

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 8130 📘 PathwaysFamilyHub

✉️ PathwaysFamilyHub@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.

Breast Pumps 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 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 📞 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**.

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

What's on at



Sept - Dec 2024



ONE
COVENTRY



www.coventry.gov.uk/familyhubs

ACTIVITIES *at the Family Hub*

Pathways Family Hub, Lawrence Saunders Road, Coventry, CV6 1HD Tel: 024 7697 8130

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

Monday

Midwife Clinic 8.30am - 4.30pm

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

Social Prescribing 9am - 11am

(30th Sept, 28th Oct, 25th Nov and 23rd Dec)

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.

To book an appointment call 0121 663 007 option 1

Tuesday

Midwife Clinic 8.30am - 12.30pm

Appointments with Community Midwives for new and expectant parents and their babies
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Parents in Mind

Peer support session for new parents to support them with their emotional wellbeing in pregnancy and up to 2 years after birth. To contact/join the group please email parentsinmind.warwickcoventry@nct.org.uk

Back 2 Work

Support to access courses and training to help you get back to work
Call Agnieszka Szczegieliak on 0161 513 1163

Stay Together, Play Together 9.30am - 11am (Starts 17th Sept)

At Holbrooks Community Centre
Fun activities for parents and children 0 - 4 years promoting learning and readiness for nursery school.

P3 Housing Advice and Support* 11am - 1pm

Turn over for more information

Complex Communications Group 12.45pm - 2.45pm

Structured play for children and support for parents supported by the SEND Early Years Team

Peer-Led Infant Feeding Clinic 1.30pm - 4.30pm

Appointments to get support on feeding your baby and advice from a peer from the Coventry Infant Feeding Team.
To book an appointment call 07904984620

Community Short Breaks for Children with Disabilities 4pm - 6pm

Group activities for children and young people with disabilities to relax, have fun, make new friends and develop independence skills.
Booking by referral.

Wednesday

Midwife Clinic 8.30am - 4.30pm

Appointments with Community Midwives for new and expectant parents and their babies
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Job Shop 9.30am - 12.30pm

1 to 1 Job Coaching. Practical support in preparing your CV, interview skills, confidence building, interview preparation and keeping your job once you are in employment.

Drop In or call 024 7678 5740 to make an appointment

Thursday

iBumps 12.30pm - 4.30pm (every other week)

Support group for teenage mothers throughout pregnancy and beyond with Community Midwives

Family Learning 50 Things To Do Before You're 5 1pm - 3pm (starts 19th Sept)

Fun and interactive stay together, play together session for parents and their pre-school aged children. Activities to support the development of your child's skills and confidence.

Midwife Clinic 8.30am - 12.00pm 1.30pm - 5pm (every other week)

Appointments with Community Midwives for new and expectant parents and their babies
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Young Carers 5pm - 7pm

Young Carers groups with a range of craft activities, movie sessions, cooking and free time.
To make a referral please visit www.carerstrusthofe.org.uk/young-carers

Friday

Midwife Clinic 8.30am - 4.30pm

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

Baby and Me 1.15pm - 2.45pm

For babies up to 2 years, these sessions offer new experiences, child development insights and a chance for parents/carers to make friends

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

1pm - 3pm

(Starts 13th 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 visit www.coventry.gov.uk/parenting