

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>Employment, training, and digital skills support - 09:00-16:00 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>Evergreen baby group - 10:00-11:00 An opportunity for new moms and dads to meet other local parents, build friendships, and play and bond with their babies. Sensory play also available. For ages 0-12 months (pre walkers). No booking required.</p> <p>Stay and play - 13:00-14:30 Come and play and meet new friends. Suitable for ages 0-4 and their parents or carers. No booking required, just come along and join in the fun! Sensory play also available.</p> <p>Family fun - 15:30-16:15 Play board games, do quizzes, art, table tennis, bring your homework, and other fun activities. Suitable for ages 4-12. Parents/carers must stay and supervise their children. Sensory play also available.</p>	<p>Health Visitor clinic - 09:00-14:00 Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>Family Helpline - 09:00-16:00 The Family Support Team can be called on <u>0121 788 4327</u> for parenting and family guidance, signposting to local services, and advice regarding behaviour and social development. Evergreen staff can signpost daily when needed.</p> <p>Midwifery team - 09:30-15:30 Community midwives that provide maternity care outside of a hospital setting. Parent consultation workshops with midwifery team.</p> <p>Sensory room - 14:30 Families can call Evergreen to book sensory room slots after 14:30 by calling 0121 779 1724.</p>	<p>Employment, training, and digital skills support - 09:00-16:00 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>Born 2 Sing Baby Notes - 10:00-11:00 An opportunity for children aged 3-24 months to explore colours and exciting textures to support their speech and language development through interactive classes. Sessions are FREE, funded by The Colebridge Trust. To book, visit www.born2sing.co.uk or email Info@born2sing.co.uk.</p> <p>Family support working team are available through the helpline - 9:00 am - 4:00 pm during February on the following number - 0121 788 4327 Parenting and family guidance, signposting to local services. Can offer advice regarding behaviour and social development.</p> <p>Family fun - 15:30-16:15 Play board games, do quizzes, art, table tennis, bring your homework and other fun activities. Suitable for ages 4-12. Parents/carers must stay and supervise their children. Sensory play also available.</p>	<p>Health Visitor clinic - 09:00-14:00 Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>Solihull College - 09:15-14:00 Provision, creative arts, and journaling courses available. Book through Solihull College. Term time only.</p> <p>Women's well-being hub - 14:00-15:30 5 and 19 February A safe supportive and empowering place for women of all different ages living in the North of Solihull.</p> <p>Community wardrobe - 10:00-14:00 26 February All clothing items are FREE. Please bring a bag. Donations are welcome but not required. No need to book, just drop-in.</p>	<p>Digital divide - 09:00-15:30 Support with job searching, creating, emailing, sending your CV, and phone and computer skills. Drop in or call <u>0121 779 1724</u> to book an appointment.</p> <p>Midwifery team - 09:30-15:30 Community midwives that provide maternity care outside of a hospital setting.</p> <p>Stay and play - 10:00-11:30 Come and play and meet new friends. Suitable for ages 0-4 and their parents or carers. No booking required, just come along and join in the fun!</p> <p>Computer group - 13:30-14:30 A fun, simple, and hands-on IT lesson with Chris. Free apps you should know, how to stay safe online, and CV and interview preparation.</p> <p>Family fun - 13:30-15:00 Play board games, do quizzes, art, table tennis, bring your homework and other fun activities. Suitable for ages 4-12. Parents/carers must stay and supervise their children. Sensory play also available.</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.

What else can the Family Hubs offer?

Help and support
Speak to our friendly staff

Health visiting
Text Chat Health on 0750 733 2563 between 09:00-16:00, Mon-Fri.

Women's Aid
If you or someone you know needs support, call 0808 800 0028 between 09:15-17:15.

Mental health support
From the BSOL Mental Health NHS Foundation Trust provide guidance and reassurance to 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

