

We are here to help, Monday to Friday 9am-5pm.

The people working in the Family Hub will work in partnership with you and your community. They will help you find and get help from different services in the area and will be able to give you information, advice, and support. **Family Hubs are open to everyone.** You may need to book an appointment to access some services, but there will always be a safe space available for you if you need it.

Call us on **0121 779 1700**, pop in to see us at **37 Burton's Way, Smith's Wood, B36 0UG** or email: elmwoodfh@solihull.gov.uk

Morning Sessions

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p><u>Health Visitor Clinic</u> 9.30am - 12.00pm</p> <p>Booked appointments for parents and their babies and children with the Health Visiting team.</p> <p>Book by speaking to the receptionist or your Health Visitor.</p> <p><u>Marvellous Makers</u> 10.00am - 12.00pm</p> <p>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. Come and join the fun! Drop in and no booking required.</p> <p><u>Family Information Service - 10th February</u> 10.00am-12.30pm (2nd Monday of every month)</p> <p>Drop in to find out about childcare/ related funding and family activities within the community.</p> <p><u>Women's Community Drop-In – every other week</u> 9.00am – 12.00pm</p> <p>Providing emotional and practical support.</p> | <p><u>Midwife Clinic</u> 9.30am – 5.00pm</p> <p>Booked appointments for new and expectant parents and their babies with community midwives.</p> <p>Book by speaking to your midwife.</p> <p><u>Solihull Community Housing</u> 9.30am -12.00pm</p> <p>Information and advice on housing issues. No appointment required so please pop in.</p> <p><u>Coffee Morning Drop in with Super SEN CIC – 18th February</u> 9.30am – 12.00pm (runs monthly)</p> <p>We are two autistic ADHDers, offering support, advice and advocacy to neurodivergent families and individuals. Come along and have a cuppa, in a safe space.</p> <p><u>Attendance Support Drop In</u> 11.45am – 1.30pm</p> <p>Does your child worry about going to school? Do you feel you have tried everything to ensure your child attends school but nothing seems to be working? Do you feel there has been a relationship breakdown with your child's school? Do you have general questions around school attendance? Then please attend one of our drop-in sessions for attendance support. Chloe and Liz from the Education Participation Advisory Service will be offering attendance advice, support and guidance.</p> | <p><u>Family Voices</u> Wednesday 12th February. 9.30am – 11.00am</p> <p>Your chance to let us know what services are important to you and your family and how we can support this within the Family Hubs. Come along for a coffee and chat with Family Hub staff. Children are very welcome to attend as we would like their views too.</p> <p><u>Midwife Clinic</u> 9.30am – 5.00pm</p> <p>Booked appointments for new and expectant parents and their babies with community midwives.</p> <p>Book by speaking to your midwife.</p> <p><u>Drop-in Session with Social Prescribers</u> 10am-12pm (4th Wednesday of the month)</p> <p>Drop in for help, guidance and information about debts and finance, mental health, social isolation, local community information and employment help.</p> <p>No appointment required so please pop in.</p> <p><u>Anxiety Management Support Group (Adults)</u> 11.00am – 1.00pm</p> <p>Weekly anxiety support group open for anyone over the age of 18. Delivered by Reimagine Me CIC - for more information please email: info@reimaginemecic.org or contact Michelle: 07553 899373.</p> | <p><u>Women's Mental Health Support Group (Adults)</u> 9.00am – 11.00am</p> <p>Weekly anxiety support group open for anyone over the age of 18. Delivered by Reimagine Me CIC - for more information please email: info@reimaginemecic.org or contact Michelle: 07553 899373. A self-referral can be made via their website: https://www.reimaginemecic.co.uk/</p> <p><u>Citizens Advice</u> 9.30am – 12.30pm</p> <p>Free, confidential and impartial advice on a range of issues. Book an appointment by speaking to reception or by contacting CASB. Tel: 0808 2787976</p> <p><u>Solihull SENDIAS -</u> 9.30am-11.30am (4th Thursday of each month)</p> <p>Drop-in session to provide impartial, information, advice and support to children and young people with SEND and their parents and carers. No appointment required so please pop in.</p> <p><u>Musical Explorers - Early Years Session.</u> 11.30am-12.00pm</p> <p>Running weekly - free, fun, music sessions for children aged 0-5 delivered by Solihull Music. Followed by a relaxed Stay and Play. Drop in.</p> | <p><u>Health Visitor Clinic</u> 9.30am-12.00pm</p> <p>Booked appointments for parents and their babies and children with the Health Visiting team.</p> <p>Book by speaking to the receptionist or your Health Visitor.</p> <p><u>Smokefree Solihull clinic</u> 11.00am – 1.00pm</p> <p>Stop smoking support and advice. By referral only.</p> <p><u>ComputerXplorers - Free Coding and 3D Design Workshop!</u> 11.00am – 4.00pm on Friday 21st February.</p> <p>Exciting free coding and 3D design workshop! Children will unleash their creativity as they learn to design in 3D and bring their ideas to life using cutting-edge technology For 11-16 year olds.</p> <p>Call into Elmwood Family Hub for more information or scan the QR code to book!</p>  |

