

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 8030 📘 HarmonyFamilyHub

✉️ HarmonyFamilyHub@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



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.

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, informational leaflets, hygiene packs and access to a hot drink and 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 rent, talking to your landlord, paying bills, budgeting, managing your tenancy or your health and wellbeing in your home

🌐 covp3charity.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 Pump to 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.coventry.gov.uk/familyhubs

What's on at



Apr - July 2025



ACTIVITIES at the Family Hub

Address:

Harmony Family Hub
Clifton Street, Coventry, CV1 5GR

Tel: 024 7697 8030

Email:

HarmonyFamilyHub@coventry.gov.uk

Where indicated with * please phone the
Family Hub to book onto the session

Wednesday

Midwife Clinic

9am - 1pm Turn over for contact information.

Job Shop

9.30am - 11.30am

One to one employment support drop in or call 02476 785740 to make an appointment.

Clockwise Credit Union

9.30am - 12.30pm

Provides support in safe savings, affordable loans and support to open a bank account. Drop in to talk to helpful staff or call 0330 1755 792 or email hello@clockwise.coop

Weaning Group

10.30am - 12noon (every 2nd Weds of the month)

Parent should contact the Health Visiting service to get support for weaning and feeding. Turn over for contact information.

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

9.30am - 11.30am (term time only)

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.

ESOL & Digital Learning

12.30pm - 2.30pm

Tuition in English for speakers of other languages and digital skills. Closed group for people supported by Coventry's Migration Team.

iBumps

1pm - 4pm (every other week)

Support group for teenage parents throughout pregnancy and beyond. Appointments through the Community Midwives

Well Being On Wednesday @ Families For All Family Hub

4pm - 5.30pm

Family focused activities around health and well-being for children aged 5yrs + and their families based on 7 steps to well-being.

Monday

Midwife Clinic

1pm - 4pm Turn over for contact information.

Appointments for new and expectant parents and their babies with Community Midwives.

ESOL & Digital Learning

10am - 12noon

Tuition in English for speakers of other languages and digital skills. Closed group for people supported by Coventry's Migration Team.

Citizens Advice General Drop In

12.30pm - 3.30pm

Generalist Drop-In sessions, where a specialist advisor would be available for appointments to assist with Debt, finance and benefits support.

IBumps

1pm - 4pm (every other week)

Support group for teenage parents throughout pregnancy and beyond. Appointments through the Community Midwives.

Thursday

Midwife Clinic

9.30am - 12.30pm Turn over for contact information.

Green Doctor

9.30am - 12.30pm (6th May, 20th May, 10th June & 26th June)

Supporting households to stay warm, stay well, and save money on bills.

Stay Together Play Together

9.30am - 11am

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

Watch Library based at Harmony Family Hub

9.30am - 11.30am (19th June)

Hillfields Harmony Library session for families to discover and explore our wide range of services, events, and activities. Find out more about how to join, borrow books, and participate in various sessions, activities, events and online services

Share My Food

9.30am - 12.30pm (every other week)

Cooking session to learn how to make food from different cultures, while meeting new people and making new friends. To request a place text Ruzina on 07827273763

Fitness Sessions

10am - 11am (starts 15th May)

Post-partum fitness class gently provide exercise to the body after childbirth, focusing on rebuilding strength and regaining fitness without rushing the recovery process. To book a place please call 02476 978030

Complex Communications

1pm - 2.15pm

Structured play for children and support for parents supported by the SEND Early Years Team. Please contact your Health Visitor for an invitation.

Baby Massage

1pm - 2pm (starts 1st May for 5 weeks)

Learn how to massage your baby and understand the importance of touch. To book a place call 02476 978030

Tuesday

Sensory Toy Lending Library

9am - 11:30am (29th Apr, 27th May & 24th June)

Parent Carer Forum - Sensory Library for children and young people with special educational needs and disabilities (SEND). The sensory Library is open once a month and offers parent Carers the chance to borrow a variety of toys and other items designed to stimulate a child's senses through play. No booking required

Bump, Baby and Beyond

9:30am - 11:30am

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.

Midwife Clinic

9am - 4pm Turn over for contact information.

Open Well Baby Clinic

9am - 12noon

For guidance and advice from your Health Visiting service or to weigh your baby. No appointment is necessary.

Baby and Me

9.30am - 11.30am

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

Well-being Peer Support with MAMTA Project

9.30am - 11.30am

For pregnant women and new mothers around their emotional wellbeing.

Book an appointment by contacting Sahar on 07508 517654 or email pmht@fwt.org.uk.

Specialist Infant Feeding Clinic

12:00pm - 2:00pm (first Tuesday of the month)

Appointments to get support on feeding and advice from a peer with Coventry Infant Feeding Team. To book an appointment call 07904984620

Friday

P3 Housing Advice and Support

10am - 12noon

Appointments to help with housing related issues. To book an appointment please call 0808 196 2660

Midwife Clinic

1pm - 4pm Turn over for contact information.

Appointments for new and expectant parents and their babies with Community Midwives.

Friday Chill 'n' Chat Session

1pm - 3pm (every other week starting soon look out for further communication)

Come and join us for a chill 'n' chat, in an informal relaxed environment that will bring people together, foster connections, build relationships and engage in activities, as well as provide support in specific areas of family in a safe space.