

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

<p><b>Fit Mama's exercise class – 09:00-11:00</b> 28 April Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on <a href="tel:07380314463">0738 031 4463</a>.</p> <p><b>Wellbeing advice sessions – 09:00-12:45</b> Do you want to become more active, reduce stress, manage your weight, and eat healthier? Get free personalised advice and support from Solihull Lifestyle Service. For more information, call <a href="tel:08005999880">0800 599 9880</a> or drop-in to the Hub.</p> <p><b>Lactation consultant clinic – 09:30-13:00</b> 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.</p> <p><b>Family Information Service – 10:00-12:00</b> 14 April Drop-in to find out about childcare-related funding and family activities within the community.</p> <p><b>Inclusive Sports Academy HAF programme – 10:00-15:00</b>  14 April Sessions for children and young people where the needs of all participants are met in an inclusive environment. To book this session or other Inclusive Sports academy activities, call <a href="tel:07743713161">0774 371 3161</a> or email <a href="mailto:eva@inclusivesportsacademy.org">eva@inclusivesportsacademy.org</a></p> <p><b>Breastfeeding Café – 10:30-12:00</b> 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 <a href="https://linktr.ee/Solihull.IFT">https://linktr.ee/Solihull.IFT</a></p>
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### Tuesday

<p><b>Easter craft session – 09:00-12:00</b>  15 April Come along and join in with a selection of easter Craft activities for all the Family!</p> <p><b>Health Visitor clinic – 09:00-12:00</b> Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Citizens Advice Bureau – 09:00-12:30</b> Free, confidential, and impartial advice on a range of issues. Book by speaking to reception or by contacting CAB on <a href="tel:08082787976">0808 278 7976</a>.</p> <p><b>Super SEN CIC – 09:00-12:00 –</b> Drop-in session for parents to seek advice and support for themselves and/or their children with ADHD and/or Autism.</p> <p><b>Newborn hearing screening clinic – 09:00-14:00</b> Booked appointments with the NHS Hearing Screening Team.</p> <p><b>Solihull College sensory play – 09:30-12:00</b> 29 April 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 <a href="tel:01216787000">0121 678 7000</a> or via Hub reception.</p> <p><b>Our Voices Heard drop-in – 10:30-13:00</b>  22 April We are funded solely to gather the voice of our local children, young people and young adults on specific topics that can be used to influence strategic change within service and delivery. Come along and have your say!</p>
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### Wednesday

<p><b>Midwives' post-natal clinic – 09:00-17:00</b> Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p><b>Solihull College supporting your child's English (junior) – 09:30-11:30</b> 30 April Join our friendly course for parents and carers wanting to support their junior school children with their English skills. To book, email <a href="mailto:susan.arnold@solihull.ac.uk">susan.arnold@solihull.ac.uk</a>.</p> <p><b>Easter movie egg-stravaganza! – 10:00-15:30</b>  23 April Join us for an Easter movie marathon featuring 3 Easter movies your children will love! No need to book, just come along and enjoy the fun!</p>
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### Thursday

<p><b>Health Visitor clinic – 09:00-12:00</b> Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Newborn hearing screening clinic – 09:00-14:00</b> Booked appointments with the NHS Hearing Screening Team.</p> <p><b>Little Owls group – 09:30-12:00</b> 3 and 10 April By referral only.</p>
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### Friday

<p><b>Family Support Team drop-in – 09:00-12:00</b> Visit the Family Support Team for assistance with family needs such as parenting and additional support. No need to book, just drop-in.</p> <p><b>Health Visitor clinic – 09:00-12:00</b> Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Midwives' post-natal clinic – 09:00-17:00</b> Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p><b>Inclusive Sports Academy HAF programme – 10:00-15:00</b>  25 April Sessions for children and young people where the needs of all participants are met in an inclusive environment. To book this session or other Inclusive Sports academy activities, call <a href="tel:07743713161">0774 371 3161</a> or email <a href="mailto:eva@inclusivesportsacademy.org">eva@inclusivesportsacademy.org</a></p> <p><b>PCSO drop-in – 11:00-14:00</b> 11 April A Police Community Support Officer will be available at the Hub for informal drop-in sessions. Come along for a friendly chat, community advice, or to raise any local concerns in a safe and supportive environment.</p>
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Some sessions are not running during the Easter holidays (Monday 14 to Friday 25 April)

[Hatchford Brook, Old Lode Lane, Solihull, B92 8JE](https://www.solihull.gov.uk/hatchford-brook)

## Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Liberty Circle – 13:00-15:00</b> 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 <a href="mailto:Fay.libertycircle@gmail.com">Fay.libertycircle@gmail.com</a> or <a href="mailto:Shelley.libertycircle@gmail.com">Shelley.libertycircle@gmail.com</a>.</p> <p><b>Family food fun open day – 13:00-17:30</b>  14 April A chance to sample what the upcoming four-week family food fun course is all about! Join in and enrol on the course starting Monday 28 April.</p> <p><b>Your Councillor session – 14:00-16:00</b> 7 April An opportunity to drop-in to speak to your local Councillor for Elmdon ward to discuss any concerns or issues.</p> <p><b>Family food fun workshop – 16:00-17:30</b> 28 April A four-week course of family food fun and a chance to learn new skills as a family. To book, WhatsApp Aairon on <a href="tel:07875650034">0787 565 0034</a> or email <a href="mailto:shelly.curtis@solihull.gov.uk">shelly.curtis@solihull.gov.uk</a>.</p> <p><b>Winnr Sports youth club – 17:30-19:00</b> A youth club for children aged 7-12. A fun, safe space for kids to socialise, explore their interests, and participate in a variety of engaging activities, from arts and crafts to sports and team games. Book by visiting <a href="http://www.winnrsport.com">www.winnrsport.com</a> or emailing <a href="mailto:info@winnrsport.com">info@winnrsport.com</a>.</p>	<p><b>Stay and play – 13:15-14:45</b> 8 and 29 April 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.</p> <p><b>Solihull Community Housing drop-in – 13:15-14:45</b> 8 March Information and advice on community housing. The SCH customer contact centre is available between 09:00-17:00, Monday to Friday, by calling <a href="tel:01217171515">0121 717 1515</a>.</p> <p><b>Specialist Inclusion Support Service workshop – 15:00-17:00</b> 1, 8 and 29 April An independent living skills group by invitation only via the SISS Sensory and Physical Impairment team. To enquire, call <a href="tel:01217046690">0121 704 6690</a> and ask for the manager.</p> <p><b>Inclusive Sports Academy – 17:30-20:15</b> 1, 8 and 29 April Inclusive Sports session for children and young people. To book, call <a href="tel:07743713161">0774 371 3161</a> or email <a href="mailto:eva@inclusivesportsacademy.org">eva@inclusivesportsacademy.org</a></p>	<p><b>Five to Thrive – 12:30-15:00</b> 30 April Meet other parents with young children, learn how to further develop your baby's brain, make new friends and leave with a smile. To book, email your name and address to <a href="mailto:bsmhft.parenting@nhs.net">bsmhft.parenting@nhs.net</a>.</p> <p><b>Ordinary Magic cooking class – 13:30-15:00</b> 2, 9 and 30 April A cooking class for children aged 11-16 years who are home-educated. Learn a new culinary skill, develop independence in the kitchen, and explore foods from around the world. Each course will last 12 weeks and will have 8 spaces. Priority will be given to children who are known to the Connected Care Network, but all children and young people are welcome. Email <a href="mailto:Katie@ordinarymagic.co.uk">Katie@ordinarymagic.co.uk</a> to ask for a space.</p> <p><b>Eat Well Move More – 16:15-17:45</b> A family-based healthy lifestyles programme for 7-11-year-olds. To find out more, email: <a href="mailto:solihullactive@solihull.gov.uk">solihullactive@solihull.gov.uk</a> or call <a href="tel:01217048207">0121 704 8207</a>.</p> <p><b>Liberty Circle – 17:00-19:00</b> 2, 9 and 30 April An inclusive craft group for anxious girls aged 11-18 to enable them to socialise in a safe space. Parents/carers must stay. £2 per child paid in cash. Booking essential. Please email: <a href="mailto:Fay.libertycircle@gmail.com">Fay.libertycircle@gmail.com</a> or <a href="mailto:Shelley.libertycircle@gmail.com">Shelley.libertycircle@gmail.com</a>.</p>	<p>We are <b>closed</b> to the public on Thursday from 12:00 onwards.</p> <p><b>Early intervention service – 12:00-16:00</b> By referral only. Led by Birmingham and Solihull Mental Health NHS Foundation.</p> <p><b>Young carers club – 17:00-21:00</b> 3 April By referral only.</p>	<p><b>Fit Mama's exercise class – 12:00-14:00</b> 28 April Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on <a href="tel:07380314463">0738 031 4463</a>.</p> <p><b>Talking therapies – 12:00-15:30</b> By referral only.</p> <p><b>Crochet group – 13:00-15:00</b> 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!</p> <p><b>Easter early years music sessions – 14:00-14:30</b>  Free, fun music sessions for children aged 0-5 delivered by Solihull Music. Book via the <a href="#">form</a> or pop-in on the day!</p> <p><b>Signpost Inclusion – 17:30-21:45</b> 4 and 11 April A charity that provides SEND clubs to children, young people, and families. For more information, email <a href="mailto:vickiedawkins@signpostinclusion.org.uk">vickiedawkins@signpostinclusion.org.uk</a>.</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](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](tel:07507332563) 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](tel:08088000028). 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](tel:08009159292) or [0121 262 3555](tel:01212623555).

### 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