

## 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Women's community drop-in – 09:00-12:00</b> 14 April Providing emotional and practical support.</p> <p><b>Marvellous Makers stay and play – 10:00-12:00</b> 14 April Come and join us for fun arts and crafts activities, use of the sensory room, and lots of play! Suitable from birth onwards. Siblings welcome. No booking required, just drop-in.</p>	<p><b>Solihull Active – 11:00-12:00</b> 15 April Join us for an Easter-themed scavenger hunt followed by a healthy food-making activity. To book, call <a href="tel:01217791700">0121 779 1700</a>.</p> <p><b>Family support drop-in – 13:00-16:00</b> 15 and 22 April 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.</p> <p><b>Decorate an Easter biscuit – 13:30-15:15</b> 22 April Join us for a Spring/Easter themed biscuit decorating session. Booking is essential for this session. You can book via Elmwood Family Hub, by calling <a href="tel:01217791700">0121 779 1700</a>.</p> <p><b>Storytime and mobile craft activity – 14:30-15:30</b> 15 April Suitable for ages 3-8 years. To book, call <a href="tel:01217791700">0121 779 1700</a>.</p>	<p><b>Litter picking walk Wednesday – 10:00-11:00</b> 16 April Join Family Hub staff for a local litter picking walk, all welcome but children must have a supervising parent or carer.</p> <p><b>Easter baking session – 10:00-11:30</b> 23 April Join us for a Easter-themed baking session. Booking is essential for this session. You can book via Elmwood Family Hub by calling <a href="tel:01217791700">0121 779 1700</a>.</p> <p><b>Urban Heard youth group – 15:30-18:00</b> 16 and 23 April Open youth group. Arts, crafts, games and activities for anyone between 10-16 years of age. Young people can drop-in for free with no booking required. For more info, please email: <a href="mailto:Rowan@urbanheard.co.uk">Rowan@urbanheard.co.uk</a></p>	<p><b>Women's mental health support group (adults) – 09:00-11:00</b> Weekly anxiety support group open for anyone over the age of 18. Delivered by Reimagine Me CIC. For more information, email: <a href="mailto:info@reimaginemecic.org">info@reimaginemecic.org</a> or call Michelle on 0755 389 9373. A self-referral can be made via their website: <a href="http://www.reimaginemecic.co.uk">www.reimaginemecic.co.uk</a>.</p> <p><b>Family Hub cuppa and chat – 10:00-11:00</b> 24 April Pop in for a cuppa and a chat - find out more about Family Hub sessions.</p> <p><b>Musical Explorers early years – 11:30-12:00</b> 17 April Running weekly - free, fun, music sessions for children aged 0-5 delivered by Solihull Music. Followed by a relaxed Stay and Play. Siblings welcome! No booking required, just drop-in and enjoy the fun.</p>	<p><b>Smokefree Solihull clinic – 11:00-13:00</b> Stop smoking support and advice. Book via the <a href="#">website</a> or pop in for a chat.</p>

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

### Wellbeing and advice

#### Here2Help

Family Hubs can help with food, toiletries, fuel, money, staying well, and keeping safe. To find out more, visit [www.solihull.gov.uk/here2help](http://www.solihull.gov.uk/here2help).

### What else can the Family Hubs offer?

#### Help and support

Speak to our friendly staff

#### Health visiting

To speak to a health visitor, text Chat Health on 0750 733 2563 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 Women's Aid at 0808 800 0028. Available seven days a week, 09:15-17:15.

#### Sensory room

To book, call [0121 779 6943](tel:01217796943)

#### Mental health support

The Birmingham and Solihull Mental Health NHS Foundation Trust provide guidance and reassurance to people of all ages. Call 0800 915 9292 or 0121 262 3555.

#### 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 warm winter clothing

