

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.

Morning

Monday	Tuesday	Wednesday	Thursday	Friday
Self-weigh well baby clinic – 09:00-12:00 Every Monday 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. Marvellous Makers – 10:00-12:00 Every Monday 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. Women's community drop-in – 09:00-13:00 28 September Providing confidential emotional and practical support. Runs the last Monday of every month.	Solihull Community Housing – 09:30-11:30 Every Monday Information and advice on housing issues. No appointment required, just drop-in. Super SEN CIC – 09:30-12:00 15 September Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism. Community wardrobe exchange – 09:30-12:00 1 September School uniform 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. 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.	Mat Pilates – 09:15-10:00 Every Wednesday starting 2 September Classical Pilates sessions, focused on core strength, mobility, posture, body control, and flexibility. Great for all fitness levels and suitable for post-natal exercise. £3 per session. To book, complete the online form. Social prescribing drop in – 09:30-12:00 30 September Chat with friendly social prescribers who are here to provide guidance around debt and finances, social isolations, carers support, community, lifestyle information, and employment, and more. Musical explorers' early years session – 10:15-10:45 Every Wednesday FREE, fun, drop-in music sessions followed by a relaxed stay and play. Suitable for ages 0-5. Delivered by Solihull Music. Siblings welcome. Uplift Initiative wellness walk – 10:00-12:00 Every Wednesday 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. Anxiety management support group for adults – 11:00-13:00 Every Wednesday 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. Cooking on a budget – 10:00-12:00 Every Wednesday Learn how to cook a variety of dishes to prepare and cook your own meals at home. Contact katrina.griffin-jones@solihull.ac.uk to find out more or book on. Term time only.	Solihull SENDIAS – 09:30-11:30 24 September 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. Baby craft – 10:30-11:30 Every Thursday starting 10 September A wonderful way to create some beautiful memories and bond with you baby by participating together in a craft session. Creating themed crafts that you will treasure forever and provide you an opportunity to meet other parents. £3 per session. To book, visit the Ordinary Magic website.	Moo Music moo-fest Term time only Mixed moo – 09:45-10:45 Baby moo – 11:15-12:15 Join us for a summer treat of all your favourite Moo songs! £3 To book, call Kally at 0795 093 4194 or email kally.moo.music@gmail.com. Home education group 09:30-12:00 4 and 18 September For more info, email northsolihulladditionalneedsgroup@outlook.com. Solihull Advocacy craft group – 10:00-11:30 11 and 25 September NEW A friendly group running every other week for people with learning disabilities and Autism to craft and chat together. No booking required. For more info, call 0121 706 4696 or email office@solihulladvocacy.org.uk.

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](#)

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



Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
LifeSkills by Family Action – 13:00-15:00 Every Monday starting 7 September 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. 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. After school Pokémon and family board game club – 15:30-17:30 Term time only Join Solihull college for this free after school session. Everyone is welcome and children must be supervised by an adult. To find out more speak to Family hub staff or email community.projects@solihull.ac.uk.	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. Solihull Healthy Active Lifestyles Every Tuesday starting 22 September Children and young people – 15:00-17:00 Adults – 17:00-19:00 Achieve sustainable upgrades to your wellbeing with personalised 1-to-1 support from your health coach for FREE. Suitable for Solihull residents and people registered with a Solihull GP. For more info, visit healthyactivelives.co.uk or call 0121 517 5555. After school homework club – 15:30-18:30 Term time only Join Solihull college for this free after school session. Everyone is welcome and children must be supervised by an adult. To find out more speak to Family hub staff or email community.projects@solihull.ac.uk.	After school family Minecraft group – 15:30-17:30 Term time only Join Solihull college for this free after school session. Everyone is welcome and children must be supervised by an adult. To find out more speak to Hub staff or email community.projects@solihull.ac.uk.	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. Baby Massage 12:00-13:00 Every Thursday starting 10 September Come and learn some techniques to support bonding with your baby. This can also help soothe physical issues such as constipation and wind. Staff are on hand to offer advice and support. £3 per session. To book, visit the Ordinary Magic website. Conversational English 13:00-15:00 Every Thursday starting 10 September Do you want to improve your spoken English skills? Join our friendly ESOL conversational club every Thursday at Elmwood Family Hub. To find out more speak to Family hub staff or email community.projects@solihull.ac.uk. After school art club – 15:00-17:00 Term time only Join Solihull college for this free after school session and to get creative! Everyone is welcome and children must be supervised by an adult. To find out more speak to Family hub staff or email community.projects@solihull.ac.uk. Solihull Music – 16:00-18:00 Term time only After school guitar and music production sessions at Elmwood Family Hub! Register your interest here: www.solihullmusic.org/our-family-offer.	Solihull College sensory crafts – 12:30-14:30 Term time only New ideas for activities to engage and support your child's learning through sensory activities and play. FREE for Solihull residents. To book, email jessica.orton@solihull.ac.uk or speak to Hub staff.

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](tel:07507332563) 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 [0800 800 0028](tel:08008000028) between 09:15-17:15

Sensory room

To book, call [0121 779 1700](tel:01217791700)

Mental health support

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

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

