

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. 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 for more details.

Breast Pump to Hire.

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

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.

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 📞 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 📞 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.



www.coventry.gov.uk/familyhubs

What's on at



HARMONY
FAMILY HUB

Sept - Dec 2024



ACTIVITIES *at the Family Hub*

Harmony Hub, Clifton Street, Coventry, CV1 5GR Tel: 024 7697 8030

Where indicated with * please phone the hub to onto a session.

Monday

Midwife Clinic 9am - 1pm

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

Living with Confidence

9.30am - 11.30am (starts 16th Sept)

For women to enhance their self-confidence and self-worth in order to feel more confident in making choices and decisions in their lives, therefore become more assertive individuals. To make a request for the course www.coventry.gov.uk/parenting

ESOL & Digital Learning 10.30am - 12noon

Tuition in English for Speakers of Other Languages and Digital Skills. Closed group for people supported by Coventry's Migration team

Social Prescribing 9am - 11am

(23rd Sept, 21st Oct and 18th Nov)
Feeling unwell or out of sorts? Our Community Social Prescribers can offer time to explore what is important to you and help you find local activities and sources of support. To book an appointment call 0121 663 007 opt 1

iBumps

1pm - 4pm (Every other week)
Support group for teenage parent throughout pregnancy and beyond. Appointments through the Community Midwife
Turn over for contact information

Tuesday

Midwife Clinic 9am - 4pm

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

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.

Specialist Infant Feeding Clinic 12noon - 2pm

(First Tuesday of the month)
Appointments to get support on feeding and advice from a peer with Coventry Infant Feeding Team.

Wednesday

Midwife Clinic 9am - 4pm

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

Job Shop

9.30am - 12.30pm

1 to 1 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 call 024 7678 5740 to make an appointment

Weaning Group

10.30am - 12noon

(Every 2nd Wednesday of the month)

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

Turn over for contact information

iBumps

1pm - 4pm

(Every other week)

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

Turn over for contact information

Family Learning

50 Things To Do Before You're 5

9.30am - 11.30am

(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.

Take A Break

3pm - 7.30pm

Group activities for children and young people with disabilities to relax, have fun, make new friends and develop independence skills. Booking by referral.

Thursday

Green Doctor 9am - 1pm

(1st Thursday of the month)
Supporting households to stay well, and save money on bills

Stay Together, Play Together 9.30am - 11am

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

Midwife Clinic 9.30am - 12.30pm

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

Turn over for contact information

Health Hub

1pm - 3pm

One to one support with Healthy Lifestyles to help you achieve your goals: stop smoking, weight management.

Free phone 0800 122 3780 or email info@hlscoventry.org to book an appointment

Complex Communications

1pm - 2.15pm

Structured play for children and support for parents supported by the SEND Early Years Team

Friday

Midwife Clinic 1pm - 4pm

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

P3 Housing Advice and Support*

10am - 12noon

Turn over for more information