



Park Hall Academy

Weekly News

8th May 2026



Holding on to our **SENECA** success by maintaining pole position!



Park Hall Academy
Birmingham, Solihull

Synced

801,936

What a brilliant way to continue into this summer term! We're incredibly proud to have maintained our Number 1 position on SENECA. Remaining at the top takes consistent effort, commitment and determination and our students continue to demonstrate these qualities every single day. By regularly completing assignments, revisiting key knowledge and pushing themselves to improve they are developing the positive habits and resilience that lead to long-term success. Well done everyone for your contributions – let's keep it going!

ALL students are reminded that we want them to achieve a **minimum standard of 80%** on each assignment.

Special mention to our SENECA STARS for the highest usage over the last week:

Year 7	Year 8	Year 9	Year 10	Year 11
Chigozirim Ikechukwu-Obi	Theo Perks	Finn Rooney	Josh Everett	Rubie Carroll
Emily Skelcher	Mara Fitter	Poppy-May Addison	Aj Rhodes	Dominic Barker
Zakiya Nazir	Ayda Mahfooz	Hassan Ali	Harvey Clements	Rachel Thompson
Nisma Ali	Darcy Millward	Kade Wilson	Isla Sheasby	Ryan Bevan
Martins Okungbeni	Alexandra Oana	Amara Slimper-Nisar	Kara Shaw	Arturs Preijers
Sienna Gordon	Jeremy Liu	Bernard Monks-Brown	Aston Martin	Shayleigh Degville
Jayden Wood	Pippa Charles	Frankie Davis	Summer Giffin	Daisy Jenkins
Ethan Hart	Sophie Bridgen	William Wright	Lewis Phipps	Harry Coward
Vinnie Clay	Mia Macdonald	Oumie Ceesay	Nathaniel Fitter	Rafe Parry
Neve Rees	Darcey Brotherston	Carter Slinn Ella Evans	David Wilkes	Rafael Dennant

Special mention to those **achieving 100%** on every single assignment:

Year 7 – Hanna Crooks, Andras Imre, Leo-James Cobby, Indi Bishop, Emily Skelcher, Aiden Edwards, Eddie Spinx, Xabriel Lewis, William Boyd and Marlei Bignot

Year 8 – Theo Perks, Niamh Watkins, Jacob James, Quinn Hinett, Danny Naven and Shay Ward.

Year 9 – Milena Jovanovic, Fin Thomasson, Blossom Dixon, Maria Avram, Summer Gauntlett, Isaac Hartill and Jessica Harding

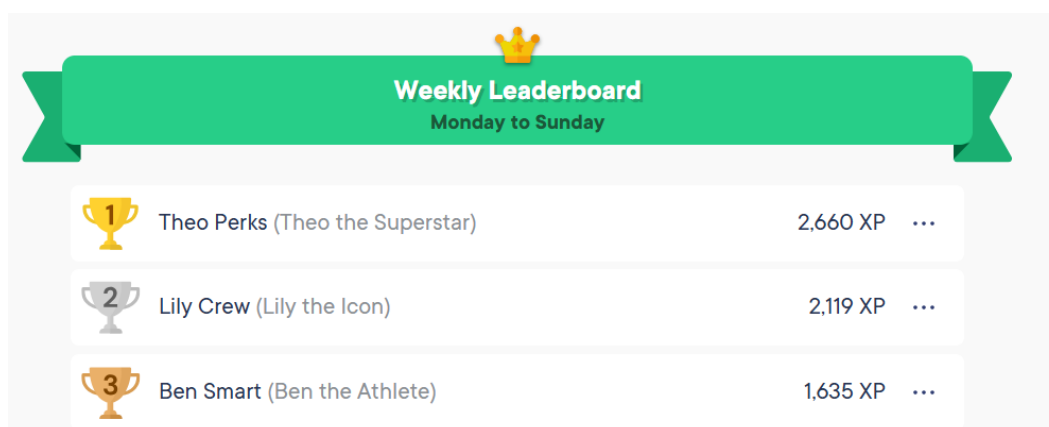
Year 10 – Logan Kesterton, Kaiden Cartwright, Caitlin Bagnall, Sophie Davies, Jacob Hewlett, Isabella Sutton, Holly Dickinson, Ariella Savage and Jake Sheppard

Year 11 – Oliver Games, Rafe Parry, Harrison Tonks, Cyron Taylor, Taylor Slater, Eisa Imran, Teagan Reeves, Kyle Pearson, Leah Williamson and Noah Cunliffe



SPARX Maths Leaderboard

Well done to all our students who are engaging with SPARX maths and making real progress in their maths lessons. A huge well done to Theo, Lily and Ben for making the top 3 for XP across the whole school this week. Keep it up!



Our highest XP students from last week are...

Year 7	Year 8	Year 9	Year 10	Year 11
Lily Crew 2,119 XP	Theo Perks 2,660 XP	Oumie Ceesay 1,635 XP	Ben Smart 1,635 XP	Shayleigh Degville 1,190 XP
Amelia Luby 1,545 XP	Ayda Mahfooz 1,190 XP	Tommy Pettitt 1,635 XP	Ava Butler 1,501 XP	Kayleigh Green 1,085 XP
Ethan Hart 1,439 XP	Myles Henry 1,065 XP	Hassan Ali 1,635 XP	Logan Kesterton 1,190 XP	Leah Williamson 1,000 XP
Emily Skelcher 1,150 XP	Cheryl Ng 945 XP	Jorgie Bright 1,345 XP	Libby Rodway 1,190 XP	Arash Nessar 875 XP
Niamh Bradshaw 1,100 XP	Ralph Robinson 919 XP	Bernard Monks- Brown 1,134 XP	Alexia Cuffe 1,100 XP	Ismael Khalil 825 XP

Highest completion:
7B1/Ma (58.1%)

Biggest completion
improvement vs previous
week:
7B1/Ma 58.1%
(+19.4%)

Reached a new XP Level:
181 students
[view](#)

Highest average XP per
student:
8A2/Ma (769 XP)

English

Huge congratulations to Eddie Spink in Year 7 and Hayden Murrain in Year 11, who each won an Amazon voucher in the English Spring term Seneca draw. Each 100% assignment completed gets students an entry in the draw – we were super pleased to have over 230 entries for the Spring term across Key Stages!





CELEBRATING EXCELLENCE IN PERFORMING ARTS



Students from left to right: Poppy Addison, Cordi Savage, Angel Lilley, Sophia Reeve, Ruby Hunt, Larayah Burke, Macie Veitch, Nancy McKinley, Phoebe Bosher, Kara Shaw, Lacey Palmer, Paige Gauntlett, Lily Crew, Lola Fothergill, Cienna Meikle, Poppy McGrath, Poppy Silke



STREET DANCE FESTIVAL

On Thursday 7th May 2026, Fusion Dance Company visited Alderbrook School to take part in the Solihull Street Dance Festival. Students proudly performed their own dance routines, which they have been developing over the past couple of months, and also enjoyed participating in two high-energy hip hop and street dance workshops. The day concluded with an exciting dance-off, where students showed fantastic confidence and teamwork. All students conducted themselves exceptionally well and were wonderful ambassadors for Park Hall Academy, giving every challenge a real go and demonstrating great commitment throughout the day. They should all be incredibly proud of their efforts. A special congratulations goes to **Poppy Silke** and **Nancy McKinley** (pictured bottom right), who were awarded teacher awards for their outstanding attitude and performance.

