

WEEKLY *at the Family Hub*

Here to help Monday to Friday

There is someone you can phone, email or visit at the Hub to help you.

☎ 024 7697 8090 📍 WoodSideFamilyHub

✉ woodsidefamilyhub@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.

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

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 wellbeing in your home.

🌐 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**.

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 0-5yr old.

Coventry Haven Women's Aid.

Domestic abuse. Are you worried about someone or yourself? The #SafeToTalk helpline is available 0800 1114998 or email info@coventryhaven.co.uk or drop into your local Family Hub



www.coventry.gov.uk/familyhubs

What's On at



WOOD SIDE
FAMILY HUB

Jan - Apr 2025



ACTIVITIES at the Family Hub

Address:

Wood Side Family Hub, Upper Ride,
Coventry, CV3 3GL

Tel: 024 7697 8090

Email:

WoodSideFamilyHub@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

Ladybug Lodge Home Education Sessions

9.30am - 11.30am (term time only)

This session is open to any children with Special Educational Needs and Disabilities who are home educated. For more information contact www.ladybuglodge.co.uk

Young Carers

4.30pm - 6pm (every 3rd Monday of the month)

Young Carers groups with a range of craft activities, movie sessions, cooking and free time. To make a referral please visit www.carerstrusthofe.org.uk/young-carers

Tuesday

Social Prescribing

9am - 11am (6th Jan, 3rd Feb and 3rd 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

9.20am - 12.20pm (every other week) & 1.30pm - 5pm (every week)

Turn over for contact information

Healthier You: NHS Diabetes Prevention Programme

1.30pm - 3.30pm (7th Jan, 14th Jan, 28th Jan & 18th Feb)

Supporting Adults / Parents with Diabetes prevention through the midwifery clinic.

*Wildlife Trust Nature Explorers Club

10am - 12noon (starts 7th Jan for 6 weeks) & (Second Cohort starts 25th Feb)

Six week club exploring nature-based play within Willenhall Wood run by Warwickshire Wildlife Trust.

Well Being On Tuesday

3.30pm - 5pm

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

Wednesday

Development Checks

9.30am - 3pm Turn over for contact information

Job Shop

9.15am - 12.30pm

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

Ladybug Lodge Preschool Sessions

9.30am - 11.30am (term time only)

This session is for children 0 -5yrs and their families with SEND

Midwife Clinic

1pm - 5pm Turn over for contact information

Healthier You: NHS Diabetes Prevention Programme.

1.30pm - 3.30pm (8th Jan, 22nd Jan & 13th Feb)

Supporting adults/parents with Diabetes prevention through the midwifery clinic.

Baby and Me

1pm - 2.30pm

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

1pm - 3.30pm No appointment required. Please drop into weigh your baby and for advice from your health visiting service

Thursday

Development Checks

9am - 1pm

Turn over for contact information and how to book an appointment with the Health Visiting Team.

Stay Together Play Together

10am - 11.30am

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

Health Hub

1pm - 4pm

One to one support with Health lifestyles to help you achieve your goals: stop smoking, weight management, reducing alcohol. To book an appointment call 0800 1223780

Health Hub

1pm - 4pm

Weight management course for 12 weeks. To book an appointment call 0800 1223780

Friday

Foster Carers Coffee Morning

10am - 12.30pm (On the 2nd Friday of every month)

Come to chat and build a network with other carers.

Midwife Clinic

1pm - 4pm Turn over for contact information.

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

Healthier You: NHS Diabetes Prevention Programme

1.30pm - 3.30pm (10th Jan, 31st Jan & 21st Feb)

Supporting adults/parents with Diabetes prevention through the midwifery clinic.

Perinatal Mental Health Sessions

10am - 3pm

One to One face to face therapy sessions as part of the Cov & Wark NHS Perinatal Mental Health Team.