

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
<p>Women's community drop-in – 09:00-13:00 12 May due to bank holiday Providing emotional and practical support.</p> <p>Maternity link support workers – 09:00-17:00 Provides comprehensive and personalised care to expectant and new mothers to ensure they receive the support they need throughout their journey from pregnancy to early motherhood. No need to book, just drop-in.</p> <p>Health visitor clinic – 09:30-12:00 Booked appointments for parents and their babies, and children with the health visiting team. Book by speaking to Hub staff or your health visitor.</p> <p>Marvellous Makers – 10:00-12:00 Stay and play session suitable from birth onwards. Come and join us for arts and crafts activities, use of the sensory room, and lots of play. No booking required, just drop-in.</p> <p>Family Information Service – 10:00-12:30 Second Monday of the month – 12 May Drop-in to find out about childcare-related funding and family activities within the community.</p>	<p>Solihull Community Housing – 09:30-11:30 Information and advice on housing issues. No appointment required, just drop-in.</p> <p>Sensory craft activities for parents with SEND children – 09:30-11:30 If you are keen to help your child with their learning, and like sharing ideas and making things, then you should come and join our friendly family learning group at Elmwood Family Hub.</p> <p>Super SEN CIC – 09:30-12:00 20 May Drop-in session for parents to seek advice and support for children or themselves, as adults with ADHD and/or Autism.</p> <p>Dementia Action Week – 10:00-12:00 20 May We will be holding an awareness event at the Hub to mark Dementia Action Week 2025 (15-21 May). No booking required, just drop-in.</p> <p>EPAS attendance support drop-in – 12:00-13:30 The Education Participation Advisory Service (EPAS) offer attendance advice, support, and guidance.</p>	<p>Digital skills course – 09:30-11:30 Free 10-week course with a friendly tutor to learn new computer skills. Suitable for beginners. To book, contact Hub staff.</p> <p>Midwife clinic – 09:30-17:00 Booked appointments for new and expectant parents and their babies, with community midwives. Book by speaking to your midwife.</p> <p>Anxiety management support group for adults – 11:00-13:00 Weekly anxiety support group open for age 18 and above. Delivered by Reimagine Me CIC. For more information, email or call Michelle on info@reimaginemecic.org or 0755 389 9373.</p>	<p>Free breakfast club – 10:00-11:00 15 May Pop in to enjoy croissants, fruit juice, tea and coffee, and to find out more about what Solihull College have to offer, along with local information.</p> <p>Drop-in session with Social Prescribers – 09:30-12:00 Next session – 1 May Drop-in for help, guidance and information about debts and finance, mental health, social isolation, local community information and employment help. No appointment required so please pop in.</p> <p>Solihull SENDIAS EHCP needs assessment workshop – 09:30-11:30 Last Thursday of every month – 22 May If you have a child with Special Educational Needs (SEN) and would like to learn more about statutory SEN processes relating to support in schools or Education, Health and Care Plans (EHCPs), then pop along to this free workshop all about EHCP needs assessments.</p> <p>Musical explorers' early years session – 11:30-12:00 FREE, fun, drop-in music sessions followed by a relaxed stay and play. Suitable for ages 0-5. Delivered by Solihull Music.</p>	<p>Health Visitor clinic – 09:30-12:00 Booked appointments for parents and their babies, and children with the health visiting team. Book by speaking to your health visitor or Hub staff.</p> <p>Smokefree Solihull clinic – 11:00-13:00 Stop smoking support and advice. Book via their website or pop in for a chat.</p>

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



Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Boys autism group – 16:00-18:00 Run by Ordinary Magic for boys with autism. To book or find out more, email michelle@ordinarymagic.co.uk</p> <p>SoLO inclusive family sessions – 16:15-18:45 Sensory play, arts and crafts, and story time suitable for children aged 7-13 years. Support available for children with higher needs. To book, email childrens@sololifeopportunities.org</p>	<p>Elmwood's 1st birthday celebration! 13 May Speak to Hub staff for more information.</p>  <p>Family support drop-in – 13:00-16:30 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>Eat Well Move More – 16:15-17:45 A FREE family-based healthy lifestyles programme for 7 to 11-year-olds. The Eat Well Move More programme includes healthy eating and nutritional advice. Learn some top tips and ideas for being more active, fun activities and games, as well as interactive resources for the whole family to get involved in. To find out more, email solihullactive@solihull.gov.uk or call 0121 704 8207</p>	<p>Urban Heard youth group – 15:30-17:00 FREE arts, crafts, games, and activities suitable for ages 10-16 years. No booking required. For more information, email rowan@urbanheard.co.uk</p>	<p>Dual diagnosis support group for adults – 12:30-14:30 Weekly anxiety support group open for women ages 18 and above delivered by Reimagine Me CIC. For more information, email info@reimaginemecic.org. A self-referral can be made via their website: www.reimaginemecic.co.uk</p> <p>Solihull Lifestyle Service – 14:00-16:00 Drop-in to get advice and discuss your lifestyle needs, including free height, weight, BMI, blood pressure, and atrial fibrillation readings.</p> <p>Music hub – 16:00-18:00 Booked after school sessions that are directly managed through Solihull Music service for KS2 children and over. Includes vocal coaching, music production, and guitar playing. To book or for more information, email richard.russell@solihull.gov.uk.</p>	<p>Solihull College sensory play – 12:30-14:30 New ideas for activities to engage your children with an understanding of how to support your child's learning through sensory activities and play. To book, email jess.orton@solihull.ac.uk or contact Hub staff.</p> <p>Midwife clinic – 13:00-16:30 Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p>

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.

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

