

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>25 May</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>Super SEN CIC and Food for Thought – 09:30-12:00 <i>19 May</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>Community wardrobe exchange – 09:30-13:00 <i>5 May</i> 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. No booking required. Delivered by The Uplift Initiative CIC.</p> <p>Mama and mini fitness – 10:00-11:00 <i>Term time only</i> Bring your little ones with you to join relaxed, fun and inclusive exercise class suitable for all levels. £3 per session. To book, message Kayleigh on 0738 031 4463.</p> <p>FREE bike check and security marking – 10:30-14:30 <i>26 May</i> Plus FREE puncture repair patches and tyre levels. Suitable for all Solihull residents. No need to book, just roll up!</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>Social prescribing drop in – 09:30-12:00 <i>27 May</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>Every Wednesday</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>Anxiety management support group for adults – 11:00-13:00 <i>Every Wednesday</i> 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>NOTICE Activities will not be running on Thursday 7 May as the Hub is being used as a polling station for the local elections. More information on voting can be found on the Council website (http://bit.ly/3QviZtx).</p> <p>Solihull SENDIAS – 09:30-11:30 <i>28 May</i> If you have a child with Special Educational Needs (SEN) and would like free and impartial information and advice, SENDIAS can advise about SEN processes relating to support in schools, Education, Health and Care Plans (EHCPs), and more.</p> <p>New parent drop-in session – 11:15-12:00 <i>Every Thursday</i> Drop-in to meet other new parents, get advice and enjoy relaxing with your little ones. For more information 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 Mixed moo – 09:30-10:05 Baby moo – 10:30-11:05 New weekly group offering a structured musical sensory session for under 5's. £3 per session. To book, call Kally at 093 4194 or email kally.moo.music@gmail.com.</p> <p>'My time to play' guide dogs group – 09:30-11:30 <i>8 and 22 May</i> 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](https://www.solihull.gov.uk)

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>First aid course for beginners – 12:00-15:00 11 May Give yourself the skills to step up when it matters. The course will also cover paediatric first aid. This is session one of two and both must be attended. To book, email community.projects@solihull.ac.uk</p> <p>Health in the hearts of our community – 13:00-15:00 Every Monday 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 Term time only 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 Every Tuesday 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>First aid course for beginners – 12:00-15:00 12 May Give yourself the skills to step up when it matters. The course will also cover paediatric first aid. This is session two of two and both must be attended. Please email community.projects@solihull.ac.uk</p> <p>Family support drop-in – 13:00-16:00 Every Tuesday 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>Uplift Initiative sewing group – 13:30-15:30 Every Wednesday New sewing group –come along to work on repairs, projects and embroidery. No experience or skill level required. Good conversation and a cosy cuppa available. For more information, email or call Tammy on theuplift.org@gmail.com.</p> <p>Little Brum Youth Theatre group – 17:30-18:30 Every Wednesday 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 Every Thursday Stop smoking support and advice. To book, pop-in for a chat or book on smokefreesolihull.co.uk.</p> <p>After-school craft club – 15:30-16:30 Term time only 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 – 16:00-18:00 Term time only After school guitar sessions at Elmwood Family Hub! Register your interest here: www.solihullmusic.org/our-family-offer.</p> <p>Umbrella sexual health service – 15:00-17:00 14 and 21 May Community sexual health worker, Michelle will be visiting to promote Umbrella sexual health service providers local to Elmwood Family Hub. You'll have the opportunity to take away FREE condoms and STI self-testing kits.</p>	<p>Solihull College sensory play – 12:30-14:30 Term time only 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>

Wellbeing and advice

Best Start in Life

Advice and support for your child's development, from pregnancy to childcare to starting school – beststartinlife.gov.uk

Health visiting

Text Chat Health on [0750 733 2563](tel:07507332563) between 09:00-16:00, Monday-Friday

Women's Aid

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

Mental health support

Call the BSOL Mental Health NHS Foundation Trust on [0800 915 9292](tel:08009159292) or [0121 262 3555](tel:01212623555)

Midwives

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

What else can the Family Hubs offer?

Here2Help

Food, toiletries, fuel, money, and staying well, visit www.solihull.gov.uk/here2help

Stay and play area

Toys, books, and soft play

Sensory room

To book, call [0121 779 1700](tel:01217791700)

Computers and private work pods

Internet and phone access

Community wardrobe

Free clothing