The Performing Arts Team



SCHOOL GAMES

#FESTIVALSANDHEADLINERS

WHAT'S ON *in the* LIBRARY

May 8 2026

We have New Books!!!
Make sure to come and have a look! Thanks to our rewards from the Book Fair, we have over 50 new books

We have a few full series and some of them are even Tik Tok Famous, including:
 'A Good Girl's Guide to Murder'
 'The Summer I Turned Pretty'
 'The Inheritance Games'
 'Powerless'
 'Five Nights at Freddy's'
 'Thursday Murder Club'
 'How to Survive a Horror Movie'
 'Once'
 'Caraval'

And MORE...



974
 Books Checked
 Out

Good Luck
 — PERFORMING ARTS CLASS —
2026

Believe in yourselves, support each other,
 and enjoy every moment on your stage!
YOU'VE GOT THIS!

7	8	9	10	11	12
Kindness	Group chats and messaging P2	Mental Health stigma	Deep fakes and malicious AI	Post 16 options NEW Part 2 +	Mental Health community and network

Wb 4th May assemblies: HEAD OF YEAR.



British Value: Mutual Respect

This week, our assemblies are about working together as a year group and how this helps us become a successful and positive school community.

One key British Value that supports this is **Mutual Respect**.

- We listen to each other's ideas, even when they are different
 - We work cooperatively in lessons and around school
 - We support and encourage one another
 - We celebrate other people's success, as well as our own
- When we show mutual respect, everyone feels included and able to succeed.

Key Message

A successful year group is built when we respect each other and work together.



STUDENT GUIDE
2025-6

Launched: Monday 13th April 2026
Deadline for award submission: Friday 12th June 2026

What is the Character Award at Park Hall Academy?

The Character Award is given to Year 7-10 students who show strong character and citizenship in school.

A good character means being kind, respectful, resilient, and responsible, while a good citizen helps make the school a better place.

To achieve the award, students must:

BRONZE AWARD - Complete a **CHARACTER CARD** with all 12 STAMPS

SILVER AWARD - Complete a **CHARACTER CARD** with all 12 stamps plus 5 completed **CHARACTER CHALLENGES** in the portfolio

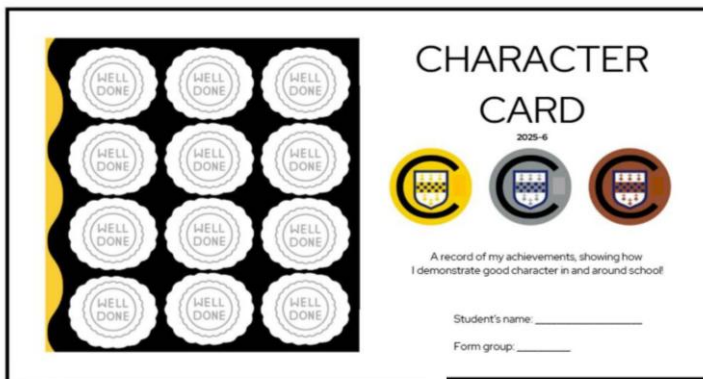
GOLD AWARD - Complete a **CHARACTER CARD** with all 12 stamps plus all 10 completed **CHARACTER CHALLENGES** in the portfolio

All students will receive both a certificate and enamel badge

1. What is a Character card?

Students are to carry this character card in the pocket of their blazer and when they have demonstrated a character trait in school, they must ask their form tutors/ teacher to complete it to say they have witnessed the character trait in action.

It is important for students not to lose the cards as they are the evidence needed towards getting the badge!



CHARACTER TRAIT	What you need to show...	British Value (D.R.I.M.T)	Where have you evidenced this?	Teachers signature
Commitment	Sticking with something, even when it gets hard.	Rule of Law		
Courage	Having a go, even when unsure or nervous.	Individual Liberty		
Compassion	Being kind and caring when someone needs help.	Mutual Respect		
Co-operation	Working well with others to get things done.	Democracy		
Curiosity	Wanting to learn new things and ask questions.	Individual Liberty		
Courtesy	Using good manners and being polite to everyone.	Mutual Respect		
Consistency	Being reliable and trying your best every day.	Rule of Law		
Creativity	Thinking of new ideas and trying different ways to do things.	Individual Liberty		
Calmness	Staying steady and in control when things feel stressful.	Tolerance		
Citizenship	Being a helpful, responsible member of our school community.	Democracy & Rule of Law		
Character	Doing the right thing, even when no one is watching.	Rule of Law		
Charity	Helping others by giving your time, support, or care.	Mutual Respect		

For every Character Trait achieved ask the teacher to sign and date the stamp on the other side

2. Do I have to do the CHARACTER CARD and CHARACTER PORTFOLIO?

No. Complete the card and you will be awarded a BRONZE award. Complete the card and 5 challenges in the portfolio and receive a SILVER Award or complete the card and all 10 challenges in the portfolio and achieve the GOLD Award.

3. When do I have to hand in the evidence?

Your form tutor will monitor the completion of each card and once completed they will keep hold of it. The card and portfolio must be handed to Mrs Cullum-Kenyon **FRIDAY 12TH JUNE 2026**

4. When will I receive my award?

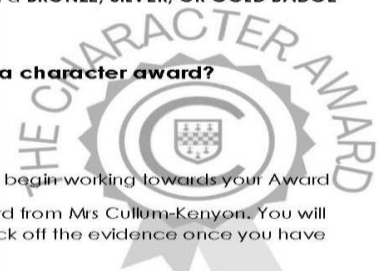
All certificates and awards are given at the end of the Summer Term during a special Awards events just for you. Students will be awarded a **BRONZE, SILVER, OR GOLD BADGE** for their blazer based on the strength of evidence.

5. Will I get more than one opportunity to get a character award?

You will get one opportunity each year.

6. WHAT DO I NEED TO DO TO START?

- 1) Collect a Character Card from your form tutor to begin working towards your Award
- 2) Collect a portfolio for the SILVER and GOLD Award from Mrs Cullum-Kenyon. You will be given a contents page for you to track and tick off the evidence once you have completed a challenge



IF YOU WOULD LIKE TO COMPLETE THE SILVER AND GOLD AWARD, PLEASE COLLECT A PORTFOLIO FROM MRS CK



Character Challenge

Challenge	Challenge Title	What to Do	British Value (D.R.I.M.T)	Evidence Required	Completed (Yes/No)	Signed & dated
C1	Form group contribution	Contribute an idea in form by making a poster to support a school initiative / issue	Democracy	Photo/ poster tutor signature, or reflection.		
C2	Student Voice representative	Collect 3 student ideas and present them at the school Council.	Democracy	Summary of ideas or notes + witness signature from Mrs CK		
C3	Join a club	Attend an extra-curricular club for at least 6 sessions.	Rule of Law	Club leader signature or photo.		
C4	Earn a certificate	Earn a certificate (effort, reading, behaviour, sports, arts).	Rule of Law	Copy or photo of certificate.		
C5	Reading challenge	Read a book and write a short review.	Individual Liberty	Review, reading log, or photo with book.		
C6	Personal achievement	Set a personal goal and work on it for 7 days.	Individual Liberty	Reflection, progress record, or photos.		
C7	Helping at home	Do a helpful job at home without being asked.	Mutual Respect	Parent/guardian confirmation or photo.		
C8	Peer support	Help someone in school from a different year group and check in on them later.	Mutual Respect	Witness note or statement.		
C9	Charity contribution	Bring in an item for your year group's charity.	Tolerance	Photo, receipt, or tutor confirmation.		
C10	Support a school event	Volunteer to help at a school event/ assembly.	Tolerance	Staff signature from Mrs Ck or photo.		

