

**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. Drop in or call <a href="tel:01217791724">0121 779 1724</a> to book an appointment.</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/carers. No booking required, just come along and join in the fun! Sensory play also available.</p> <p><b>Self-weigh baby clinic – 12:00-15:00</b> <i>Starting 11 May</i> Do you want to get your baby weighed but don't need to see a health visitor? Just pop in.</p> <p><b>Baby group – 13:00-14:30</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. Suitable for ages 0-12 months (pre-walkers). No booking required.</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. Suitable for ages 4-12 years. Sensory play also available. 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>Family Support Team are available on the Family Helpline – 09:00-16:00</b> By calling <a href="tel:01217884327">0121 788 4327</a> for parenting, family guidance, and signposting to local services, as well as advice regarding behaviour and social development.</p> <p><b>Adult craft and chat – 10:00-11:30</b> Come along and bring any craft you are currently working on. Have a chat over a cuppa and share crafty hints and tips. Some sessions may be guided. No booking required.</p> <p><b>Family fun – 15:30-16:30</b> <i>Starting 5 May</i> Play board games, do quizzes, art, table tennis and other fun activities. Parents must stay and supervise their children. Suitable for ages 4-12 years. Sensory play also available. No booking required, just come along and join in the fun!</p>	<p><b>Employment, training and digital skills support – 09:00-16:00</b> Support with job searching, creating, emailing and sending your CV. Drop in or call <a href="tel:01217791724">0121 779 1724</a> to book an appointment.</p> <p><b>Chit and chat group – 14:00-16:00</b> Come along, make new friends over a cuppa. A friendly, local community group, always looking for new members. No booking required.</p> <p><b>Cartoon club – 15:30-16:30</b> Suitable for ages 4-12 years to come together to enjoy their favourite cartoons. No booking required, just drop-in!</p>	<p><b>NOTICE</b> Activities will not be running on <b>Thursday 7 May</b> as the Hub is being used as a polling station for the local elections. More information on voting can be found on the <a href="http://bit.ly/3QvjZtx">Council website (http://bit.ly/3QvjZtx)</a>.</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 – 09:30-14:00</b> <i>Term time only</i> Provision, creative arts, journaling courses available. Book through Solihull college.</p> <p><b>Kingshurst striders and strollers – 10:00-12:00</b> <i>Fortnightly – 14 and 28 May</i> A great way to meet new people whilst keeping active. Refreshments available at the Hub after the walk.</p> <p><b>Women's wellbeing Hub – 14:00-15:30</b> <i>Fortnightly – 14 and 28 May</i> A safe supportive and empowering place for women of all different ages living in the North of Solihull.</p>	<p><b>Digital divide – 09:00-15:30</b> Support with job searching, creating, emailing and sending your CV. Drop in or call <a href="tel:01217791724">0121 779 1724</a> to book an appointment. Help also with phone and computer skills.</p> <p><b>Midwifery team – 09:30-15:30</b> Community midwives that provide maternity care outside of a hospital setting.</p> <p><b>Stay and play – 10:00-11:30</b> Come and play and meet new friends. Suitable for ages 0-4 years and their parents/carers. No booking required, just come along and join in the fun. Sensory play also available.</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, plus CV and interview prep. To book, call Evergreen on <a href="tel:01217791724">0121 779 1724</a>.</p> <p><b>Baby explorers – 13:30-14:30</b> <i>Starting 8 May</i> Bring your baby along and join in with gentle sensory play, music, arts and crafts, perfect to spark early curiosity. Suitable for ages 0-12 months (pre-walkers). No booking required.</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](http://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](http://www.solihull.gov.uk/here2help)

**Stay and play area**

Toys, books, and soft play

**Sensory room**

Available after 14:30 on Thursdays. To book, call [0121 779 1724](tel:01217791724).

**Computers and private work pods**

Internet and phone access

**Community wardrobe**

Free clothing

[42 Kingshurst Way, Kingshurst, Solihull, B37 6DX](http://42KingshurstWay.Kingshurst.Solihull.B376DX)