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 every day, 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.

#### Stay and play area

Toys, books, and soft play

#### Sensory room

To book, call 0121 779 6943

#### Computers and private work pods

Internet and phone access

#### Community wardrobe

Free warm winter clothing

[42 Kingshurst Way, Kingshurst, Solihull, B37 6DX](http://42 Kingshurst Way, Kingshurst, Solihull, B37 6DX)