

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 8100 📘 AspireFamilyHub

✉ AspireFamilyHub@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.

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 ☎ 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 0-5year 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



ASPIRE
FAMILY HUB

Jan - Apr 2025



ACTIVITIES at the Family Hub

Address:

Aspire Family Hub
Gosford Park Primary School
Humber Avenue, Coventry, CV1 2SF

Tel: 024 7697 8100

Email: AspireFamilyHub@coventry.gov.uk

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

Monday

Midwife Clinic

9am - 4.30pm

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

Social Prescribing

12noon - 2pm (27th Jan, 24th Feb & 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.

Autism and ADHD Advocates

1pm - 3pm (Starting 13th January)

Sessions dedicated to understanding autism and ADHD, exploring what they are, how they impact daily life, and practical ways to support individuals.

Baby Massage

1.30pm - 2.30pm (starts 24th Feb for 5 weeks)

Learn how to massage your baby and understand the importance of touch. To book please call the Family Hub.

Tuesday

Open Baby Weighing Clinic

9am - 12noon (every 3rd Tues of the month)

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

Baby & Me

10am - 11.30am

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

Job Shop

9.30am - 12noon

1 to 1 Job Coaching. Practical support in preparing your CV, interview skills, confidence building, interview preparation and keeping your job once you get it. Drop In or make an appointment. Call 024 7678 5740 or email Demi.McCallum@coventry.gov.uk

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.

Family Learning - Maths

1pm - 3pm (starts 15th Jan for 10 weeks, term time only)

To book onto the course visit www.coventry.gov.uk/adult-education.

Wednesday

Family Links Nurture

12.30pm - 2.30pm (starts 15th Jan, term time only)

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 book a place on this course search parenting via www.coventryfamilies.co.uk

*Nature Makers

1pm - 2pm (starts 15th Jan for 7 weeks, term time only)

Award winning mindful nature arts and crafts nature exploration class.

Midwife Clinic

1pm - 4.30pm

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

Thursday

P3 Housing Advice and Support

10am - 12noon Turn over for more information

Parents in Mind

10am - 11.30am (starts 8th 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

Midwife Clinic

1pm - 4pm

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

Friday

Stay Together, Play Together

9.30am - 11am

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

Active Tots

10am-11am

Enjoyable family friendly activities aimed at 2-4 year olds delivered by NHS Be Active Be Healthy Team.