

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.



Services to Help you and your Family

The 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.

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.

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 your rent, talking to your landlord, paying bills, budgeting, managing your tenancy or your health and wellbeing in your home.



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 red book 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



WOOD SIDE
FAMILY HUB

Sept - Dec 2025
www.coventryfamilies.co.uk



ACTIVITIES

at the Family Hub

Address: Woodside Family Hub, Upper Ride, Coventry, CV3 3GL

Tel: 0247697 8090

Email:
WoodSideFamilyHub@coventry.gov.uk

For more information and to book visit www.coventryfamilies.co.uk or scan the QR code



Monday

P3 Housing Advice and Support

9am - 11am

Appointments to help with housing related issues. To book and appointment please visit coventryfamilies.co.uk

Lady Bug Lodge Home Education Session

9.30am - 11.30am 7yrs +

The session is open to children with special educational needs and disabilities who are home educated aged 7 plus. To book on or find out more information please visit Coventryfamilies.co.uk/home

Health Hub

1pm - 4pm

One to one support with Health lifestyles to help you achieve your goals: stop smoking, weight management, reducing alcohol. To book an appointment please visit www.coventryfamilies.co.uk

Young Carers

4.30pm - 6pm (every 3rd Mon of the month)

Young Carers groups with a range of craft activities, movie sessions, cooking and free time. To make a referral please visit coventryfamilies.co.uk

Tuesday

Citizens Advice Debt Support Drop In

9.30am - 11.30am

Debt drop in sessions, where advisor is available for appointments to assist with debt advice.

Midwife Clinic

9.30am - 12noon & 1.30pm - 5pm

Appointments for new and expectant parents and their babies. Contact your community midwives or visit www.coventryfamilies.co.uk

Family Learning 50 things to do before you're 5

Drop in

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.

Adult Learning This is your Time

9.15am - 11.15am (Awareness sessions course starts 23rd Sept)

A free 4 week course to build confidence, life skills, and work readiness all in a friendly supportive space. including cooking, budgeting, teamwork, and cv writing to for more information or to book visit www.coventryfamilies.co.uk

Well Being at Wood Side

3.30pm - 5pm Family focused activities around health and well-being for children aged 5yrs + and their families based on 7 steps to wellbeing. Refreshments provided.

Wednesday

Development Checks

9.15am - 4pm

Please visit www.coventryfamilies.co.uk to book an appointment with the Health Visiting Team.

Job Shop

9.15am - 12noon

One to one employment support drop in visit www.coventryfamilies.co.uk/home to book an appointment

Lady Bug Lodge Home Education Session

9.30am - 11.30am For children under 6yrs

This session for children 0 - 6yrs with special educational needs and disabilities. To book on or find out more information visit coventryfamilies.co.uk

Bump Baby and Beyond

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

1pm - 5pm

Appointments for new and expectant parents. Contact the Community Midwife or visit www.coventryfamilies.co.uk

Baby and Me

1pm - 3pm

For babies up to 2yrs 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 into weigh your baby and for advice from the health visiting service.

MAC Music Project

4.30pm - 5.30pm (29th October, 5th, 12th and 19th November)

Enrichment activities (sport, music, boxing, cooking) and mentoring for ages 7-19. To book an appointment visit www.coventryfamilies.co.uk

Thursday

Development Checks

9am - 1pm

Parents should contact the health visiting team to bring their under 5 child to be weighed and for support and advice about their child's health, wellbeing and development. Please visit coventryfamilies.co.uk/home for more information

Change Grow Live

9.30am - 3pm (every other week from 11th Sept)

CGL Coventry is the city's current substance misuse service, offering free and confidential support for adults experiencing drug and alcohol issues—whether you're looking for advice, treatment, or ongoing support at any level of use. Drop in and appointments are available. Visit coventryfamilies.co.uk

Stay Together Play Together

10am - 11.30am Fun activities for parents and children aged 0-5yrs

promoting learning and readiness for nursery or school

Citizens Advice General Drop In

2.30pm - 4.30pm

Generalist drop in sessions, where specialists advisor are available to assist with debt, finances and benefit support.

Birth Registrations

9.30am - 3.30pm (every other week from 4th Sept)

Register your baby's birth at the Family Hub. Book online www.coventryfamilies.co.uk

Friday

Midwife Clinic

1pm - 4pm

Appointments for new and expectant parents and their babies. Contact the community midwives or visit coventryfamilies.co.uk/home for more information

Perinatal Mental Health Sessions

9.15am - 4pm One to One face to face therapy sessions as part of the Cov & Wark NHS Perinatal Mental Health Team. Referral through GP.

Coventry Music Little Notes

10am - 10.45am starting 12th Sept For children under 5yrs

A 45-minute music session for babies/young children and their parents/carers. Sessions include interactive singing, movement, simple instrument play, and musical games designed to stimulate early development. Songs range from traditional nursery rhymes to action songs that encourage bonding, co-ordination, and language acquisition

To book any activity

visit
coventryfamilies.co.uk
and click on the
events page, or scan
the QR code

