

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>Women's community drop-in – 09:00-13:00 23 February Providing confidential emotional and practical support. Runs the last Monday of every month.</p> <p>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.</p> <p>Marvellous Makers – 10:00-12:00 Weekly 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.</p>	<p>Solihull Community Housing – 09:30-11:30 Information and advice on housing issues. No appointment required, just drop-in.</p> <p>Solihull College family learning – 09:30-11:30 Term time only Join Kerry from Solihull College to create a variety of activities to enjoy at home with your little one. Suitable for ages 18 months and above. To book, email www.solihull.ac.uk/community-education or email katrina.griffin-jones@solihull.ac.uk.</p> <p>Super SEN – 09:30-12:00 17 February Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism. Half term sensory crafting running during this session!</p> <p>The Community Wardrobe Exchange – 09:30-16:00 17 February Pop into this fabulous community event, no prebooking required. Adult and children's clothing will be available along with other items, refreshments and a clothing repair area. All items are free but please bring a bag. Delivered by The Uplift Initiative CIC.</p>	<p>Solihull College digital skills – 09:00-11:00 Term time only Free 10-week course with a friendly tutor to learn new computer skills. Suitable for beginners. To book, speak to Family Hub staff.</p> <p>Uplift Initiative wellness walk – 10:00-12:00 4, 11 and 18 February Join us for a gentle walk, good conversation and a cosy cuppa afterwards (and cake!) Meet at the Family Hub for 10am. For more information, email or call Tammy on theuplift.org@gmail.com or 0730 313 7292.</p> <p>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.</p>	<p>Solihull SENDIAS – 09:30-11:30 26 February 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.</p> <p>Citizens Advice Solihull drop-in – 09:30-12:30 5 and 19 February Citizens Advice provide free, practical advice.</p> <p>Solihull Lifestyle Service – 11:00-13:00 5 and 19 February Drop-in to get advice and discuss your lifestyle needs, including free height, weight, BMI, blood pressure, and atrial fibrillation readings.</p> <p>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.</p> <p>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.</p>	<p>Moo Music stay and play – 09:30-11:05 26 February New weekly group offering a structured musical sensory session for under 5's. Mixed moo's – 09:30-10:05 Baby moo – 10:30-11:05 £3 per session. To book, call Kally at 0795 093 4194 or email kally.moo.music@gmail.com.</p> <p>Crochet Friday with Sarah – 6 February Join Sarah and Solihull SEND Support Group to chill, chat and crochet. Everyone is welcome both beginners and experienced crocheters. A place to seek advice and tips and some escapism as your mental health matters. For more information, visit www.solihullsendsupportgroup.co.uk.</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](#)



Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Health in the Hearts of our Community- 13:00-15:00 Help and advice around weight management, smoking, physical activity and much more. Speak to a member of staff at Elmwood to make an appointment.</p> <p>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.</p>	<p>EPAS attendance support drop-in – 11:30-13:30 The Education Participation Advisory Service (EPAS) offer advice, support and guidance about school attendance. No appointment required, please pop in to see the team.</p> <p>Family support drop-in – 13:00-16:00 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>Alzheimer's Society – 13:00-16:00 <i>Starting 11 February</i> Information and peer support for carers of people with dementia as part of the 6-week Solihull Carers Information Programme (SCIP). For more information, please email Jody.Dawson@alzheimers.org.uk</p> <p>Little Brum Youth Theatre group – 17:30-18:30 Big Brum Theatre in Education is launching a youth theatre for all year 6 children in Solihull. They recently visited local schools to tell the story of 'The Little Red Cap', sparking their imaginations and passion for performative theatre. To sign up or to find out more, email katie@bigbrum.org.uk.</p>	<p>Bhangra Bounce – 13:00-15:00 <i>19 February</i> Especially for half term, join this Bhangra Bounce dance session - get moving and having lots of fun! Vibrant music, links to healthy lifestyles, understanding the diverse world, build confidence, having fun and your children will enjoy themselves in a team environment. Suitable for children up to KS2. Booking essential, please contact Family Hub staff.</p> <p>Solihull Music Service – 16:00-18:00 <i>Term time only</i> After school guitar sessions at Elmwood Family Hub! Register your interest here: https://www.solihullmusic.org/our-family-offer</p>	<p>Solihull College sensory play – 12:30-14:30 <i>Term time only</i> 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.</p> <p>Mother's Day Photoshoot- 09:30-16:00 <i>20 February</i> Karen will be at Elmwood Family Hub to take a photo of you and your child/ children for Mothers Day. Digital photos can be purchased for £10 for one or £30 for four. To book, contact Family Hub staff on 0121 779 1700 or pop in for more details.</p>

[37 Burtons Way, Smith's Wood, Solihull, B36 0UG](https://www.solihull.gov.uk/elmwood-family-hub)

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	Computers and private work pods Internet and phone access	Community wardrobe Free clothing