

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 – 09:30-12:00 Term time only 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, 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 – 6 October 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 – 13 October Drop-in session to provide information, advice, and support to parents of children and young people with special educational needs and disabilities. For more information, call 0121 516 5173. Solihull College's garden explorers – 10:00-11:00 NEW Term time only Come and explore our new garden with Jess! Get messy, get creative, and explore the natural world. The Uplift community wardrobe exchange – 10:00-12:00 13 October Pop into this fabulous community event, no booking 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.	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 7, 14, and 21 October 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. Solihull College adult maths – 09:30-12:00 Term time only 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 Every week, term time only Baby massage for 4 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 8, 15, 22, and 29 October 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. Musical explorers Every week Pre-walkers music – 10:00-10:30 Walkers music – 11:00-11:30 Music and play session for younger children and their parents or carers, plus 30-minute stay and play afterwards. No booking required. Kinship coffee morning group – 10:00-11:30 First Friday of every month – 2 October 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.

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](https://apps.apple.com/gb/app/solihull-family-hubs/id1544444444) and Android [Google Play Store](https://play.google.com/store/apps/details?id=org.solihullfamilyhubs)



Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
Solihull College ESOL floristry – 12:30-15:00 <i>Term time only</i> Do you want to improve your spoken English skills? Join our friendly ESOL (English for Speakers of Other Languages) club where you will meet others, practice conversation skills, and get creative with flowers! Young people's online citizen project survey – 16:00-18:00 <i>Term time only</i> Are you aged 13-19 and want to be internet citizens? Come along and get involved. No need to book, just drop-in.	Karen Louise Photography Christmas photos – 10:00-12:00 27 October HALF TERM Karen will be at Riverside to take a photo of your children against a Christmas backdrop. Digital photos can be purchased for £10 for one or £30 for four. To book, call 0121 779 1750. Pumpkin carving – 09:30-10:30 and 10:30-11:30 29 October HALF TERM Carve a pumpkin and make a chocolate apple! Limited spaces, booking essential. To book, call 0121 779 1750. We Care UK food pantry van – 11:00-12:30 6 October Collect £25 worth of fresh food for £2. Located in the car park. To sign up, visit: https://form.jotform.com/253191775948068 Yums club – 12:00-14:30 <i>Every week</i> Yums club is a weekly support and information group suitable for teenage and young mums age 20 and under. No booking required. For more info, call Jennie on 0786 736 1723. Parent education – 12:00-16:00 <i>First Tuesday of every month – 6 October</i> 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 <i>Every week</i> 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 <i>Term time only</i> FREE courses suitable for adults. To book, call 0121 678 7000 or email community.projects@solihull.ac.uk	Moo Music stay and play 8, 15, and 22 October Mixed moo's – 12:45-13:15 Baby moo – 13:45-14:15 £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 <i>Every week</i> 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 1, 15, and 29 October 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 22 October Activities and games with Super SEN CIC for young people with their families. To book or for more info, email supersencic@gmail.com	Family Nurse Partnership young parents stay and play – 13:00-15:00 <i>First Friday of every month – 2 October</i> All young parents and their babies or pre-school children welcome. No booking required. For more info, call Emily Bell, (Health Visitor) on 0781 336 2911. Makatots <i>Every week, term time only</i> Toddlers – 13:15-13:45 Babies – 14:00-14:30 Vibrant MakaTots signing classes offer a medley of singing, storytelling, games and activities, all designed to stimulate language development in young children. £3 per session. To book, call Naomi on 0734 894 4317 or email solihull@makatots.org

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](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 [0808 800 0028](tel:08088000028) between 09:15-17:15

Sensory room

To book, call [0121 779 1750](tel:01217791750)

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

