

WE ARE HERE TO HELP



Hall Green
Families

Selly Oak
Families

Thank you for reading **Hall Green** and **Selly Oak** Early Help Teams monthly newsletter!
Please read on to see what our localities have on offer this month.

'Early Help' is a city-wide approach which aims to connect families with local community support services. This is a partnership of Birmingham City Council, Birmingham Children's Trust, NHS organisations, West Midlands Police, and BVSC on behalf of the voluntary sector.

The Early Help Partnership support hundreds of local families with a wide range of challenges. Read on to discover what's on in the local area, including activities for children and young people and provisions for families.

If you would like to feature on next month's newsletter, please email
hallgreen.families@greensquareaccord.co.uk

- Follow our social media -



@hallgreenfam
@sellyoakfam

**December
2024**

HOW TO REQUEST SUPPORT FROM YOUR EARLY HELP LOCALITY

To get support for a child, young person, or a family, complete the Family Connect Form (FCF) for and give as much detail as possible. This will enable us to understand the family needs and provide appropriate support from within the Early Help Partnership.

Family Connect Form - for Professionals

If you are a parent, please complete the self-referral FCF:

Family Connect Form - Self Identification

To help you to complete the Family Connect Form, see the guidance and a sample completed form

Please tell us about the family's needs

What's Working Well?

What are the family's strengths/ positives?

What are the family's current connections like? (e.g. family/friends/community networks)

What are the views of the family?

Please describe what is working well

What are you Worried About?

What is the information we have regarding the family's needs?

What are the concerns/ issues for the child(ren)/family?

What are the views of the family?

Please describe what we worried about

What Needs to Happen?

What do you think would help to meet the needs of the family?

What support would help the family to make the changes/ meet their needs?

What are the families views?

Please describe what needs to happen



New Family Connect Form!

Birmingham's Early Help service is making it easier for professionals to help families access commissioned services. Using the new Family Connect Form (FCF) – Commissioned Service Specialist Request form, schools and partners can now connect **directly** to the Early Help commissioned services when a family/child/young person needs a specific intervention.

As this is a pilot scheme, the two commissioned services currently using this form are **Barnardo's Mentoring** and **Barnardo's Autism**.

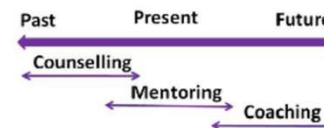
Please ensure you read the criteria before submitting the FCF as some requests may not be accepted if this criteria is not met. This can be found on the new [FCF page](#) directly or on the BCC page [here](#), under “FCF Commissioned Service Specialist Request”

Should you have any questions, please reach out to your Early Help provider – you can check where your setting is under, here: [Early help service postcode checker | Birmingham City Council](#)



Barnardo's Early Help Mentoring and Befriending Service (BMBS) - Eligibility Criteria July 2024

- An Early Help Assessment (EHA) has identified that the child/young person would benefit from a short-term (6-12 sessions) mentoring intervention around one or more of the following areas:
 - Health and Wellbeing inc. recreation and sport
 - Education and training (could inc. attendance, SEND need etc.)
 - Family and relationships (could inc. bullying, negative behaviours and attitudes, conflict resolution)
 - Coping strategies (could inc. anxiety, stress, bullying, conflict etc.)
 - Aspirations and Interests (could inc. work, University, hobbies etc.)
- EHA is on ECINS – with access to granted to Barnardo's Early Help Mentoring & Be-friending Service
- There is a lead Early Help professional involved and leading on work with the family (e.g. BCT Early Help Worker, Early Help lead in school etc.) who will support the Mentor to organise and/or host sessions with the child/young person, be available to take questions on the child/young person/family etc., report developments and ask for feedback at the end of the intervention.
- Child/young person is aged 11-19 (and up to 25 with additional needs) and a Birmingham resident.
- Child/young person has been part of a conversation about mentoring and is open to meeting mentor and their parent/carer is aware/agreed to this as part of working with Early Help.
- There is no other mentoring/counselling support currently in place for the same issue from another provider (for avoidance of duplication).
- The need (emotional health) is not considered specialised or in crisis. In some circumstances / needs it may be the Mentoring and Befriending is not suitable to respond to request as a specialist or dedicated intervention would be more suitable and beneficial for the child/young person. In these cases, suitable alternatives to be considered.
- Please refer to the graphic below to help assess whether mentoring is the most appropriate intervention for the referral:



Mentoring provides support to identify, understand and address challenges in the present time. Sessions can support the young person to identify barriers and adopt strategies to overcome them or manage difficult emotions or situations. The aim is to help young people navigate current challenges, build resilience, and create sustainable positive change.