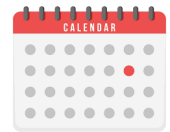




P.R.I.D.E Points

Our students have the opportunity to earn PRIDE points in a variety of ways here at Park Hall. Well done to these students for receiving the most PRIDE points in their year group this week.

Year 7	Year 8	Year 9	Year 10	Year 11
Marlei Bignot Isla Hobbs	Harrison Partridge-Ward	Tayah Hobbs	Humza Shahbaz	Poppy Miles



DATES FOR YOUR DIARY

May Half Term - Monday 25th May to Friday 29th May

Monday 1 st June	-	Students return to school
Thursday 11 th June	-	Yr 8 Parents Evening – 3.30-6.30pm

Lost Property

We have quite a few coats in the lost property. Can you please ask your child to come and have a look before May half term as they will be bagged up and sent to the charity shop after this date.

Thank you
Main Office



PARK HALL
ACADEMY

MENTAL HEALTH
AWARENESS WEEK



ACTION

This Mental Health Awareness Week, let's take **action** – together.



WEEK COMMENCING
MONDAY 11TH MAY

Small steps can make a big difference. By taking action, we can support our own wellbeing and help build stronger, happier connections as a family.



SUPPORTING PARENTS



Place2Be's Parenting Smart website offers expert advice and practical tips to help you support your child's mental health and build stronger family connections.

Explore free resources for parents and carers.



Parenting Smart website



WELLBEING AT PARK HALL

Visit our Wellbeing at Park Hall page to find out more about the support available to our students and families.



Wellbeing at Park Hall

THINK BEFORE YOU TIKTOK!

WHAT STARTS AS A TREND COULD END IN REGRET.



FUN CAN BE GOOD. HARM IS NOT.



TikTok trends can be entertaining and creative, but some can be **risky, dangerous, or even illegal.**



STAY SAFE. STAY SMART. STAY YOU.

SOME TRENDS CAN BE DANGEROUS

Some TikTok challenges involve risky behaviour that can lead to:



- Serious injury or even death
- Long-term physical or mental health problems
- Criminal charges
- A permanent record
- Impact your future education and job opportunities

NOT WORTH THE RISK!

STOP & THINK BEFORE YOU DO!

Before taking part in a trend, ask yourself:

- Is it safe?
- Could it hurt me or someone else?
- Is it legal?
- Would I be proud of my family, teachers, or future employer seeing this?
- Why are people doing it? Is it really worth it?

BE PART OF THE POSITIVE TRENDS!

There are so many fun and creative trends that:

- Make people smile
- Spread kindness
- Show your talents
- Support good causes
- Build a positive online community

BE THE REASON SOMEONE SMILES TODAY!

TALK. SHARE. SUPPORT.

If you're unsure about a trend or worried about something you've seen:



- Talk to a trusted adult
- Check in with your friends
- Report harmful content on TikTok
- Look after yourself and each other

“TRENDS COME AND GO, BUT YOUR FUTURE LASTS FOREVER. CHOOSE WISELY.”



FOR MORE INFORMATION GO TO: **KEEPING UP IN PSHE** IN YOUR TEAMS PAGE

IT'S OKAY TO ASK FOR HELP.

You're not alone. **Talk. Reach out. We're here.**
concerns@parkhall.org

Helping our Children Stay Safe

Parents and Carers - Helping our Children Stay Safe | Tuesday 2nd June @ 6-8pm

Following on from Knife Crime Awareness Week, we are hosting this session for parents and carers to continue the conversation about keeping young people safe. While awareness weeks help shine a light on the issue, it's what happens collaboratively that really matters. This workshop is designed to give parents and carers the knowledge, confidence and practical tools to better understand the risks young people may face, how exploitation and peer issues can escalate, and the role we can all play in preventing serious harm.

Join our FREE workshop to learn more about topics such as the influence of social media, the signs and stages of exploitation, and how, as parents, carers and a community, we can help prevent young people from being affected by knife crime.

This 2-hour workshop, hosted by The Ben Kinsella Trust, covers the following topics:

- Understanding knife crime from the perspective of young people
- The signs and stages of child exploitation
- Gangs and gang-life
- Exploring the link between trauma and exploitation
- Considering online harms, social media, slang and gang-related music
- Understanding how peer 'issues' can escalate and how young people can manage them
- Having meaningful conversations about difficult topics
- Helping our children stay safe: the SAFE 'T's approach
- Further support and resources

[Link to Parent / Carer Helping our Children Stay Safe - Online course 2nd June @ 6-8pm](#)



Attendance

How absence from school affects children long term

Attendance	Average earnings (aged 28)
99-100%	£32,200
90-98.9%	£29,800
50-89.9%	£19,500
Below 50%	£10,100

A recent study by the **Department for Education study**, investigated the long-term impact of absence on future earnings. It highlights how students who attend school more regularly tend to earn higher salaries by the age of 28.

- **Students with nearly perfect attendance (99-100%)** earn an average of **£32,200** per year.
- **Those with attendance at 90-98.9%** earn slightly less, at **£29,800** per year.
- **Students with lower attendance (50-89.9%)** see a significant drop in earnings, averaging **£19,500** per year.
- **Students who attend less than 50% of the time** earn the least, at only **£10,100** per year.

This **Department for Education study** emphasizes the importance of regular school attendance in shaping a child's future success. Encouraging consistent attendance can have a **long-term impact** on job opportunities and financial stability later in life.

Attendance Matters

As we all know, attendance plays a huge part in our children achieving their full potential. Research has shown that pupils who performed better at the end of secondary school missed fewer days than those who didn't perform as well. **Reporting a Student Absence:** On the occasions when children are too unwell to attend school, it is the responsibility of the parent/carer to contact school as soon as possible, by **8.30am** at the latest, on **each morning of absence**.

DID YOU KNOW...?

