


## 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. 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](http://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](http://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](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**.

### Breast Pumps 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 0-5yr 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](mailto:info@coventryhaven.co.uk) or drop into your local Family Hub



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

# What's on at



Jan - Apr 2025



# ACTIVITIES at the Family Hub

**Address:** Pathways Family Hub, Radford Primary Academy, Lawrence Saunders Road, Coventry, CV6 1HD

**Tel:** 024 7697 8130

**Email:**

PathwaysFamilyHub@coventry.gov.uk

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

## Monday

### Midwife Clinic

**9am - 4.30pm** Turn over for contact information.

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

### Social Prescribing

**9am - 11am (27th Jan, 24th Feb and 24th 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

### \*Nature Makers

**4.15pm - 5.15pm (starts 13th Jan for 7 weeks, term time only)**

Award winning mindful nature arts and crafts nature exploration class.

## Tuesday

### Midwife Clinic

**9am - 4.30pm** Turn over for contact information.

**Stay Together, Play Together @ Holbrooks Community Centre**

**9.30am - 11am (starts 14th Jan)**

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

### Parents in Mind

**10am - 11.30am (starts 7th Jan)**

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](http://www.nct.org.uk/about-us/community-supportprogrammes/parents-mind)

### \*P3 Housing Advice and Support

**11am - 1pm** Turn over for more information

### Complex Communications

**12.45pm - 2.45pm**

Structured play for children and support for parents supported by the SEND Early Years Team. Please contact your Health Visitor for an invitation.

### Peer-Led Infant Feeding Clinic

**1.30pm - 4:30pm**

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

## Wednesday

### Midwife Clinic

**9am - 4.30pm** Turn over for contact information.

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

### Job Shop

**1pm - 3pm**

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

### Ready, Steady, Cook with Aptitude

**6pm - 8pm**

Cooking sessions for young people aged 9-17 with Aptitude.

## Thursday

### Midwife Clinic

**9am - 12.30pm (every week) and 1.30pm - 5pm (every other week)** Turn over for contact information.

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

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

**1pm - 3pm (starts 16th 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

### iBumps

**1pm - 4pm (every other week)**

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

### 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

**9am - 4.30pm** Turn over for contact information.

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

### Baby and Me

**1.15pm - 2.45pm**

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

### Family Links Antenatal

**10am - 12noon (starts 10th Jan for 4 weeks)**

The course supports attachment, nurturing and gets you prepared for family life with a new baby. To book a place on this course search parenting via [www.coventryfamilies.co.uk](http://www.coventryfamilies.co.uk)