Counselling is more suitable where the primary issue is historical and continuing to impact on present day wellbeing. Counsellors have in-depth training in supporting people to recognise and process events from their past and can provide the required therapeutic support.

Coaching can be delivered in a wide range of environments and is focussed on looking forward. Coaching is heavily goal orientated and provides support on reaching potential.

OFFICIAL



Your postcode denotes what Early Help locality you fall under, and this is an important section on the FCF. Please use the [Early Help postcode checker](#) to see what Early Help locality you are living in!



BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP

EDGBASTON
EarlyHelpEdgbaston@gatewayfs.org
0121 456 7821

ERDINGTON
ErdingtonFamilies@compass-support.org.uk
0121 748 8199

HALL GREEN
HallGreen.Families@greensquareaccord.co.uk
07570 953 519 (9:30am to 4:30pm)

HODGE HILL
YardleyHodgeHillEH@barnardos.org.uk
0121 289 4875

LADYWOOD
BirminghamEarlyHelpLadywood@family-action.org.uk
07816 086 607

NORTHFIELD
EarlyHelpNorthfield@gatewayfs.org
0121 456 7821

PERRY BARR
BirminghamEarlyHelpPerryBarr@family-action.org.uk
07385 464 482

SELLY OAK
SellyOak.Families@greensquareaccord.co.uk
07483 090 434

SUTTON COLDFIELD
SuttonColdfieldEarlyHelp@compass-support.org.uk
0121 748 8199

YARDLEY
YardleyHodgeHillEH@barnardos.org.uk
0121 289 4875



HELP FOR ALL FAMILIES IN BIRMINGHAM



- Food & Energy
- Youth Support
- Domestic Abuse
- Emergency Funding
- Money & Debt Advice
- Data & IT
- Under 5's Support
- School Uniforms & Clothing
- Parenting
- Special Needs & Disabilities
- Bereavement
- Housing
- Sexual Health
- Mental Health
- Play

BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP

Sparkbrook Children's Zone

Sparkbrook
Children's
Zone

Sparkbrook Children's Zone is an NHS clinic where children between 0-16 can be seen by a Nurse, Doctor, and the whole family can receive support from the Early Help Family Support Advisors.

To make an appointment contact your GP* and ask for a Sparkbrook Children's Zone appointment.

- **Monday mornings at Balsall Heath Centre**
- **Thursday afternoons at Sparkbrook Medical Centre**
- **Thursday evenings at Fernley Medical Centre**

*child must be registered at specific GP practices, for more information:

Website: www.sparkbrookchildrenszone.org.uk/
Social Media: @SparkbrookCZ

Sparkbrook Children's Zone

Scan for more info:



sparkbrookchildrenszone.org.uk
scz@greensquareaccord.co.uk

Supporting children and families to live happy, healthy lives.

We offer appointments, advice and community activities in Balsall Heath, Sparkbrook and Sparkhill.

Children and young people between 0-16 years can come and see a Children's Nurse and Doctor. We help with lots of different problems, including constipation, eczema, and asthma.

Your whole family can get support from our Early Help Family Support Advisors. We provide advice on parenting, debt, healthy eating, and much more.

Translation services available









Sparkbrook Children's Zone

Follow us for NHS approved health messages:









Free appointments every week

We accept bookings from the following GP Practice's:

- Dr Walji, Dr Raghavan & First Care at Balsall Heath Health Centre
- Spark Medical Group (Brook Surgery & St George's)
- Highgate Medical Practice
- The Hill General Practice
- Fernley Medical Centre
- Springfield Medical Practice (Dr Rajput)

Ask your GP Practice to book an appointment

Monday mornings
at Balsall Heath Health Centre
43 Edward Road, Birmingham, B12 9LP

Thursday afternoons
at Sparkbrook Community & Health Centre
34 Grantham Road, Birmingham, B11 1LU

