

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
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 from 21 September Come along for a friendly, informal chat with other parents who get it. Share experiences, ask questions, and connect with a member of Solihull College who brings extensive professional experience supporting Early Years children with SEND, has lived experience as a parent of a child with SEND, and can provide practical ideas and supportive conversation. No need to book, just drop-in!	Women's community drop-in – 09:00-13:00 First Tuesday of every month – 1 September 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 – 8 September 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 8 September Pop into this fabulous community event, no prebooking required. 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. Delivered by The Uplift Initiative CIC. Solihull Advocacy parent group – 11:00-12:30 8 and 22 September You're invited to join our parents group! A space for you to talk, listen, relax and connect with other parents local to you. 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, contact ChatHealth text service on 0750 733 2563 (Mon-Fri, 09:00-16:00) to receive a response from a health visitor. 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 9, 16, 23, and 30 September 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. Skills for Success – 09:30-11:30 2 September Application support drop-in. Solihull College adult maths – 09:30-12:00 Term time only from 9 September To book, email afskills@solihull.ac.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 Term time only Baby massage for four weeks. To book, visit Eventbrite or email info@positivebirthingandbeyond.org.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. Solihull Community Housing (SCH) – 10:00-12:00 10 and 24 September 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. Solihull College entry level ESOL group – 10:00-12:00 Term time only Do you want to improve your spoken English skills? Join our friendly ESOL (English for Speakers of Other Languages) conversation club. This group is entry level, no English is needed to begin.	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. Kinship coffee morning group – 10:00-11:30 First Friday of every month – 4 September Peer support group for carers to meet, listen, and support those in similar circumstances. Suitable for adults. To attend, email or call Lisa on lisa.webley@kinship.org.uk or 0735 503 5996. Musical explorers NEW Every week Pre-walkers music – 10:00-10:30 Pre-walkers play – 10:30-11:00 Walkers music – 11:00-11:30 Walkers play – 11:30-12:00 Music and play session for younger children and their parents or carers. No booking required.

[289 Bosworth Drive, Chelmsley Wood, B37 5DP](https://www.solihull.gov.uk)



Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
Solihull College conversation club – 13:00-15:00 From 21 September, 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. Back to school photo shoot – 15:00-17:00 7 September NEW Karen will be at Riverside to take a photo of your children in their school uniform. Digital photos can be purchased for £10 for one or £30 for four. To book, call 0121 779 1750. 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 need to book, just drop-in.	We Care UK food pantry van – 11:00-12:30 1 September Come and collect £25 worth of fresh food for £2. Located in the car park. Sign up here: https://form.io/form/253191775948068 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. Parent education – 12:00-16:00 First Tuesday of every month – 1 September 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 Term time only from 23 September FREE courses suitable for adults. To book, call 0121 678 7000 or email community.projects@solihull.ac.uk.	Moo Music stay and play 10, 17, and 24 September 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 17 September 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 age 13-17 – 17:30-19:00 24 September Activities and games with Super SEN CIC for children ages 10-16 years with their families. To book a space or find out more, email supersencic@gmail.com.	Family Nurse Partnership young parents stay and play – 13:00-15:00 First Friday of every month – 4 September All young parents and their babies or pre-school children welcome. No booking required. For more info, call Emily (Health Visitor) on 0781 336 2911. Makatots – 13:15-14:45 Term Time only from 4 September Vibrant MakaTots signing classes offer a medley of singing, storytelling, games, and activities designed to stimulate language development in young children. £3 per session. To book, call Naomi on 0734 894 4317 or email solihull@makatots.org. Riverside garden opening – 14:00-17:00 4 September NEW All families are welcome to join us for the official opening of our new outdoor area at Riverside Family Hub.

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](#)

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

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

