

# Benefits and Advice



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| <b>Monday</b>    | Welfare benefits and debt<br>Advice CIAS<br>Drop in<br>9:30—12:00<br>Family Hub Central One | CIAS Welfare benefits<br>and debt Advice<br>1:30—4:30<br>To book an appointment<br>call<br>024 76 521100 |
| <b>Tuesday</b>   | Advice Sessions<br>Roma Community Drop in<br>9:30—12:00<br>Broad St<br>Meeting hall         |  |
| <b>Wednesday</b> | Food Bank<br>12:00—2:00<br>Foleshill Baptist Church   |  |
| <b>Thursday</b>  | Coventry Refugee Service<br>Drop In<br>9:30—12:00<br>Broad Street<br>Meeting Hall           | Welfare benefits and debt<br>Advice CIAS<br>Drop in<br>1:30—4:00<br>Family Hub Central One               |

## Benefits and Advice

Citizens Advice Bureau, Face to face advice on a wide variety of issues, specialists in debt and welfare benefits problems. 024 7622 3284.

# Employment and Training



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| <b>Monday</b>   | Advice and Guidance<br>Job Activities<br>Appointment Only<br>Foleshill Women's Training<br>024 76 637693 | Computer skills for<br>beginners<br>9:30—12:00<br>Stoke Heath Community<br>Centre<br>Adult Education<br>Call 024 76 787978 |
| <b>Tuesday</b>  | WEA<br>Learn to Speak English<br>9:15—12:15<br>Family Hub Central One<br>Call WEA on<br>024 76 666625    | Ambition Employment<br>Support<br>for 16—29 years<br>1:15—4:00<br>Family Hub Central One                                   |
| <b>Thursday</b> | WEA<br>Learn to Speak English<br>9:15—12:15<br>Family Hub Central One<br>Call WEA on<br>024 76 666625    | Careers Advice<br>National Careers Service<br>Foleshill Library<br>10:00—4:00  |

## Employment and Training

**Adult education**, offer a wide range of courses to help you move towards employment. 024 7678 7978

**The Job Shop**, help with getting you CV and interviews skills up to spend and finding local vacancies. 024 7678 5740

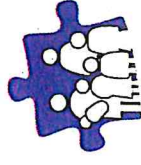
**Job Centre Plus**, provides information on finding employment and/or looking for advice on benefits and entitlements. 0345 6043 719

## Health and Well being



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| <b>Monday</b>    | One Body One Life<br>2 to 4 year olds<br>10:00—11:30<br>Foleshill Library<br>02476 785 627<br>Starting 22nd January | Open Baby Clinic<br>2:00— 4:00<br>Family Hub Central One<br>In partnership with<br>MAMTA   |
| <b>Tuesday</b>   | MAMTA<br>Child and Maternal Health<br>Parent Craft<br>9:00— 3:00<br>Foleshill Women's Training<br>024 76637693      | Open Baby Clinic<br>1:30— 2:45<br>Stoke Heath<br>School  |
| <b>Wednesday</b> | Sahil<br>Positive Health and Wellbeing Workshop<br>12:30—2:30<br>St Paul's Community Hall                           | Open Baby Clinic<br>1:30—3:30<br>City of Coventry<br>Health Centre<br>2 Stoney Stanton road  |
| <b>Thursday</b>  | Buggy Workout<br>1:00— 2:30<br>MAMTA<br>Foleshill Womens Training<br>024 76637693                                   | <b>Friday</b>  |
|                  | Primary Mental Health<br>Services<br>Appointment only<br>8:30—12:00<br>22/2/18, 26/3/18<br>24/5/18, 1/6/18          | Postnatal Clinic<br>9:30—4:00<br>Appointment only<br>Family Hub Central One<br>Breast Feeding Drop in<br>11:30—1:00<br>In partnership with MAMTA |

## Play and Learn



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| <b>Monday</b>    | Vizzibabes<br>9:00—12:00<br>Family Hub Central One            | Birth to Two<br>Stay and Play<br>1:15—2:30<br>Family Hub Central One          |
| <b>Tuesday</b>   | Childminder's Session<br>9:30—11:30<br>Family Hub Central One | Stay and Play<br>9:30—11:00<br>St Albans Church<br>Mercer Crescent            |
| <b>Wednesday</b> | Stay and Play<br>10:30—12:00<br>Family Hub Central One        | Family Learning<br>Spring Fun<br>1:00—3:00<br>Stoke Heath<br>Community Centre |
| <b>Thursday</b>  | Stay and Play<br>9:30—10:45<br>Foleshill Library Broad St     | Family Learning<br>Spring Fun<br>1:00— 3:00<br>Family Hub Central One         |
| <b>Friday</b>    | Together We Can<br>9:00—11:00<br>Family Hub Central One       | Stay and Play<br>10:00—11:00<br>Foleshill Library                             |

# Family Hubs

## Coventry's Vision for Children and Young People.

Coventry children and young people to have supportive families, live safe from harm, fulfil their potential, are healthy, and have fulfilling lives

To support this vision Coventry City Council has opened eight new Family Hubs in the city.

