

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

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 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 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 📞 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

July - August 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

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

ESOL & Digital Learning 10.30am - 12noon

Learn English and digital skills with the Migration Team
Referral through City Council Migration team

Social Prescribing 9am - 11am (29th July)

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 option 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
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Baby and Me 10.00am - 11.30am

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.
To book an appointment call 07904984620

Wednesday

Midwife Clinic 9am - 4pm

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

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

Job Shop 9.30am - 1pm

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

Take A Break 10am - 3pm

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

Thursday

Green Doctor* 9am - 1pm (25th July)

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

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

Friday

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

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

P3 Housing Advice and Support* 10am - 12noon

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.
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Midwife Clinic 12noon - 4pm

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