

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
✉ FamiliesForAllHubFamilyHub@coventry.gov.uk

Services to Help you and your Family

The Family Hubs can connect you to various local community services. Book online by scanning QR code or visit: www.coventryfamilies.co.uk



Help with the cost of living

Family Hubs assist in accessing emergency food, fuel, and toiletries. Each Hub has "warm spaces" for a free hot drink during your visit. If you require further support contact Citizens Advice who specialise in topics such as benefits work, debt, housing and more. Visit www.citizensadvice.org.uk or call 0800 144 8848

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.
Safe Spaces.

In Coventry there are several places and spaces that offer young people security, support and a sense of belonging. The Family Hub is one of those vital spaces offering young people in the community not only a physical location to visit, but also offering a range of resources such as access to power banks, chargers, first aid kits, information leaflets, hygiene packs and access to a hot drink or food

ADVICE at the Family Hub

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.

🌐 www.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**.

Breast Pumps For Hire.

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

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

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 or drop into your local Family Hub



www.coventryfamilies.co.uk



What's On at



Sept - Dec 2025

www.coventryfamilies.co.uk



ACTIVITIES

at the Family Hub

Address: Families For All Family Hub,
454 Foleshill Road, Coventry, CV6 5LB

Tel: 024 7697 7991

Email:

FamiliesforAllFamilyHub@coventry.gov.uk

For more information visit

www.coventryfamilies.co.uk and book
through the events page.



Monday

P3 Housing Advice and Support

9am - 11am Turn over for more information. Appointments to help with housing related issues. To book an appointment visit www.coventryfamilies.co.uk

Together We Can

9.30am - 10.30am and 10.45am - 11.45am (term time only)

Assessment group for children 15 months - 3 years with concerns around possible development delay. Working in partnership with SEND Early Years team and Health Visitors. Please contact your Health Visitor for an invitation to this.

Job Shop

11am - 2.30pm

One to one employment support drop in or to book an appointment visit www.coventryfamilies.co.uk

Building Your Future with Positive Youth Foundation (PYF)

4.30pm - 7.30pm

Supporting Young Refugees and Asylum Seekers into college, helping them to improve their English language and learn more about life in the UK. To book a space visit www.coventryfamilies.co.uk

Tuesday

Bump, Baby and Beyond

Start for life brings together services who work with families from pregnancy to health visiting along side a baby group.

Midwife Clinic

9am - 12noon Turn over for contact information.

Appointments for new and expectant parents and their babies. Contact your community midwives or visit www.coventryfamilies.co.uk

Baby & Me

1.15pm - 2.45pm

Drop in for babies up to 2yrs, these sessions offer new experiences, child development insights and a chance for parents/carers to make friends.

Open Baby Weighing Clinic

1pm - 3pm (1st & 3rd Tues of every month)

Drop in no appointment required. Please drop in to weigh your baby and for advice from your health visiting service

Well-being Peer Support With The MAMTA Project

1.30pm - 3.30pm (4th Tuesday of every month 23rd Sept, 28th Oct, 25th Nov and 23rd Dec)
For pregnant women and new mothers around their emotional wellbeing. To book an appointment visit www.coventryfamilies.co.uk

Birth Registrations

9.30am - 3.30pm (every other week from 2nd Sept)

Register your baby's birth at the Family Hub. To book an appointment visit www.coventryfamilies.co.uk

Aptitude Youth Group

6pm - 8pm

Fun games and activities provided for young people aged 9-17yrs. Drop in or to book on visit www.coventryfamilies.co.uk

Wednesday

Citizens Advice Debt Drop In

9.30am - 11.30am (Drop in) - 1pm - 3.30pm (Appointments)

Debt drop in sessions, where a specialist advisor would be available for appointments to assist with debt advice and support.

English for Speakers of Other Languages (Delivered by the migration team)

10am - 12noon

English class for beginners to book on visit www.coventryfamilies.co.uk

Step by Step Together

9.30am - 11.00am (term time only)

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

English for Speakers of Other Languages (Delivered by Adult Education)

9am - 12noon

English class for beginners who want to learn to read, write and speak English. To book please visit www.coventryfamilies.co.uk

Wellbeing on Wednesday WOW

4pm - 5.30pm

Drop in family focused activities around health and well being for children aged 5+ and their families based on the 7 steps to well-being.

Thursday

Midwife Clinic

1pm - 4.30pm Turnover for contact information.

Appointments for new and expectant parents and their babies. Contact your community midwives or visit www.coventryfamilies.co.uk

To book any activity visit
www.coventryfamilies.co.uk and click on
events or scan QR code.



Friday

Midwife Clinic

9am - 4.00pm Turnover for contact information.

Appointments for new and expectant parents and their babies. Contact your community midwives or visit www.coventryfamilies.co.uk

Peer Led Infant feeding

9am - 1pm

This is a support service for families with breast feeding advice and support. please visit www.coventryfamilies.co.uk for more information.

English for Speakers of Other Languages (Delivered by Adult Education)

9am - 12noon

English class for beginners who want to learn to read, write and speak English. For more information please visit www.coventryfamilies.co.uk

Stay Together Play Together

9.30am - 11am (term time only)

Drop in for fun activities for parents and their children aged 0-4yrs promoting learning and readiness for nursery and school.

MAC Music Project

4.30pm - 5.30pm (4th, 11th, 18th and 25th September)

Enrichment activities (sport, music, boxing, cooking) and mentoring for ages 7-19. To book an appointment visit www.coventryfamilies.co.uk