

## We are here to help, Monday to Friday.

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.

Alternatively, you call us on 0121 779 1700 or email [elmwoodfh@solihull.gov.uk](mailto:elmwoodfh@solihull.gov.uk)

Please scan the QR to download our new app to see what is on in the hubs each day.



Scan here for  
the app store.



Scan here for the  
google play store.

Wherever you live in the borough, you will be able to get help from one of our hub buildings, outreach services and/or digital support.

## Who might you meet in the Family Hub?

The people working in the Family Hub will be from the Council, NHS and voluntary partners, all working in partnership with you.

There are diverse services such as Midwives, Health Visitors, Community Nursing, support for children with additional needs, information and advice services such as Citizen's Advice Bureau, music services, activities for children and young people, mental health and welfare support services.

We can connect you to various local community services as needed.

## 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 \(solihull.gov.uk\)](https://www.solihull.gov.uk/here2help) or call the Solihull Connect service 0121 704 8001. Each Hub has "warm spaces" for a free hot drink during your visit.

## Wellbeing & Advice

### Midwifery

Please call your midwife using the number in your red book.

### Health Visiting

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.

### Women's Aid

If you or someone you know needs support, call 0808 800 0028. The helpline is open 7 days a week, 9.15am – 5.15pm.

### Mental Health Support

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 / 0121262 3555.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Health Visitor Clinic</b> 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><b>Citizens Advice</b> 9.30am - 12.00pm</p> <p>Free, confidential and impartial advice on a range of issues. Book by speaking to reception or by contacting CASB. Tel: 0808 2787976</p> <p><b>Marvellous Makers</b> 10.00am – 11.30am</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!</p> <p><b>Family Information Service</b> 10am-12pm (starting on 23<sup>rd</sup> September)</p> <p>Drop in to find out about childcare/ related funding and family activities within the community.</p> <p><b>Solihull College – Functional English Skills</b> 12.30pm – 3.00pm (starting on 23<sup>rd</sup> September)</p> <p>Come along to free friendly English classes suitable for all levels.</p> <p><b>Boys Autism Group</b> 4.00pm – 6pm</p> <p>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.</p>	<p><b>Midwife Clinic</b> 9.30am - 12:30pm</p> <p>Booked appointments for new and expectant parents and their babies with community midwives.</p> <p>Book by speaking to the receptionist or your midwife.</p> <p><b>Solihull Community Housing</b> 9.00am -12.00pm</p> <p>Information and advice on housing issues. No appointment required so please pop in.</p> <p><b>My Babe and Me</b> 1.30pm – 2.30pm (Starting 10<sup>th</sup> September)</p> <p>Come and join us and get to know other parents and socialise at this stay and play for younger children. Running fortnightly.</p> <p><b>Early Years SEND Team – Stay and Play</b> 1pm-3pm</p> <p>Targeted session by invite only – running the first and third Tuesday of each month. Contact the Early Years SEND Team for more information.</p> <p><b>Motivate You – Motivation Workshop for Young People aged 16-24 years!</b> 9.30am – 3.30pm on 10<sup>th</sup> September</p> <p>Fun activities with free lunch to help navigate options for work and training.</p> <p><b>Eat Well Move More, Family Healthy Lifestyle Sessions.</b> 4.15pm – 6.00pm - by invitation only.</p> <p><b>Youth Group</b> 5.00pm – 6.30pm</p> <p>Rub by the Youth Justice team, by invitation only.</p>	<p><b>Health Visitor Clinic</b> 9.30am – 5.00pm</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><b>Coffee Morning Drop in with Super SEN CIC</b> 9.30am – 12.00pm</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><b>Help! I think my child may have additional needs.</b> 9.30am – 12.00pm (Wednesday 25<sup>th</sup> September).</p> <p>Are you worried that your child has additional needs? Are you unsure where to turn or who to ask for advice? Come and join us. Booking can be booked on Facebook at Super Sen CIC or just turn up – cost £2</p> <p><b>Motivate You – Motivation Workshop for Young People aged 16-24 years!</b> 9.30am – 3.30pm on 11<sup>th</sup> September</p> <p>Fun activities with free lunch to help navigate options for work and training.</p> <p><b>Urban Heard Youth Group</b> 4pm – 6pm</p> <p>Open youth group. Arts, crafts, games and activities for anyone between 10-16 years of age.</p>	<p><b>Health Visitor Clinic</b> 9.30am -12.00pm</p> <p>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>Midwife Clinic</b> 9.30am- 4:30pm</p> <p>Booked appointments for new and expectant parents and their babies with community midwives. Book by speaking to the receptionist or your midwife.</p> <p><b>Solihull SENDIAS</b> 9.30am-11.30am (4<sup>th</sup> 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.</p> <p><b>Independent Mothers</b> 9.30am – 12.00pm (from Thursday 19<sup>th</sup> September)</p> <p>Creative workshop and a safe space to meet others and try your hand at something new.</p> <p><b>Solihull Music Service- Early Years Session.</b> 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.</p> <p><b>Music Service (from Sept 24)</b></p> <p>Booked after school sessions that is directly managed through Solihull Music service specially for children and their parents/carers.</p> <p><a href="mailto:solihullmusic@solihull.gov.uk">solihullmusic@solihull.gov.uk</a></p>	<p><b>Health Visitor Clinic</b> 9.30pm – 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><b>Mini Winners Stay &amp; Play</b> 9.00am – 10.00am</p> <p>Join the fun at our football stay and play! Ages 18 months to 4 years old. Family friendly session for fun, fitness and socialising.</p> <p><b>Solihull College – Family Learning</b> 12.30pm – 3.00pm (starting on 27<sup>th</sup> September)</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.</p> <p><b>Breastfeeding Café</b> 1.00pm – 4.30pm</p> <p>We are an NHS service who offer breastfeeding cafes, run by trained peer supporters who are able to help you with any infant feeding queries or challenges you are facing. Please book in by visiting <a href="https://linktr.ee/Solihull.IFT">https://linktr.ee/Solihull.IFT</a></p>

To find out more please visit [www.solihull.gov.uk/family-hubs](http://www.solihull.gov.uk/family-hubs) or download the “Solihull Family Hubs” App.

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