*There are **190** teaching days in a school year. **10** days of absence = **95%** attendance; **15** days of absence = **92%** attendance. Children with **OVER 90%** attendance are more likely to achieve 5 or more Grade 4+ qualifications Children with **LESS than 85%** attendance are **unlikely** to gain 5 or more 9-5 GCSE's or equivalent qualifications.*

Student Medication

This is a gentle reminder that if your child requires an inhaler, especially now that the colder weather is here, please ensure it is in their bag or blazer so they can use it as and when required. If your child needs medication that must be kept in school, please complete a consent form – please contact school if you need one

Contact Details

Have you changed your contact details? If you have changed your home address, telephone number, email address or name, please ensure that you contact the main office to update your details so that you do not miss out on information from school. You can update your details via email: post@parkhall.org or by calling 0121 748 0400.



For Parents - How to Report Online Harm

There are so many apps with different reporting functions, organisations, helplines and more it can be really frustrating for parents to get help. Internet Matters have a useful page which details some of these organisations and what they can do, how to report specific issues, how to report on many of the social platforms and games and where to go for more help. You can see all the details [HERE](#).



Viral Trend Risks Causing Severe Burns to Children



Microwaving NEEDOH Toys and Squishies
Parents and Carers Guide

WHAT YOU NEED TO KNOW

A viral trend is encouraging children to microwave squishy silicone toys, known as NEEDOH toys or squishies, among other names (Jelly Cubes, Nice Cubes) in order to make them softer and more pliable. Often, the packaging warns against this, but children are ignoring it because online videos and trends on TikTok, Instagram and YouTube encourage them to do the opposite. The toy feels cool to the touch after microwaving, but bursts when squeezed, spraying boiling material on hands, neck and face. A child in Bristol was seriously hurt on 4th May 2026 and children in America have experienced significant burns and injuries. This has happened to children as young as seven.

Please note - Your child does not need to have searched for this. The algorithm shows it to children based on other content they have watched.

IF YOUR CHILD HAS ONE OF THESE TOYS

It is natural to feel concerned, but the most important thing is to remain calm. Children are far more likely to talk to you, now and in the future, if they know they will be met with a steady response rather than alarm.

This is also a valuable opportunity. What your child sees online, from friends or from trends, does not always show the full picture or the consequences. Safety conversations are not about restricting their fun, they are about making sure they understand how to protect themselves and others.

STARTING THE CONVERSATION

You do not need to be an expert. A relaxed, open and honest conversation is enough. A few things that can help:

- Use the toy as a natural conversation point rather than sitting them down for a formal talk.
- Tell them simply that children their age have been seriously hurt following this trend. Reality carries more weight than a rule.
- Avoid taking the toy away without explaining why as providing a reason builds trust. Removing it without understanding may lead a child to hide things from you.
- If the toy feels too firm, the manufacturer's recommendation to soften it is to knead it with your hands for a few minutes. Encourage them, or help them, to do this instead.
- If they have already seen the videos, remain calm. The algorithm does its job quietly. What matters is the conversation that follows.

Produced by the INEQE Safeguarding Group and Safer Schools. Share freely with parents and carers. For safeguarding concerns, contact your Safeguarding Lead or Child Protection Co-ordinator, www.ineqe.com

KEY POINTS TO DISCUSS...

You do not need to be an expert. A relaxed, open and honest conversation is enough. A few things that can help:

- The toy looks and feels completely normal after microwaving, the outside stays cool to the touch. But inside, it has reached temperatures as hot as boiling water so when squeezed, it bursts and dangerous hot liquid can explode.
- The injuries include severe burns, potential scarring and in some cases, a risk to eyesight. Some children have been hospitalised because of the trend.
- Remind them it could hurt anyone nearby - a friend, a sibling, whoever is in the room when it bursts.
- Online videos are designed to look like helpful tips, sometimes to get more followers. They do not always show what happens afterwards.
- If a friend suggests trying it, knowing and explaining the real danger makes it much easier for them to say no.
- If they have already tried it, or something has worried them, they are not in trouble. What matters is that they are safe.

If your child is worried or needs help, make sure they know they can always come to you first or an adult they trust. They can also:

- Talk to a trusted adult at school – their teacher, a youth worker or the school Safeguarding Lead or Child Protection Co-ordinator.
- Contact Childline, free, confidential and available any time
- If they have been hurt, seek medical attention straight away - call 999 immediately. Burns from this can continue to cause damage after the initial contact.

Please do not search for this on TikTok or Instagram yourself. Every search feeds the algorithm and makes this content more visible to others. For news coverage, use the links below and share this and our alert with friends and family to raise awareness.

For verified news coverage: [BBC News](#) | [The Independent](#)

If your child has seen these videos or even tried this trend, do not react with panic or anger. That is the response most likely to close the conversation down. Staying calm keeps the door open, and an open door to conversations with adults they can trust is what makes children safer.

SUPPORT IS AVAILABLE

Childline – free, confidential support for children and young people: 0800 1111 | www.childline.org.uk

NSPCC Helpline – support and advice for adults with concerns about a child: 0808 800 5000 | www.nspcc.org.uk



Wherever you live in Solihull, we're here to support you

Family Hubs are local centres where children, young people, and families can access support and take part in fun activities! Our friendly staff and service providers work in partnership with you and your community to access the information and support you need. Some services offer drop-in sessions, whilst others require booked appointments. The Hubs are a safe space for you and your loved ones.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Employment, training and digital skills support – 09:00-16:00 Support with job searching, creating, emailing and sending your CV. Drop in or call 0121 779 1724 to book an appointment.</p> <p>Stay and play – 10:00-11:30 Come and play and meet new friends. Suitable for ages 0-4 and their parents/carers. No booking required, just come along and join in the fun! Sensory play also available.</p> <p>Self-weigh baby clinic – 12:00-15:00 <i>Starting 11 May</i> Do you want to get your baby weighed but don't need to see a health visitor? Just pop in.</p> <p>Baby group – 13:00-14:30 An opportunity for new moms and dads to meet other local parents, build friendships, and play and bond with their babies. Sensory play also available. Suitable for ages 0-12 months (pre-walkers). No booking required.</p> <p>Family fun – 15:30-16:30 Play board games, do quizzes, art, table tennis and other fun activities. Parents must stay and supervise their children. Suitable for ages 4-12 years. Sensory play also available. No booking required, just come along and join in the fun!</p>	<p>Health Visitor clinic – 09:00-14:00 Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>Family Support Team are available on the Family Helpline – 09:00-16:00 By calling 0121 788 4327 for parenting, family guidance, and signposting to local services, as well as advice regarding behaviour and social development.</p> <p>Adult craft and chat – 10:00-11:30 Come along and bring any craft you are currently working on. Have a chat over a cuppa and share crafty hints and tips. Some sessions may be guided. No booking required.</p> <p>Family fun – 15:30-16:30 <i>Starting 5 May</i> Play board games, do quizzes, art, table tennis and other fun activities. Parents must stay and supervise their children. Suitable for ages 4-12 years. Sensory play also available. No booking required, just come along and join in the fun!</p>	<p>Employment, training and digital skills support – 09:00-16:00 Support with job searching, creating, emailing and sending your CV. Drop in or call 0121 779 1724 to book an appointment.</p> <p>Chit and chat group – 14:00-16:00 Come along, make new friends over a cuppa. A friendly, local community group, always looking for new members. No booking required.</p> <p>Cartoon club – 15:30-16:30 Suitable for ages 4-12 years to come together to enjoy their favourite cartoons. No booking required, just drop-in!</p>	<p>NOTICE Activities will not be running on Thursday 7 May as the Hub is being used as a polling station for the local elections. More information on voting can be found on the Council website (http://bit.ly/3QvZ1xj).</p> <p>Health Visitor clinic – 09:00-14:00 Booked appointments for parents and their babies and children with the Health Visiting team. Book by speaking to your Health Visitor.</p> <p>Solihull College – 09:30-14:00 <i>Term time only</i> Provision, creative arts, journaling courses available. Book through Solihull college.</p> <p>Kingshurst striders and strollers – 10:00-12:00 <i>Fortnightly – 14 and 28 May</i> A great way to meet new people whilst keeping active. Refreshments available at the Hub after the walk.</p> <p>Women's wellbeing Hub – 14:00-15:30 <i>Fortnightly – 14 and 28 May</i> A safe supportive and empowering place for women of all different ages living in the North of Solihull.</p>	<p>Digital divide – 09:00-15:30 Support with job searching, creating, emailing and sending your CV. Drop in or call 0121 779 1724 to book an appointment. Help also with phone and computer skills.</p> <p>Midwifery team – 09:30-15:30 Community midwives that provide maternity care outside of a hospital setting.</p> <p>Stay and play – 10:00-11:30 Come and play and meet new friends. Suitable for ages 0-4 years and their parents/carers. No booking required, just come along and join in the fun. Sensory play also available.</p> <p>Computer group – 13:30-14:30 A fun, simple, and hands-on IT lesson with Chris. Free apps you should know, how to stay safe online, plus CV and interview prep. To book, call Evergreen on 0121 779 1724.</p> <p>Baby explorers – 13:30-14:30 <i>Starting 8 May</i> Bring your baby along and join in with gentle sensory play, music, arts and crafts, perfect to spark early curiosity. Suitable for ages 0-12 months (pre-walkers). No booking required.</p>

