

WEEKLY *at the Family Hub*

Here to help Monday to Friday

There is someone you can phone, email or visit at the Hub to help you.

☎ 024 7697 8090 📍 WoodSideFamilyHub

✉ South2FamilyHub@coventry.gov.uk

Who you might meet in the Family Hub

Family Hubs offer diverse services with professionals like Health Visitors, Midwives, Welfare and Debt Advisors, Police Community Support Officers and Family Support Workers. The Family Hubs 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. Each Hub has "warm spaces" for a free hot drink during your visit.

Emergency Food access

Family Hubs provide Trussell Trust Food Bank vouchers for use at a Food Bank. They guide you to local Food Hubs/Social Supermarkets, where you can access quality food at affordable prices.

Clothing rail

Free clothing from Clothing Coventry.
Visit www.clothingcoventry.org for more details.

This Hub has a Sensory Room. Come and explore your senses with your children, it is free for all local families to use. Contact the Hub to book a session.

Breast Pump to Hire.

If you would like to hire a breast pump for free please call or drop into your local hub.

Coventry Haven Women's Aid.

Domestic abuse. Are you worried about someone or yourself? The #SafeToTalk helpline is available 0800 1114998 or email info@coventryhaven.co.uk or drop into your local Family Hub

ADVICE *at the Family Hub*

Coventry Independent Advice Service (CIAS): Confidential, free and independent advice for Coventry residents to help identify money and benefits you are entitled to, help sort out debts, challenge benefit claim decisions, and find other support you may need.

🌐 covadvice.org.uk ☎ 024 7652 1101

P3 Coventry Family Housing Support:

Help with housing related issues. Come and talk to us about concerns with paying your rent, talking to your landlord, paying bills, budgeting, managing your tenancy or your health and wellbeing in your home.

🌐 cov.p3charity.org ☎ 0808 196 2660

WELLBEING

at the Family Hub

Health Visiting

To speak to a Health Visitor, text Chat Health on **07507 329114** (9am - 4.30pm Monday to Friday) or call **024 7518 9190** (8.30am - 4.30pm Monday to Friday).

If your child is unwell, please see your GP, ring 111, or if it is a medical emergency please ring 999.

Midwifery

Please call your midwife using the number in your red book or call Coventry Community Midwives: **024 7696 7424**.

EasyPeasy - Scan the QR code below to download the app and discover thousands of parenting tips and activities for you and your 0-5yr old.



ONE
COVENTRY



www.coventry.gov.uk/familyhubs

What's On at



WOOD SIDE
FAMILY HUB

Apr - Jul 2024



ACTIVITIES *at the Family Hub*

Wood Side Family Hub, Upper Ride, Coventry, CV3 3GL Tel: 024 7697 8090

Where indicated with * please phone the hub to book onto the session

Monday

P3 Housing Advice and Support*
9am - 11am

Turn over for more information

Young Carers (11-17 year olds)
4.30pm - 6pm (every 3rd Monday of the month)

Young Carers groups with a range of craft activities, movie sessions, cooking and free time. *To make a referral please visit www.carerstrusthofs.org.uk/young-carers*

Tuesday

Coventry Independent Advice Service (CIAS) Drop-In 9.30am - 11.30am

Turn over for more information

Family Learning*
50 Things To Do Before You're 5
9.30am - 11.30am

Fun and interactive stay together, play together session for parents and their pre-school aged children. Activities will support the development of your child's skills and confidence

Coventry Independent Advice Service (CIAS) Appointments
1pm - 4pm

Turn over for more information

SEN Boxing Sessions*
5pm - 7pm

Non contact boxing training and games for teenagers with special education needs. Build confidence and fitness while laughing and having fun through Connect Us Academy.

Wednesday

Developmental Checks
9.15am - 4pm

Parents should contact the Health Visiting service to bring their young children to be checked and chat about their health, wellbeing and development.

Turn over for contact information and to book an appointment

Green Doctor*
10am - 1pm
(3rd April, 1st May, 5th June and 4th July)

Supporting households to stay warm, stay well, and save money on bills.

Stay Together, Play Together
10am - 11.30am

Fun activities for parents and children aged 0-4yrs, promoting learning and readiness for nursery or school.

Baby and Me
1pm - 2.30pm

For babies up to 2years these sessions offer new experiences, child development insights, and a chance for parents/carers to make friends

Open Baby Weighing Clinic
1pm - 3.30pm

No appointment required. Please drop in to weigh your baby and for advice from your Health Visiting Service.

Thursday

Social Prescribing
9am - 11am
(11th April, 16th May, 13th Jun and 11th July)

Feeling unwell or out of sorts? Our community social prescribers can offer time to explore what is important to you and help you find local activities and sources of support

Developmental Checks
9.15am - 12noon

Parents should contact the Health Visiting service to bring their young children to be checked and chat about their health, wellbeing and development.

Turn over for contact information and to book an appointment.

Specialist Infant Feeding Clinic

9.30am - 12.30pm

Appointments to get support and advice on Infant Feeding from a Specialist Health Visitor from Coventry Infant Feeding Team

Be Active Be Healthy
10am - 11am (starts 23rd May)

Sessions delivered by Be Active Be Healthy Team around healthy lifestyle for 2-4 year olds and their parents

Health Hub*
1pm - 4pm

One-to-one support with Healthy Lifestyles to help you achieve your goals: stop smoking, weight management, reducing alcohol or doing more exercise

Young Carers (5-10 year olds)
4.30pm - 6pm (every 3rd Thursday of the month)

Young Carers groups with a range of craft activities, movie sessions, cookin and free time.

To make a referral please visit www.carerstrusthofs.org.uk/young-carers

Friday

Specialist Infant Feeding Clinic
9.30am - 12.30pm

Appointments to get support and advice on Infant Feeding from a Specialist Health Visitor from Coventry Infant Feeding Team

Peer-Led Infant Feeding Clinic
9.30am - 12.30pm

Appointments to get support on feeding your baby and advice from a peer from Coventry Infant Feeding Team.

Foster Carers' Coffee Morning
10am - 11.30am

On the second Friday of every month. Come to have a chat and build a network with other carers

Foster Carers, Parents and Babies Wellbeing Session*
10.30am - 11.30am

On the third Friday of every month.

A group to support foster carers, build a network and to peer support for parents and children

Midwife Clinic
1pm - 4pm

Appointments for new and expectant parents and their babies with Community Midwives.

Turn over for contact information