


## 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 (closed 26 May)   | Tuesday  | Wednesday   | Thursday   | Friday   |
| <p><b>Health visitor clinic – 09:00-16:00</b><br/>Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Midwife clinic – 09:00-16:00</b><br/>Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p><b>Story makers reading and craft club – 09:30-11:30</b><br/>Join Lisa from Solihull College to create a variety of activities to enjoy at home with your little one. Suitable for ages 18 months and above. To book, email <a href="mailto:katrina.griffin-jones@solihull.ac.uk">katrina.griffin-jones@solihull.ac.uk</a> or speak to Hub staff.</p> | <p><b>Health visitor clinic – 09:00-16:00</b><br/>Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Midwife clinic – 09:00-16:00</b><br/>Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p><b>SENDIAS – 09:30-11:30</b><br/>Second Tuesday of each month – 13 May<br/>Drop-in session to provide information, advice, and support to parents of children and young people with special educational needs and disabilities. For more information, call <a href="tel:01215165173">0121 516 5173</a>.</p> <p><b>Super SEN CIC – 09:30-12:00</b><br/>6 May<br/>Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p> <p><b>Solihull Lifestyle Service – 09:30-13:00</b><br/>Free lifestyle checks such as height, weight, BMI, blood pressure, and atrial fibrillation readings, including a free 12-week weight management course. For more information, call <a href="tel:08005999880">0800 599 9880</a> or drop-in to see one of our advisors.</p> | <p><b>Health visitor clinic – 09:00-17:00</b><br/>Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Solihull College adult maths – 09:30-12:00</b><br/>To book, email <a href="mailto:katrina.griffin-jones@solihull.ac.uk">katrina.griffin-jones@solihull.ac.uk</a>.</p> <p><b>Solihull College cooking on a budget – 10:00-12:00</b><br/>Learn how to make your food go further. To book, email Katrina on <a href="mailto:katrina.griffin-jones@solihull.ac.uk">katrina.griffin-jones@solihull.ac.uk</a>.</p> | <p><b>Positive Birthing and Beyond (PBB) pregnancy support – 09:00-12:00</b><br/>Baby massage for 4 weeks starting 1 May<br/>To book, email <a href="mailto:info@positivebirthingandbeyond.org.uk">info@positivebirthingandbeyond.org.uk</a>.</p> <p><b>Midwife clinic – 09:00-16:00</b><br/>Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p><b>Parent carer voice – 09:30-12:00</b><br/>8 May<br/>Drop-in session.</p> <p><b>Women's Community drop-in – 09:30-13:00</b><br/>Emotional, practical, and signposting support for women. To find out more, call <a href="tel:01217222142">0121 722 2142</a>.</p> <p><b>Fit Mama's exercise class – 10:00-12:00</b><br/>Bring your little ones with you to join in with some gentle postnatal exercise classes. Two times available, 10:00-11:00 and 11:00-12:00. £3 per session. To book, contact <a href="tel:07380314463">0738 031 4463</a>.</p> <p><b>Solihull Community Housing (SCH) – 10:00-12:00</b><br/>Information and advice drop-in about community housing. The SCH customer contact centre is available between 09:00-17:00, Monday to Friday, on <a href="tel:01217171515">0121 717 1515</a>.</p> | <p><b>Health visitor clinic – 09:00-12:00</b><br/>Booked appointments for parents and their children with the health visiting team. Book by speaking to your health visitor.</p> <p><b>Kinship coffee morning group – 10:00-11:30</b><br/>First Friday of the month – 2 May<br/>Peer support group for carers to meet, listen, and support those in similar circumstances. Suitable for adults. To attend, email or call Lisa on <a href="mailto:lisa.webley@kinship.org.uk">lisa.webley@kinship.org.uk</a> or <a href="tel:07355035996">0735 503 5996</a>.</p> <p><b>Musical explorers stay and play – 10:00-11:30</b><br/>Music session – 10:00-10:30<br/>Play session – 10:30-11:30<br/>Drop-in music and play session for younger children and their parents or carers.</p> <p><b>Family Information Service – 10:00-12:00</b><br/>First Friday of the month – 2 May<br/>Drop-in to find out about childcare-related funding and family activities within the community.</p> |