Thursday evenings
at Fernley Medical Centre
560 Stratford Road, Birmingham, B11 4AN

Our Partners





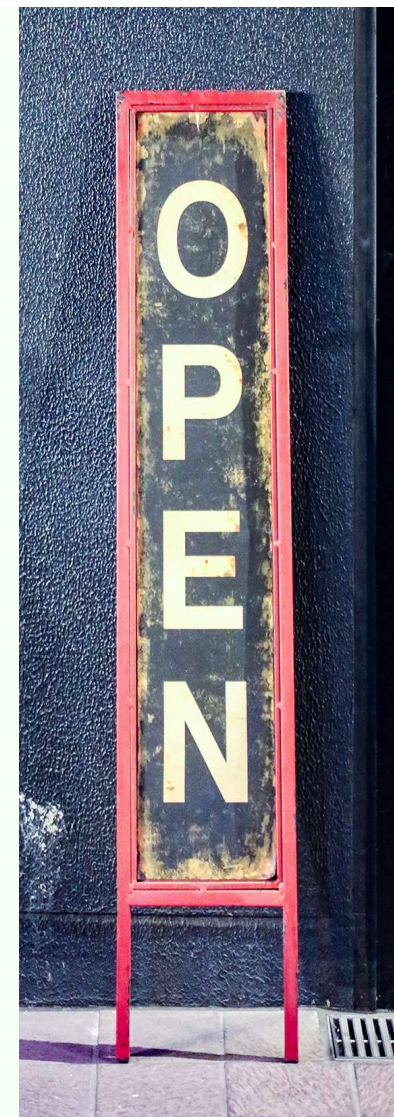

Household Support Fund Update - November 2024

The much-anticipated Household Support Fund 6 opened on **Monday November 25th** – both to new applications and enquiries. From Monday 25th, applicants can submit enquiries via the BVSC website at [Hardship Grant Community Fund | Birmingham Voluntary Service Council](#).

This is the quickest way to apply.

We'd love to sign up more schools as Trusted Partners, especially in Selly Oak locality. Please contact household.support@greensquareaccord.co.uk with any queries!

Please see www.bvsc.org/hsf for more information.



Finances

The Big Difference Scheme

The Big Difference Scheme is designed for customers who are struggling to pay their water bill. Depending on your circumstances we could offer up to 70% reduction per year off the average household bill.

To be eligible you must have a **total annual Household income of less than £22,010** with additional allowances for families with dependants. You will also need to supply supporting documents for proof, for all adults, of your household income. More information on the types of evidence accepted will be advised whilst completing your application.

You can complete an application online or find out more information by [clicking here](#)



Sense Touchbase Pears SEND Christmas Fayre

"Come along to TouchBase Pears on Saturday 7th Dec at 750 Bristol Road, B29 6NA, to enjoy and soak up the festive atmosphere from 10am - 3pm.

We'll have:

Stalls selling beautiful gifts

Santa's grotto (additional cost)

Dance and music performances throughout the day

Non-alcoholic mulled wine & mince pies you can purchase from our café
Arts and Crafts for children to get involved in (additional cost to take part)

Spot all the naughty elves in our elf trail in the garden (additional cost to take part)

Come along to enjoy the day with all the family and help raise funds for Sense too! The event is free to attend but some of the activities will have an additional cost (please see above). If you have any questions about the Christmas fayre, then please do not hesitate to contact us on info@touchbasepears.org.uk or [click here to find out more!](#)"



Clothing and Uniform



The Children's Storehouse

Who we are

The Children's Storehouse is run by Jubilee Church Solihull, registered charity number 1157124, to serve Solihull and its neighbouring communities.

What we do

Our aim is to show compassion by providing good quality, pre-loved clothing for babies, children, and young people up to the age of 18. In addition, we may also be able to provide bedding, toiletries, books, toys and some basic items of school uniform.

We work with local agencies, organisations, and schools, who can make referrals through an online system. Referrals can be made for families who are experiencing financial hardship, who have fled domestic violence, who are homeless or who are refugees or asylum seekers.