### What is a Family Hub?

In its simplest form the family hub model is an approach to the delivery of early help services centralised around a building, where a number of different services providing information and support to families, children and young people are based. We are providing early help and support for families, children and young people aged 0 – 19 years up to age 24 where a young person has a disability.

## Youth and Young Peoples Services

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|---|---|
|  <p>Navigation Centre, 55-57 Bell Green Road, CV6 7GQ<br/>Tel: 02476 266 280<br/><a href="mailto:info@valleyhouse.org.uk">info@valleyhouse.org.uk</a></p>  | <p>We work with young people aged 16 to 29 who live in Coventry and Warwickshire. Our service is for young people who would like support to overcome challenges such as managing relationships, improving health and wellbeing, and addressing social isolation.</p>  |
|  <p>12 Warwick Row, Coventry<br/>CV1 1ED<br/>Mon-Thurs 09.00-17.00<br/>Friday 09.00-16.30<br/>Freephone: 0800 121 4043<br/>Office tel: 02476251653<br/><a href="mailto:coventry@compass-uk.org">coventry@compass-uk.org</a></p> | <p>Compass offers free and confidential support, advice and treatment services for young people. If you need help to get your life back on track, you can come to us safe in the knowledge that you will be treated fairly and compassionately. Compass Coventry Services for Young People – supports young people up to the age of 18 who are affected by their own or another person's substance misuse. As well as helping the individual, we support families and fellow professionals in the wider children's workforce.</p> |
|  <p>Available at Foleshill Family Hub</p>  | <p>The C-Card scheme offers free condoms and Chlamydia screening for 13-25 year olds living in Coventry. Please don't worry that we will tell your parents or carers, staff will not share any information about you unless they feel that you or someone else is in danger. Once you have registered you will get a C-Card key fob - Use this key fob to get free condoms from any C-Card venue!</p>   |
|   | <p>If you are living in Coventry and are affected by domestic violence and abuse in any way, remember that you are not alone Help is available.<br/>0800 035 5309 Mon - Fri 08:30 - 20:30<br/>Sat and Sun 09:30—17:30</p>   |

## Where to find us...

Family Hub Central One

454 Foleshill Road

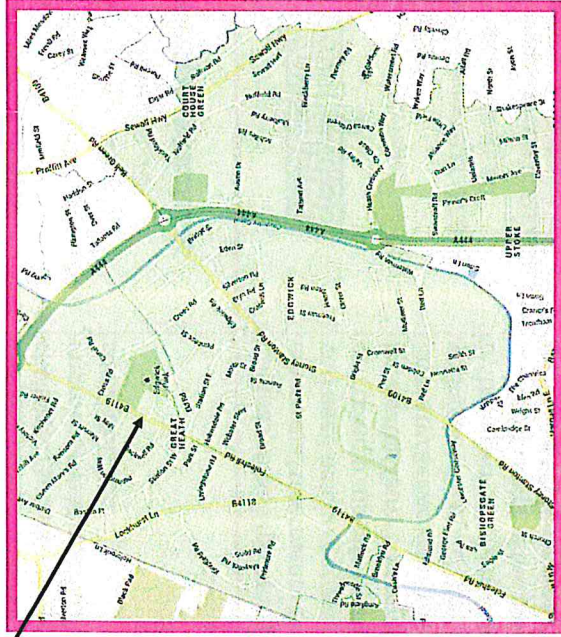
Coventry

CV6 5LB

024 7678 5575

Bus Route:

4, 20, 20A, 48



## Whatever children bring...

... you're not alone

Bringing up a child can be a rewarding experience but it can be tough too. So whether you are learning to care for a new baby, juggling work and family life or dealing with the teenage years, there is help available. Across the city, Coventry families can get confidential, practical advice and receive support from friendly and knowledgeable staff. So whatever your children bring, at whatever age, you are not alone.

# Activity Timetable

## Family Hub Central One



**Spring Term**

**8th January - 30th March 2018**