Wellbeing and advice

Best Start in Life
Advice and support for your child's development, from pregnancy to childcare to starting school – beststartinlife.gov.uk

Health visiting
Text Chat Health on [0750 733 2563](tel:07507332563) between 09:00-16:00, Monday-Friday

Women's Aid
If you or someone you know needs support, call [0808 800 0028](tel:08088000028) between 09:15-17:15

Mental health support
Call the BSOL Mental Health NHS Foundation Trust on [0800 915 9292](tel:08009159292) or [0121 262 3555](tel:01212623555)

Midwives
Please call your midwife using the phone number in your red book

What else can the Family Hubs offer?

Here2Help
Food, toiletries, fuel, money, and staying well, visit www.solihull.gov.uk/here2help

Stay and play area
Toys, books, and soft play

Sensory room
Available after 14:30 on Thursdays. To book, call [0121 779 1724](tel:01217791724).

Computers and private work pods
Internet and phone access

Community wardrobe
Free clothing

[42 Kinshurst Way, Kinshurst, Solihull, B37 6DX](https://www.solihull.gov.uk)

[Family Hubs | solihull.gov.uk](https://www.solihull.gov.uk) [Solihull Family Hubs](https://www.facebook.com/SolihullFamilyHubs) evergreen@colebridge.org [0121 779 1724](tel:01217791724)

Wherever you live in Solihull, we're here to support you

Family Hubs are local centres where children, young people, and families can access support and take part in fun activities! Our friendly staff and service providers work in partnership with you and your community to access the information and support you need. Some services offer drop-in sessions, whilst others require booked appointments. The Hubs are a safe space for you and your loved ones.

Outreach	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Shirley Heath Junior School, Coombe Road, B90 3DS</p>	<p>Health visitor clinic – 09:00-13:00 <i>Term time only</i> Developmental reviews with the health visiting team. If your child is due a developmental review, you will receive an appointment from your health visitor to attend.</p>	<p>Positive Birthing and Beyond – 10:00-11:30 <i>Term time only</i> A friendly coffee morning with tummy time and baby massage sessions. Suitable for expectant mothers (and their partners) and those with little ones under 1 year old. Meet the team and other local parents.</p> <p>Ordinary Magic – 14:00-18:00 <i>Term time only</i> A friendly group for girls with Autism. For more information, email jackie@ordinarymagic.co.uk.</p>	<p>Fit Mamas – 09:30-11:30 <i>Term time only</i> Bring your little ones with you to join in with some gentle postnatal exercise classes for all levels of fitness. Two one-hour sessions starting at 09:30 and 10:30. £3 per session. To book, contact 0738 031 4463.</p>		
<p>Meriden CofE Primary School, Fillongley Road, Meriden, CV7 7LW</p>			<p>Health visitor clinic – 13:30-17:00 <i>Term time only</i> Developmental reviews with the health visiting team. If your child is due a developmental review, you will receive an appointment from your health visitor to attend.</p>		

Wellbeing and advice

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Health visiting
Text Chat Health on [0750 733 2563](tel:07507332563) between 09:00-16:00, Monday-Friday

Mental health support
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Women's Aid
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Midwives
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[Family Hubs | solihull.gov.uk](https://www.solihull.gov.uk) [Solihull Family Hubs](https://www.facebook.com/SolihullFamilyHubs) familyhubs@solihull.gov.uk [0121 704 6017](tel:01217046017)

