

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>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 Term time only 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 First Tuesday of every month – 5 May 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 Second Tuesday of every month – 12 May 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>Super SEN CIC – 09:30-12:00 5 May Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism. Joined by Aairon from Food For Thought CIC for a cooking demonstration.</p> <p>Solihull Lifestyle Service – 09:30-13:00 Fortnightly – 5 and 19 May 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>The Uplift community wardrobe exchange – 09:30-13:00 26 May 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 area. All items are free but please bring a bag. Delivered by The Uplift Initiative CIC.</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 – 09:30-11:00 6, 13, and 20 May 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, visit Eventbrite or email info@positivebirthingandbeyond.org.uk.</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 play, plus a light walk and a chat around the local area (weather permitting!). No booking required.</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>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 Every week Drop-in music and play session for younger children and their parents or carers.</p> <p>Kinship coffee morning group – 10:00-11:30 First Friday of every month – 1 May Peer support group for carers to meet, listen, and support those in similar circumstances. Suitable for adults. To attend, email or call Lisa on lisa.webley@kinship.org.uk or 0735 503 5996.</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](https://www.apple.com/app-store) and Android [Google Play Store](https://www.google.com/play-store)



Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Solihull College conversation club – 13:00-15:00 Term time only Do you want to improve your spoken English skills? Join our friendly ESOL (English for Speakers of Other Languages) conversation club, focusing on grammar.</p> <p>Young people's online citizen project survey – 16:00-18:00 Term time only 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 12 May Come and collect £25 worth of fresh food for £2. Located in the car park. Sign up here: https://form.io/form.com/253191775948068</p> <p>Parent education – 12:00-16:00 First Tuesday of every month – 5 May Session ran by the young parent midwifery team from University Hospital Birmingham. Book by speaking to your midwife.</p> <p>Super sensory seekers – 12:30-14:00 5 May SEND stay and play run by Super SEN CIC.</p>	<p>Riverside poster competition – 10:00-12:00 Half term 27 May Water-themed poster competition for little ones and their families, plus fresh fruit skewers! Includes summer safety tips from North Solihull Sports Centre. No booking required, just pop in.</p> <p>FREE bike check and security marking – 10:30-14:30 27 May Plus FREE puncture repair patches and tyre levels. Suitable for all Solihull residents. No need to book, just roll up!</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>Moo Music stay and play 14 and 21 May Mixed moo's – 12:00-13:30 Baby moo – 14:00-14:30 £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 CIC family group – 17:00-18:30 Fortnightly – 28 May Activities including board and card games, clay arts and crafts, darts, gaming, sensory room access, and giant Tetris! Suitable for children and young people accompanied by their parent or carer. No booking required. For more info, email supersencic@gmail.com.</p> <p>Super SEN CIC LGBTQ+ youth group – 17:00-19:00 21 May Fun, support, and signposting for LGBTQ+ young people and their families in an inclusive environment. To book or find out more, email supersencic@gmail.com.</p>	<p>Family Nurse Partnership young parents stay and play – 13:00-15:00 First Friday of every month – 1 May All young parents and their babies or pre-school children welcome. No booking required. For more information, call Emily Bell, (Health Visitor) on 0781 336 2911.</p> <p>After-school art club run by Solihull College – 14:30-15:30 Term time only Join us at Riverside to complete a new art activity every week. 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](https://www.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 1750](tel:01217791750)

Computers and private work pods

Internet and phone access

Community wardrobe

Free clothing

[289 Bosworth Drive, Chelmsley Wood, B37 5DP](https://www.solihull.gov.uk)

