

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.

Outreach	Monday	Tuesday	Wednesday	Thursday	Friday
Monkspath Infants and Junior School, Farmhouse Way, B90 4EH ordinary Magic	EPAS school attendance support – 13:00-15:00 <i>Term time only</i> No booking required. Baby massage – 09:30-10:45 <i>Term time only</i> Supports wellbeing and bonding. £10 for two sessions, or £5 trial session. Book here . Baby craft – 11:00-12:15 <i>Term time only</i> Create memories, bond with your baby, and meet other parents. For ages 0-12 months. £10 for two sessions, or £5 trial session. Book here .	Health Visitor clinic – 09:00-17:00 <i>Term time only</i> Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.	School-ready workshop – 09:00-10:15 <i>Term time only</i> To support parents with children age 2-4 years ready to start school and how to help make their first year a success. £3 per session. Book here .	Ordinary Magic family support – 09:00-12:00 1 October Free guidance for parents with children 0-5 years around sleep, toileting, introducing solid foods, behaviour, and more. Three hourly slots. Book here . Health Visitor clinic – 09:00-17:00 <i>Term time only</i> Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.	
Shirley Heath Junior School, Coombe Road, B90 3DS	Health visitor clinic – 09:00-13:00 <i>Term time only</i> Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.	Ordinary Magic – 16:00-18:00 <i>Term time only</i> A friendly group for girls with Autism. For more info, email jackie@ordinarymagic.co.uk	Fit Mamas – 09:30-11:30 <i>Term time only</i> Bring your little ones with you to join in with some gentle postnatal exercise classes for all levels of fitness. Two hourly slots. £3 per session. To book, call 0738 031 4463.	Family Support solution-focussed sessions – 13:00-15:00 <i>Term time only</i> Confidential advice, support, and guidance on parent and family topics. To book, call the Family Helpline on 0121 788 4327 .	
Meriden CofE Primary School, Fillongley Road, Meriden, CV7 7LW			Health Visitor clinic – 13:30-17:00 <i>Term time only</i> Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.		Family Support solution-focussed sessions – 13:00-15:00 <i>Term time only</i> Confidential advice, support, and guidance on parent and family topics. To book, call the Family Helpline on 0121 788 4327 .

Wellbeing and advice

Best Start in Life

Advice and support for your child's development, from pregnancy to childcare to starting school – beststartinlife.gov.uk

Here2Help

Food, toiletries, fuel, money, and staying well, visit www.solihull.gov.uk/here2help

Health visiting

Text Chat Health on [0750 733 2563](tel:07507332563) between 09:00-16:00, Monday-Friday

Mental health support

Call the BSOL Mental Health NHS Foundation Trust on [0800 915 9292](tel:08009159292) or [0121 262 3555](tel:01212623555)

Women's Aid

If you or someone you know needs support, call [0808 800 0028](tel:08088000028) between 09:15-17:15

Midwives

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