

## 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
<b>Women's community drop-in – 09:00-13:00</b> <b>5 and 19 January</b> Providing emotional and practical support.	<b>Solihull Community Housing – 09:30-11:30</b> Information and advice on housing issues. No appointment required, just drop-in.  <b>Solihull College family learning – 09:30-11:30</b> <b>Term time only</b> 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 Y1 – Y6. Grandparents and other carers welcome! FREE for Solihull residents. For more information, visit <a href="http://www.solihull.ac.uk/community-education">www.solihull.ac.uk/community-education</a> or email <a href="mailto:katrina.griffin-jones@solihull.ac.uk">katrina.griffin-jones@solihull.ac.uk</a> .	<b>Solihull College digital skills – 09:00-11:00</b> <b>Term time only</b> Free 10-week course with a friendly tutor to learn new computer skills. Suitable for beginners. To book, speak to Family Hub staff.  <b>Uplift Initiative wellness walk – 10:00-12:00</b> <b>7 and 21 January</b> 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 <a href="mailto:theuplift.org@gmail.com">theuplift.org@gmail.com</a> or 0730 313 7292.	<b>Solihull SENDIAS – 09:30-11:30</b> <b>22 January</b> 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.  <b>Citizens Advice Solihull drop-in – 09:30-12:30</b> <b>8 and 22 January</b> Citizens Advice provide free, practical advice.	<b>North Solihull Additional Needs Support Group – 09:30-11:30</b> <b>9 and 23 January</b> For children with additional needs and their parents or carers. To book, email <a href="mailto:northsolihulladditionalneedsgroup@outlook.com">northsolihulladditionalneedsgroup@outlook.com</a> . For more information, visit <a href="http://www.solihullsendsupportgroup.co.uk">www.solihullsendsupportgroup.co.uk</a> .
<b>Health Visitor clinic – 09:30-12:00</b> Booked appointments for parents and their babies, and children with the Health Visiting Team. Book by speaking to Hub staff or your Health Visitor.	<b>Super SEN – 09:30-12:00</b> <b>20 January</b> Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.	<b>Anxiety management support group for adults – 11:00-13:00</b> Weekly anxiety support group open for age 18 and above. Delivered by Reimagine Me CIC. For more information, email or call Michelle on <a href="mailto:info@reimagineme.cic.org">info@reimagineme.cic.org</a> or 0755 389 9373.	<b>Solihull Lifestyle Service – 11:00-13:00</b> <b>15 and 29 January</b> Drop-in to get advice and discuss your lifestyle needs, including free height, weight, BMI, blood pressure, and atrial fibrillation readings.  <b>Baby massage – 11:15-12:15</b> Join us for some bonding time with your baby. To book, email <a href="mailto:michelle.meryon@ordinarymagic.co.uk">michelle.meryon@ordinarymagic.co.uk</a> or speak to Hub staff.	<b>Health Visitor clinic – 09:30-12:00</b> Booked appointments for parents and their babies, and children with the Health Visiting Team. Book by speaking to Hub staff or your Health Visitor.
<b>Marvelous Makers – 10:00-12:00</b> 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.	<b>Baby massage – 10:15-11:00</b> Join us for some bonding time with your baby. To book, Email <a href="mailto:Michelle.meryon@ordinarymagic.co.uk">Michelle.meryon@ordinarymagic.co.uk</a> or speak to Hub staff.	<b>Musical explorers' early years session – 11:30-12:00</b> FREE, fun, drop-in music sessions followed by a relaxed stay and play. Suitable for ages 0-5. Delivered by Solihull Music. Siblings welcome.		

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](#)

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

Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Boys Autism group – 16:00-18:00</b> <b>Term time only</b> Run by Ordinary Magic for boys with Autism. To book or find out more, email <a href="mailto:michelle@ordinarymagic.co.uk">michelle@ordinarymagic.co.uk</a>.</p>	<p><b>EPAS attendance support drop-in – 11:30-13:30</b> 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><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>Little Brum Youth Theatre group – 17:30-18:30</b> <b>Starting 14 January</b> 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 <a href="mailto:katie@bigbrum.org.uk">katie@bigbrum.org.uk</a>.</p>	<p><b>Stay and play – 12:30-14:00</b> <b>Every other week – 8 and 22 January</b> 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!</p> <p><b>The Mum hub – 13:00-15:00</b> 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 <a href="mailto:naomi@positivebirthingandbeyond.org.uk">naomi@positivebirthingandbeyond.org.uk</a>.</p> <p><b>West Midlands Police – 15:00-16:00</b> <b>8 January</b> Pop in to see your local neighbourhood officers for any help, advice, or to discuss local issues.</p> <p><b>Solihull Music Service – 16:00-18:00</b> After school guitar sessions at Elmwood Family Hub! Register your interest here: <a href="https://www.solihullmusic.org/our-family-offer">https://www.solihullmusic.org/our-family-offer</a></p>	<p><b>Solihull College sensory play – 12:30-14:30</b> 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 <a href="mailto:jess.orton@solihull.ac.uk">jess.orton@solihull.ac.uk</a> or speak to Hub staff.</p>

<b>Wellbeing and advice</b>	<b>Here2Help</b> Family Hubs can help with food, toiletries, fuel, money, staying well, and keeping safe. To find out more, visit <a href="https://www.solihull.gov.uk/here2help">www.solihull.gov.uk/here2help</a> .	<b>Health visiting</b> To speak to a health visitor, text Chat Health on 0750 733 2563 between 09:00-16:00, Monday-Friday.	<b>Women's Aid</b> 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.	<b>Mental health support</b> 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.	<b>Midwives</b> Please call your midwife using the phone number in your red book.
<b>What else can the Family Hubs offer?</b>	<b>Help and support</b> Speak to our friendly staff	<b>Stay and play area</b> Toys, books, and soft play	<b>Sensory room</b> To book, call <a href="tel:01217796943">0121 779 6943</a>	<b>Computers and private work pods</b> Internet and phone access	<b>Community wardrobe</b> Free clothing