Riverside Chelmsley 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 ones.

Morning

Monday	Tuesday	Wednesday	Thursday	Friday
Communication Through Play – 09:00-12:00 2 November A four-week program designed for children aged 2 and above to help develop their communication skills and build their confidence. Via referral only. For more info, call the Health Visiting Team on 0121 726 6758 **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 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, has lived experience as a parent of a child with SEND, and can provide practical ideas and supportive conversation. Drop-in!	**Women's community drop-in – 09:00-13:00** First Tuesday of every month – **3 November** 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 – **10 November** Drop-in session to provide information, advice, and support to parents of children and young people with special educational needs and disabilities. For more info, call 0121 516 5173 **The Uplift community wardrobe exchange – 09:30-13:00** 10 November Community event where adult and children's clothing will be available alongside other items, refreshments, and a repair area. No booking required. All items are free. Please bring a bag. Delivered by The Uplift Initiative CIC. **Solihull College's garden explorers – 10:00-11:00** Term time only Explore our new garden with Jess! Get messy, get creative, and explore the natural world. **We Care UK food pantry van – 11:00-12:30** 3 November Come and collect £25 worth of fresh food for £2. Located in the car park. Sign up here.	**Self-weigh baby clinic – 09:00-12:00** Every week Want to get your baby weighed but don't need to see a health visitor? No booking required. Any questions or concerns, text ChatHealth on 0750 733 2563 (Mon-Fri, 9-4) to hear from a health visitor. **Employment and Skills – 09:00-12:00** 4 and 18 November Support in identifying the career pathway that is right for you with Solihull Council's Employment and Skills team. **Family support drop-in – 09:00-12:00** Every week Confidential guidance about difficult relationships at home, parenting, behaviour management, routines, development, bed-wetting, sleep, school, and more. **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** 4, 18, 25 November FREE activities for ages 0-4 years. No booking required. Term time only. **NEW** 11 November Join us at North Solihull Sports Centre Little Monsters soft play for FREE. **Parents voice on youth vaping with Smokefree Solihull – 09:30-11:10** 18 November Whether you're worried about vaping, have experienced challenges, or simply want to share your thoughts, your voice matters. No booking required.	**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. **Employment and Skills – 09:00-12:00** 12 and 26 November Support in identifying the career pathway that is right for you with Solihull Council's Employment and Skills team. **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** Every week Info and advice drop-in about community housing. The SCH customer contact centre is available between 9-5, 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. **Positive Birthing and Beyond pregnancy support – 10:30-12:00** Term time only Baby massage for 4 weeks. To book, visit Eventbrite or email info@positivebirthingandbeyond.org.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. **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 – **6 November** 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

289 Bosworth Drive, Chelmsley Wood, B37 5DP

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Afternoon				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Young people's online citizen project survey – 16:00-18:00 Term time only Are you aged 13-19 and want to be internet citizens? Come along and get involved. No need to book, just drop-in.	**Parent education – 12:00-16:00** First Tuesday of every month – **3 November** Session ran by the young parent midwifery team from University Hospital Birmingham. Book by speaking to your midwife. **Yums club – 12:00-14:30** Every week 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. **Umbrella sexual health service – 13:00-15:00 17 November** Community sexual health worker, Michelle will be visiting to promote Umbrella sexual health service providers local to Riverside Family Hub. You'll have the opportunity to take away FREE condoms and STI self-testing kits.	**Solihull Infant Feeding support group – 12:00-13:30** Every week 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** Term time only FREE courses suitable for adults. To book, call 0121 678 7000 or email community.projects@solihull.ac.uk	**Moo Music stay and play 12, 19, 26 November** 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 **Super SEN CIC family group – 17:00-18:30 12, 26 November** 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 19 November** Activities and games with Super SEN CIC for young people with their families. To book or find out more, email supersencic@gmail.com	**Family Nurse Partnership young parents stay and play – 13:00-15:00** First Friday of every month – **6 November** 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 – 13:15-14:45** Term time only 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

Saturday

Positive Birthing and Beyond hypnobirthing taster workshop – 10:00-12:30 Third Saturday of every month – **21 November**
Learn techniques to help prepare you for a calm, comfortable birth. Tickets £3.96 each. To book, visit eventbrite.co.uk/e/hypnobirthing-taster-workshop-solihull-tickets-1999197986996

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 779 1750

Computers and private work pods
Internet and phone access

Community wardrobe
Free clothing