

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 Get your baby weighed without seeing a health visitor! No booking required. Any questions or concerns, text ChatHealth on 0750 733 2563. Women's community drop-in – 09:00-13:00 Last Monday of every month – 26 October Providing confidential emotional and practical support. West Midlands Police drop-in – 09:30-11:00 12 October Also includes info about National Hate Crime Awareness Week (10-17 October). Marvellous Makers Halloween party – 10:00-12:00 26 October HALF TERM Marvellous Makers – 10:00-12:00 Every Monday Weekly stay and play session suitable from birth onwards. Arts and crafts activities, sensory room, and lots of play. No booking required. Siblings welcome.	Umbrella Sexual Health Service – 09:30-11:30 6 October Community sexual health worker, Michelle will be visiting to promote Umbrella sexual health service providers local to Elmwood Family Hub. You'll have the opportunity to take away FREE condoms and STI self-testing kits. Solihull Community Housing – 09:30-11:30 Every Tuesday Information and advice on housing issues. No appointment required, just drop-in. Community wardrobe exchange – 10:00-12:00 6 October 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 booking required.	Mat Pilates – 09:15-10:00 Every Wednesday 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 28 October 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. 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 Cooking on a budget – 10:00-12:00 Every Wednesday, term time only Learn how to cook a variety of dishes to prepare and cook your own meals at home. To book or for more info, email katrina.griffin-jones@solihull.ac.uk 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. 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	Solihull Parent Carer Voice – 09:30-11:00 15 October Coffee and chat session to meet other parents and carers and receive SEND advice and support. SENDIAS and EHCP team will be there too! No booking required. Solihull SENDIAS – 09:30-11:30 22 October 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 massage – 10:30-11:30 Every Thursday 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 https://ordinary-magic.classforkids.io/info/383	Moo Music Term time only Mixed moo – 09:30-10:05 Baby moo – 10:30-11:05 Weekly group offering a structured musical sensory session for under 5's. £3 per session. To book, call Kally at 0795 093 4194 or email kally.moo.music@gmail.com Home education group 09:30-12:00 2 and 16 October For more info, email northsolihulladditionalneedsgroup@outlook.com Umbrella sexual health service – 09:30-11:30 2 October Community sexual health worker, Michelle will be visiting to promote Umbrella sexual health service providers local to Elmwood Family Hub. You'll have the opportunity to take away FREE condoms and STI self-testing kits. Solihull Advocacy craft group – 10:00-11:30 9 and 23 October 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

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



Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
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 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	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 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, call 0121 517 5555 or visit healthyactivelives.co.uk 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	Baby craft – 12:00-13:00 Every Thursday A wonderful way to create some beautiful memories and bond with you baby by participating together in a craft session. Create themed crafts to treasure forever and meet other parents. £3 per session. To book, visit https://ordinary-magic.classforkids.io/info/386 Smokefree Solihull clinic – 13:00-15:00 Every Thursday Stop smoking support and advice. To book, pop-in for a chat or visit smokefreesolihull.co.uk Conversational English 13:00-15:00 Every Thursday Do you want to improve your spoken English skills? Join our friendly ESOL conversational club every Thursday at Elmwood Family Hub. For more info, 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. For more info, speak to Family hub staff or email community.projects@solihull.ac.uk Umbrella sexual health service – 15:00-17:00 8 October Community sexual health worker, Michelle will be visiting to promote Umbrella sexual health service providers local to Elmwood Family Hub. You'll have the opportunity to take away FREE condoms and STI self-testing kits. Solihull Music – 16:00-18:00 Term time only After school guitar and music production sessions at Elmwood Family Hub! To register your interest, visit 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, speak to Hub staff or email jessica.orton@solihull.ac.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](#)

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 1700](tel:01217791700)

Computers and private work pods

Internet and phone access

Community wardrobe

Free clothing

