

## 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><b>Self-weigh baby clinic – 09:00-17:00</b> 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, text <a href="#">ChatHealth</a> on <a href="tel:07507332563">0750 733 2563</a> (Mon-Fri, 09:00-16:00) to receive a response from a health visitor within 24 hours.</p> <p><b>Mama's and Mini's exercise class – 09:30-11:00 Term time only</b> Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on <a href="tel:07380314463">0738 031 4463</a>.</p> <p><b>Lactation consultant clinic – 09:30-13:00</b> An NHS service to help you with any infant feeding challenges you may be facing, including tongue-tie assessment and referral. Speak to your midwife, health visitor, or GP for referral to the Infant Feeding Team. By appointment only.</p> <p><b>Bradley's Promise information hub – 10:00-14:30 27 July</b> Are you a family member/carer of a young person aged between 16 – 25 years old with a life-limited condition of Duchenne Muscular Dystrophy or similar, in need of support or advice? Come along to our drop in. For more information contact Sarah Green on 07866 806672 or visit <a href="http://www.bradleypromise.co.uk">www.bradleypromise.co.uk</a>.</p> <p><b>Infant feeding support group – 10:30-12:00</b> An NHS service to help you with any infant feeding queries or challenges you may be facing. Or simply come along for the social aspect – to meet other mums and get a hot cup of tea! Book at <a href="https://linktr.ee/Solihull.IFT">https://linktr.ee/Solihull.IFT</a>.</p>	<p><b>Newborn hearing screening clinic – 09:00-14:00</b> Booked appointments with the NHS Hearing Screening Team.</p> <p><b>Health Visitor clinic – 09:00-12:00</b> Booked appointments with the health visiting team. Book by speaking to your Health Visitor.</p>	<p><b>Self-weigh baby clinic – 09:00-17:00</b> 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, text <a href="#">ChatHealth</a> on <a href="tel:07507332563">0750 733 2563</a> (Mon-Fri, 09:00-16:00) to receive a response from a health visitor within 24 hours.</p> <p><b>Midwife clinic – 09:00-17:00</b> <b>From 22 July onwards, 09:00-12:00</b> Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p><b>SEND team stay and play – 10:00-11:00</b> <b>Term time only</b> Targeted session during term time by invite only. For more information, contact the Early Years SEND Team.</p> <p><b>Safe Space Solihull SEN support group – 10:00-12:00</b> <b>29 July</b> Safe Space is a parent-run support group for parents in Solihull to have a friendly chat with people who can help with family life, schooling, and more. Homemade cakes and hot drinks available. Moms, Dads, Grandparents – all welcome. No need to book, just drop-in.</p>	<p><b>Health Visitor clinic – 09:00-12:00</b> Booked appointments with the health visiting team. Book by speaking to your Health Visitor.</p> <p><b>Newborn hearing screening clinic – 09:00-14:00</b> Booked appointments with the NHS Hearing Screening Team.</p> <p><b>Little Owls group – 09:30-12:00</b> <b>Term time only</b> By referral only.</p>	<p><b>Family Support Service drop-in – 09:00-12:00</b> <b>Term time only</b> Visit the Family Support Team for assistance with family needs such as parenting and additional support. No need to book, just drop-in.</p> <p><b>Midwife clinic – 09:00-17:00</b> Booked appointments with the midwifery team. Book by speaking to your midwife.</p>
<p><b>Pre-loved school uniform – 09:00-15:00 Monday-Friday</b> Browse our collection of FREE pre-loved school uniforms with many items as good as new. By re-using quality clothing, we're helping families with the cost of living while supporting a sustainable future.</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](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Blossom and Belong – 13:00-15:00</b> <i>Term time only</i></p> <p>An inclusive craft group for anxious girls aged 11-18 to socialise in a safe space. Parents and carers must stay. Session costs £2 per child in cash. To book, email <a href="mailto:blossomandbelongcic@gmail.com">blossomandbelongcic@gmail.com</a>.