

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>Employment, training and digital skills – 09:00-16:00 Support with job searching, creating, emailing and sending your CV. To book, drop-in to the Hub or call Evergreen on 0121 779 1724.</p> <p>Solihull College – 09:30-11:30 Supporting your children with maths and English (KS1). Term time only. To book, call Evergreen on 0121 779 1724.</p> <p>Stay and play – 13:00-15:00 Play and meet new friends! Suitable for ages 0-4 and their parents and carers. No booking required, just join in the fun!</p> <p>After-school activities – 15:30-16:30 Bring your homework, play board games, do quizzes, art, table tennis and other fun activities. Suitable for ages 4-12, parents/carers must stay and supervise their children.</p>	<p>Health visitor clinic – 09:00-14:00 Booked appointments for parents and their babies and children with the health visiting team. Book by speaking to your health visitor.</p> <p>Sensory communication workshop – 09:00-17:00 Bookings made via the health visitors for every second and final Tuesday of the month.</p> <p>Community coffee morning – 10:30-12:00 Come for a cuppa and tell us what you would like to see happening at Evergreen and find out more about volunteering and services in your local area.</p>	<p>Employment, training, and digital skills – 09:00-16:00 Support with job searching, creating, emailing and sending your CV. To book, drop-in to the Hub or call Evergreen on 0121 779 1724.</p> <p>Health in the hearts of our community – 10:30-12:00 Social group featuring fun games and a cuppa whilst learning about heart health!</p> <p>Family support worker drop-in – 13:00-16:00 Drop-in service, advice, support and signposting to other services.</p> <p>After-school art group and book club – 15:30-16:30 Bring your homework, play board games, do quizzes, art, table tennis, and more fun activities. Suitable for ages 4-12. Parents and carers must stay to supervise their children.</p>	<p>Health visitor clinic – 09:00-14:00 Booked appointments for parents and their babies and children with the health visiting team. Book by speaking to your health visitor.</p> <p>Smoking clinic workshop – 14:15-16:00 One-to-one consultations, resources, and advice to help quit smoking.</p>	<p>Stay and play – 10:00-12:00 Play and meet new friends! Suitable for ages 0-4 and their parents and carers. No booking required, just join in the fun!</p> <p>After-school activities – 13:30-14:30 Bring your homework, play board games, do quizzes, art, table tennis, and more fun activities. Suitable for ages 4-12. Parents and carers must stay to supervise their children.</p> <p>Community walk and litter pick – 14:30-16:00 Explore the local area and join in with after school activities.</p>

42 Kingshurst Way, Kingshurst, Solihull, B37 6DX

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.

Health visiting

To speak to a health, 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 Women's Aid at [0808 800 0028](tel:08088000028). Available seven days a week, 09:15-17:15.

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](tel:08009159292) or [0121 262 3555](tel:01212623555).

Midwives

Please call your midwife using the phone number in your red book.

What else can the Family Hubs offer?

Help and support

Speak to our friendly staff

Stay and play area

Toys, books, and soft play

Sensory room

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

Computers and private work pods

Internet and phone access

Community wardrobe

Free warm winter clothing

