

### 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	Tuesday	Wednesday	Thursday	Friday
<p><b>Women's community drop-in – 09:00-1:00</b> <i>Every other week – 12 May only due to bank holidays.</i> Providing emotional and practical support.</p> <p><b>Maternity link support workers – 09:00-17:00</b> Provides comprehensive and personalised care to expectant and new mothers to ensure they receive the support they need throughout their journey from pregnancy to early motherhood. Pop into see them.</p> <p><b>Health Visitor clinic – 09:30-12:00</b> Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to the receptionist or your Health Visitor.</p> <p><b>Marvellous Makers – 10:00-12:00</b> 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, no booking required.</p> <p><b>Family Information Service – 10:00-12:30</b> <i>Second Monday of the month – 12 May</i> Drop-in to find out about childcare related funding and family activities within the community.</p>	<p><b>Solihull Community Housing – 09:30-11:30</b> Information and advice on housing issues. No appointment required so please pop in.</p> <p><b>Sensory Craft: sensory activities for parents with SEND children 9.30-11.30</b> Are you keen to help your child with learning? Do you like sharing ideas and making things? Come and join our friendly family learning group at Elmwood Family Hub.</p> <p><b>Super SEN 9.30am – 12.00</b> <i>Tuesday 20<sup>th</sup> May</i> Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p> <p><b>EPAS Attendance support drop-in – 12.00-13:30</b> Relationship breakdown with your child's school? Attend one of our sessions for attendance support. the Education Participation Advisory Service will be offering attendance advice, support, and guidance.</p> <p><b>Dementia Action Week Drop in 10.00 -12.00</b> 20<sup>th</sup> May</p>	<p><b>Digital skills course – 09:30-11:30</b> Free 10-week course with friendly tutor to learn new skills using computers. Suitable for beginners. Book via Family Hub staff.</p> <p><b>Midwife clinic – 09:30-17:00</b> Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p> <p><b>Anxiety management support group for adults – 11:00-13:00</b> Weekly anxiety support group open for ages 18+. Delivered by Reimagine Me CIC. For more information, email or call Michelle on <a href="mailto:info@reimaginemecic.org">info@reimaginemecic.org</a> or <a href="tel:07553899373">0755 389 9373</a>.</p>	<p><b>Free breakfast club – 10:00-11:00</b> <i>Monthly – 15 May!</i> Pop in to enjoy croissants, fruit juice, tea and coffee, and to find out more about what Solihull College have to offer, along with local information.</p> <p><b>Drop-in session with Social Prescribers – 09:30-12:00</b> <i>Next session – 1 May</i> Drop in for help, guidance and information about debts and finance, mental health, social isolation, local community information and employment help. No appointment required so please pop in.</p> <p><b>EHC Needs Assessment - Solihull SENDIAS Workshop– 09:30-11:30</b> <i>4<sup>th</sup> Thursday of each month – 22 May</i> Do you have a child with special educational needs (SEN)? Would you like to learn more about statutory SEN processes relating to SEN support in schools or EHC plans? Pop along to this free workshop all about EHC Needs Assessments.</p> <p><b>Musical explorers' early years session – 11:30-12:00</b> FREE, fun, drop-in music sessions followed by a relaxed stay and play. Suitable for ages 0-5. Delivered by Solihull Music.</p>	<p><b>Health Visitor clinic – 09:30-12:00</b> Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to the receptionist or your Health Visitor.</p> <p><b>Smokefree Solihull clinic – 11:00-13:00</b> Stop smoking support and advice. Book via the <a href="#">website</a> or pop in for a chat.</p>



### Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Boys Autism group – 16:00-18:00</b> Run by Ordinary Magic for boys with autism. Please email <a href="mailto:michelle@ordinarymagic.co.uk">michelle@ordinarymagic.co.uk</a> for further details and to enquire about booking a place.</p> <p><b>SoLO inclusive family sessions – 16:15-18:45</b> Sensory play, arts and crafts, and story time for children aged 7-13 years. Support available for children with higher needs. To book, email <a href="mailto:childrens@sololifeopportunities.org">childrens@sololifeopportunities.org</a>.</p>	<p><b>Family support drop-in – 13:00-16:30</b> 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>Eat Well Move More – 16:15-17:45</b> A free family based healthy lifestyles programme for 7-11-year-olds. The Eat Well Move More programme includes healthy eating and nutritional advice. Top tips and ideas for being more active, fun activities and games as well as interactive resources for the whole family to get involved. To find out more, email <a href="mailto:solihullactive@solihull.gov.uk">solihullactive@solihull.gov.uk</a> or call 0121 704 8207.</p> <p><b>Elmwood Family Hub – 1<sup>st</sup> Birthday Celebration!</b> 13<sup>th</sup> May – see hub staff for more information about our event.</p>	<p><b>Urban Heard youth group – 15.30-17:00</b> FREE arts, crafts, games, and activities for ages 10-16 years, no booking required. For more info, email <a href="mailto:rowan@urbanheard.co.uk">rowan@urbanheard.co.uk</a>.</p>	<p><b>Dual Diagnosis Group support group for adults 12.30–14.30</b> Weekly anxiety support group open for women ages 18+. Delivered by Reimagine Me CIC. For more information, email <a href="mailto:info@reimaginemecic.org">info@reimaginemecic.org</a>. A self-referral can be made via their website: <a href="http://www.reimaginemecic.co.uk">www.reimaginemecic.co.uk</a></p> <p><b>Solihull Lifestyle Service – 14.00-16:00</b> Pop in to get advice and discuss your lifestyle needs, including free height, weight, BMI, blood pressure, and atrial fibrillation readings. Runs weekly.</p> <p><b>Music hub – 16:00-18:00</b> Booked after school sessions that is directly managed through Solihull Music service for children KS2 and over. Includes vocal coaching, music production and guitar. For more info and to book, email <a href="mailto:richard.russell@solihull.gov.uk">richard.russell@solihull.gov.uk</a>.</p>	<p><b>Solihull College sensory play – 12:30-14:30</b> 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, email <a href="mailto:jess.orton@solihull.ac.uk">jess.orton@solihull.ac.uk</a> or speak to Family Hub staff.</p> <p><b>Midwife clinic – 13:00-16:30</b> Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to your midwife.</p>

**37 Burtens Way, Smith's Wood, Solihull, B36 0UG**

#### 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 0800 800 0028. 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 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