</p> <p><b>Health Visitor clinic – 13:00-16:00</b></p> <p>Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Gro Health Taster Session – 14:30-16:00</b> <i>From 20 July onwards</i></p> <p>Come along to find out more about the Gro Health programme. No need to book, just drop in.</p> <p><b>Winnr Sports youth club – 17:30-19:00</b> <i>Term time only</i></p> <p>A youth club for children aged 7-12 for kids to socialise, explore their interests, and participate in a variety of activities. Book by visiting <a href="http://www.winnrsport.com">www.winnrsport.com</a> or emailing <a href="mailto:info@winnrsport.com">info@winnrsport.com</a>.</p>	<p><b>Health Visitor clinic – 12:00-17:00</b> <i>From 21 July onwards</i></p> <p>Booked appointments with the health visiting team. Book by speaking to your Health Visitor.</p> <p><b>Stay and play – 13:15-14:45</b> <i>Term time only</i></p> <p>Due to the popularity of the stay and play, there is currently a waiting list for this group. If you are not already registered, pop along to the Hub to complete a registration form and you will be contacted when a space is available.</p> <p><b>Ordinary Magic Sports academy – 17:30-20:15</b> <i>Term time only</i></p> <p>Inclusive Sports session for children and young people. To book, please contact <a href="tel:01215148854">0121 514 8854</a> or <a href="mailto:info@ordinarymagic.co.uk">info@ordinarymagic.co.uk</a>.</p>	<p><b>Midwife clinic – 12:00-17:00</b> <i>From 22 July onwards</i></p> <p>Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p><b>Blossom and Belong cooking class – 13:30-15:00</b> <i>Term time only</i></p> <p>A cooking class for children aged 11-16 years who are home-educated. Learn a new culinary skill, develop independence in the kitchen, and explore foods from around the world. Each course will last 12 weeks and will have 8 spaces. Priority will be given to children who are known to the Connected Care Network, but all children and young people are welcome. To book, email <a href="mailto:blossomandbelongcic@gmail.com">blossomandbelongcic@gmail.com</a>.</p> <p><b>Blossom and Belong – 17:00-19:00</b> <i>Term time only</i></p> <p>An inclusive craft group for anxious girls aged 11-18 to socialise in a safe space. Parents and carers must stay. Session costs £2 per child in cash. To book, email <a href="mailto:blossomandbelongcic@gmail.com">blossomandbelongcic@gmail.com</a>.</p>	<p><b>We are closed to the public on Thursday from 12:00-17:00.</b></p> <p><b>Early Intervention Service – 12:00-16:00</b> <i>Term time only</i></p> <p>By referral only. Led by Birmingham and Solihull Mental Health NHS Foundation.</p> <p><b>Bradley's Promise Social Group – 16:00-20:00</b> <i>30 July</i></p> <p>For young people aged 16-25 living with life-limiting conditions such as Duchenne Muscular Dystrophy and similar conditions. Come along, have fun, and make new memories! We can't wait to welcome you!</p> <p>For more information contact Sarah Green on 07866 806672 or visit <a href="http://www.bradleypromise.co.uk">www.bradleypromise.co.uk</a>.</p>	<p><b>Mama's and Mini's exercise class – 12:00-14:00</b> <i>Term time only</i></p> <p>Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on <a href="tel:07380314463">0738 031 4463</a>.</p> <p><b>Talking Therapies – 12:00-15:30</b></p> <p>By referral only.</p> <p><b>Crochet club – 13:00-15:00</b></p> <p>Are you interested in learning to crochet or are you a crochet master? Please bring along a ball of yarn and a hook. No need to book, just drop in!</p> <p><b>Early Years music sessions – 14:00-14:30</b></p> <p>Free, fun music sessions for children aged 0-5 delivered by Solihull Music. Book via the <a href="#">form</a> or pop-in on the day!</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](http://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 [0800 800 0028](tel:08008000028) 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](http://www.solihull.gov.uk/here2help)

**Stay and play area**

Toys, books, and soft play

**Sensory room**

To book, call [0121 704 6943](tel:01217046943)

**Computers and private work pods**

Internet and phone access

**Community wardrobe**

Free clothing

[Hatchford Brook, Old Lode Lane, Solihull, B92 8JE](#)