

## 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

### 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.

### Breast Pump to Hire.

If you would like to hire a breast pump for free please call or drop into your local hub.

### 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.

## 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 1101

### 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 0-5-year old.



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

# What's on at



**HARMONY**  
FAMILY HUB

**Apr - Jul 2024**



# ACTIVITIES *at the Family Hub*

Harmony Hub, Clifton Street, Coventry, CV1 5GR Tel: 024 7697 8030

Where indicated with \* please phone the hub to onto a session.

## Monday

### Midwife Clinic 9am - 1pm

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

### ESOL & Digital Learning 10.30am - 12noon

Learn English and digital skills with the Migration Team

### Social Prescribing 12noon - 2pm

(22nd April, 3rd June and 22nd July)

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 opt 1

### iBumps

1pm - 4pm (Every other week)

Support group for teenage parent throughout pregnancy and beyond.

Appointments through the Community Midwife

*Turn over for contact information*

## Tuesday

### Midwife Clinic 9am - 4pm

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

### Baby and Me 10.00am - 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.

### Specialist Infant Feeding Clinic

12noon - 2pm

(First Tuesday of the month)

Appointments to get support on feeding and advice from a peer with Coventry Infant Feeding Team.

## Wednesday

### Midwife Clinic 9am - 4pm

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

### Weaning Group 10.30am - 12noon (Every 2nd Wednesday of the month)

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

### iBumps 1pm - 4pm

(Every other week)

Support group for teenage parents throughout pregnancy and beyond. Appointments through the Community Midwife.  
*Turn over for contact information*

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

9.30am - 11.30am  
(starts 17th April)

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.

### School Nursing Clinic 3pm - 5pm (first Wednesday of the month)

Appointments with school nursing on health issues, such as: sleep, eating, toileting, diabetes

## Thursday

### Green Doctor\* 9am - 1pm

(25th April, 23rd May, 27th June and 25th July)

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 0-4 years, promoting learning and readiness for nursery and school

### Midwife Clinic 9.30am - 12.30pm

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

### Antenatal Nurturing Programme 12.45pm - 2.45pm

Course to help to prepare you to be new parents. We look at them developing before they are born, our babies' brain in the womb and the importance of connecting with our babies in the womb.

*Self referral via*

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

### Health Hub 1pm - 3pm

One to one support with Healthy Lifestyles to help you achieve your goals: stop smoking, weight management.

Free phone 0800 122 3780 or email [info@hlscoventry.org](mailto:info@hlscoventry.org) to book an appointment

### Complex Communications 1pm - 2.15pm

(starts 18th April for 5 weeks)

Structured play for children and support for parents supported by the SEND Early Years Team

## Friday

### Midwife Clinic 9am - 1pm

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

### Coventry Independent Advice Service (CIAS) Appointments 9am - 5pm

*Turn over for more information*

### P3 Housing Advice and Support\*

10am - 12noon

*Turn over for more information*