

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

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 for more details.

Breast Pump for 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 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 📞 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 📞 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 0-5yr old.



www.coventry.gov.uk/familyhubs

What's On at



PARK EDGE
FAMILY HUB

Apr - Jul 2024



ACTIVITIES *at the Family Hub*

Park Edge Family Hub, Roseberry Avenue, Coventry, CV2 1NE Tel: 024 7697 7880

Where indicated with * please phone the hub to book into the session

Monday

Coventry Independent Advice Service (CIAS) Appointment
9.30am - 5pm

Turn over for more information

Baby and Me
9.30am - 11am

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

P3 Housing Advice and Support*
12noon - 2pm

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.

Turn over for more information.

Social Prescribing
12.30pm - 2.30pm

(15th April, 20th May, 17th June and 15th July)

Feeling unwell or out of sorts? Our community social prescriber 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 option 1

Tuesday

Stay Together, Play Together
10am - 11.30am

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

Green Doctor*
9am - 1pm

(16th April, 21st May, 18th June and 16th July)

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

Health Hub
1pm - 3pm

One to one support with Healthy Lifestyles to help you achieve your goals: stop smoking, weight management, reducing alcohol or doing more exercise

To make an appointment please call 0121 663 007 opt 1

Wednesday

Development Checks
9.30am - 5pm

Parents should contact the Health Visiting service to bring their young children to be weighed and chat about their health, wellbeing and development.

Turn over for contact information and to book an appointment

Peer-Led Infant Feeding Clinic
9.30am - 12.30pm

Appointments to get support on feeding your baby and advice from a peer from Coventry Infant Feeding Team

To book an appointment call 07904984620

Thursday

Developmental Checks
9.00am - 12.00pm

Parents should contact the Health Visiting service to bring their young children to be weighed and chat about their health, wellbeing and development.

Turn over for contact information and to book an appointment

DWP Drop-in
9.30am - 1pm

Drop-in sessions to get information and advice about work, pensions and benefit entitlement

Midwife Clinic
1pm - 4.30pm

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

Turn over for contact information

Friday

Midwife Clinic
1pm - 4pm

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

Turn over for contact information