

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 7880 📍 ParkEdge

✉ ParkEdgeFamilyHub@coventry.gov.uk

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.

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, informational leaflets, hygiene packs and access to a hot drink and food.

ADVICE at the Family Hub

P3Coventry FamilyHousing 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 📞 0800 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 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 0-5year 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

What's On at



PARK EDGE
FAMILY HUB

Sept - Dec 2025

www.coventryfamilies.co.uk



ONE
COVENTRY



www.coventryfamilies.co.uk

ACTIVITIES

at the Family Hub

Address:

Park Edge Family Hub, Roseberry Avenue,
Coventry, CV2 1NE

Tel: 024 7697 7880

Email:

ParkEdgeFamilyHub@coventry.gov.uk

For more information visit

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

Monday

P3 Housing Advice and Support

12noon - 2pm

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

Living With Confidence for Women

12.30pm - 2.30pm (from 22nd Sept - 24th Nov)

This is an 8 week course for women to support their self-esteem and confidence building, delivered in a group setting to support their growth and development. Complete a request form please visit coventryfamilies.co.uk.

Grandparents Group

10.15am - 11.45am (every other week from Monday 15th September)

This group is for grandparents or other carers who care for the children of family members. We will have toys available for the children to use and we will talk to you about what you would like in these sessions and we can invite speakers of interest to you and the family.

Tuesday

Five to Thrive Baby

10am - 11am (from 9th September to 7th October)

5 sessions where you will learn about the 5 things you can do everyday to support baby's brain development and emotional health. Lots of opportunities to relax and play with your baby! Small groups of 6 families. Complete a request form please visit coventryfamilies.co.uk.

To book any activity visit
www.coventryfamilies.co.uk and click on
events page or scan QR code.



Wednesday

Bump, Baby and Beyond

Start for life brings together services who work with families from pregnancy to health visiting along side a Baby group.

Development Checks

9:30am - 4pm

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. Turn over for contact information to book an appointment.

Baby and Me

9.30am - 11.30am

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

9.30am - 12noon

No appointment required. Please drop into weigh your baby and for advice from your health visiting service

Perinatal Mental Health Sessions

1pm - 4pm

One to One face to face therapy sessions as part of the Cov & Wark NHS Perinatal Mental Health Team. Contact your Health Visitor for a referral.

Midwife Clinic

9am - 4pm

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

Green Doctor

10am - 2pm (10th Sept, 8th Oct, 5th Nov, 10th Dec)

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

Thursday

Midwife Clinic

9am - 4pm Turn over for contact information.

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

Development Checks

9am - 4pm

Parents should contact the health visiting team to bring their children to their development checks. Parents will receive a letter directly from the team or visit www.coventryfamilies.co.uk for more information.

Job Shop

12.30pm - 2.30pm

One to one employment advice with a job coach please visit www.coventryfamilies.co.uk to book an appointment

Stay Together Play Together

1.15pm - 2.45pm (term time only)

Drop in for fun activities for parents and their children aged 0-4yrs promoting learning and readiness for nursery and school.

Friday

Midwife Clinic

9am - 4pm Appointments for new and expectant parents and their babies. Contact your community midwife or visit

Coventry Music Little Notes

11am - 11.45am (starts 12th Sept)

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
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events page or scan QR code.

