

## 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 8130 📘 PathwaysFamilyHub

✉️ PathwaysFamilyHub@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](http://www.coventryfamilies.co.uk)

### 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](http://www.clothingcoventry.org) for more details.

### Breast Pumps 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](mailto: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](http://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](http://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

# What's on at



Sept - Dec 2024



**ONE**  
COVENTRY



[www.coventry.gov.uk/familyhubs](http://www.coventry.gov.uk/familyhubs)

# ACTIVITIES *at the Family Hub*

Pathways Family Hub, Lawrence Saunders Road, Coventry, CV6 1HD Tel: 024 7697 8130

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

## Monday

### Midwife Clinic 8.30am - 4.30pm

Appointments with Community Midwives for new and expectant parents and their babies  
*Turn over for contact information*

### Social Prescribing 9am - 11am

**(30th Sept, 28th Oct, 25th Nov and 23rd Dec)**

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.

To book an appointment call 0121 663 007 option 1

## Tuesday

### Midwife Clinic 8.30am - 12.30pm

Appointments with Community Midwives for new and expectant parents and their babies  
*Turn over for contact information*

### Parents in Mind

Peer support session for new parents to support them with their emotional wellbeing in pregnancy and up to 2 years after birth. To contact/join the group please email [parentsinmind.warwickcoventry@nct.org.uk](mailto:parentsinmind.warwickcoventry@nct.org.uk)

### Back 2 Work

Support to access courses and training to help you get back to work  
Call Agnieszka Szczegieliak on 0161 513 1163

### Stay Together, Play Together 9.30am - 11am (Starts 17th Sept) At Holbrooks Community Centre

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

### P3 Housing Advice and Support\* 11am - 1pm

*Turn over for more information*

### Complex Communications Group 12.45pm - 2.45pm

Structured play for children and support for parents supported by the SEND Early Years Team

### Peer-Led Infant Feeding Clinic 1.30pm - 4.30pm

Appointments to get support on feeding your baby and advice from a peer from the Coventry Infant Feeding Team.  
*To book an appointment call 07904984620*

### Community Short Breaks for Children with Disabilities 4pm - 6pm

Group activities for children and young people with disabilities to relax, have fun, make new friends and develop independence skills.

Booking by referral.

## Wednesday

### Midwife Clinic 8.30am - 4.30pm

Appointments with Community Midwives for new and expectant parents and their babies  
*Turn over for contact information*

### Coventry Independent Advice Service (CIAS) Appointments 9am - 4pm

*Turn over for more information*

### DWP Drop-In 9am - 12noon

**(11th Sept, 25th Sept, 9th Oct, 23rd Oct, 6th Nov and 20th Nov)**  
Drop-in sessions to get information and advice about work, pensions and benefit entitlement  
Contact: [jittender.kaur@dwp.gov.uk](mailto:jittender.kaur@dwp.gov.uk)

### Job Shop 9.30am - 12.30pm

1 to 1 Job Coaching. Practical support in preparing your CV, interview skills, confidence building, interview preparation and keeping your job once you are in employment.

Drop In or call 024 7678 5740 to make an appointment

## Thursday

### iBumps 12.30pm - 4.30pm (every other week)

Support group for teenage mothers throughout pregnancy and beyond with Community Midwives

### Family Learning 50 Things To Do Before You're 5 1pm - 3pm (starts 19th Sept)

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.

### Midwife Clinic 8.30am - 12.00pm 1.30pm - 5pm (every other week)

Appointments with Community Midwives for new and expectant parents and their babies  
*Turn over for contact information*

### Young Carers 5pm - 7pm

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](http://www.carerstrusthofe.org.uk/young-carers)

## Friday

### Midwife Clinic 8.30am - 4.30pm

Appointments with Community Midwives for new and expectant parents and their babies  
*Turn over for contact information*

### Baby and Me 1.15pm - 2.45pm

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

### Family Links Nurture at Coundon Primary school, Forfield Rd, Coventry CV6 1FQ 1pm - 3pm (Starts 13th September)

For parents with children aged 6 weeks – 12 years. This course has an emphasis on feelings and emotions and the impact of these on children's development. It also includes a range of parenting strategies.

To make a request for the course please visit [www.coventry.gov.uk/parenting](http://www.coventry.gov.uk/parenting)