

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.

Outreach	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Shirley Heath Junior School, Coombe Road, B90 3DS</p>	<p>Health visitor clinic – 09:00-13:00 Term time only Developmental reviews with the health visiting team. If your child is due a developmental review, you will receive an appointment from your health visitor to attend.</p>	<p>Positive Birthing and Beyond – 10:00-11:30 Term time only A friendly coffee morning with tummy time and baby massage sessions. Suitable for expectant mothers (and their partners) and those with little ones under 1 years old. Meet the team and other local parents.</p> <p>Ordinary Magic – 16:00-18:00 Term time only A friendly group for girls with Autism. For more info, email jackie@ordinarymagic.co.uk.</p>	<p>Fit Mamas – 09:30-11:30 Term time only Bring your little ones with you to join in with some gentle postnatal exercise classes for all levels of fitness. Two one-hour sessions starting at 09:30 and 10:30. £3 per session. To book, contact 0738 031 4463.</p>	<p>Making it real workshop – 10:30-12:00 Four-week workshop starting 18 June until 9 July Supporting your child's learning at home, including a free learning journal and activity pack. Suitable for children aged 2-4 years. For more information, call 0121 704 6017.</p> <p>Family Support solution-focussed sessions – 13:00- 15:00 Term time only Confidential advice and support. Includes a range of advice and guidance on a wide range of parent and family topics. To book, call the Family Helpline on 0121 788 4327.</p>	
<p>Meriden CofE Primary School, Fillongley Road, Meriden, CV7 7LW</p>			<p>Health visitor clinic – 13:30-17:00 Term time only Developmental reviews with the health visiting team. If your child is due a developmental review, you will receive an appointment from your health visitor to attend.</p>		<p>Family Support solution-focussed sessions – 13:00-15:00 Term time only Confidential advice and support. Includes a range of advice and guidance on a wide range of parent and family topics. To book, call the Family Helpline on 0121 788 4327.</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

Here2Help

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

Health visiting

Text Chat Health on [0750 733 2563](tel:07507332563) between 09:00-16:00, Monday-Friday

Mental health support

Call the BSOL Mental Health NHS Foundation Trust on [0800 915 9292](tel:08009159292) or [0121 262 3555](tel:01212623555)

Women's Aid

If you or someone you know needs support, call [0808 800 0028](tel:08088000028) between 09:15-17:15

Midwives

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