

## 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 7991 📱 FamiliesForAllHub

✉ FamiliesForAllHub@coventry.gov.uk

### Services to Help you and your Family

The Family Hubs can connect you to various local community services. Services available can be found on our online support platform at [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### 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](http://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 Pumps for Hire.** If you would like to hire a breast pump please call or drop in to your local hub.

### Coventry Haven Women's Aid.

Domestic abuse. Are you worried about someone or yourself? The #SafeToTalk helpline is available on 0800 111 4998 or email [info@coventryhaven.co.uk](mailto: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](http://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](http://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 - 5year old.



[www.coventry.gov.uk/familyhubs](http://www.coventry.gov.uk/familyhubs)

# What's On at



**FAMILIES FOR ALL**  
FAMILY HUB

Sept - Dec 2024



# ACTIVITIES *at the Family Hub*

Families For All Hub, 454 Foleshill Road, Coventry, CV6 5LB Tel: 024 7697 7991

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

## Monday

### **P3 Housing Advice and Support\*** 9am - 11am

*Turn over for more information*

### **Job Shop** 11am - 1pm

1 to 1 Job Coaching. Practical support in preparing your CV, interview skills confidence building, interview preparation and keeping your job once you are in work.

Drop In or call 024 7678 5740 to make an appointment

### **Together We Can** 9.30am - 10.30am and 10.45am-11.45am (term time only)

Assessment group for children 15months– 3 years with concerns around possible developmental delay. Working in partnership with SEND Early Years team and Health Visitors.

Please contact your Health Visitor for an invitation

### **Social Prescribing** 1pm - 3pm (9th Sept, 7th Oct, 4th Nov and 2nd Dec)

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.

To book an appointment call 0121 663 007 option 1

### **Coventry Independent Advice Service (CIAS)**

**Appointments 11am- 1.30pm**  
**Drop in 2pm - 4pm**

*Turn over for more information*

### **Baby and Me** 1.15pm - 2.45pm

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

## Tuesday

### **Development Checks** 9am - 1pm

Parents should contact the Health Visiting service to bring their young children to be weighed and chat about their health, wellbeing and development. Turn over for contact information and to book an appointment

### **FWT Well-being Peer Support with the MAMTA Project 9:00-12:00 (Last Tuesday of every month)**

For Pregnant Women and New Mothers around their emotional well-being. *Book an appointment by contacting Sahar on 07508517654 or email pmht@fwt.org.uk*

### **Clockwise Credit Union** 10am- 12pm (starts 1st Oct)

Safe savings and affordable loans. Open a bank account. Drop in to talk to helpful staff or call 0330 1755 792 or email hello@clockwise.coop

### **Open Baby Weigh Clinic** (1st and 3rd Tuesday of every month) 1pm - 3.30pm

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

### **Family Learning** 50 Things To Do Before You're 5 1pm - 3pm (starts 17th Sept)

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

### **Aptitude Youth Group** (Starts Sept 2024) 6pm - 8pm

Fun games and activities provided for young people aged 9 - 17  
[www.apptitude.org.uk](http://www.apptitude.org.uk)

## Wednesday

### **Step By Step Together** 9.30am-11am (term time only)

A group for children identified with developmental needs to help support nursery readiness. By invitation from SEND Early Years team.

### **Green Doctor** 9am - 12noon (1st Wednesday of the month)

Supporting households to stay arm, stay well, and save money on bills

**WOW Wellbeing on Wednesday 4pm-5.30pm**  
Family focused activities around health and well-being for children aged 5yrs + and their families based on 7 steps to wellbeing.

1. Reframe unhelpful thoughts
2. Be in the present
3. Get good sleep
4. Connect with others.
5. Live a healthy life
6. Do something for yourself
7. Write and letter to the future you

## Thursday

### **Community Short Breaks for Children with Disabilities** 4pm - 6pm

Group activities for children and young people with disabilities to relax, have fun, make new friends and develop independence skills. Booking by referral.

### **Healthier You** 2:30pm-4:30pm (Fortnightly from 5th Sept)

Tailored and personalised support to support adults at risk of developing Type 2 diabetes.

## Friday

### **Midwife Clinic** 9am - 4.30pm

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

### **Peer-Led Infant Feeding Clinic** 9.30am - 12.30pm

Appointments to get support and advice from a peer from Coventry Infant Feeding Team  
*To book an appointment call 07904984620*

### **Stay Together, Play Together** 9.30am - 11am

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