

WEEKLY *at the Family Hub*

Here to help Monday to Friday

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

☎ 024 7697 8130 📘 PathwaysFamilyHub

✉ PathwaysFamilyHub@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.

Breast Pumps for 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 111 4998 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

What's on at



PATHWAYS
FAMILY HUB

Apr - Jul 2024



ONE
COVENTRY



www.coventry.gov.uk/familyhubs

ACTIVITIES *at the Family Hub*

Pathways Family Hub, Lawrence Saunders Road, Coventry, CV6 1HD Tel: 024 7697 8130

Where indicated with * please phone the hub to book into the session.

Monday

Midwife Clinic 8.30am - 4.30pm

Appointments for new and expectant parents and their babies with Community Midwives
Turn over for contact information

Family Learning 50 Things To Do Before You're 5

1pm - 3pm (starts 15th April)
Fun and interactive stay together, play together session for parents and their pre-school aged children. Activities to support the development of your child's skills and confidence.

Tuesday

Midwife Clinic 8.30am - 12.30pm

Appointments for new and expectant parents and their babies with Community Midwives
Turn over for contact information

Health Hub 9am - 11am

One-to-one support with Healthy Lifestyles to help you achieve your goals: stop smoking, weight management, reducing alcohol or doing more exercise.
Free phone 0800 122 3780 or email info@hlscoventry.org to book an appointment

Parents in Mind 9am - 12noon

Peer support session for new mothers to support them with their mental health in pregnancy or the first 2 years after birth

Stay Together, Play Together 10am - 11am

At Holbrooks Community Centre
Fun activities for parents and children
0 - 4 years promoting learning and readiness for nursery school.

P3 Housing Advice and Support* 11am - 1pm

Turn over for more information

Family Links Nurture 12.45pm - 2.45pm (starts 16th April)

For parents with children aged 6 weeks - 12 years. This course has an emphasis on feelings and emotions and the impact of these on children's development. It also includes a range of parenting strategies.
Self referral via www.coventry.gov.uk/parenting

Complex Communications Group 12.45pm - 2.45pm

Structured play for children and support for parents supported by the SEND Early Years Team

Peer-Led Infant Feeding Clinic 1.30pm - 4.30pm

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

To book an appointment call 07904984620

Wednesday

Midwife Clinic 8.30am - 4.30pm

Appointments for new and expectant parents and their babies with Community Midwives
Turn over for contact information

Green Doctor* 1pm - 4.30pm (24th April, 22nd May, 26th June and 24th July)

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

Coventry Independent Advice Service (CIAS) Appointments 9am - 4pm

Turn over for more information

**Be Active Be Healthy
10am - 11.30am
(starts 10th April)**
Sessions delivered by Be Active Be Healthy Team around healthy lifestyle for 2-4 year olds and their parents

Ready, Steady, Cook 6pm - 8pm

Cooking sessions for young people aged 9 - 17 with Aptitude

Thursday

Social Prescribing 9am - 11am (29th April, 10th June and 29th July)

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

To book an appointment call 0121 663 007 opt 1

iBumps 12.30pm - 4.30pm (every other week)

Support group for teenage mothers throughout pregnancy and beyond with Community Midwives

Family Learning 50 Things To Do Before You're 5 1pm - 3pm

(starts 18th April)
Fun and interactive stay together, play together session for parents and their pre-school aged children. Activities to support the development of your child's skills and confidence.

Midwife Clinic 8.30am - 12.00pm, 1.30pm - 5pm (every other week)

Appointments for new and expectant parents and their babies with Community Midwives
Turn over for contact information

Friday

Midwife Clinic 8.30am - 4.30pm

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