

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>Self-weigh well baby clinic – 09:00-12:00 <i>Every Monday</i> 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.</p> <p>Women's community drop-in – 09:00-13:00 <i>27 July</i> Providing confidential emotional and practical support. Runs the last Monday of every month.</p> <p>Marvellous Makers – 10:00-12:00 <i>Every Monday</i> 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.</p>	<p>Solihull Community Housing – 09:30-11:30 <i>Every Tuesday</i> Information and advice on housing issues. No appointment required, just drop-in.</p> <p>Super SEN CIC– 09:30-12:00 <i>21 July</i> Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism. This session includes a live cooking and wellbeing demonstration exploring how simple foods can support mood, focus and wellbeing.</p> <p>Community wardrobe exchange – 09:30-12:00 <i>7 July</i> Adult and children's clothing will be available along with other items, refreshments and a clothing repair workshop. All items are free but please bring a bag. No booking required. Delivered by The Uplift Initiative CIC.</p> <p>Mama and mini fitness – 10:00-11:00 <i>Term time only</i> Bring your little ones with you to join relaxed, fun and inclusive exercise class suitable for all levels. £3 per session. To book, message Kayleigh on 0738 031 4463.</p> <p>Ordinary Magic HAF summer sessions – 10:00-14:00 <i>9 sessions at Elmwood, first on 21 July</i> 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.</p>	<p>Solihull College digital skills – 09:00-11:00 <i>Term time only</i> Free 10-week course with a friendly tutor to learn new computer skills. Suitable for beginners. To book, speak to Hub staff.</p> <p>Social prescribing drop in – 09:30-12:00 <i>29 July</i> Join us for a chat with our friendly Social Prescribers who are here to provide help and guidance around topics such as debt and finances, social isolations, carers support, community and lifestyle information and employment.</p> <p>Uplift Initiative wellness walk – 10:00-12:00 <i>Every Wednesday</i> 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.</p> <p>Anxiety management support group for adults – 11:00-13:00 <i>Every Wednesday</i> 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.</p>	<p>Solihull SENDIAS – 09:30-11:30 <i>23 July</i> 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.</p> <p>Ordinary Magic new drop-in session – 10:00-11:30 <i>Every Thursday</i> Drop-in to meet other new parents or carers, get advice, and enjoy relaxing with your little ones. Suitable for under 5s. For more info, email claire.richards@ordinarymagic.co.uk or speak to Hub staff.</p> <p>Musical explorers' early years session – 11:30-12:00 <i>Every Thursday</i> FREE, fun, drop-in music sessions followed by a relaxed stay and play. Suitable for ages 0-5. Delivered by Solihull Music. Siblings welcome.</p> <p>Baby Massage 12:00-13:00 <i>Every Thursday</i> Come and learn some techniques to support bonding with your baby. This can also help soothe the physical issues such as constipation and wind. Staff are on hand to offer advice and support. To book, email claire.richards@ordinarymagic.co.uk.</p>	<p>Moo Music stay and play Mixed moo – 09:30-10:05 Baby moo – 10:30-11:05 <i>Term time only</i> Weekly group offering a structured musical sensory session for under 5's. £3 per session. To book, call Kally at 0795 093 4194 or email kally.moo.music@gmail.com.</p> <p>'My time to play' guide dogs group – 09:30-11:30 <i>3 July</i> My Time to Play is a fun and supportive group for children with a visual impairment and their families led by Habilitation Specialists. For more info, email information@guidedogs.org.uk.</p> <p>Home education group – 09:30-12:00 <i>10 and 24 July</i> For more info, email northsolihulladditionalneedsgroup@outlook.com.</p> <p>Rock painting activity – 10:30-12:30 <i>24 July</i> Join us at Elmwood to get creative by decorating some natural stones. No booking required, just 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](#)



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<p>School uniform pop-up event – 12:00-15:00 27 July Pop-in to Elmwood to see the selection pre-loved school uniform available for local schools. Free and no booking required.</p> <p>LifeSkills by Family Action – 13:00-15:00 Every Monday FREE six-week course on topics such as budgeting, problem solving, and communication skills. Suitable for adults and students. To book, email gillian.kelsall@family-action.org.uk or call 0121 779 1700.</p> <p>Boys Autism group – 16:00-18:00 Term time only Run by Ordinary Magic for boys with Autism. To book or find out more, email michelle@ordinarymagic.co.uk.</p>	<p>EPAS attendance support drop-in – 11:30-13:30 Every Tuesday The Education Participation Advisory Service (EPAS) offer advice, support and guidance about school attendance. No appointment required, please pop in to see the team.</p> <p>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.</p> <p>West Midlands Police neighbourhood surgery – 15:30-16:30 7 July Pop-in to speak to your local neighbourhood officers for any help or advice and to discuss any local concerns. In an emergency, always call 999.</p>	<p>Summer photographer session – 13:00-15:00 22 July Karen will be at Elmwood to take a photo of you and your child or children. Digital photos can be purchased for £10 for one or £30 for four. To book, call 0121 779 1700 or pop-in for more details.</p> <p>Act on Energy – 13:00-15:00 Every Wednesday Drop-in for free energy advice from local charity, Act on Energy. Expert energy advisors can support you with contacting your supplier, energy debt, reducing your energy bills, and more!</p> <p>Summer workshops for Years 11-13 – 13:30-15:30 22 July – CV workshop 29 July – Interview workshop Helping young people prepare for their next steps. To book, complete the form or email skillsforsuccess@solihull.gov.uk.</p>	<p>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.</p> <p>After-school craft club – 15:30-16:30 Term time only Get creative and join the crafting fun! Come along to this free after school arts and crafts group for parents and children, delivered by Solihull College.</p> <p>Solihull Music – 16:00-18:00 Term time only After school guitar sessions at Elmwood Family Hub! Register your interest here: www.solihullmusic.org/our-family-offer.</p>	<p>Solihull College adult workshops – 12:30-14:30 3 July – upcycling Asian fabrics 10 July – edible words 17 July – landscapes with acrylics No booking required.</p>

[37 Burtons Way, Smith's Wood, Solihull, B36 0UG](#)

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

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 1700](tel:01217791700)

Computers and private work pods

Internet and phone access

Community wardrobe

Free clothing