

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 f HarmonyFamilyHub

✉ HarmonyFamilyHub@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.

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 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) 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 redbook 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 Family Hub

Address:

Harmony Family Hub
Clifton Street, Coventry, CV1 5GR

Tel: 024 7697 8030

Email:

HarmonyFamilyHub@coventry.gov.uk

For more information visit

www.coventryfamilies.co.uk and book through
the events page.



Wednesday

Midwife Clinic

9:00am - 1:00pm

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

Job Shop

9.30am - 11.30am Drop in

One to one job coaching. Practical support in preparing your cv, interview skills, confidence building, interview preparation and keeping your job once you get it. Drop in or to book an appointment visit www.coventryfamilies.co.uk

50 things to do before you are 5

9.30am - 11.30am

Session for under 5's and their parents to play and develop together to book please visit www.coventryfamilies.co.uk

Weaning Group

9am - 12.30pm (every 2nd Weds of the month) Turn over for contact information.

Parents should contact the Health Visiting service to get support for weaning and feeding.

Health Visiting Development Checks

9.30am - 12.30pm

Parents should contact the Health Visiting service for their child's development check.

Monday

English for speakers of other languages

10am - 12noon

English for speaker of other languages for beginners. To book visit www.coventryfamilies.co.uk

Citizens Advice General

12.30pm - 3.30pm

General drop-in sessions, where an advisor would be available for appointments to assist with benefits advice and support.

Midwife Clinic

9am - 1pm Turn over for contact information.

Appointments for new and expectant parents and their babies.

IBumps

1pm - 5pm (every week from 29th Sept)

Support group for teenage parents throughout pregnancy and beyond. Appointments through the community midwives or visit www.coventryfamilies.co.uk

Thursday

Midwife Clinic

9am - 12noon Turnover for contact information.

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

Share My Food

9.30am- 12.30pm (25th Sept, 16th Oct, 27th Nov and 18th Dec)

Cooking session to learn how to make food from different cultures, while meeting new people and making new friends. Children welcome to attend with their families. To book an appointment visit www.coventryfamilies.co.uk

Stay Together Play Together

9:30am - 11am

Drop in for fun activities for parents and children aged 0-5 yrs, promoting, learning and readiness for nursery or school.

Mobile Library based at Harmony Family Hub

9.30am - 11.30am (11th September and 11th December)

Drop in Hillfields Harmony Library session run by Watch, 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.

Tots Talking

1.30pm - 3pm (starting 2nd October for 4 weeks)

This 4 week course supports speech and language development. to book a place please visit www.coventryfamilies.co.uk

Complex Communications

12.30pm - 2.30pm (starting Nov 6th)

Structured play for children and support for parents supported by the SEND Early Years Team. Referral through to be made through your Health Visitor or SEND team. Visit www.coventryfamilies.co.uk

Tuesday

Sensory Toy Lending Library

9.30am - 11.30am (30th Sept, 28 Oct, 25 Nov, and 30 Dec) Drop in

Coventry Parent Carer Forum - Sensory Library for children and young people with special educational needs and disabilities (SEND) and offers parent Carers the chance to borrow a variety of toys and other items designed to stimulate a child's senses through play.

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.

Wellbeing Peer Support with MAMTA Project

9.30am - 11.30am

For pregnant women and new mothers around their emotional wellbeing. Practitioner from Mamta available for drop in or to book a face to face appointment visit www.coventryfamilies.co.uk.

Green Doctor

10am-2pm Drop in (9th Sept, 7th Oct, 4th Nov and 2nd Dec)

Supporting households to stay warm, stay well and save money on bills. Drop in or to book an appointment visit www.coventryfamilies.co.uk

Midwife Clinic

9am - 4pm Turn over for contact information.

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

Open Baby Weighing Clinic

9.30am - 11.30pm Drop in No appointment required.

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

Baby and Me

9.30am - 11.00am Drop in

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

Specialist Infant Feeding Clinic

12.30pm - 2.30pm (first Tues of the month)

Appointments to get support on feeding and advice from a peer with Coventry Infant Feeding Team. To book an appointment visit www.coventryfamilies.co.uk

Friday

Midwife Clinic

9.30am - 4:00pm Turn over for contact information. Appointments for new and expectant parents and their babies with Community Midwives

Education4All

9.30am - 12.30pm (19th Sept)

Structured Pre Entry Level 1 & Entry Level 1 English classes. To book an appointment visit www.coventryfamilies.co.uk

Chill 'n' Chat Session

1pm - 3pm Drop in

Come and join us for a chill and chat. 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.

P3 Housing Advice and Support

10am - 12pm Turnover for more information.

Appointments to help with housing related issues. To book an appointment visit www.coventryfamilies.co.uk