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Morning				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Self-weigh well baby clinic – 09:00-12:00 <i>Every Monday</i></p> <p>Do you want to get your baby weighed but don't need to see a health visitor? Come along, no appointment necessary. Any questions or concerns, contact ChatHealth text service on 0750 733 2563</p> <p>Women's community drop-in – 09:00-13:00 <i>25 May</i></p> <p>Providing confidential emotional and practical support. Runs the last Monday of every month.</p> <p>Marvellous Makers – 10:00-12:00 <i>Every Monday</i></p> <p>Weekly stay and play session suitable for birth onwards. Come and join us for arts and crafts activities, use of the sensory room, and lots of play. No booking required, just drop-in. Siblings welcome.</p>	<p>Solihull Community Housing – 09:30-11:30 <i>Every Tuesday</i></p> <p>Information and advice on housing issues. No appointment required, just drop-in.</p> <p>Super SEN CIC and Food for Thought – 09:30-12:00 <i>19 May</i></p> <p>Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism. This session includes a live cooking and wellbeing demonstration exploring how simple foods can support mood, focus and wellbeing.</p> <p>Community wardrobe exchange – 09:30-13:00 <i>5 May</i></p> <p>Adult and children's clothing will be available along with other items, refreshments and a clothing repair workshop. All items are free but please bring a bag. No booking required. Delivered by The Uplift Initiative CIC.</p> <p>Mama and mini fitness – 10:00-11:00 <i>Term time only</i></p> <p>Bring your little ones with you to join relaxed, fun and inclusive exercise class suitable for all levels. £3 per session. To book, message Kayleigh on 0738 031 4463.</p> <p>FREE bike check and security marking – 10:30-14:30 <i>26 May</i></p> <p>Plus FREE puncture repair patches and tyre levels. Suitable for all Solihull residents. No need to book, just roll up!</p>	<p>Solihull College digital skills – 09:00-11:00 <i>Term time only</i></p> <p>Free 10-week course with a friendly tutor to learn new computer skills. Suitable for beginners. To book, speak to Family Hub staff.</p> <p>Social prescribing drop-in – 09:30-12:00 <i>27 May</i></p> <p>Join us for a chat with our friendly Social Prescribers who are here to provide help and guidance around topics such as debt and finances, social isolations, carers support, community and lifestyle information and employment.</p> <p>Uplift Initiative wellness walk – 10:00-12:00 <i>Every Wednesday</i></p> <p>Join us for a gentle walk, good conversation and a cosy cuppa afterwards (and cake!) Meet at the Family Hub for 10am. For more information, email or call Tammy on theuplift.org@gmail.com.</p> <p>Anxiety management support group for adults – 11:00-13:00 <i>Every Wednesday</i></p> <p>Weekly anxiety support group open for age 18 and above. Delivered by Reimagine Me CIC. For more information, email or call Michelle on info@reimaginemecic.org or 0755 389 9373.</p>	<p>NOTICE</p> <p>Activities will not be running on Thursday 7 May as the Hub is being used as a polling station for the local elections. More information on voting can be found on the Council website (http://bit.ly/3Qv1z1z).</p> <p>Solihull SENDIAS – 09:30-11:30 <i>28 May</i></p> <p>If you have a child with Special Educational Needs (SEN) and would like free and impartial information and advice, SENDIAS can advise about SEN processes relating to support in schools, Education, Health and Care Plans (EHCPs), and more.</p> <p>New parent drop-in session – 11:15-12:00 <i>Every Thursday</i></p> <p>Drop-in to meet other new parents, get advice and enjoy relaxing with your little ones. For more information email michelle.mervon@ordinarymagic.co.uk or speak to Hub staff.</p> <p>Musical explorers' early years session – 11:30-12:00 <i>Every Thursday</i></p> <p>FREE, fun, drop-in music sessions followed by a relaxed stay and play. Suitable for ages 0-5. Delivered by Solihull Music. Siblings welcome.</p>	<p>Moo Music stay and play Mixed moo – 09:30-10:05 Baby moo – 10:30-11:05</p> <p>New weekly group offering a structured musical sensory session for under 5's. £3 per session. To book, call Kally at 0795 093 4124 or email kally.moo.music@gmail.com.</p> <p>'My time to play' guide dogs group – 09:30-11:30 <i>8 and 22 May</i></p> <p>My Time to Play is a fun and supportive group for children with a visual impairment and their families led by Habilitation Specialists. For more information, email information@guidedogs.org.uk</p>

37 Burtons Way, Smith's Wood, Solihull, B36 0UG

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Discover upcoming events, useful links, Hub details, and more. Now available in 20 languages on the Apple [App Store](#) and Android [Google Play Store](#)

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Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>First aid course for beginners – 12:00-15:00 <i>11 May</i></p> <p>Give yourself the skills to step up when it matters. The course will also cover paediatric first aid. This is session one of two and both must be attended. To book, email community.projects@solihull.ac.uk</p> <p>Health in the hearts of our community – 13:00-15:00 <i>Every Monday</i></p> <p>Help and advice around weight management, smoking, physical activity and much more. Speak to a member of staff at Elmwood to make an appointment.</p> <p>Boys Autism group – 16:00-18:00 <i>Term time only</i></p> <p>Run by Ordinary Magic for boys with Autism. To book or find out more, email michelle@ordinarymagic.co.uk.</p>	<p>EPAS attendance support drop-in – 11:30-13:30 <i>Every Tuesday</i></p> <p>The Education Participation Advisory Service (EPAS) offer advice, support and guidance about school attendance. No appointment required, please pop in to see the team.</p> <p>First aid course for beginners – 12:00-15:00 <i>12 May</i></p> <p>Give yourself the skills to step up when it matters. The course will also cover paediatric first aid. This is session two of two and both must be attended. Please email community.projects@solihull.ac.uk</p> <p>Family support drop-in – 13:00-16:00 <i>Every Tuesday</i></p> <p>Confidential advice and support to help you make positive changes. Includes a range of advice and guidance about difficult relationships at home, parenting, behaviour management, routines, boundaries, child development, bed wetting, sleep problems, school issues, and more.</p>	<p>Uplift Initiative sewing group – 13:30-15:30 <i>Every Wednesday</i></p> <p>New sewing group – come along to work on repairs, projects and embroidery. No experience or skill level required. Good conversation and a cosy cuppa available. For more information, email or call Tammy on theuplift.org@gmail.com.</p> <p>Little Brum Youth Theatre group – 17:30-18:30 <i>Every Wednesday</i></p> <p>Big Brum Theatre in Education is launching a youth theatre for all year 6 children in Solihull. They recently visited local schools to tell the story of 'The Little Red Cap', sparking their imaginations and passion for performative theatre. To sign up or to find out more, email katie@bigbrum.org.uk.</p>	<p>Smokefree Solihull clinic – 13:00-15:00 <i>Every Thursday</i></p> <p>Stop smoking support and advice. To book, pop-in for a chat or book on smokefree.solihull.co.uk.</p> <p>After-school craft club – 15:30-16:30 <i>Term time only</i></p> <p>Get creative and join the crafting fun! Come along to this free after school arts and crafts group for parents and children, delivered by Solihull College.</p> <p>Solihull Music – 16:00-18:00 <i>Term time only</i></p> <p>After school guitar sessions at Elmwood Family Hub! Register your interest here: www.solihullmusic.org/our-family-offer.</p> <p>Umbrella sexual health service – 15:00-17:00 <i>14 and 21 May</i></p> <p>Community sexual health worker, Michelle will be visiting to promote Umbrella sexual health service providers local to Elmwood Family Hub. You'll have the opportunity to take away FREE condoms and STI self-testing kits.</p>	<p>Solihull College sensory play – 12:30-14:30 <i>Term time only</i></p> <p>New ideas for activities to engage your children with an understanding of how to support your child's learning through sensory activities and play. FREE for Solihull residents. To book, email jessica.orton@solihull.ac.uk or speak to Hub staff.</p>

