

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 8160 📱 MosaicFamilyHub

✉️ MosaicFamilyHub@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.

Best Start for Life

Baby and Me: For babies up to 12 months, these sessions offer new experiences, child development insights, and a chance for parents/carers to make friends.

Stay Together, Play Together: Fun activities for parents and children aged 0-4 years, promoting learning and readiness for nursery or school.

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.

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**.

50 things to do before you're 5

Fun, low or no cost activities to support the development of your child's skills and confidence.

EasyPeasy - Scan the QR code below to download the app for the best tips and activity ideas shared by our community of parents and experts.



www.coventry.gov.uk/familyhubs

What's On at



Sept - Dec 2024



ACTIVITIES *at the Family Hub*

Mosaic Family Hub, Jardine Crescent, Coventry, CV4 9PL Tel: 024 7697 8160

Please contact the Family Hub to find out more information and to book to attend a session when * indicated

Monday

Health Hub 9am - 12pm

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

Free phone 0800 122 3780 or email info@hlscoventry.org to book an appointment

Job Shop 9.30am - 12noon

One to One 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

Coventry Independent Advice Service (CIAS)

Drop-In 9.30am - 11.30am
Appointments 1pm - 5pm

Turn over for more information

Social Prescribing

12pm - 2pm

(23rd Sept, 21st Oct and 18th Nov)
12noon - 2pm

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

Stay Together, Play Together 1pm - 2.30pm

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

Tuesday

Baby Massage 1pm - 2.30pm

(starts 27th Aug for 5 weeks)
Come and Join our 5-week session and learn how to massage your baby and understand the importance of touch.

Contact: coventryvig@swft.nhs.uk

P3 Housing Advice and Support*

10am - 12noon

Turn over for more information

Boxing

Tuesday 4.30pm - 6pm

(27th Sept - 22nd Oct)

For Children 8+ years to improve physical fitness and enhance coordination

Wednesday

Baby Massage

9.30am - 11.30am (Starts 18th Sept)

Join our free 5-week course. All Coventry parents and carers with babies aged from 6 weeks to 6 months (Pre-crawlers).

Contact: kate.steventon@coventry.gov.uk

Birth Registrations

9:30am - 3:30pm

Register your baby's birth at the Family Hub. Book online via

<https://www.coventry.gov.uk/registarbirth> or over the phone on 02476 833141.

DWP Drop-In

9am - 12noon

(4th Sept, 18th Sept, 2nd Oct, 16th Oct, 30th Oct, 13th Nov and 27th Nov)

Drop-in sessions to get information and advice about work, pensions and benefit entitlement

Contact: jittender.kaur@dwp.gov.uk

Green Doctor

12noon - 5pm

(1st Wednesday of the month)

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

Family Learning

50 Things To Do Before You're 5

1pm - 3pm

(starts 18th Sept)

Fun and interactive stay together, play together session for parents and their pre-school aged children with Family Learning to help your child to learn maths and numbers in the early years

Young Carers

4.30pm - 6pm (11th Sept, 9th Oct, 13th Nov and 11th Dec)

Young Carers groups with a range of craft activities, movie sessions, cooking and free time

To make a referral please visit

www.carerstrusthofs.org.uk/young-carers

Thursday

Midwife Clinic 9am - 12noon

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

Turn over for contact information and to book an appointment

Bump, Baby and Beyond

Start for Life brings together services who work with families from pregnancy to their children's second birthday. Bump, Baby and Beyond brings together midwifery and health visiting with a Baby and Me group

Baby and Me

9.30am - 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

Open Baby Weighing Clinic

9.30am - 11.30am

(2nd and 4th Thursday of the month)

Bring your baby to be weighed and seek advice from your Health Visiting Service. No appointment required.

iBumps

1pm - 4pm

Support group for teenage parents throughout pregnancy and beyond. Appointments through the Community Midwife. Turn over for contact information and to book an appointment

Well Being on Thursday

4.00 - 5.30pm (Starts 26th Sept)

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

Friday

Midwife Clinic 9am - 4pm

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

Turn over for contact information and to book an appointment

Family Links Nurture at Coundon Primary school, Forfield Rd, Coventry CV6 1FQ

1pm - 3pm (starts 13th Sept)

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 www.coventry.gov.uk/parenting