

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
Health Visitor development clinic – 09:00-16:00 Every week Appointments by invitation to review children's development. 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. Little Voices communication drop-in group – 10:30-12:00 3 August Learn simple, fun ways to support your baby's communication from birth! A friendly and welcoming drop-in group designed to help develop the early skills needed for developing speech and communication. For babies aged 0-12 months and their parents or carers. Karen Louise photography – 09:00-15:00 17 August Karen will be at Riverside to take a photo of your children against a plain backdrop. Digital photos can be purchased for £10 for one or £30 for four. To book, call 0121 779 1750. Under the Same Sky: stories in flight workshop – 10:00-12:00 24 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. The creations made in the workshops will become part of a colorful community procession at Tudor Grange Park on Saturday 3 October, before the final performance of Up in the Sky. To book, call 0121 779 1750.	Women's community drop-in – 09:00-13:00 First Tuesday of every month – 4 August Emotional, practical, and signposting support for women. To find out more, call 0121 722 2142. Health Visitor development clinic – 09:00-16:00 Every week Appointments by invitation to review children's development. 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. SENDIAS – 09:30-11:30 Second Tuesday of every month – 11 August Drop-in session to provide information, advice, and support to parents of children and young people with special educational needs and disabilities. For more info, call 0121 516 5173. Makatots FREE taster session – 09:30-11:30 11 August Vibrant MakaTots signing classes offer a medley of singing, storytelling, games and activities, all designed to stimulate language development in young children. Weekly classes starting in September- try it out for free- Toddlers 09:30/ Babies 10:30. To book contact Naomi- 07348944317/ solihull@makatots.org Solihull Advocacy parent group – 11:00-12:30 4 and 18 August We would like to invite you to join us at our parents group. A space for you to talk, listen, relax and connect with others. For more info, email emma.smith@solihulladvocacy.org.uk.	Health Visitor well baby clinic – 09:00-17:00 Have a concern about your baby or child's growth? Book an appointment with a member of the Health Visiting team by texting ChatHealth on 0750 733 2563 (Monday-Friday, 09:00-16:00) or calling 0121 726 6755. Health Visitor development clinic – 09:00-17:00 Every week Appointments by invitation to review children's development. Skills for Success – 09:30-11:30 5 and 26 August Application support drop-in. Moo Music at the beach with Maggie and Meg – 09:45-14:15 13 August Join us for our first ever Mak-a- Moo, a collaboration of Moo Music and Makatots. To book, call Kally at 0795 093 4194 or email kally.moo.music@gmail.com.	Health Visitor development clinic – 09:00-12:00 Every week Appointments by invitation to review children's development. 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. 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.	Health Visitor development clinic – 09:00-12:00 Every week Appointments by invitation to review children's development. Musical explorers 28 August Pre-walkers music session – 10:00-10:30 Pre-walkers play session – 10:30-11:00 Post-walkers music session – 11:00-11:30 Post-walkers play session – 11:30-12:00 Music and play session for younger children and their parents or carers. No need to book, just drop-in.

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
	We Care UK food pantry van – 11:00-12:00 4 August Come and collect £25 worth of fresh food for £2. Located in the car park. Sign up here: https://form.jotform.com/253191775948068 Parent education – 12:00-16:00 First Tuesday of every month – 4 August Session ran by the young parent midwifery team from University Hospital Birmingham. Book by speaking to your midwife. Family fun event – 12:30-14:30 11 August Drop in to Riverside Family Hub to find out what is on offer at the hub. There will be a magic show and rock painting available as well as other local services running their own activities. Come and see our new garden space and enjoy a refreshment. No booking required- drop in.	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.	Super SEN- Teddy bears picnic – 12:00-14:00 6 August Create a bear and then have a picnic with your new friend. To book, email supersencic@gmail.com. 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. 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. Super SEN CIC family group – 17:00-18:30 20 August 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.	Family Nurse Partnership young parents stay and play – 13:00-15:00 First Friday of every month – 7 August 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.

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, or call [0121 726 6758](tel:01217266758)

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](#)