Wellbeing and advice

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Morning				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Self-weigh baby clinic – 09:00-17:00 Do you want to get your baby weighed but don't need to see a health visitor? Come along, no appointment necessary. Any questions or concerns, text ChatHealth on 0750 733 2563 (Mon-Fri, 09:00-16:00) to receive a response from a health visitor within 24 hours.</p> <p>Fit Mama's exercise class – 09:30-11:00 Term time only Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on 0738 031 4463.</p> <p>Lactation consultant clinic – 09:30-13:00 An NHS service to help you with any infant feeding challenges you may be facing, including tongue-tie assessment and referral. Speak to your midwife, health visitor, or GP for referral to the Infant Feeding Team. By appointment only.</p> <p>Bradley's Promise information hub – 10:00-14:30 25 May Are you a family member/carer of a young person aged between 16 – 25 years old with a life-limited condition of Duchenne Muscular Dystrophy or similar, in need of support or advice? Come along to our drop in. For more information contact Sarah Green on 07866 806672 or visit www.bradleyspromise.co.uk</p> <p>Infant feeding support group – 10:30-12:00 An NHS service to help you with any infant feeding queries or challenges you may be facing. Or simply come along for the social aspect – to meet other mums and get a hot cup of tea! Book at https://linktr.ee/SolihullFH</p>	<p>Newborn hearing screening clinic – 09:00-14:00 Booked appointments with the NHS Hearing Screening Team.</p> <p>Health Visitor clinic – 09:00-17:00 Booked appointments with the health visiting team. Book by speaking to your Health Visitor.</p> <p>Super SEN CIC – 09:30-12:00 12 May Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism.</p>	<p>Self-weigh baby clinic – 09:00-17:00 Do you want to get your baby weighed but don't need to see a health visitor? Come along, no appointment necessary. Any questions or concerns, text ChatHealth on 0750 733 2563 (Mon-Fri, 09:00-16:00) to receive a response from a health visitor within 24 hours.</p> <p>Midwife clinic – 09:00-17:00 Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p>Safe Space Solihull SEN support group – 10:00-12:00 27 May Safe Space is a parent-run support group for parents in Solihull to have a friendly chat with people who can help with family life, schooling, and more. Homemade cakes and hot drinks available. Moms, Dads, Grandparents – all welcome. No need to book, just drop-in.</p>	<p>NOTICE Activities will not be running on Thursday 7 May as the Hub is being used as a polling station for the local elections. More information on voting can be found on the Council website (http://bit.ly/3Qvj7tz).</p> <p>Health Visitor clinic – 09:00-12:00 Booked appointments with the health visiting team. Book by speaking to your Health Visitor.</p> <p>Newborn hearing screening clinic – 09:00-14:00 Booked appointments with the NHS Hearing Screening Team.</p> <p>Little Owls group – 09:30-12:00 Term time only By referral only.</p>	<p>Family Support Service drop-in – 09:00-12:00 Visit the Family Support Team for assistance with family needs such as parenting and additional support. No need to book, just drop-in.</p> <p>Midwife clinic – 09:00-17:00 Booked appointments with the midwifery team. Book by speaking to your midwife.</p> <p>Solihull College sensory play – 09:30-12:00 Term time only Develop some new ideas for activities to engage your children with and to gain an understanding of how to support your child's development and learning through sensory play. To book, call Solihull College on 0121 678 7000 or via Hub reception.</p> <p>Solihull College Conversation Club – 09:30-12:00 Term time only Develop your English speaking, reading and writing skills, and improve your confidence with an ESOL course. To book, call Solihull College on 0121 678 7000 or Hub reception.</p>

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Hatchford Brook, Old Lode Lane, Solihull, B92 8JE

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Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Blossom and Belong – 13:00-15:00 Term time only An inclusive craft group for anxious girls aged 11-18 to socialise in a safe space. Parents and carers must stay. Session costs £2 per child in cash. To book, email blossomandbelongcic@gmail.com.</p> <p>Health Visitor clinic – 13:00-16:00 Booked appointments with the health visiting team. Book by speaking to your health visitor.</p> <p>Winnr Sports youth club – 17:30-19:00 Term time only A youth club for children aged 7-12 for kids to socialise, explore their interests, and participate in a variety of activities. Book by visiting www.winnrsport.com or emailing info@winnrsport.com.</p>	<p>PCSO drop in – 13:00-15:00 5 May A Police Community Support Officer (PCSO) will be available at the Family Hub for informal drop-in sessions. Come along for a friendly chat, community advice, or to raise any local concerns in a safe and supportive environment.</p> <p>Stay and play – 13:15-14:45 Term time only Due to the popularity of the stay and play, there is currently a waiting list for this group. If you are not already registered, pop along to the Hub to complete a registration form and you will be contacted when a space is available.</p> <p>Ordinary Magic Sports academy – 17:30-20:15 Term time only Inclusive Sports session for children and young people. To book, call 0774 371 3161 or email eva@inclusive.sportsacademy.org.</p>	<p>Blossom and Belong cooking class – 13:30-15:00 Term time only A cooking class for children aged 11-16 years who are home-educated. Learn a new culinary skill, develop independence in the kitchen, and explore foods from around the world. Each course will last 12 weeks and will have 8 spaces. Priority will be given to children who are known to the Connected Care Network, but all children and young people are welcome. To book, email blossomandbelongcic@gmail.com.</p> <p>Blossom and Belong – 17:00-19:00 Term time only An inclusive craft group for anxious girls aged 11-18 to socialise in a safe space. Parents and carers must stay. Session costs £2 per child in cash. To book, email blossomandbelongcic@gmail.com.</p>	<p>We are closed to the public on Thursday from 12:00-17:00.</p> <p>Early Intervention Service – 12:00-16:00 By referral only. Led by Birmingham and Solihull Mental Health NHS Foundation.</p> <p>Bradley's Promise Social Group – 16:00-20:00 28 May For young people aged 16-25 living with life-limiting conditions such as Duchenne Muscular Dystrophy and similar conditions. Come along, have fun, and make new memories! We can't wait to welcome you! For more information contact Sarah Green on 07866 806672 or visit www.bradleyspromise.co.uk</p>	<p>Fit Mama's exercise class – 12:00-14:00 Term time only Bring your little ones with you to join in with a gentle postnatal exercise class. £3 per session. To book, message Kayleigh on 0738 031 4463.</p> <p>Talking Therapies – 12:00-15:30 By referral only.</p> <p>Crochet club – 13:00-15:00 Are you interested in learning to crochet or are you a crochet master? Please bring along a ball of yarn and a hook. No need to book, just drop in!</p> <p>Early Years music sessions – 14:00-14:30 Free, fun music sessions for children aged 0-5 delivered by Solihull Music. Book via the form or pop-in on the day!</p> <p>Signpost Inclusion – 17:30-21:45 Term time only A charity that provides SEND clubs to children, young people, and families. For more information, email vickiedawkins@signpostinclusion.org.uk.</p>

