

## 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

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.

### 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 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 0-5yr 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:** Pathways Family Hub, Radford Primary Academy, Lawrence Saunders Road, Coventry, CV6 1HD

**Tel:** 024 7697 8130

**Email:**

PathwaysFamilyHub@coventry.gov.uk

**For more information visit**

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



## Wednesday

### Midwife Clinic

**8.30am - 4.30pm Turn over for contact information.**

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

### Tot's Talking

**10am - 11.30am (Four Week Course - Sept 3rd, 10th, 17th & 24th)**

Parents of children aged 18 months-3 years are invited to join us for this four week course aimed at developing communication. Sessions encourage use of language and behaviours that support children in talking and learning words. To book on visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk).

### Job Shop

**1pm - 3pm**

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

### Aptitude Ready, Steady, Cook

**6pm - 8pm**

Cooking sessions for young people aged 9-17yrs with Aptitude. To book on visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk).

## Monday

### Midwife Clinic

**8.30am - 4.30pm Turn over for contact information.**

Appointments for new and expectant parents and their babies.

Contact the community midwives or visit

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

### Bump, Baby and Beyond

**1.15pm-2.45pm**

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.

### Baby and Me

**1.15pm - 2.45pm Drop in**

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

## Thursday

### Midwife Clinic

**8.30am - 12.30pm, 1:30pm - 5pm (every other week)**

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

### Speech and Language Therapy

**8.30am - 4.30pm**

Speech and Language Therapy (SLT) delivered by Coventry and Warwickshire Partnership NHS trust, supports children and young people (ages 0-18, or up to 25 with an EHCP) with speech, language, communication, feeding, and swallowing needs. We work closely with families, schools, and other professionals. To make a referral visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk).

### iBumps

**1pm - 4pm (every other week starts 4th Sept and ends 2nd Oct)**

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

### Young Carers

**5pm-7pm**

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

## Tuesday

### Midwife Clinic

**8.30am - 12.30pm Turn over for contact information.**

Appointments for new and expectant parents and their babies. Contact the Community Midwives or visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### Stay Together, Play Together at Holbrooks Community Centre

**9:30am - 11:00am (term time only)**

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

### P3 Housing Advice and Support

**11am - 1pm 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)

### iBumps

**1pm - 5pm (every other week starting 7th Oct)**

Support group for teenage parents throughout pregnancy and beyond with Community Midwives. Appointments through the Community Midwives.

### Complex Communications Group

**12:45pm - 2:45pm (starts 16th Sept)**

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

### Community Short Breaks

**4pm - 9pm**

Activities for children and young people with SEND. Booking by referral only visit [coventryfamilies.co.uk](http://coventryfamilies.co.uk)

## Friday

### Midwife Clinic

**8.30am - 3.30pm 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.**

