

## 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**

### Services to Help you and your Family

The 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, informational leaflets, hygiene packs and access to a hot drink and 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 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) 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 0-5 year 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:** Aspire Family Hub Gosford  
Park Primary School Humber  
Avenue, Coventry, CV1 2SF

**Tel:** 024 7697 8100

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

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



## Monday

### ESOL Conversation Class

**9.15am - 11.15am (Starts Monday 6th October) (term time only)**  
English Conversation Classes are fun, engaging and informal sessions that provide a safe and secure place for you to practise your English. To book visit [coventryfamilies.co.uk](http://coventryfamilies.co.uk)

### Talking with your Toddler

**9.30am - 10.30am (Monday 8th, 15th & 22nd September)**  
A three week course for parents of children aged 12 months - 3 years to develop their child's talking and understanding of words. Visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk) to book your place.

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



## Tuesday

### Open Baby Weighing Clinic

**9.00am - 11.30am (every 3rd Tuesday of the month)**  
No appointment required. Please drop in to weigh your baby and for advice from your health visiting service.

### Peer-Led Infant Feeding Clinic

**9.30am - 1.30pm**  
Appointments to get support and advice on infant feeding from a specialist peer from Coventry Infant Feeding Team. To book an appointment visit [coventryfamilies.co.uk](http://coventryfamilies.co.uk)

### 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 get it. To book an appointment visit [coventryfamilies.co.uk](http://coventryfamilies.co.uk)

### Baby & Me

**10am - 11.30am**  
For babies up to 2yrs, these sessions offer new experiences, child development insights and a chance for parents/carers to make friends.

### iBumps Antenatal Clinic

**1pm - 4pm Turn over for contact information.**  
Appointments for new and expectant parents and their babies. Contact Community Midwives or visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### Citizens Advice General Drop In

**1.30pm - 4.30pm**  
Generalist drop in sessions, where an advisor would be available to assist with debt, finances and benefit support.

### Art for All sessions

**5pm - 6.30pm (starts 16th September)**  
Drop in session, no need to book.

## Wednesday

### Perinatal Mental Health Clinic

**9.30am - 12.30pm**  
Perinatal mental health advice supported from community midwives. Contact your community midwife or visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### Green Doctor

**10am - 1pm (17th September, 15th October, 19th November & 17th December)**  
Supporting households to stay warm, stay well and save money on bills. Drop in or to book an appointment visit [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

## Thursday

### P3 Housing Advice and Support

**10am - 12noon Turn over for more information.**  
Appointments to help with housing related issues. Book online at [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### Birth Registrations

**9.30am - 3.30pm (every other week from 25th Sept)**  
Register your baby's birth at the Family Hub. Book online at [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)

### Sensory Toy Library and Coffee Morning

**10am - 12noon (4th September, 2nd October, 6th November & 4th December)**  
Coffee and chat once a month with an opportunity to borrow a variety of toys and other items designed to stimulate a child's senses through play.

## Friday

### Stay Together Play Together

**9.30am - 11am**  
Drop in for fun activities for parents and their children aged 0-4yrs promoting learning and readiness for nursery and school.

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

