Hatchford Brook Elmdon

Timetable

November 2026

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 baby clinic – 09:00-17:00 Weigh your baby without seeing a health visitor! No booking required. Baby needs to have been seen by a health visitor for their 6–8-week check. Any questions or concerns, text ChatHealth on 0750 733 2563 (Mon-Fri, 9-4) to receive a response from a health visitor within 24 hours. **Mama's and Mini's exercise class – 09:30-11:00** Term time only Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on 0738 031 4463 **Lactation consultant clinic – 09:30-13:00** An NHS service to help you with any infant feeding challenges you may be facing, including tongue-tie assessment and referral. Speak to your midwife, health visitor, or GP for referral to the Infant Feeding Team. By appointment only. **Infant feeding support group – 10:30-12:00** An NHS service to help you with any infant feeding queries or challenges you may be facing. Or simply come along for the social aspect – to meet other mums and get a hot cup of tea! Book at https://linktr.ee/Solihull.IFT	**Health Visitor clinic – 09:00-12:00** Booked appointments with the health visiting team. Book by speaking to your Health Visitor. **Newborn hearing screening clinic – 09:00-14:00** Booked appointments with the NHS Hearing Screening Team.	**Midwife clinic – 09:00-12:00** Booked appointments with the midwifery team. Book by speaking to your midwife. **Self-weigh baby clinic – 09:00-17:00** Weigh your baby without seeing a health visitor! No booking required. Baby needs to have been seen by a health visitor for their 6–8-week check. Any questions or concerns, text ChatHealth on 0750 733 2563 (Mon-Fri, 9-4) to receive a response from a health visitor within 24 hours. **Safe Space Solihull SEN support group – 10:00-12:00** **25 November** Safe Space is a parent-run support group for parents in Solihull to have a friendly chat with people who can help with family life, schooling, and more. Homemade cakes and hot drinks available. Moms, Dads, Grandparents – all welcome. No need to book, just drop-in. **Community Development Team drop-in – 10:30-12:30** **11 November** Whether you are part of an existing group, interested in starting one, find funding, volunteer, or connect with local support, feel free to join CDT team for a coffee and a friendly conversation. No appointments required so please pop in.	**Health Visitor clinic – 09:00-12:00** Booked appointments with the health visiting team. Book by speaking to your Health Visitor. **Newborn hearing screening clinic – 09:00-14:00** Booked appointments with the NHS Hearing Screening Team. **Little Owls group – 09:30-12:00** Term time only By referral only.	**Midwife clinic – 09:00-17:00** Booked appointments with the midwifery team. Book by speaking to your midwife. **Solihull College conversation club – 09:30-12:00** Term time only Develop your English speaking and improve your confidence with an ESOL course. To book, call Solihull College on 0121 678 7000 or Hub reception. **Solihull College sensory play – 10:00-12:00** **6, 13, and 27 November** Develop some new ideas for activities to engage your children with and to gain an understanding of how to support your child's development and learning through sensory play. To book, call Solihull College on 0121 678 7000 or via Hub reception.

Weekend

ALIVE Wellness Centre family activities – 10:00-13:00 Every Saturday
Activities, sports, and games for young people and their families to enjoy. FREE, no booking required.
For more info about AWCs work to help families affected by knife crime, visit www.alivewellnesscentre.org.uk

Messy Church – 14:30-16:00 Last Saturday of every month – **Saturday 28 November**
FREE, no booking required.

Christmas craft fair – 11:00-15:00 **Sunday 29 November**
Handmade products, produce, and crafts by local businesses. To attend or book a stall, call 0121 704 6943

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Afternoon				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Vibe for Life exercise class – 12:00-13:00 Low-impact exercise class designed to improve fitness, strength, and mobility for older adults. £18 for 6 classes. To book, call Rachael on 0771 007 0813 or Jen on 0773 987 3931 **Blossom and Belong – 13:00-15:00** Term time only An inclusive craft group for anxious girls aged 11-18 to socialise in a safe space. Parents and carers must stay. Session costs £2 per child in cash. To book, email blossomandbelongcic@gmail.com **Health Visitor clinic – 13:00-16:00** Booked appointments with the health visiting team. Book by speaking to your health visitor. **Solihull Healthy Active Lives session by Gro Health – 15:00-16:00** Come along to find out more about the Gro Health programme.	**Health Visitor clinic – 12:00-17:00** Booked appointments with the health visiting team. Book by speaking to your Health Visitor. **Parents voice on youth vaping with Smokefree Solihull – 13:00-15:00 17 November** Whether you're worried about vaping, have experienced challenges, or simply want to share your thoughts, your voice matters. No booking required. **Family Support Service drop-in – 13:00-15:00** Visit the Family Support Team for assistance with family needs such as parenting and additional support. No need to book, just drop-in. **Stay and play – 13:15-14:45** Term time only Due to the popularity of the stay and play, there is currently a waiting list for this group. If you are not already registered, pop along to the Hub to complete a registration form and you will be contacted when a space is available. **Ordinary Magic – 17:30-20:15** Term time only Inclusive session for children and young people. Book on 0774 371 3161 or eva@inclusivesportsacademy.org	**Midwife clinic – 12:00-17:00** Booked appointments with the midwifery team. Book by speaking to your midwife. **Storytime explorers – 15:30-17:00** Term time only A 5-week, fun Storytime, craft and film session based around Julia Donaldsons amazing children's stories. To book call Hatchford Brook Family Hub on 0121 704 6943. **Blossom and Belong – 17:00-19:00** Term time only An inclusive craft group for anxious girls aged 11-18 to socialise in a safe space. Parents and carers must stay. Session costs £2 per child in cash. To book, email blossomandbelongcic@gmail.com	**Early Intervention Service – 12:00-16:00** By referral only. Led by Birmingham and Solihull Mental Health NHS Foundation. **Young carers club – 17:00-21:00** **5 November** By referral only.	**Mama's and Mini's exercise class – 12:00-14:00** Term time only Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on 0738 031 4463. **Crochet club – 13:00-15:00** Are you interested in learning to crochet or are you a crochet master? Please bring along a ball of yarn and a hook. No need to book, just drop in! **Early Years music sessions – 14:00-14:30** Free, fun music sessions for children aged 0-5 delivered by Solihull Music. Book via the form or pop-in on the day! **Signpost Inclusion – 17:30-21:45** Term time only A charity that provides SEND clubs to children, young people, and families. For more info, email vickiedawkins@signpostinclusion.org.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 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 704 6943

Computers and private work pods
Internet and phone access

Community wardrobe
Free clothing

Hatchford Brook, Old Lode Lane, Solihull, B92 8JE