


### 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 – 09:00-13:00</b> 4 and 18 August Providing emotional and practical support.</p> <p><b>Maternity link support workers – 09:00-17:00</b> 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. No need to book, just drop-in.</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. No booking required, just drop-in and siblings welcome.</p> <p><b>Free breakfast club – 10:00-11:00</b> 11 August 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>Solihull Community Housing – 09:30-11:30</b> Information and advice on housing issues. No appointment required, just drop-in.</p> <p><b>Puzzle Board &amp; Games – 09:30 – 11:00</b> 12 August Drop in to Elmwood for summer board game fun!</p> <p><b>Super SEN CIC – 09:30-12:00</b> 19 August Drop-in session for parents to seek advice and support for children or themselves, as adults with ADHD and/or Autism. Bring the children and enjoy the sensory room.</p> <p><b>Open craft session – 09:30 – 11:00</b> 26 August Pop into Elmwood Family Hub to enjoy our arts &amp; craft station.</p> <p><b>Baby Massage – 11.15am – 12.15pm (Tues &amp; Thurs)</b> Join us for some bonding time with your baby. Email <a href="mailto:Michelle.meryon@ordinarymagic.co.uk">Michelle.meryon@ordinarymagic.co.uk</a> or speak to Family Hub staff to book your place.</p>	<p><b>Drop-in session with social prescribers – 09:30-12:00</b> 27 August Drop-in for guidance and information about debts, finance, mental health, social isolation, local community information, and employment. No need to book, just drop-in.</p> <p><b>Anxiety management support group for adults – 11:00-13:00</b> Weekly anxiety support group open for age 18 and above. Delivered by Reimagine Me CIC. For more information, email or call Michelle on <a href="mailto:info@reimaginemecic.org">info@reimaginemecic.org</a> or 0755 389 9373.</p> <p><b>Uniform Swap Shop- Everyday 09:00-16:00 from 21 July to 25 July-</b> Pop into Elmwood Family Hub to pick up uniform for the start of the new academic year. If you have good quality school uniform to swap you can do this at the same time.</p>	<p><b>Solihull SENDIAS: equality, law, exclusions &amp; reduced timetables workshop – 09:30-11:30</b> Last Thursday of every month – 28 August If you have a child with Special Educational Needs (SEN) and would like to learn more about statutory SEN processes relating to support in schools or Education, Health and Care Plans (EHCPs), then pop along to this free workshop all about EHCP needs assessments.</p> <p><b>Baby Massage – 11.15am – 12.15pm (Tues &amp; Thurs)</b> Join us for some bonding time with your baby. Email <a href="mailto:Michelle.meryon@ordinarymagic.co.uk">Michelle.meryon@ordinarymagic.co.uk</a> or speak to Family Hub staff to book your place.</p> <p><b>Citizens Advice Solihull Drop In – 9.30am – 12.30pm</b> 14 &amp; 28 August Solihull Borough, we're here for you with free practical advice.</p> <p><b>Solihull Lifestyle Service – 11:00-13:00</b> 7 &amp; 21 August Drop-in to get advice and discuss your lifestyle needs, including free height, weight, BMI, blood pressure, and atrial fibrillation readings.</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. Siblings welcome.</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 Hub staff or your health visitor.</p> <p><b>Rock painting craft session – 13:30 – 14:00</b> 8 August Pop into Elmwood Family Hub to enjoy some arts and crafts and rock painting.</p> <p><b>Family Fun Session Circus Skills workshop – 10-10-29 August</b> Join us Flip &amp; Dippy for an amazing session filled with circus skills! Free event and lunch provided. Must be pre-booked and places are limited. Please see Family Hub staff or book via QR code/Eventbrite.</p>



Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Health in the hearts of our community – 14:00-17:00</b> Help and advice around weight management, smoking, physical activity, and more. To book, speak to a member of Hub staff.</p> <p><b>Family Fun Session Sublime Science - 13:30-15:00</b> <i>4 August</i> Join us for an amazing afternoon full of science adventures! Free event and lunch provided. Must be pre-booked and places are limited. Please see Family Hub staff or book via QR code/ Eventbrite.</p> 	<p><b>EPAS attendance support drop-in – 12:00-13:30</b> The Education Participation Advisory Service (EPAS) offer advice and guidance about school attendance.</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>Future Steps pregnancy walking group – 13:00</b></p> <p><b>Rock painting craft session – 13:30 – 14:00</b> <i>19 August</i> Pop into Elmwood Family Hub to enjoy some arts and crafts and rock painting.</p>	<p><b>Movie afternoon – 14:00 -16:00</b> <i>6 August</i> Pop into Elmwood Family Hub to chill out and watch a film with the family. Refreshments provided. Call 0121 779 1700 to book your place or speak to Family Hub staff.</p> <p><b>West Midlands Police – Beat Surgery – 15:00 -17:00</b> <i>27 August</i> Pop in to see your local neighbourhood officers for any help or advice and to discuss any local concerns.</p>	<p><b>Health in the hearts of our community – 13:00-15:00</b> Help and advice around weight management, smoking, physical activity, and more. To book, speak to a member of Hub staff.</p> <p><b>Summer storytime and craft activity – 14.30 - 15.30</b> <i>21<sup>st</sup> August</i> Come along to decorate a foxy mask and slippery snake finger puppet! For children aged 3-6 years. Places are limited and must be pre-booked with Elmwood Family Hub. Call 0121 779 1700 or speak to staff.</p>	<p><b>West Midlands Police family session – 11:00 -13:00</b> <i>15 August</i> Bring the children to see your local neighbourhood officers – have a look at their uniform and find out more about life as a police officer!</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> <p><b>Computer Xplorers Summer Holiday Camp</b> <i>Running 4 – 22 August, daily</i> Suitable for 7-15 year olds – robotics, programming, game design and more! Visit Solihull HAF website or speak to Elmwood Family Hub staff. Free for those with a HAF code.</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 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](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

[37 Burtons Way, Smith's Wood, Solihull, B36 0UG](https://www.solihull.gov.uk/37-burtons-way-smiths-wood-solihull-b36-0ug)