Afternoon Sessions

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Five to Thrive 1.00pm – 3.00pm Starts 24th February</p> <p>The Five to Thrive building blocks explore practical things you can do to enhance your child's brain development, increase confidence in parenting, and meet other local parents. For parents with children aged up to 2 years. To book, email bsmhft.parenting@nhs.net.</p> <p>Boys Autism Group 4.00pm – 6pm</p> <p>Run by Ordinary Magic for boys with autism. Please email michelle@ordinarymagic.co.uk for further details and to enquire about booking a place.</p> <p>SoLO – Inclusive Family Sessions 4.15pm – 6.45pm</p> <p>For children aged 7-13 years, sessions include sensory play, arts and crafts and story time. Inclusive with support available for children with higher needs. To book please email childrens@sololifeopportunities.org</p> | <p>Family support drop-in 1:00pm -4:00pm</p> <p>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>Life Skills 1.00pm-3.00pm</p> <p>A 6-week course to build confidence & skills. Speak to family Hub staff to book.</p> <p>Drop-In Menopause Peer Support Group 1.00pm – 2.30pm (2nd Tuesday of every month)</p> <p>Eat Well Move More 4.15pm – 5.45pm</p> <p>Eat Well Move More is a family based healthy lifestyles programme for 7-11 year olds. To find out more email: solihullactive@solihull.gov.uk or call 0121 704 8207.</p> | <p>Midwife Clinic 9.30am – 5.00pm</p> <p>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p>Urban Heard Youth Group 4pm – 6pm</p> <p>Open youth group. Arts, crafts, games and activities for anyone between 10-16 years of age. Free and young people can drop in – no booking required. For more info please email hasan@urbanheard.co.uk</p> | <p>Midwife Clinic 9.30am- 4:30pm</p> <p>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p>Solihull Lifestyle Service 12.00pm -4.00pm</p> <p>Pop in to get advice and discuss your lifestyle needs, including free height, weight, BMI, blood pressure and atrial fibrillation readings.</p> <p>Music Hub 4.00pm -6.00pm</p> <p>Booked after school sessions that is directly managed through Solihull Music service specially for children KS2 and over. Includes vocal coaching, music production and guitar. Come down to the music hub! For more info and to book, please email richard.russell@solihull.gov.uk or use the QR codes at Elmwood Family Hub</p> | <p>Solihull College – Sensory Play 12.30pm – 2.30pm</p> <p>New ideas for activities to engage your children with and an understanding of how to support your child's learning through sensory activities and play. To book please email jess.orton@solihull.ac.uk or speak to Family Hub staff.</p> <p>Midwife Clinic 1.00pm- 4:30pm</p> <p>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> |

Help with the cost of living

Family Hubs assist in accessing emergency food, fuel, and toiletries. Contact the Family Hub Team for support in obtaining help from the Council and specialist teams. You can also visit [Here2Help \(solihull.gov.uk\)](http://Here2Help.solihull.gov.uk) or call the Solihull Connect service 0121 704 8001.

Wellbeing & Advice

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| <p>Midwives</p> <p>Please call your midwife using the number in your red book.</p> | <p>Health Visiting</p> <p>To speak to a Health Visitor, text Chat Health on 07507 332563 (9.00am - 4.00pm Monday to Friday). If your child is unwell, please see your GP, ring 111, or if it is a medical emergency, please ring 999.</p> | <p>Women's Aid</p> <p>If you or someone you know needs support, call 0808 800 0028. The helpline is open 7 days a week, 9.15am – 5.15pm</p> | <p>Mental Health Support</p> <p>The Birmingham and Solihull Mental Health NHS Foundation Trust provide help, guidance, and reassurance to people of all ages, 24 hours a day, 7 days a week. Call 0800 915 9292 / 0121 262 3555</p> |
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