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Internet and phone access

Community wardrobe
Free clothing

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Morning				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Health Visitor clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.</p> <p>Midwife clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p>SEND coffee morning – 09:30-11:30 NEW Term time only Come along for a friendly, informal chat with other parents who get it. Share experiences, ask questions, and connect with a member of Solihull College who brings extensive professional experience supporting Early Years children with SEND, has lived experience as a parent of a child with SEND, and can provide practical ideas and supportive conversation. No need to book, just drop-in!</p>	<p>Women's community drop-in – 09:00-13:00 First Tuesday of every month – 5 May Emotional, practical, and signposting support for women. To find out more, call 0121 722 2142.</p> <p>Health Visitor clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.</p> <p>Midwife clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p>SENDIAS – 09:30-11:30 Second Tuesday of every month – 12 May Drop-in session to provide information, advice, and support to parents of children and young people with special educational needs and disabilities. For more information, call 0121 516 5173.</p> <p>Super SEN CIC – 09:30-12:00 5 May Drop-in session for parents to seek advice and support for children or themselves as adults with ADHD and/or Autism. Joined by Aairon from Food For Thought CIC for a cooking demonstration.</p> <p>Solihull Lifestyle Service – 09:30-13:00 Fortnightly – 5 and 19 May Free lifestyle checks such as height, weight, BMI, blood pressure, and atrial fibrillation readings, including a free 12-week weight management course. For more information, call 0800 599 9880 or drop-in to see one of our advisors.</p> <p>The Uplift community wardrobe exchange – 09:30-13:00 26 May Pop into this fabulous community event, no prebooking required. Adult and children's clothing will be available along with other items, refreshments and a clothing repair area. All items are free but please bring a bag. Delivered by The Uplift Initiative CIC.</p>	<p>Self-weigh well baby clinic – 09:00-12:00 Every week Do you want to get your baby weighed but don't need to see a health visitor? Come along, no appointment necessary. Any questions or concerns, contact ChatHealth text service on 0750 733 2563 (Mon-Fri, 09:00-16:00) to receive a response from a health visitor within 24 hours.</p> <p>Health Visitor clinic – 09:00-17:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.</p> <p>Stay and play – 09:30-11:00 6, 13, and 20 May Come and join in with our FREE stay and play. Fun and engaging activities for toddlers aged 0-4 years. No need to book, just drop-in. Term time only.</p> <p>Solihull College adult maths – 09:30-12:00 Term time only To book, email katrina.griffin-jones@solihull.ac.uk.</p>	<p>Health Visitor clinic – 09:00-12:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.</p> <p>Positive Birthing and Beyond pregnancy support – 09:00-12:00 Every week Baby massage or Tummy Time for four weeks. To book, visit Eventbrite or email info@positivebirthingandbeyond.org.uk.</p> <p>Midwife clinic – 09:00-16:00 Every week Booked appointments for parents and their children with the midwifery team. Book by speaking to your midwife.</p> <p>Wellness breakfast and walk – 09:30-11:00 Every week Join Naomi for breakfast and play, plus a light walk and a chat around the local area (weather permitting!). No booking required.</p> <p>Solihull Community Housing (SCH) – 10:00-12:00 Every week Information and advice drop-in about community housing. The SCH customer contact centre is available between 09:00-17:00, Mon-Fri, on 0121 717 1515.</p>	<p>Health Visitor clinic – 09:00-12:00 Every week Booked appointments for parents and their children with the Health Visiting Team. Book by speaking to your Health Visitor.</p> <p>Musical explorers Music session – 10:00-10:30 Play session – 10:30- 11:00 Every week Drop-in music and play session for younger children and their parents or carers.</p> <p>Kinship coffee morning group – 10:00-11:30 First Friday of every month – 1 May Peer support group for carers to meet, listen, and support those in similar circumstances. Suitable for adults. To attend, email or call Lisa on lisa.webley@kinship.org.uk or 0735 503 5996.</p>

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Afternoon				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Solihull College conversation club – 13:00-15:00 Term time only Do you want to improve your spoken English skills? Join our friendly ESOL (English for Speakers of Other Languages) conversation club, focusing on grammar.</p> <p>Young people's online citizen project survey – 16:00-18:00 Term time only Are you aged 13-19 and want to be internet citizens? Come along and get involved. No need to book, just drop-in.</p>	<p>We Care UK food pantry van – 11:00-12:30 12 May Come and collect £25 worth of fresh food for £2. Located in the car park. Sign up here: https://form.jotform.com/253191775948068</p> <p>Parent education – 12:00-16:00 First Tuesday of every month – 5 May Session ran by the young parent midwifery team from University Hospital Birmingham. Book by speaking to your midwife.</p> <p>Super sensory seekers – 12:30-14:00 5 May SEND stay and play run by Super SEN CIC.</p>	<p>Riverside poster competition – 10:00-12:00 Half term 27 May Water-themed poster competition for little ones and their families, plus fresh fruit skewers! Includes summer safety tips from North Solihull Sports Centre. No booking required, just pop in.</p> <p>FREE bike check and security marking – 10:30-14:30 27 May Plus FREE puncture repair patches and tyre levels. Suitable for all Solihull residents. No need to book, just roll up!</p> <p>Breastfeeding café – 12:00-13:30 Every week An NHS service that offers breastfeeding cafes run by trained peer supporters who can help you with any infant feeding queries or challenges you are facing. To book, visit https://linktree.com/SolihullIFT.</p>	<p>Yums club – 12:00-14:30 Every week Yums club is a weekly support and information group suitable for teenage and young mums age 20 and under. Drop-in or call/text Jennie on 0786 736 1723.</p> <p>Moo Music stay and play 14 and 21 May Mixed moo's – 12:00-13:30 Baby moo – 14:00-14:30 £3 per session. To book, call Kally at 0795 093 4194 or email kally.moo.music@gmail.com.</p> <p>Family support drop-in – 13:00-16:00 Every week Confidential advice and support to help you make positive changes. Includes a range of advice and guidance about difficult relationships at home, parenting, behaviour management, routines, boundaries, child development, bed wetting, sleep problems, school issues, and more.</p> <p>Super SEN CIC family group – 17:00-18:30 Fortnightly – 28 May Activities including board and card games, clay arts and crafts, darts, gaming, sensory room access, and giant Tetris! Suitable for children and young people accompanied by their parent or carer. No booking required. For more info, email supersencic@gmail.com.</p> <p>Super SEN CIC LGBTQ+ youth group – 17:00-19:00 21 May Fun, support, and signposting for LGBTQ+ young people and their families in an inclusive environment. To book or find out more, email supersencic@gmail.com.</p>	<p>Family Nurse Partnership young parents stay and play – 13:00-15:00 First Friday of every month – 1 May All young parents and their babies or pre-school children welcome. No booking required. For more information, call Emily Bell, (Health Visitor) on 0781 336 2911.</p> <p>After-school art club run by Solihull College – 14:30-15:30 Term time only Join us at Riverside to complete a new art activity every week. No booking required.</p>

Wellbeing and advice

Best Start in Life
Advice and support for your child's development, from pregnancy to childcare to starting school – beststartinlife.gov.uk

Health visiting
Text Chat Health on [0750 733 2563](tel:07507332563) between 09:00-16:00, Monday-Friday

Women's Aid
If you or someone you know needs support, call [0808 800 0026](tel:08088000026) between 09:15-17:15

Mental health support
Call the BSOL Mental Health NHS Foundation Trust on [0800 915 9292](tel:08009159292) or [0121 262 3555](tel:01212623555)

Midwives
Please call your midwife using the phone number in your red book.

What else can the Family Hubs offer?

Here2Help
Food, toiletries, fuel, money, and staying well, visit www.solihull.gov.uk/here2help

Stay and play area
Toys, books, and soft play

Sensory room
To book, call [0121 779 1750](tel:01217791750)

Computers and private work pods
Internet and phone access

Community wardrobe
Free clothing

[289 Bosworth Drive, Chelmsley Wood, B37 5DP](https://www.solihull.gov.uk)

Family Hubs | solihull.gov.uk Solihull Family Hubs riversidefh@solihull.gov.uk 0121 779 1750