[289 Bosworth Drive, Chelmsley Wood, B37 5DP](#)



| Afternoon   |   |  |  |  |
|---|---|--|--|--|
| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
| <p><b>Solihull College conversation club – 12:30-14:30</b><br/>Do you want to improve your spoken English skills? Join our friendly ESOL (English for Speakers of Other Languages) conversation club by speaking to Hub staff.</p> <p><b>Family support drop-in – 13:00-16:00</b><br/>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>Reimagine parent support group – 12:00-14:00</b><br/>Are you missing your child? Struggled with your child being in foster care? Have you had little-to-no contact with your child, custody disputes, or are you going through the adoption process? For support, call Michelle on <a href="tel:07553899373">0755 389 9373</a>.</p> <p><b>Celebrate Riverside's 1st birthday!</b><br/>Half-term activity. Time yet to be confirmed.</p>  | <p><b>Solihull College cooking on a budget – 12:30-15:00</b><br/>Learn how to make your food go further. To book, email Katrina on <a href="mailto:katrina.griffin-jones@solihull.ac.uk">katrina.griffin-jones@solihull.ac.uk</a>.</p> <p><b>Breastfeeding café – 13:00-14:30</b><br/>An NHS service that offers breastfeeding cafés run by trained peer supporters who can help you with any infant feeding queries or challenges you are facing. To book, visit <a href="https://linktr.ee/Solihull.IFT">https://linktr.ee/Solihull.IFT</a>.</p> | <p><b>Parent education – 12:00-16:00</b><br/><i>Third Thursday of every month – 15 May</i><br/>Session ran by the young parent midwifery team at University Hospital Birmingham. Book by speaking to your midwife.</p> <p><b>Yums club – 12:00-16:00</b><br/>Yums club is a weekly support and information group suitable for teenage and young mums age 20 and under. Drop-in or call Jennie on <a href="tel:07867361723">0786 736 1723</a>.</p> <p><b>Moo Music stay and play – 13:00-14:30</b><br/><b>1, 8, 22, 29 May</b><br/>Mixed moo's – 13:00-13:30<br/>Baby moo – 14:00-14:30<br/>£3 per session.<br/>To book, call Kally at <a href="tel:07950934194">0795 093 4194</a> or email <a href="mailto:kally.moo.music@gmail.com">kally.moo.music@gmail.com</a>.</p> <p><b>Urban Heard SEND media group – 15:30-17:00</b><br/>Interested in learning different media skills such as website design, pod casting, photography or video? Call or email Harry on <a href="mailto:harry@urbanheard.co.uk">harry@urbanheard.co.uk</a> or <a href="tel:07957091049">0795 709 1049</a>.</p> | <p><b>Family Nurse Partnership young parents stay and play – 13:00-15:00</b><br/><i>First Friday of every month – 2nd May</i><br/>No booking required. All young parents and their babies or pre-school children welcome. For more information, call Emily Bell, (Health Visitor) on <a href="tel:07813362911">0781 336 2911</a>.</p> <p><b>Smokefree Solihull clinic – 13:00-16:00</b><br/>Stop smoking support by referral only.</p> <p><b>Colouring club – 14:30-15:30</b><br/>Join us at Riverside for a relaxing hour in our sensory room or enjoy some mindful colouring. No need to book, just drop-in.</p> |

**Some sessions are not running during the half-term holiday between Monday 26 and Friday 30 May**

## 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).

### Health visiting

To speak to a health visitor, text Chat Health on [0750 733 2563](tel:07507332563) between 09:00-16:00, Monday-Friday.

### Women's Aid

If you or someone you know needs support, call Women's Aid at [0800 800 0028](tel:08008000028). 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 1750](tel:01217791750)

### Computers and private work pods

Internet and phone access

### Community wardrobe

Free warm winter clothing

