

## 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 7678 5621    📘 TheMoatFamilyHub

✉ TheMoatFamilyHub@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. 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.

**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.

## 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 1962660

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

# What's On at



**THE MOAT**  
FAMILY HUB

**Jan - Apr 2025**



# ACTIVITIES at the Family Hub

## Address:

The Moat Family Hub, Moat House Primary School, Deedmore Road, Coventry, CV2 1EQ

Tel: 024 7697 8036

## Email:

TheMoatFamilyHub@coventry.gov.uk

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

## Monday

### Experience Group

9.30am - 11am

A group for pre-mobile children with complex needs to explore and play, including sensory and tactile. By invitation from SEND Early Years team

### Social Prescribing

9am - 11am (13th Jan, 10th Feb and 10th Mar)

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.

### Step by Step Together

1pm - 2.30pm (term time only)

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

### \*P3 Housing Advice and Support

1pm - 3pm Turn over for more information.

### Guiding Young Minds (GYM) Youth Club

5pm - 6.30pm (starts 13th Jan to 24th Feb)

Youth Club for 8-18yrs, focusing on building relationship with young people in the community and giving them a safe space.

## Tuesday

### Together We Can

9.30am - 10.30am and 10.45am - 11.45am (term time only)

Assessment group for children 15months – 3 years with concerns around possible developmental delay. Working in partnership with SEND Early Years team and Health Visitors. Please contact your Health Visitor for an invitation to this.

### 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.

### Stay Together Play Together

1.30pm - 3pm

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

## Wednesday

### NTOTS

9.00 -12.00 (2nd Weds of every month, starts on Weds 8th Jan)

A group for families with babies and children who have been supported by the Neonatal Community Outreach Team

### Baby Massage

1.30pm - 2.30pm (starts 15th Jan for 5 weeks)

Learn how to massage your baby and understand the importance of touch. To book please call the family hub.

### Foster Carers Coffee Morning

10am - 12.30pm (On the last Weds of every month)

Come to chat and build a network with other carers.

## Thursday

### Development Checks

9.30am - 12.30pm

Parents should contact the health visiting team to bring their under 5 child to be weighed and for support and advice about their child's health, wellbeing and development. Turn over for contact information to book an appointment.

### Well-being Peer Support With The MAMTA Project

9am - 12noon

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.

### Job Shop

9.30am - 12noon

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

### Eritrean Group for Mums, Children and Pregnant Women

1.00pm - 3.00pm (Every 2nd Thurs of the month)

Health support group from the health visiting team with an interpreter.

### Well Being On Thursday

3.30pm - 5pm

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

## Friday

### Bump, Baby and Beyond

9:30am - 12noon

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

9.30am - 11am

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

### Open Baby Weighing Clinic

9.30am - 12noon (every 1st & 3rd Fri of the month)

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

### Birth Registrations

9.30am - 3.30pm

Register your baby's birth at the family hub. Book online <https://www.coventry.gov.uk/registerabirth> or over the phone on 02476 833141.

### Community Midwives

1pm - 4pm

Support group for teenage mothers throughout pregnancy and beyond with Community Midwives.