

## 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. Services available can be found on our online support platform at [www.coventryfamilies.co.uk](http://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](http://www.clothingcoventry.org) for more details.

### Breast Pump for 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](mailto: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](http://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](http://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](http://www.coventry.gov.uk/familyhubs)

# What's On at



**PARK EDGE**  
FAMILY HUB

Sept - Dec 2024



# ACTIVITIES *at the Family Hub*

Park Edge Family Hub, Roseberry Avenue, Coventry, CV2 1NE Tel: 024 7697 7880

Where indicated with \* please phone the hub to book into the session

## Monday

### **Baby and Me (Starts 9th Sept) 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

### **P3 Housing Advice and Support\* 12noon - 2pm**

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.

*Turn over for more information.*

### **Social Prescribing 12.30pm - 2.30pm (16th Sept, 14th Oct, 11th Nov and 9th Dec)**

Feeling unwell or out of sorts? Our community social prescriber can offer time to explore what is important to you and help you find local activities and sources of support.

## Tuesday

### **Stay Together, Play Together 10am - 11.30am**

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

### **Green Doctor 9.30am - 1.30pm (1st Tuesday of every month)**

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

### **Back 2 Work Support to access courses and training to help you get back to work Call Agnieszka Szczegielniak on 0161 513 1163**

### **Health Hub 12pm - 2pm**

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

*To make an appointment  
please call 0121 663 007  
Opt 1*

### **Aptitude Youth Group (Starts Sept 2024) 3.45pm - 5pm**

Fun games and activities provided for young people aged 9 - 17  
[www.apptitude.org.uk](http://www.apptitude.org.uk)

## Wednesday

### **Development Checks 9.30am - 5pm**

Parents should contact the Health Visiting service to bring their young children to be weighed and chat about their health, wellbeing and development.  
*Turn over for contact information  
and to book an appointment*

### **Parents In Mind**

Peer support session for new mothers struggling with their mental health in pregnancy or the first 2 years after birth. To contact/join the group please email  
[parentsinmind.warwickcoventry@nct.org.uk](mailto:parentsinmind.warwickcoventry@nct.org.uk)

### **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  
*To book an appointment call  
07904984620*

### **Job Shop 9.30am - 11.30am**

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

### **Family Links Nurture at Henley Green Primary School Wyken croft CV2 1HQ 1- 3pm (starts 11th September)**

For parents with children aged 6 weeks -12 years. This course has an emphasis on feelings and emotions and the impact of these on children's development. It also includes a range of parenting strategies. To make a request for the course please use this link [www.coventry.gov.uk/parenting](http://www.coventry.gov.uk/parenting)

## Thursday

### **Developmental Checks 9am - 12noon**

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

*Turn over for contact information  
and to book an appointment*

### **Perinatal Mental Health Therapy Sessions.**

One to One face to face therapy sessions as part of the Cov & Wark NHS Perinatal Mental Health Team.

### **Midwife Clinic 1pm - 4pm**

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

## Friday

### **Midwife Clinic 1pm - 4pm**

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