

## 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

Family Hubs can connect you to various local community services. Book online by scanning QR code or visit: [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. 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](http://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](http://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 well being 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 07507329114 (9am- 4.30pm Monday to Friday) or call 02475189190 (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](mailto:info@coventryhaven.co.uk) or drop into your local Family Hub.



[www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

# What's On at



Sept - Dec 2025

[www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)



# ACTIVITIES at the Family Hub

**Address:** Mosaic FamilyHub  
Jardine Crescent, Coventry, CV4 9PL

**Tel:** 024 7697 8160

**Email:** [MosaicFamilyHub@coventry.gov.uk](mailto:MosaicFamilyHub@coventry.gov.uk)

For more information visit  
[www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk) and book  
through the events page.



## Wednesday

### Birth Registrations

**9.30am - 3.30pm (every other week starting 10<sup>th</sup> Sept)**

Register your baby's birth at the Family Hub. To book an appointment visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk).

### Baby Massage

**10am - 12am or 12.45 - 2.45pm (starts Weds 17<sup>th</sup> Sept)**

Baby massage classes for parents with babies 6 weeks to 6 months for more information and to book visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### Young Carers

**4pm - 5.30pm (2nd Weds of the month)**

Young Carers groups with a range of craft activities, movie sessions, cooking and free time. To book on visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk).

### MAC Music Project

**4.30pm - 6pm (8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> of October 25 drop in session)**

Enrichment activities (sport, music, boxing, cooking) & Mentoring for ages 7- 19yrs. To book an appointment visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk).

## Monday

### Health Hub

**9am - 12noon**

One to one support with Healthy Lifestyles to help you achieve your goals: stop smoking, weight management, reducing alcohol. To book an appointment visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk).

### Job Shop

**9.30am - 1pm (every other week from 8<sup>th</sup> Sept)**

One to one employment support. Drop in or to book an appointment visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### 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.

### Midwifery Team Perinatal Mental Health

**12.30pm - 4.30pm.**

Appointments for new and expectant parents and their babies. Contact your community midwives or visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

## Tuesday

### P3 Housing Advice and Support

**10am - 12noon Turn over for more information.**

Appointments to help with housing related issues. To book an appointment visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### 50 things to do before you are 5

**1pm - 3pm**

Play and activities linked to 50 things to do before your five to offer parents new play ideas and enhance speech development.

### Midwife Clinic

**9am - 4pm Turn over for contact information.**

Appointments for new and expectant parents and their babies with a Community Midwife. Please visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk) for more information

### Connect Us Academy Boxing

**4.30pm - 6pm**

Free Boxing for children 8yrs+ to improve physical fitness and enhance coordination.

## Thursday

### 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

**9am - 12pm**

Appointments for new and expectant parents and their babies. Contact your community midwives or visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### Baby and Me

**9.30am - 11.30am**

Drop in 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 - 11.30am (every 2nd & 4th Thurs of the month)**

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

### Midwife Clinic

**9am - 4.30pm (every other week starting 4<sup>th</sup> Sept)**

Appointments for new and expectant parents and their babies. Contact your community midwives or visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### iBumps

**1pm - 4pm (every other week starting 11<sup>th</sup> Sept) Turn over for contact information.**

Support group for teenage parents throughout pregnancy and beyond. Contact your community midwives or visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### Fun Together Thursday (Well being group)

**3.30pm - 5pm Drop in**

Family activity group based on 7 steps to wellbeing, with focused activities around health and well-being. Fun free activities suitable for parents and children aged 5yrs+.

## Friday

### Midwife Clinic

**9am - 4.30pm Turn over for contact information.**

Appointments for new and expectant parents and their babies with a Community Midwife. Please visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk) for more information

To book any activity visit  
[www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk) and click on  
events or scan QR code.

