

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>Self-weigh well baby clinic – 09:00-12:00 <i>Every Monday</i> Do you want to get your baby weighed but don't need to see a health visitor? Come along, no appointment necessary. Any questions or concerns, contact ChatHealth text service on 0750 733 2563</p> <p>Women's community drop-in – 09:00-13:00 <i>27 April</i> Providing confidential emotional and practical support. Runs the last Monday of every month.</p> <p>Marvellous Makers – 10:00-12:00 <i>Every Monday</i> 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 <i>Every Tuesday</i> Information and advice on housing issues. No appointment required, just drop-in.</p> <p>Make a bird box craft session 7 April Come along to this free, fun and creative workshop where children will decorate their own bird box to take home! Suitable for children aged 5-11 years, limited places and booking essential – contact Family Hub staff to book.</p> <p>Super SEN CIC and Food for Thought – 09:30-12:00 <i>21 April</i> Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism. This session includes a live cooking and wellbeing demonstration exploring how simple foods can support mood, focus and wellbeing.</p> <p>The Community Wardrobe Exchange – 09:30-13:00 <i>7 April</i> 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 workshop. 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 <i>Term time only</i> 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>Early Years Team SEND conference – 09:30-12:30 <i>22 April</i> This event is designed for Solihull parents of children under 5 years with any form of SEND. Drop in for a chance to speak with Solihull's professional teams, ask questions, and receive face-to-face advice.</p> <p>Social Prescribing Drop in – 09:30-12:00 <i>29 April</i> Join us for a chat with our friendly Social Prescribers who are here to provide help and guidance around topics such as debt and finances, social isolations, carers support, community and lifestyle information and employment.</p> <p>Uplift Initiative wellness walk – 10:00-12:00 <i>7 April</i> 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.</p>	<p>Solihull SENDIAS – 09:30-11:30 <i>23 April</i> 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>Solihull Lifestyle Service – 11:00-13:00 <i>16 and 30 April</i> 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 <i>Every Thursday</i> 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 <i>Every Thursday</i> 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 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>'My Time to Play' guide dogs group 10 and 24 April My Time to Play is a fun and supportive group for children with a visual impairment and their families led by Habilitation Specialists. For more information, email information@guidedogs.org.uk</p>

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

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 <i>Every Monday</i></p> <p>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></p> <p>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 <i>Every Tuesday</i></p> <p>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>LifeSkills by Family Action – 12:30-14:30 FREE four-week course on topics such as budgeting, problem solving, and communication skills. Suitable for adults and students. To book, email gillian.kelsall@family-action.org.uk or call 0121 779 1700.</p> <p>Family support drop-in – 13:00-16:00 <i>Every Tuesday</i></p> <p>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>Anxiety management support group for adults – 11:00-13:00 <i>Every Wednesday</i></p> <p>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>Alzheimer's Society – 13:00-16:00 <i>Every Wednesday</i></p> <p>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 <i>Every Wednesday</i></p> <p>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>Smokefree Solihull clinic – 13:00-15:00 <i>Every Thursday</i></p> <p>Stop smoking support and advice. To book, pop in for a chat or book via https://smokefreesolihull.co.uk.</p> <p>After school craft club– 15:30-16:30 <i>Term time only</i></p> <p>Get creative and join the crafting fun! Come along to this free after school arts and crafts group for parents and children, delivered by Solihull College.</p> <p>Solihull Music Service – 16:00-18:00 <i>Term time only</i></p> <p>After school guitar sessions at Elmwood Family Hub! Register your interest here: www.solihullmusic.org/our-family-offer.</p>	<p>Solihull College sensory play – 12:30-14:30 <i>Term time only</i></p> <p>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 jessica.orton@solihull.ac.uk or speak to Hub staff.</p> <p>Movie afternoon – 13:00-15:00 <i>10 April</i></p> <p>Join us at Elmwood Family Hub for our movie afternoon, watching Hop! No booking required but session will close when at capacity, arrive promptly to avoid disappointment.</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.

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 0800 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](tel:01217796943)

Computers and private work pods

Internet and phone access

Community wardrobe

Free clothing