

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 7880 📍 ParkEdge

✉ ParkEdgeFamilyHub@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 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 for 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 0-5-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 or drop into your local Family Hub



www.coventry.gov.uk/familyhubs

What's On at



PARK EDGE
FAMILY HUB

Jan- Apr 2025



ACTIVITIES at the Family Hub

Address:

Park Edge Family Hub, Roseberry Avenue,
Coventry, CV2 1NE

Tel: 024 7697 7880

Email:

ParkEdgeFamilyHub@coventry.gov.uk

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

Monday

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.

*P3 Housing Advice and Support

12noon - 2pm Turn over for more information

Social Prescribing

12.30pm - 2.30pm (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.

Tuesday

Green Doctor

9.30am - 12.30pm (first Tues of every month)

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

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

12noon - 2pm

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.

Aptitude Youth Group

3.45pm - 5.30pm (starts 14th Jan, Term Time Only)

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

Wednesday

Development Checks

9:30am - 4pm

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.

Parents In Mind

10am - 11.30am

Peer support sessions for new mothers providing support regarding emotional wellbeing in pregnancy or the first 2 years after birth. To contact/join the group please visit www.nct.org.uk/about-us/community-supportprogrammes/parents-mind

Perinatal Mental Health Sessions

1pm - 4pm

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

Thursday

Perinatal Mental Health Sessions

8.30am - 2pm

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

Development Checks

9:30am - 4pm

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.

Job Shop

9.30am - 12pm

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

Midwife Clinic

1pm - 4pm Turn over for contact information.

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

Friday

Five to Thrive Baby Group

9.30am - 10.30am (starts 10th 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

The Parenting Puzzle

9.30am - 11.30am (starts 28th Feb for 4 weeks)

The Parenting Puzzle from The Centre for Emotional Health is a programme for parents and carers that supports you to nurture your children and understand their behaviour and development. for parents and carers of children 0-5 yrs. To book a place on this course search parenting via www.coventryfamilies.co.uk

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