

## 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 8100 📘 [AspireFamilyHub](#)

✉️ [AspireFamilyHub@coventry.gov.uk](mailto:AspireFamilyHub@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 0-5year old.

# What's On at



**ASPIRE**  
FAMILY HUB

Sept- Dec 2024



**ONE**  
COVENTRY



[www.coventry.gov.uk/familyhubs](http://www.coventry.gov.uk/familyhubs)

# ACTIVITIES *at the Family Hub*

Aspire Family Hub, Humber Avenue, Coventry, CV1 2SF (for satnav use CV1 2AU) Tel: 024 7697 8100

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

## Monday

### Midwife Clinic 9am - 4.30pm

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

### Social Prescribing 12noon - 2pm (30th Sept, 28th Oct, 25th Nov and 23rd 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.

To book an appointment call 0121 663 007 option 1

## Tuesday

### Open Baby Weigh Clinic 9am - 1pm (3rd Tues of every month)

No appointment required. Please drop in to weigh your baby and for advice from your Health Visiting Service.

### Job Shop 9.30am - 12noon

1 to 1 Job Coaching. Practical support in preparing your CV, interview skills, confidence building, interview preparation and keeping your job once you get it. Drop In or call 024 7678 5740 to make an appointment

### Baby and Me 10am - 11.30am (starts 10th Sept)

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

### Family Learning 50 Things To Do Before You're 5 (starts 17th Sept) 1pm - 3pm

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

## Wednesday

### 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) Available 24 hours a day, 7 days a week.

## Thursday

### Family Links Nurture 9.30 - 11.30 (Starts 19th 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](http://www.coventry.gov.uk/parenting)

### P3 Housing Advice and Support\* 10am - 12noon

*Turn over for more information*

### Parents in Mind

Peer support session for new mothers to support them 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)

### Midwife Clinic 1pm - 4.30pm

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

## Friday

### Coventry Independent Advice Service (CIAS) 9am - 4.30pm

Appointment based  
Turn over for more information

### Stay Together, Play Together 9.30am - 11am

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