

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
Self-weigh well baby clinic – 09:00-12:00 Every Monday 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. Marvellous Makers – 10:00-12:00 17 and 24 August 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. Under the Same Sky: stories in flight – 10:00-12:00 17 August Join Autin Dance Theatre for a FREE community workshop. Make kites and lantern-inspired creations using willow, paper, bamboo, and colorful materials. All materials are provided, and no experience is needed. No need to book, just drop in. School uniform swap shop – 10:00-13:00 17 August Pop-in to Elmwood to see the selection pre-loved school uniform available for Merstone and Forest Oak schools. FREE, no booking required.	Solihull Community Housing – 09:30-11:30 4, 11, and 25 August Information and advice on housing issues. No appointment required, just drop-in. Super SEN CIC – 09:30-12:00 18 August Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism. Umbrella sexual health service – 10:00-12:00 18 August Community sexual health worker Michelle will be visiting to talk about Umbrella service providers around Smith's Wood. FREE condoms and STI self-testing kits available. Community fun day at Elmwood – 10:00-14:00 25 August Magic, music, and games alongside a SEND session and activities delivered by local services. No booking required. 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.	Social prescribing drop in – 09:30-12:00 26 August Chat with friendly social prescribers who are here to provide guidance around debt and finances, social isolations, carers support, community, lifestyle information, and employment, and more. Uplift Initiative wellness walk – 10:00-12:00 Every Wednesday Join us for a gentle walk, good conversation and a cosy cuppa afterwards (and cake!) Meet at the Family Hub for 10:00. For more info, email Tammy on theuplift.org@gmail.com. Education Participation Advisory Service (EPAS) – 10:00-14:00 19 August Support and advice to address barriers to education. No booking required. Anxiety management support group for adults – 11:00-13:00 Every Wednesday Weekly anxiety support group open for age 18 and above. Delivered by Reimagine Me CIC. For more info, call or email Michelle on 0755 389 9373 or info@reimaginemecic.org. Skills for Success – 13:30-15:30 5 and 26 August Application support drop-in for students in years 11-13.	Solihull SENDIAS – 09:30-11:30 27 August If you have a child with Special Educational Needs (SEN) and would like free and impartial info and advice, SENDIAS can advise about SEN processes relating to support in schools, Education, Health and Care Plans (EHCPs), and more. Musical explorers' early years session – 11:30-12:00 Every Thursday FREE, fun, drop-in music sessions followed by a relaxed stay and play. Suitable for ages 0-5. Delivered by Solihull Music. Siblings welcome. 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. Gro Health free family health and cooking club – 13:30-14:30 13 August Come along to meet our health coaches and take part in fun activities.	Health Visitor development clinic – 09:00-12:00 Appointments by invitation to review children's development. Solihull College sensory crafts – 09:30-12:00 21 and 28 August New ideas for activities to engage and 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. Moo Music Moo-fest Term time only Mixed moo – 09:45-10:45 Baby moo – 11:15-12:15 Join us for a summer treat of all your favourite Moo songs! £3 To book, call Kally at 0795 093 4194 or email kally.moo.music@gmail.com. Ordinary Magic HAF summer sessions – 10:00-14:00 7 and 14 August Themed activities from science, robots, and virtual reality to nature, animal care, and fashion. FREE with a Solihull HAF code or paid places available. To book and for more information on eligibility, visit https://ordinary-magic.classforkids.io/camps.

[37 Burtons Way, Smith's Wood, Solihull, B36 0UG](https://www.solihull.gov.uk/37-Burtons-Way-Smiths-Wood-Solihull-B36-0UG)

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://apps.apple.com/gb/app/solihull-family-hubs/id1544444444) and Android [Google Play Store](https://play.google.com/store/apps/details?id=uk.gov.solihull.familyhubs)



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

What else can the Family Hubs offer?

Here2Help

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

Health visiting

Text Chat Health on [0750 733 2563](https://www.textchathealth.org) between 09:00-16:00, Monday-Friday, or call [0121 726 6758](https://www.solihull.gov.uk/01217266758)

Stay and play area

Toys, books, and soft play

Women's Aid

If you or someone you know needs support, call [0808 800 0028](https://www.womensaid.org.uk/08088000028) between 09:15-17:15

Sensory room

To book, call [0121 779 1700](https://www.solihull.gov.uk/01217791700)

Mental health support

Call the BSOL Mental Health NHS Foundation Trust on [0800 915 9292](https://www.bsolnhs.uk/08009159292) or [0121 262 3555](https://www.solihull.gov.uk/01212623555)

Computers and private work pods

Internet and phone access

Midwives

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

Community wardrobe

Free clothing

