



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.

Outreach	Monday	Tuesday	Wednesday	Thursday	Friday
Shirley Heath Junior School, Coombe Road, B90 3DS	Health visitor clinic – 09:00-13:00 Term time only Developmental reviews with the health visiting team. If your child is due a developmental review, you will receive an appointment from your health visitor to attend.	Positive Birthing and Beyond – 10:00-11:30 Term time only A friendly coffee morning with tummy time and baby massage sessions. Suitable for expectant mothers (and their partners) and those with little ones under 1 years old. Meet the team and other local parents. Ordinary Magic – 16:00-18:00 Term time only A friendly group for girls with Autism. For more information, email jackie@ordinarymagic.co.uk .	Fit Mamas – 09:30-11:30 Term time only Bring your little ones with you to join in with some gentle postnatal exercise classes for all levels of fitness. Two one-hour sessions starting at 09:30 and 10:30. £3 per session. To book, contact 0738 031 4463 .		
Meriden CofE Primary School, Fillongley Road, Meriden, CV7 7LW			Health visitor clinic – 13:30-17:00 Term time only Developmental reviews with the health visiting team. If your child is due a developmental review, you will receive an appointment from your health visitor to attend.		Family Hub drop-in sessions – 14:00-16:00 Term time only Advice and support. No need to book, just pop-in.

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](tel:07507332563) between 09:00-16:00, Monday-Friday.

Women's Aid

If you or someone you know needs support, call Women's Aid at [0808 800 0028](tel:08088000028). 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](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?

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 warm winter clothing