How we work

Our usual working practice is that families visit us to choose clothes that reflect their own style preferences, these are 'face to face' appointments. We want the families who come to feel welcomed and know that we are here to help and for their time at the Storehouse to be relaxed and fun! Alternatively, we also offer pre-selected clothes parcels for the family or key worker to just collect.

We use the strapline "Clothed with Dignity" because it is important to us that in every way the families are treated with dignity and respect. Here is a tour of our new premises: [Storehouse Tour](https://www.jubileesolihull.org/storehouse-tour)

How can you make a referral?

To make a referral to the Children's Storehouse, your organisation needs to become an approved referral agency with us. For more information about becoming a referral agency please contact admin.storehouse@jubileesolihull.org

For additional information about the Children's Storehouse please visit our website
<https://jubileesolihull.org/childrens-storehouse/>

Children's Storehouse offers free good quality pre-loved clothes.

You can see more and contact them here:

<https://jubileesolihull.org/childrens-storehouse/>

(Referrals must come from a professional working with or alongside the family, e.g., schools, charitable organisations, etc)



Uniform: Rubery Swop Shop offers free used uniform. You can see more and contact them here:

<https://www.ruberyswopshop.co.uk/>



BIRMINGHAM
CHILDREN &
YOUNG PEOPLE'S
PARTNERSHIP



Green
Square
Accord



Hall Green
Families



Selly Oak
Families

Early Years & Parenting



EXPECTING A BABY TOGETHER?

Helping couples prepare for the birth of their baby



Family Foundations will help you:

- Prepare yourself, and your relationship for the birth of your baby
- Manage stress and handle difficult situations parenthood can bring
- Improve communication with your partner and resolve conflict
- Learn new skills and techniques to strengthen your relationship
- Understand the important role each parent plays in their child's life

Course details

Date: Prenatal Sessions - Wednesday 18th of December until 9th of October
Postnatal Sessions - starting January 15th

Time: 12:30-2:30pm

venue: Springfield Children's Centre, Springfield Road, B13 9NY

Registration: Scan the QR code or Call centre on 0121 7772722



Free Parenting Groups and courses

Support for all parents and carers with children from pregnancy to 19 (25 with additional needs) both online and face to face

Are you expecting a baby?

Have you recently had a baby?

Do you want support to better understand your child or teenager's behaviour?



SCAN QR CODE FOR DETAILS ABOUT WHAT'S ON NEAR YOU



OR EMAIL:

FAMILYHUBS@BIRMINGHAM.GOV.UK



Antenatal Breastfeeding Workshop



Free
Face to Face



Birmingham
residents only

Birmingham residents can access a free face to face *Antenatal Breastfeeding Workshop* at The Chinnbrook Centre, 213 Trittiford Rd, Yardley Wood, B13 0ET!

[Antenatal Breastfeeding Workshop Tickets, Multiple Dates | Eventbrite](#) - please follow this link to book your free tickets.



Hall Green Families

Selly Oak Families

Early Years & Parenting

Brain development and positive parenting: the importance of early relationships

A **FREE** online learning session for Birmingham parents, and adults caring for babies and young children

"It also made me know that I have been engaging with my baby the right way."

(Birmingham parent/carer who attended first webinar)

"Good informative knowledge, learned a lot about the importance of connectivity and how it affects the brain."

(Birmingham parent/carer who attended first webinar)

"This webinar was exactly what I needed."

(Birmingham parent/carer who attended first webinar)

In the first three years of life the brain grows, and changes, more rapidly than it will at any other time. What happens to your baby shapes their brain - and the most important thing that happens to your baby is you! How you interact with your baby can help their brain and nervous system develop in a positive way that can help them throughout life.

In our free online session, you will learn:

- Some simple but important ways in which you can support your baby's early brain development
- How everyday actions and activities can help develop a positive, caring relationship with your baby
- How these simple positive interactions will help you give your baby the best start in life



Please sign up using the QR code opposite, or link below to watch the FREE pre-recorded webinar.

<https://connected.kca.training/register.cfm?form=BCC-BDPP-2024>

kca.

best start for life

FamilyHubs



Best Beginnings worked with parents and healthcare professionals to create and develop Baby Buddy, a multi-award-winning parenting and pregnancy app! Baby Buddy's self-care tools are based on the latest research and evidence and provides trusted information to:

- support and empower mums, dads, and caregivers,
- build their knowledge and confidence, and
- help them take care of their physical and mental health during pregnancy, birth and the first year of their baby's life.

