

**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. To book an appointment, call <a href="tel:01217791724">0121 779 1724</a>.</p> <p><b>Baby group – 10:00-11:00</b> 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. Suited for ages 0-12 months (pre-walkers). No booking required.</p> <p><b>Stay and play – 13:00-14:30</b> 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><b>Family fun – 15:30-16:30</b> Play board games, do quizzes, art, table tennis and other fun activities. Parents must stay and supervise their children. Sensory play also available. Suitable for ages 4-12 years. No booking required, just come along and join in the fun!</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 – 09:30-15:30</b> Community midwives that provide maternity care outside of a hospital setting. Parent consultation workshops with midwifery team.</p> <p><b>Sensory room – 14:30 onwards</b> Bookable slots are available for the sensory room after 14:30 until close. To book, call <a href="tel:01217791724">0121 779 1724</a>.</p>	<p><b>Family Helpline – 09:00-16:00</b> The Family Support Team are available on <a href="tel:01217884327">0121 788 4327</a> for parenting and family guidance, signposting to local services, and advice regarding behaviour and social development.</p> <p><b>Employment, training and digital skills support – 09:00-16:00</b> Support with job searching, creating, emailing and sending your CV. To book an appointment, call <a href="tel:01217791724">0121 779 1724</a>.</p> <p><b>Born 2 Sing baby notes – 10:00-11:00</b> <b>Last session on 4 March</b> Interactive singing classes for little one's ages 3-24 months to explore new textures and exciting colours! Supports speech and language development. Sessions are FREE, funded by The Colebridge Trust. To book, visit <a href="http://www.born2sing.co.uk">www.born2sing.co.uk</a> or email <a href="mailto:info@born2sing.co.uk">info@born2sing.co.uk</a>.</p> <p><b>NeuroSpicy with Super SEN – 14:00-16:00</b> A supportive, hands-on family cooking session for children and young people with SEND. We prepare simple dishes together in a calm, structured environment that builds confidence, independence, and positive experiences around food. For more information, email <a href="mailto:supersencic@gmail.com">supersencic@gmail.com</a>.</p> <p><b>Cartoon club – 15:30-16:30</b> Enjoy watching your favourite cartoons! Suitable for 4-12-year-olds. No need to book, just drop-in.</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> <b>Term time only</b> Creative arts, provision, and journaling courses available. Book through Solihull College.</p> <p><b>Women's wellbeing hub – 14:00-15:30</b> <b>5 and 19 March</b> A safe, supportive, and empowering place for women of all different ages living in the north of Solihull.</p> <p><b>Community wardrobe – 10:00-13:30</b> <b>26 March</b> Community clothing and toys event. All items are FREE! Please bring a bag. Donations are welcome but not expected. No need to book, just drop-in.</p>	<p><b>Digital divide – 09:00-15:30</b> Support with job searching, creating, emailing and sending your CV, as well as phone and computer skills. To book, call <a href="tel:01217791724">0121 779 1724</a> 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 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 or carers. No booking required, just come along and join in the fun!</p> <p><b>Computer group – 13:30- 14:30</b> A fun, simple, and hands-on IT lesson with Chris. Free apps you should know, how to stay safe online, and CV/interview prep.</p> <p><b>Family fun – 13:30-15:00</b> Bring your homework, play board games, do quizzes, art, table tennis and other fun activities. Parents or carers must stay and supervise their children. Suitable for ages 4-12 years. No booking required, just come along and join in the fun! 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](http://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](tel:07507332563) between 09:00-16:00, Mon-Fri.

**Stay and play area**

Toys, books, and soft play

**Women's Aid**

If you or someone you know needs support, call [0808 800 0028](tel:08088000028) between 09:15-17:15.

**Sensory room**

To book, call [0121 779 6943](tel:01217796943)

**Mental health support**

From the BSOL Mental Health NHS Foundation Trust provide guidance and reassurance to all ages. Call [0800 915 9292](tel:08009159292) or [0121 262 3555](tel:01212623555).

**Computers and private work pods**

Internet and phone access

**Midwives**

Please call your midwife using the phone number in your red book.

**Community wardrobe**

Free clothing

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

