

## 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.

Outreach	Monday	Tuesday	Wednesday	Thursday	Friday
Shirley Heath Junior School, Coombe Road, B90 3DS	<p><b>Health Visitor clinic – 09:00-17:00</b> Developmental reviews with the health visiting team. If your child is due a developmental review, you will receive an appointment from your Health Visitor to attend.</p>	<p><b>Parents coffee morning – 09:30-11:30</b> 29 April Super SEN CIC offer advice and advocacy to neurodivergent families or individuals. Enjoy a cuppa' in a safe space!</p> <p><b>Understanding your child – 12:30-14:30</b> Every Tuesday from 29 April to 8 July Led by the Solihull Parenting Team.</p> <p><b>British Nationals (Overseas) coffee morning – 09:00-12:00</b> 6 May Guest speakers on a range of topics including SEND, early help, family hubs, and health and wellbeing. For more information, call Yan Yeung on <u>0778 047 8121</u>.</p>	<p><b>RO Books stay and play – 10:00-11:30</b> 9 April Free stay and play drop-in session for parents with little ones, aimed at children 0-5 years. <b>*Fully booked*</b></p>	<p><b>Family support drop-in – 09:00-10:30</b> Our family support workers are holding a weekly drop-in coffee morning. We offer a range of confidential advice and guidance around many issues, including difficult relationships at home, parenting, behaviour management, routines and boundaries, child development, bed wetting, sleep problems, school issues, and more.</p> <p><b>Ordinary Magic group – 16:00-18:00</b> To book, email: <a href="mailto:jackie@ordinarymagic.co.uk">jackie@ordinarymagic.co.uk</a></p>	

### Coombe Road, Shirley, Solihull, B90 3DS

#### 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

##### 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