

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>Easter crafts and disco – 10:00-12:00 30 March EVENT Join us at Riverside for some Easter crafts and a disco with a special guest appearance. To book, call 0121 779 1750.</p> <p>Health Visitor clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.</p> <p>Midwife clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p>SEND coffee morning – 09:30-11:30 NEW <i>Starting 20 April, term time only</i> Come along for a friendly, informal chat with other parents who get it. Share experiences, ask questions, and connect with a member of Solihull College who brings extensive professional experience supporting Early Years children with SEND, has lived experience as a parent of a child with SEND, and can provide practical ideas and supportive conversation. No need to book, just drop-in!</p>	<p>Women's community drop-in – 09:00-13:00 <i>First Tuesday of every month – 7 April</i> Emotional, practical, and signposting support for women. To find out more, call 0121 722 2142.</p> <p>Health Visitor clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.</p> <p>Midwife clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p>SENDIAS – 09:30-11:30 <i>Second Tuesday of every month – 14 April</i> Drop-in session to provide information, advice, and support to parents of children and young people with special educational needs and disabilities. For more information, call 0121 516 5173.</p> <p>Solihull Lifestyle Service – 09:30-13:00 <i>Fortnightly – 7 and 21 April</i> Free lifestyle checks such as height, weight, BMI, blood pressure, and atrial fibrillation readings, including a free 12-week weight management course. For more information, call 0800 599 9880 or drop-in to see one of our advisors.</p> <p>Solihull Parent Carer Voice coffee and chat - 09:30-11:00 14 April Pop in to speak to SPCV, meet others, share experiences, seek advice/ support. Drop in.</p>	<p>Self-weigh well baby clinic – 09:00-12:00 Every week 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 (Mon-Fri, 09:00-16:00) to receive a response from a health visitor within 24 hours.</p> <p>Health Visitor clinic – 09:00-17:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.</p> <p>Stay and play – 09:30-10:30 15, 22, and 29 April Come and join in with our FREE stay and play. Fun and engaging activities for toddlers aged 0-4 years. No need to book, just drop-in. Term time only.</p> <p>Solihull College adult maths – 09:30-12:00 Term time only To book, email katrina.griffin-jones@solihull.ac.uk.</p>	<p>Health Visitor clinic – 09:00-12:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.</p> <p>Positive Birthing and Beyond pregnancy support – 09:00-12:00 Every week Baby massage or Tummy Time for four weeks. To book, email info@positivebirthingandbeyond.org.uk or visit Eventbrite.</p> <p>Midwife clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p>Wellness breakfast and walk – 09:30-11:00 Every week Join Naomi for breakfast and a play/ chat-weather permitting for a light walk around the local area. Drop in.</p> <p>Solihull Community Housing (SCH) – 10:00-12:00 Every week Information and advice drop-in about community housing. The SCH customer contact centre is available between 09:00-17:00, Mon-Fri, on 0121 717 1515.</p> <p>Solihull College entry level ESOL group – 10:00-12:00 Term time only Do you want to improve your spoken English skills? Join our friendly ESOL (English for Speakers of Other Languages) conversation club. This group is entry level; no English is needed to begin.</p>	<p>Health Visitor clinic – 09:00-12:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.</p> <p>Musical explorers Music session – 10:00-10:30 Play session – 10:30- 11:00 <i>Every week except 3 April</i> Drop-in music and play session for younger children and their parents or carers.</p>





Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Solihull College conversation club – 13:00-15:00 <i>Starting 13 April, term time only</i> Do you want to improve your spoken English skills? Join our friendly ESOL (English for Speakers of Other Languages) conversation club, focusing on grammar.</p> <p>Young people's online citizen project survey – 16:00-18:00 <i>Term time only</i> Are you aged 13-19 and want to be internet citizens? Come along and get involved. No need to book, just drop-in.</p>	<p>We Care UK food pantry van – 11:00-12:30 14 April Located in the car park-come and collect fresh food for £2. Sign up here: https://form.jotform.com/253191775948068</p>	<p>Breastfeeding café – 12:00-13:30 Every week An NHS service that offers breastfeeding cafés run by trained peer supporters who can help you with any infant feeding queries or challenges you are facing. To book, visit https://linktr.ee/Solihull.IFT.</p>	<p>Yums club – 12:00-14:30 Every week Yums club is a weekly support and information group suitable for teenage and young mums age 20 and under. Drop-in or call/ text Jennie on 0786 736 1723.</p> <p>Parent education – 12:00-16:00 Third Thursday of every month – 16 April Session ran by the young parent midwifery team at University Hospital Birmingham. Book by speaking to your midwife.</p> <p>Moo Music stay and play – 12:45-14:15 23 and 30 April Mixed moo's – 12:00am - 1:30pm. Baby moo – 2:00pm - 2:30pm. £3 per session. To book, call Kally at 0795 093 4194 or email kally.moo.music@gmail.com.</p> <p>Family support drop-in – 13:00-16:00 Every week 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>Super SEN family youth group and games club – 17:30-19:00 16 and 30 April Activities and games with Super SEN CIC for children ages 10-16 years with their families. Email supersencic@gmail.com to find out more or book a space.</p>	<p>Easter movie – 12:00-14:00 HOP 10 April Popcorn provided! To book, call 0121 779 1750.</p> <p>After-school art club run by Solihull College – 14:15-16:00 <i>Starting 7 April, term time only</i> Join us at Riverside to complete an Art activity weekly. Drop in.</p>

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](#)

[289 Bosworth Drive, Chelmsley Wood, B37 5DP](#)

Wellbeing and advice

Here2Help

We're Here2Help 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 09:00am - 4:00pm, Monday-Friday

Women's Aid

If you or someone you know needs support, call Women's Aid at [0800 800 0028](tel:08008000028). Available seven days a week, 09:15am - 5:15pm.

Mental health support

The Birmingham and Solihull Mental Health NHS Foundation Trust provide guidance to people of all ages. Call [0800 915 9292](tel:08009159292) or [0121 262 3555](tel:01212623555).

Download our app!

Discover upcoming events, available on the [App Store](#) and [Google Play Store](#)

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 1750](tel:01217791750)

Computers and private work pods

Internet and phone access

Community wardrobe

Free clothing

