

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 7678 5621 📘 TheMoatFamilyHub

✉ TheMoatFamilyHub@coventry.gov.uk

Services to Help you and your Family

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 well being in your home

🌐 cov.p3charity.org ☎ 0808 1962660

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) 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 Pump for Hire.

If you would like to hire a breast pump for free please call or drop into 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 0-5-year old.

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.



www.coventryfamilies.co.uk

What's On at



Sept - Dec 2025

www.coventryfamilies.co.uk



ACTIVITIES at the FamilyHub

Address: The Moat Family Hub, Moat House Primary School, Deedmore Road, Coventry, CV2 1EQ

Tel: 024 7697 8036

Email: TheMoatFamilyHub@coventry.gov.uk

For more information visit www.coventryfamilies.co.uk and book through the events page



Wednesday

NTOTS

9.30am - 12.30pm (2nd Weds of every month)

A supportive group for families with babies and children who have been cared for by the Neonatal Community Outreach Team. Your midwife will invite you.

Chance to Chat - Coffee Morning

9am - 11am (3rd Weds of every month)

Each coffee morning will cover different topics that are important to parents and the community, such as SEND, energy advice, wellbeing and many more.

Foster Carers Coffee Morning

10am - 12.30pm (last Weds of every month)

Join the conversation and connect with fellow carers. Share experiences, get support, and build a supportive network together. Please visit www.coventryfamilies.co.uk to book

MAC Music Project

4.30pm - 6pm (26th Nov, 3rd, 10th and 17th Dec)

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

Monday

Development Checks

9am - 12noon

Parents should contact the health visiting team to bring their under 5 child to be weighed and for support and advice about their child's health, wellbeing and development. Please visit coventryfamilies.co.uk to book an appointment

Experience Group

9.30am - 10.30am

A group for pre-mobile children with complex needs to explore and play, including sensory and tactile. By invitation from SEND Early Years Team.

Meet and Eat Stay and Play

12.30pm - 2pm At Henley Green Community Centre, Wyken, CV2 1HQ

Fun and interactive Stay Together Play Together session for parents and their pre-school children, in partnership 50 things to do before you're 5. Free lunch provided offering a relaxed and social experience.

P3 Housing Advice and Support

1pm - 3pm

Appointments to help with housing related issues. To book an appointment please visit Coventryfamilies.co.uk

Perinatal Mental Health Clinic

1pm - 4.30pm

Perinatal mental health advice supported from community midwives. Contact your community midwife or visit www.coventryfamilies.co.uk

Thursday

Development Checks

9.30am - 12.30pm

Parents should contact the health visiting team to bring their under 5 child to be weighed and for support and advice about their child's health, wellbeing and development. Turn over for contact information to book an appointment.

Change Grow Live

9.30am - 12.30pm - (every other week starting 4th Sept)

CGL Coventry is the city's current substance misuse service, offering free and confidential support for adults experiencing drug and alcohol issues whether you're looking for advice, treatment, or ongoing support at any level of use. Please visit www.coventryfamilies.co.uk to book an appointment

Job Shop

9.30am - 12noon

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

Eritrean Group for Mums, Children and Pregnant Women

1pm -3pm (Every 2nd Thurs of the month)

A fun and informative support group led by the family hub and MAMTA with guest speakers and an interpreter.

Well Being on Thursday WOW Group

3.30pm - 5pm

Family focused Focused activities around health and well being for children young people and their families. Based on the 7 steps to wellbeing.

Tuesday

Midwife Clinic

9am - 4.30pm Turn over for contact information.

Appointments for new and expectant parents and their babies with a Community Midwife. Please visit www.coventryfamilies.co.uk for more information

Wellbeing Peer Support with Mamta

9.00am - 12noon (first Tuesday of every month: 2nd sept, 7th Oct, 4th Nov, 2nd Dec)

For pregnant women and new mothers around their emotional well-being. 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.

Stay Together Play Together

1.30pm - 3pm (term time only)

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

Friday

Bump, Baby and Beyond

Start For Life brings together services who work with families from pregnancy to their child's second birthday. Bump, Baby and Beyond brings together midwifery and health visiting with a Baby and Me group.

Baby and Me

9.30am - 11am (Sensory room open until 12.00pm)

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

9.30am - 12noon (every 1st & 3rd Fri of the month) No appointment required.

Please drop into weigh your baby and for advice from your health visiting service

Birth Registrations

9.30am - 3.30pm (every other week starting 12th Sept)

Register your baby's birth at the Family Hub. Book online at www.coventry.gov.uk/registerabirth or over the phone on 02476 833141.

Young Parents Group

1.30pm - 3pm

A group for young parents and parents to be to get together and meet others, share stories, make friends and have some fun.

Community Midwives

1pm - 4pm

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

Connect Us Academy Boxing

4pm - 5.30pm

Free boxing for Children 8+ years to improve physical fitness and enhance coordination. Please visit coventryfamilies.co.uk to book a place