

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 8160 f MosaicFamilyHub

✉ MosaicFamilyHub@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 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



MOSAIC
FAMILY HUB

Jan - Apr 2025



ACTIVITIES at the Family Hub

Address: Mosaic Family Hub
Jardine Crescent, Coventry, CV4 9PL

Tel: 024 7697 8160

Email: MosaicFamilyHub@coventry.gov.uk

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

Wednesday

Green Doctor

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

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

Birth Registrations

9.30am - 3.30pm

Register your baby's birth at the family hub. Book online <https://www.coventry.gov.uk/registerabirth> or over the phone on 02476 833141.

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

1pm - 3pm (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.

Young Carers

4pm - 5.30pm (every 2nd Weds 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

Monday

Health Hub

9am - 12pm

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

Job Shop

9.30am - 1pm (every other week)

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

Specialist Infant Feeding Clinic

1pm - 3pm (last Mon of each month)

Appointments to get support and advice on infant feeding from a Health Visitor with Coventry Infant feeding team.

Social Prescribing

12pm - 2pm (20th Jan and 17th 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

Lotus Midwifery Team Perinatal Mental Health

12.30pm - 4.30pm

Support from community midwives appointment only

Stay Together Play Together

1.15pm - 2.45pm

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

Tuesday

*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

Boxing

4.30pm - 6pm

For Children 8yrs+ to improve physical fitness and enhance coordination

Guiding Young Minds (GYM) Youth Club

6.15pm - 7.45pm (starts 14th Jan, every other week)

Youth Club for 8-18yrs, focusing on building relationship with young people in the community and giving them a safe space.

Thursday

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.

Baby and Me

9.30am - 11.30am

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

9.30am - 11.30am (every 2nd & 4th Thurs of the month)

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

Midwife Clinic

1pm - 4pm (every other week) Turn over for contact information.

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

iBumps

1pm - 4pm (every other week) Turn over for contact information.

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

Fun Together Thursday

3.30pm - 5pm

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

Talking Teens

5pm - 7pm (starts 27th Feb for 4 weeks)

For parents with teenagers aged between 11 – 18 years. To book a place on this course search parenting via www.coventryfamilies.co.uk

Friday

Midwife Clinic

9am - 4pm Turn over for contact information.

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