

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 clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor. 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. SEND coffee morning – 09:30-11:30 Term time only Chat with other parents who get it. Share experiences, ask questions, and connect with a member of Solihull College who brings extensive professional and lived experience supporting Early Years children with SEND. No booking required. Solihull College Every week SEND support – 09:30-12:00 Conversational English – 13:00-15:00 FREE courses suitable for adults. To book, contact 0121 678 7000 or community.projects@solihull.ac.uk.	Women's community drop-in – 09:00-13:00 First Tuesday of every month – 7 July Emotional, practical, and signposting support for women. To find out more, call 0121 722 2142. Health Visitor clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor. 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 – 14 July 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. The Uplift community wardrobe exchange – 09:30-13:00 14 July Adult and children's clothing will be available along with other items, refreshments, and a clothing repair area. All items are free but please bring a bag. No booking required. Delivered by The Uplift Initiative CIC. Solihull Advocacy parent group – 11:00-12:30 14 and 28 July 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.	Self-weigh well baby clinic – 09:00-12:00 Every week 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 ChatHealth on 0750 733 2563 to receive a response from a health visitor within 24 hours between Monday-Friday, 09:00-16:00. Health Visitor clinic – 09:00-17:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor. Stay and play – 09:30-11:00 1, 8, and 15 July Come and join in with our FREE stay and play. Fun and engaging activities for toddlers aged 0-4 years. No need to book, just drop-in. Term time only. Summer workshops for Years 11-13 – 09:30-11:30 22 July Pathways and transitions 29 July Apprenticeship workshop Helping young people prepare for their next steps. To book, complete the form or email skillsforsuccess@solihull.gov.uk.	Health Visitor clinic – 09:00-12:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor. Positive Birthing and Beyond pregnancy support – 09:00-12:00 Every week, term time only Baby massage or Tummy Time for four weeks. To book, visit Eventbrite or email info@positivebirthingandbeyond.org.uk. Solihull College ESOL courses – 09:00-12:00 Every week FREE English for Speakers of Other Languages courses. Suitable for adults. To book, contact 0121 678 7000 or community.projects@solihull.ac.uk. 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. Wellness breakfast and walk – 09:30-11:00 Every week, term time only Join Naomi for breakfast and play, plus a light walk and a chat around the local area (weather permitting!). No booking required. Solihull Parent Carer Voice – 09:30-11:00 16 July Coffee and Chat session- come along to meet other parents, get SEND advice/support. SENDIAS and EHCP team will be there too! Drop in.	Health Visitor clinic – 09:00-12:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor. Musical explorers Music session – 10:00-10:30 Play session – 10:30-11:00 Every week Music and play session for younger children and their parents or carers. To book, call 0121 779 1750. Limited availability. Kinship coffee morning group – 10:00-11:30 First Friday of every month – 3 July Peer support group for carers to meet, listen, and support those in similar circumstances. Suitable for adults. To attend, contact lisa.webley@kinship.org.uk or call 0735 503 5996.

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
Solihull College 23 July – 10:00-12:00 Edible worlds 27 July – 10:00-12:00 Family animation Solihull College conversation club – 13:00-15:00 Term time only Do you want to improve your spoken English skills? Join our friendly ESOL (English for Speakers of Other Languages) conversation club, focusing on grammar. Young people's online citizen project survey – 16:00-18:00 Term time only Are you aged 13-19 and want to be internet citizens? Come along and get involved. No booking required.	We Care UK food pantry van – 11:00-12:30 7 July 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 – 7 July Session ran by the young parent midwifery team from University Hospital Birmingham. Book by speaking to your midwife.	Solihull Infant Feeding support group – 12:00-13:30 Every week An NHS service 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. Solihull College cooking on a budget – 13:00-15:30 Every week FREE courses suitable for adults. To book, call 0121 678 7000 or email community.projects@solihull.ac.uk.	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. Super SEN creative session – 12:00-14:00 23 July Painting bird houses and making bird food! 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 contact Jennie on 0786 736 1723. Moo Music stay and play 2 and 9 July Mixed moo's – 12:00-13:30 Baby moo – 14:00-14:30 £3 per session. To book, call Kally at 0795 093 4194 or email kally.moo.music@gmail.com. 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 23 July 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. Super SEN family youth group for LGBTQIA+ young people – 17:30-19:00 16 July Activities and games with Super SEN CIC for young people aged 13-17 years with their families. To find out more or to book, email supersencic@gmail.com.	Family Nurse Partnership young parents stay and play – 13:00-15:00 First Friday of every month – 3 July 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. After-school art club run by Solihull College – 14:30-15:30 Term time only Join us at Riverside to complete a new art activity every week. No booking required.

[289 Bosworth Drive, Chelmsley Wood, B37 5DP](#)

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 between 09:00-16:00, Monday-Friday

Stay and play area

Toys, books, and soft play

Women's Aid

If you or someone you know needs support, call 0808 800 0028 between 09:15-17:15

Sensory room

To book, call 0121 779 1750

Mental health support

Call the BSOL Mental Health NHS Foundation Trust on 0800 915 9292 or 0121 262 3555

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