

WEEKLY *at the Family Hub* **Here to help Monday to Friday**

There is someone you can phone, email or visit at the Hub to help you.

☎ **024 7697 8090**  **WoodSideFamilyHub**

✉ **South2FamilyHub@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.

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.

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 1114998 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 0-5yr old.



www.coventry.gov.uk/familyhubs



What's On at



WOOD SIDE
FAMILY HUB

Sept - Dec 2024



ACTIVITIES *at the Family Hub*

Wood Side Family Hub, Upper Ride, Coventry, CV3 3GL Tel: 024 7697 8090

Where indicated with * please phone the hub to book onto the session

Monday

P3 Housing Advice and Support* 9am - 11am

Turn over for more information

Baby Massage (Starts 16th Sept for 5 weeks) 10:30am - 12noon

Come and join our 5-week session and learn how to massage your baby and understand the importance of touch.

To book onto the course contact:
coventryvighv@swft.nhs.uk

Social Prescribing 12pm - 2pm

(9th Sept, 7th Oct, 4th Nov and 2nd Dec)

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

Young Carers 11-17 year olds

4.30pm - 6pm (every 3rd 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.carerstrusthove.org.uk/young-carers

Tuesday

Midwife Clinic 9:20am - 12:20pm

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

Turn over for contact information

Family Learning* 50 Things To Do Before You're 5 (Starts 17th Sept) 9.30am - 11.30am

Fun and interactive stay together, play together session for parents and their pre-school aged children. Activities will support the development of your child's skills and confidence

Midwife Clinic 1:30pm - 5pm

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

Turn over for contact information

Well being on Tuesday 4pm - 5.30pm (Starts 24th Sept)

Family activity group with focused activities around health and well-being. Fun free activities suitable for parents and children aged 5yrs+

Wednesday

Developmental Checks 9.15am - 4pm

Parents should contact the Health Visiting service to bring their young children to be checked and chat about their health, wellbeing and development.

Turn over for contact information and to book an appointment

Job Shop

9.30am - 12noon

1 to 1 Job Coaching. Practical support in preparing your CV, interview skills, confidence building, interview preparation and keeping your job once you're in employment

Drop In or call 024 7678 5740 to make an appointment

Baby and Me 1pm - 2.30pm

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

Open Baby Weighing Clinic 1pm - 3.30pm

No appointment required. Please drop in to weigh your baby and for advice from your Health Visiting Service.

Thursday

Developmental Checks 9am - 1pm

Parents should contact the Health Visiting service to bring their young children to be checked and chat about their health, wellbeing and development.

Turn over for contact information and to book an appointment.

Specialist Infant Feeding Clinic 9.30am - 12.30pm

Appointments to get support and advice on Infant Feeding from a Specialist Health Visitor from Coventry Infant Feeding Team

Stay Together, Play Together 10am - 11.30am

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

Health Hub* 1pm - 4pm

One-to-one support with Healthy Lifestyles to help you achieve your goals: stop smoking, weight management, reducing alcohol or doing more exercise

Friday

Peer-Led Infant Feeding Clinic 9.30am - 12.30pm

Appointments to get support on feeding your baby and advice from a peer from Coventry Infant Feeding Team.

Welcome to the World Antenatal course (starts 4th October for 4 weeks) 10am - 12noon

This course supports empathy, attunement and attachment for both parents with their baby in the womb and how this continues to develop once baby is born. We look at feelings, emotions, healthy eating, feeding your baby etc with support from the healthy lifestyles team, infant feeding team and a midwife who attend the sessions.

To make a request for the course please visit
www.coventry.gov.uk/parenting

Foster Carers' Coffee Morning 10am-12.30pm (On the second Friday of every month)

Come to have a chat and build a network with other carers

Foster Carers, Parents and Babies Wellbeing Session (On the third Friday of every month) 10.30am - 11.30am

A group to support foster carers, build a network and to peer support for parents and children

Midwife Clinic 1pm - 4pm

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

Turn over for contact information