

## **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

### **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](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 1100

### **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



**July - August 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

### Social Prescribing 9am - 11am

(22nd July, 19th August and  
16th September)

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

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.

*Turn over for more information*

### Young Carers 3.30pm - 5pm

(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.carerstrusthofs.org.uk/young-carers](http://www.carerstrusthofs.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

### Midland Mencap 9.30am - 3.30pm

Activity session for children and young people with disabilities  
*Please book a place through the Children's Disability Team*

## Wednesday

### Coventry Independent Advice Service (CIAS) Appointments 8.30am - 4.00pm

*Turn over for more information*

### Midland Mencap 9.30am - 3.30pm

Activity session for children and young people with disabilities  
*Please book a place through the Children's Disability Team*

## 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 a 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)*

### Job Shop

9.30am - 12pm

(25th July, 1st, 15th & 29th August)

A drop-in service. We offer 1-2-1 wellbeing/ financial/ upskilling/ employment support and advice.

### Eritrean Group for Mums, Children and Pregnant women 1.30pm to 3.30pm

(8th August & 12th September)  
Health support group from the health visiting team and a Tigryan interpreter

### Young Carers 3.30pm - 5pm

(2nd Thursday 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.carerstrusthofs.org.uk/young-carers](http://www.carerstrusthofs.org.uk/young-carers)*

## Friday

### Coventry Independent Advice Service (CIAS)

9.30am - 12pm

Appointment based

*Turn over for more information*

### Coventry Independent Advice Service (CIAS)

2pm - 4pm

Drop in session

### Open Baby Weighing Clinic 9.30am - 12noon

(1st and 3rd Friday of the 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 - 11.00am

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*