

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

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.

Best Start for Life

Baby and Me: For babies up to 12 months, these sessions offer new experiences, child development insights, and a chance for parents/carers to make friends.

Stay Together, Play Together: Fun activities for parents and children aged 0-4 years, promoting learning and readiness for nursery or school.

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.

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**.

50 things to do before you're 5

Fun, low or no cost activities to support the development of your child's skills and confidence.

EasyPeasy - Scan the QR code below to download the app for the best tips and activity ideas shared by our community of parents and experts.



www.coventry.gov.uk/familyhubs

What's On at



**FAMILIES
FOR ALL**
FAMILY HUB

Jan - Mar 2024



ACTIVITIES *at the Family Hub*

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

Please contact the Family Hub to find out more information and to book to attend a session when * indicated

Monday

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

Turn over for more information

Social Prescribing*
9am - 11am (5 Feb and 4 Mar)
Feeling unwell or out of sorts? Our community social prescribers can offer time to explore what is important to you and your additional support needs

Together We Can
9.15am - 10.15am and 10.30am - 11.30am (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 to this

Coventry Independent Advice Service (CIAS) Appointments*
11am - 4.30pm
Turn over for more information

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

Open Baby Weigh Clinic* **1pm - 3.30pm**

No appointment required. Please attend between the hours of clinic, for baby weighing and advice from your Health Visiting Service

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

Fun and interactive stay together, play together session for parents and their pre-school children with Family Learning to help your child to learn maths and numbers in the early years

Aptitude Youth Group **5 - 7pm**

Fun games and activities provided for young people aged 9 - 17

Wednesday

ESOL & Digital Learning* **9am - 12noon**

Learn English and digital skills with Think Smart

Ready, Steady, Play **9.15am - 10.15am and 10.30am - 11.30am** (term time only)

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

Wellbeing on Wednesday **4pm - 5.30pm**

(1.30pm - 3.30pm in school holidays)
Family activity group on the 7 steps to well being with a designated baby area

Thursday

ESOL & Digital Learning* **9am - 12noon**

Learn English and digital skills with Think Smart

Friday

Haven Drop-in* **9.30am - 12noon**

(Every 2 Weeks)
Sessions giving advice or support for women about domestic abuse

Peer-Led Infant Feeding Clinic*

9am - 12.30pm
Appointments to get support and advice on infant feeding from a peer from Coventry Infant Feeding

Midwife Clinic* **12noon - 4pm**

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