

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 7991  FamiliesForAllHub

 FamiliesForAllHub@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. 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 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 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, informational leaflets, hygiene packs and access to a hot drink and food.

ADVICE *at the Family Hub*

P3 Coventry Family Housing Support:

Confidential, 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  024 7652 1101

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.

Breast Pumps for Hire.

If you would like to hire a breast pump please call or drop in to 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 on 0800 111 4998 or email nfo@coventryhaven.co.uk or drop into your local Family Hub



www.coventry.gov.uk/familyhubs

What's On at



FAMILIES FOR ALL
FAMILY HUB

Jan - Apr 2025



ACTIVITIES at the Family Hub

Address:

Families For All Family Hub,
454 Foleshill Road, Coventry, CV6 5LB

Tel: 024 7697 7991

Email:

FamiliesforAllFamilyHub@coventry.gov.uk

Where indicated with * please phone the
Family Hub to book onto the session

Monday

P3 Housing Advice and Support

9am - 11am Turn over for more information.

Together We Can

9:30am - 10:30am and 10:45am - 11:45am (term time only)

Group for children 15mths - 3yrs working in partnership with SEND Early Years team and Health Visitors. Please contact your Health Visitor for an invitation to this.

Job Shop

11am - 2.30pm

One to one employment support drop in or call 02476 785740 to make an appointment.

Baby & Me

1.15pm - 2.45pm

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

Social Prescribing

1pm - 3pm (6th Jan, 3rd Feb, 3rd March)

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.

Building your Future Positive Youth Foundation (PYF)

4.30pm - 7.30pm (starts 13th of Jan 2025)

Supporting Young Refugees and Asylum Seekers [Referral via obayed@positiveyouthfoundation.org](mailto:obayed@positiveyouthfoundation.org)

Tuesday

Midwife Clinic

9am - 12noon Turn over for contact information.

Well-being Peer Support With The MAMTA Project

9am - 12noon (last Tues of every month)

For Pregnant Women and New Mothers around their emotional wellbeing. Book an appointment by contacting Sahar on 07508 517654 or email pmht@fwt.org.uk.

Baby Massage

10am - 12noon & 12.45pm - 2.45pm (starts 13th Jan for 10 weeks, term time only)

Learn how to massage your baby and understand the importance of touch. To book onto the course visit www.coventry.gov.uk/adult-education.

Open Baby Weighing Clinic

1pm - 3.30pm (1st & 3rd Tues of every month)

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

Aptitude Youth Group

6pm - 8pm (starts 14th Jan, Term Time Only)

Fun games and activities provided for young people aged 9-17yrs.

Wednesday

Green Doctor

9am - 12noon (First Weds of every month)

Supporting households to stay warm, stay well, and save money on bills.

Step by Step Together

9.30am - 11.00am (term time only)

A group for children identified with developmental needs to help support nursery readiness. By invitation from SEND Early Years team only.

Clockwise Credit Union

10am - 12noon

Advice and help to manage your money. Safe savings and affordable loans. Open a bank account.

Drop in to talk to helpful staff or call 0330 1755 792 or email hello@clockwise.coop.

Wellbeing on Wednesday

4pm - 5.30pm

Family focused activities around health and well-being for children aged 5yrs + and their families based on 7 steps to wellbeing.

Thursday

Living With Confidence - Women

9.30am - 11.30am (starts 23rd Jan for 9weeks, term time only)

For women to enhance their self-confidence and self-worth in order to feel more confident in making choices and decisions in their lives, therefore become more assertive individuals. To book a place on this course search parenting via www.coventryfamilies.co.uk

Midwife Clinic

1pm - 4pm Turn over for contact information.

Community Short Breaks

4pm - 6pm

Group activities for children and young people with SEND. Time to have fun, relax and make new friends.

Friday

Midwife Clinic

9am - 4pm Turn over for contact information.

Peer-Led Infant Feeding Clinic

9am - 12:30pm

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

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.