

## 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

### Who you might meet in the Family Hub

Family Hubs offer diverse services with professionals like Health Visitors, Midwives, Welfare, and Debt Advisors, Police Community Support Officers, and Family Support Workers. The Family Hubs can connect you to various local community services as needed.

### 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.

**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.

**Breast Pumps for Hire.** If you would like to hire a breast pump please call or drop in to your local hub.

### 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 [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 1100

### 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



**FAMILIES FOR ALL**  
FAMILY HUB

July - August 2024



**ONE**  
COVENTRY



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

# ACTIVITIES *at the Family Hub*

Families For All Hub, 454 Foleshill Road, Coventry, CV6 5LB Tel: 024 7697 7991

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

## Monday

### **P3 Housing Advice and Support\*** 9am - 11am

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.  
*Turn over for more information*

### **Social Prescribing** 1pm - 3pm (12th August)

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

### **Job Shop** 11am - 1pm

A drop-in service. We offer 1-2-1 wellbeing/ financial/ upskilling/ employment support and advice.

### **Coventry Independent Advice Service (CIAS)** 9.30am - 12pm

Appointment based  
*Turn over for more information*

### **Coventry Independent Advice Service (CIAS)** 2pm - 4pm

Drop in session  
*Turn over for more information*

## Tuesday

### **Development Checks** 9am - 1pm

Parents should contact the health visiting service to bring their young children to be weighed and chat about their health wellbeing and development.

*Turn over for contact information and to book a appointment*

### **FWT Well-being Peer Support with the MAMTA Project** 9:00-12:00

**(Last Tuesday of every month)**  
For Pregnant Women and New Mothers around their emotional well-being.

Book an appointment by contacting Sahar on 07508517654 or email pmht@fwt.org.uk

### **Open Baby Weigh Clinic** 1pm - 3.30pm (1st and 3rd Tuesday of the month)

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

### **Aptitude Youth Group** 5.45pm - 7.45pm

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

## Wednesday

### **Baby and Me** 10am - 11.30am

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

### **WOW** **Wellbeing on Wednesday** 4pm - 5.30pm

Family activity group with focused activities around health and well-being. un free activities suitable for parents and children aged 5yrs+

## Thursday

### **ESOL Classes to help improve English skills** 12noon - 2pm

For Families that are being supported through the Migration Team.

*For more information visit [welcometocoventry.co.uk](http://welcometocoventry.co.uk)*

### **Short Breaks** 12noon - 3.30pm

Short breaks for children and young people with disabilities  
*Please book a place through the Children's Disability Team*

## Friday

### **Peer-Led Infant Feeding Clinic** 9:00am - 12:30pm

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

### **Midwife Clinic** 9am - 4.30pm

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