

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 8030  HarmonyFamilyHub

 HarmonyFamilyHub@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.

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 rent, talking to your landlord, paying bills, budgeting, managing your tenancy or your health and wellbeing in your home

 covp3charity.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.

Breast Pump to 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 -5year 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 or drop into your local Family Hub



www.coventry.gov.uk/familyhubs

What's on at



HARMONY
FAMILY HUB

Jan - Apr 2025



ACTIVITIES at the Family Hub

Address:

Harmony Family Hub
Clifton Street, Coventry, CV1 5GR

Tel: 024 7697 8030

Email:

HarmonyFamilyHub@coventry.gov.uk

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

Wednesday

Midwife Clinic

9am - 4pm Turn over for contact information.

Job Shop

9.30am - 12pm

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

Weaning Group

10:30am - 12:00pm (every 2nd Weds of the month)

Parent should contact the Health Visiting service to get support for weaning and feeding.
Turn over for contact information.

Family Learning - 50 Things To Do Before You're 5

9.30am - 11.30am (starts 15th Jan for 10 weeks, term time only)

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

Five to Thrive Baby Group

1.30pm - 2.30pm (starts 26th Feb for 5 weeks)

A new type of play session for parents and their babies to support our babies brain development and the importance of you as their parent to do this ages 6 weeks to 10 months. To book a place on this course search parenting via www.coventryfamilies.co.uk

iBumps

1pm - 4pm (every other week)

Support group for teenage parents throughout pregnancy and beyond. Appointments through the Community Midwives

Well Being On Wednesday @ Families For All Family Hub

3.30pm - 5pm

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

Monday

ESOL & Digital Learning

10:30am - 12noon

Tuition in English for Speakers of Other Languages and Digital Skills. Closed group for people supported by Coventry's Migration Team.

Social Prescribing

12pm - 2pm (20th Jan, 17th Feb and 17th Mar)

Feeling unwell or out of sorts? Our Community Social Prescribers can offer time to explore what is important to you and find local sources of support.

Midwife Clinic

1pm - 4pm Turn over for contact information.

Appointments for new and expectant parents and their babies with Community Midwives.

IBumps

1pm - 4pm (every other week)

Support group for teenage parents throughout pregnancy and beyond. Appointments through the Community Midwives.

Tuesday

Sensory Toy lending library

9am - 11.30am (last Tues of every month)

Call the family hub for further information.

Midwife Clinic

9am - 4pm Turn over for contact information.

Appointments for new and expectant parents and their babies with Community Midwives.

Bump, Baby and Beyond

9:30am - 11:30am

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.

Open Baby Weighing Clinic

9am - 12noon

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

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.

Specialist Infant Feeding Clinic

12:00pm - 2:00pm (first Tuesday of the month)

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

Thursday

Midwife Clinic

9am - 12.30pm Turn over for contact information.

Green Doctor

9am - 12noon (first Thurs of every month)

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

Stay Together Play Together

9.30am - 11am

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

Health Hub

1pm - 3pm

One to one support with healthy lifestyles to help achieve your goals; stop smoking, weight management, reducing alcohol or doing more exercise. To book on call 0800 1223780

Complex Communications

1pm - 2.15pm (starts 16th Jan)

Structured play for children and support for parents supported by the SEND Early Years Team. Please contact your Health Visitor for an invitation.

Friday

*P3 Housing Advice and Support

10am - 12noon Turn over for more information.

Midwife Clinic

1pm - 4pm Turn over for contact information.

Appointments for new and expectant parents and their babies with Community Midwives.