

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 📱 MosaicFamilyHub

✉️ MosaicFamilyHub@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.

Best Start for Life

Baby and Me: For babies up to 12 months, these sessions offer new experiences, child development insights, and a chance for parents/carers to make friends.

Stay Together, Play Together: Fun activities for parents and children aged 0-4 years, promoting learning and readiness for nursery or school.

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*

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**.

50 things to do before you're 5

Fun, low or no cost activities to support the development of your child's skills and confidence.

EasyPeasy - Scan the QR code below to download the app for the best tips and activity ideas shared by our community of parents and experts.



www.coventry.gov.uk/familyhubs

What's On at



MOSAIC
FAMILY HUB

Apr - Jul 2024



ACTIVITIES *at the Family Hub*

Mosaic Family Hub, Jardine Crescent, Coventry, CV4 9PL Tel: 024 7697 8160

Please contact the Family Hub to find out more information and to book to attend a session when * indicated

Monday

Health Hub 9am - 12pm

One to one support with Health Lifestyles to help you achieve your goals: stop smoking, weigh management, reducing alcohol doing more exercise.

Free phone 0800 122 3780 or email info@hlscoventry.org to book an appointment

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

Appointment based
Turn over for more information

Specialist Infant Feeding Clinic

9.30am - 12.30pm

Appointments to get support a advice on infant feeding from a Health Visitor with Coventry Infant Feeding 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 your additional needs.

To book an appointment call 0121 663 007 opt 1

Lotus Midwifery Team Perinatal Mental Health 12.30pm - 4.30pm

Support from Community Midwives Appointment only

Tuesday

Baby Massage 9am - 10.30am

(starts 16th April for 6 weeks)

Learn ways to connect with your baby through massage
For more information visit www.coventry.gov.uk/adulted

P3 Housing Advice and Support* 1pm - 3pm

Turn over for more information

Wednesday

Midwife Clinic 12.30pm - 4pm

Appointments for new and expectant parents and their babies with Community Midwives
Turn over for contact information and to book an appointment

Family Learning 50 Things To Do Before You're 5

1pm - 3pm
(starts 17th April)

Fun and interactive stay together, play together session for parents and their pre-school aged children with Family Learning to help your child to learn maths and numbers in the early years

Young Carers

4.30pm - 6pm (Every 2nd and 4th Wednesday 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.carerstrusthofoe.org.uk/young-carers

Thursday

Midwife Clinic 9am - 12noon

Appointments for new and expectant parents and their babies with Community Midwives
Turn over for contact information and to book an appointment

Bump, Baby and Beyond

Start for Life brings together services who work with families from pregnancy to their children'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 2 years, 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 (2nd and 4th Thursday of the month)

No appointment required for baby weighing and advice from your Health Visiting Service.

Developmental Checks 9.30am - 11.30am (1st and 3rd Thursday of the month)

Developmental checks with a nurse to chat about their health, wellbeing and development

Midwife Clinic 12.30pm - 4.30pm

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

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Friday

Midwife Clinic 12.30pm - 4pm

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