Elmwood Smith's Wood

BEST START IN LIFE | FAMILY HUBS

Timetable

November 2026

Solihull Family Hubs

Funded by UK Government

Solihull Metropolitan Borough Council

Wherever you live in Solihull, we're here to support you

Best Start 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

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 – **30 November** Providing confidential emotional and practical support. **Employment & Skills drop-in – 09:30-12:00** **9 November** Support in identifying the career pathway right for you with Solihull Council's Employment and Skills team **Family support drop-in – 10:00-12:00** Every Monday **starting 9 November** Confidential advice and support to help you make positive changes, such as difficult relationships at home, parenting, behaviour, routines, boundaries, child development, bed wetting, sleep problems, school issues, and more. **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. **Karen Louise Photography Christmas photos – 09:00-13:00 23 November** Photos against a Christmas backdrop. Digital photos can be purchased for £10 for one or £30 for four. To book, call 0121 779 1700	**Solihull Community Housing – 09:30-11:30** Every Tuesday Information and advice on housing issues. No appointment required, just drop-in. **Employment & Skills drop-in – 09:30-12:00 3 November** Support in identifying the career pathway that is right for you with Solihull Council's Employment and Skills team **Liam Byrne MP – 10:00-11:00** **3 November** Monthly resident drop-in surgery. **Community wardrobe exchange – 10:00-12:00 3 November** 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 Pilates sessions focused on building 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 25 November** 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	**Little Voices communication drop-in group – 09:30-10:30** **NEW 5 November** Run by the Health Visiting service for babies aged 18-24 months and their parents or carers. Come along to this friendly and welcoming group to help develop the early skills needed for developing speech and communication. No need to book, just come along! **Solihull SENDIAS – 09:30-11:30** **26 November** 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** **13 and 27 November** For more info, email northsolihullladditionalneedsgroup@outlook.com **Employment & Skills drop-in – 09:30-12:00 20 November** Support in identifying the career pathway that is right for you with Solihull Council's Employment and Skills team **Solihull Advocacy craft group – 10:00-11:30 6 and 20 November** **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

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Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
Understanding your child's behaviour – 13:00-15:00 NEW Starting 9 November Join our new 10-week group session to support you in your journey of understanding emotional well-being, behaviour and more. For more information, please contact Family Hub staff or email parentingsupport@solihull.gov.uk **Umbrella sexual health service – 12:00-15:00 16 November** 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. **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 health and cooking club – 15:00-17:00** Every Tuesday Fun and FREE 12-week club for children and families to build healthy habits together. Take part in inclusive exercise and games, learn easy ways to build health habits a home, cook simple health and affordable recipes, and meet other families as part of a supportive community. For more info, call 0121 517 5555. To self-refer, visit refer.healthyactivelives.co.uk **West Midlands Police drop-in – 15:30-16:30 3 November** Drop-in and chat with your local neighbourhood team to get advice or to discuss local issues. Always call 999 in the event of an emergency.	**Employment & Skills drop-in – 09:30-12:00 3 November** Support in identifying the career pathway that is right for you with Solihull Council's Employment and Skills team **After school family chess group – 15:30-17:30 NEW** 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 **The teenage brain by Togetherness – 16:30-18:30 NEW** Starts **11 November** Join our new 10-week group session to support you in your journey of understanding the teenage brain. For more information, please contact Family Hub staff or email parentingsupport@solihull.gov.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 **We Care UK food pantry van – 12:00-13:00 12 November** Come and collect £25 worth of fresh food for £2. Located in the car park. To sign up, visit https://form.jotform.com/253191775948068 **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 **Parents voice on youth vaping with Smokefree Solihull – 14:00-16:00 19 November** Whether you're worried about vaping, have experienced challenges, or simply want to share your thoughts, your voice matters. No booking required. **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 **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

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 between 09:00-16:00, Monday-Friday

Women's Aid
If you or someone you know needs support, call 0808 800 0028 between 09:15-17:15

Mental health support
Call the BSOL Mental Health NHS Foundation Trust on 0800 915 9292 or 0121 262 3555

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

Computers and private work pods
Internet and phone access

Community wardrobe
Free clothing