

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
Employment, training, and digital skills support – 09:00-16:00 Support with job searching, creating, emailing and sending your CV. Drop in or call 0121 779 1724 to book an appointment. Stay and play – 10:00-11:00 Come and play and meet new friends. Suitable for ages 0-4 and their parents/carers. No booking required, just come along and join in the fun! Sensory play is also available. Self-weigh baby clinic – 12:00-15:00 Do you want to get your baby weighed but don't need to see a health visitor? Just pop in and use our weighing facilities. Baby group – 13:00-14:30 An opportunity for new moms and dads to meet other local parents, build friendships, and play and bond with their babies. Sensory play is also available. Suitable for ages 0-18 months. No booking required. Family fun – 15:30-16:30 Play board games, do quizzes, art, table tennis and other fun activities. Parents must stay and supervise their children. Suitable for ages 4-12 years. Sensory play is also available. No booking required, just come along and join in the fun! Sensory room – available 11:30-12:30 To book, call 0121 779 1724	Health Visitor clinic – 09:00-14:00 Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor. Family Helpline – 09:00-16:00 Call the Family Support Team on 0121 788 4327 for parenting, family guidance, and signposting to local services, as well as advice regarding behaviour and social development. Solihull College – 09:30-12:00 Term time only Gel nail course. To book or for more info, email community.projects@solihull.ac.uk Family fun – 15:30-16:30 Play board games, do quizzes, art, table tennis and other fun activities. Parents must stay and supervise their children. Suitable for ages 4-12 years. Sensory play is also available. No booking required, just come along and join in the fun! Sensory room – available 13:30-15:00 To book, call 0121 779 1724	Employment, training, and digital skills support – 09:00-16:00 Support with job searching, creating, emailing and sending your CV. Drop in or call 0121 779 1724 to book an appointment. Chit and chat group – 14:00-16:00 Come along and make new friends over a cuppa. A friendly community group always looking for new members. No booking required. Family fun – 15:30-16:30 Play board games, do quizzes, art, table tennis and other fun activities. Parents must stay and supervise their children. Suitable for ages 4-12 years. Sensory play also available. No booking required, just come along and join in the fun! Sensory room – available 09:00-15:00 To book, call 0121 779 1724	Health Visitor clinic – 09:00-14:00 Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor. Solihull College – 09:00-14:00 Term time only Creative arts and journaling course. To book or for more info, email community.projects@solihull.ac.uk Adult craft and chat – 09:30-11:00 3, 10, and 17 September Come along and bring any craft you are currently working on. Have a chat over a cuppa and share crafty hints and tips. Some sessions may be guided. No booking required. Kingshurst striders and strollers – 10:00-12:00 Fortnightly – 3 and 17 September A great way to meet new people whilst keeping active. Refreshments available at the Hub after the walk. The Uplift Initiative community wardrobe – 10:00-13:00 24 September Drop in community event no pre-booking required. Clothing and toys, all items are free, please bring a bag. Donations are also welcome. Women's Well-being Group – 13:30-15:00 Fortnightly – 3 and 17 September A safe supportive and empowering place for women of all different ages living in the North of Solihull. Sensory room available after 14:00 To book, call 0121 779 1724	Midwifery team – 09:30-15:30 Community midwives that provide maternity care outside of a hospital setting. Booked appointments only. Stay and play – 10:00-11:00 Come and play and meet new friends. Suitable for ages 0-4 years and their parents/carers. No booking required, just come along and join in the fun. Sensory play is also available. Baby explorers – 13:00-14:30 Bring your baby along and join in with gentle sensory play, music, arts and crafts, perfect to spark early curiosity. Suitable for ages 0-18 months. No booking required. Sensory room – available 11:30-12:30 and 15:00-16:00 To book, call 0121 779 1724

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

Available after 14:30 on Thursdays. To book, call [0121 779 1724](tel:01217791724).

Computers and private work pods

Internet and phone access

Community wardrobe

Free clothing