

## **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

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.

### 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](mailto:info@coventryhaven.co.uk) or drop into your local Family Hub.

### Breast Pump for Hire.

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

**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](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 - 5 year old



**ONE**  
COVENTRY



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

# What's On at



Sept - Dec 2024



# ACTIVITIES *at the Family Hub*

The Moat Family Hub, Deedmore Road, Coventry, CV2 1EQ Tel: 024 7678 5621

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

## Monday

### Experience Group 9.30am - 11am

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

### Social Prescribing 9am - 11am

**(16th Sept, 14th Oct, 11th Nov and 9th Dec)**

Feeling unwell or out of sorts? Our Community Social Prescribers can offer time to explore what is important to you and your additional needs  
*To book an appointment call 0121 663 007 option 1*

### P3 Housing Advice and Support\* 1pm - 3pm

*Turn over for more information*

### Young Carers 4pm - 5:30pm

**(every 2nd Monday of the month)**  
Young Carers groups with a range of craft activities, movie sessions, cooking and free time.

*To make a referral please visit [www.carerstrusthofe.org.uk/young-carers](http://www.carerstrusthofe.org.uk/young-carers)*

## Tuesday

### 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](mailto:info@hlscoventry.org) to book an appointment

### Step by Step Together 9.15am - 10.15am 10.30am - 11.30am

A group for children identified with developmental needs to help support nursery readiness.

*By invitation from SEND Early Years team.*

### Stay Together, Play Together 1.30pm - 3pm

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

## Wednesday

### Coventry Independent Advice Service (CIAS) Appointments 9am - 5pm

*Turn over for more information*

### Foster Carers Coffee Morning 10.00am - 12.30pm (On the last Wednesday of every month)

Come to have a chat and build a network with other carers.

### Family Learning 50 Things To Do Before You're 5

**1pm - 3pm**

**(Starts 18th 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.

### Back 2 Work

Support to access courses and training to help you get back to work Call Agnieszka Szczegielniak on 0161 513 1163

### Family Links Nurture at Henley Green Primary School Wyken croft CV2 1HQ 1- 3pm (starts 11th September)

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. To make a request for the course please visit [www.coventry.gov.uk/parenting](http://www.coventry.gov.uk/parenting)

## Thursday

### Development Checks 9.30am - 12.30pm

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

### DWP Drop-In 9am - 12noon

**(12th Sept, 26th Sept, 10th Oct, 24th Oct, 7th Nov and 21st Nov)**

Drop-in sessions to get information and advice about work, pensions and benefit entitlement Contact: [jittender.kaur@dwp.gov.uk](mailto:jittender.kaur@dwp.gov.uk)

### Job Shop 9.30am - 12noon

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

Drop in or call 024 7678 5740 to make an appointment

### FWT Well-being Peer Support with the MAMTA Project 9am - 12noon

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](mailto:pmht@fwt.org.uk)*

### Eritrean Group for Mums, Children and Pregnant Women 1.30pm to 3.30pm (every 2nd Thursday of the month)

Health support group from the Health Visiting Team and an interpreter

### Well Being on Thursday

**4.00 - 5.30pm (Starts 26th Sept)**

Family activity group with focused activities around health and well-being. Fun free activities suitable for parents and children aged 5yrs+

## Friday

### Coventry Independent Advice Service (CIAS)

**Appointments 9am - 1pm  
Drop-In 2pm - 4pm**

*Turn over for more information*

### Birth Registrations 9:30am - 3:30pm

Register your baby's birth at the family hub. Book online [www.coventry.gov.uk](http://www.coventry.gov.uk) register a birth or over the phone 0247833141.

### Bump, Baby and Beyond

Start for Life brings together services who work with families from pregnancy to their children's second birthday.

Bump, Baby and Beyond brings together midwifery and health visiting with a Baby and Me group

### Open Baby Weighing Clinic 9.30am - 12noon (1st and 3rd Friday of every month)

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

### Baby and Me 9.30am - 11am

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

### Teenage Pregnancy Clinic 12.30pm - 4.30pm

Support group for teenage mothers throughout pregnancy and beyond with Community Midwives.  
*Turn over for contact information*