With over 350 videos, 500 FAQs and daily bite sized information across the (9+12) months




- Personalised pathways for mums, dads, partners, and health care professionals
- Content from conception to 1st birthday
- Choice of place of birth: Maternity Unit search function
- Personal Care and Support Plans that can be shared with care teams
- Digital Personal Child Health Record (electronic Redbook)
- Functionality for multiple children
- Syncing of accounts between partners
- New! LGBTQ+ pathways arriving end of 2024




Hall Green Families

Selly Oak Families

Early Years & Parenting





Empowering Parents, Empowering Communities (EPEC)

Being A Parent Group (BAP)

BAP is an 8 week programme for parents and carers with children aged 2-11 years old. The sessions are for 2 hours, one day a week.

Come join this peer led group where parents are empowered to share experiences and develop connections within the community.

Topics covered in the group:

- Valuing and Understanding Child's Needs and Behaviour
- Feelings
- Play
- Discipline Strategies
- Listening and Reflective Skills

There is a free crèche subject to availability

A range of snacks and refreshments are provided

If you are interested in attending a BAP Group, please scan the code below to join

Please feel free to contact the *EPEC* team at EPEC@barnardos.org.uk for more information



Empowering Communities (EPEC) - Being a Parent Group

The Being a Parent programme is an 8-week programme for parents and carers with children aged 2 - 11 years old. Sessions are 2 hours long, once a week, and includes sessions on understanding children's needs, play, discipline strategies and more!

The Being a Parent programme encourages parents to work together, supporting each other and building community.

Parents that partake in the BAP Group will have the opportunity to become Parent Group Leaders (PGLs), where they will be trained to deliver and facilitate BAP to parents/carers in their local community. This is a great opportunity if you're looking for training or volunteering experience.

Contact the EPEC team at EPEC@barnardos.org.uk for more information



Early Years & Parenting





Pregnancy to 3 parenting programme

8 Week Programme

Join us for an engaging and supportive parenting programme designed to help you navigate the early years of your child's life!

Understanding baby's brain development

Develop a routine and structure as your child grows

Learning the importance of play

Venue:
The Muath Trust - Stratford St N,
Birmingham
B11 1AR

Date: Thursday 14th November
Time: 10-12




<https://forms.office.com/e/b1jXWvUrnz>



PREGNANCY TO 3 PARENTING PROGRAMME

Join us for an engaging and supportive parenting programme designed to help you navigate the early years of your child's life!

Develop a routine and structure as your child grows

Learning the importance of play

Understanding baby's brain development

Tuesday 5 November | 2024

GREEN LANE MASJID
20 Green Lane, Birmingham B9 5DB
10am - 12pm

TO BOOK A PLACE OR MORE INFORMATION
CONTACT APPROACHABLE PARENTING

☎ 0121 773 8643 ✉ info@approachableparenting.org.uk




Birmingham Community Healthcare NHS

Free Early Years Startwell Training 2023

Our training aims to build participants' knowledge around nutrition and physical skills for children under 5 and their families. This training will give you knowledge and skills to embed the Startwell key messages into your setting. You will go away with lots of practical ideas to use in your setting. Please note that for our online training, we have a cutoff point for new participants of 5 minutes past the start of the training.

Training	Date	Time	Venue
Startwell Characters and Messages	Monday 20 th January 2025	12.45-2.45pm	Online, Through Microsoft Teams
Physical 2 Year Olds	Tuesday 28 th January 2025	9.30-11.15am	Online, Through Microsoft Teams
Oral Health	Wednesday 29 th January 2025	1.00-2.45pm	Online, Through Microsoft Teams
Startwell Characters and Messages	Tuesday 18 th February 2025	9.30-11.30am	Online, Through Microsoft Teams
Fussy Eating	Tuesday 25 th February 2025	1.00-2.45pm	Online, Through Microsoft Teams
Physical Pre-Schoolers	Wednesday 26 th February 2025	9.30-11.15am	Online, Through Microsoft Teams

To book your places please visit <https://startwellbirmingham.co.uk/training-dates/>, click on the training date you're interested in, and then click on 'RSVP Going'. Once you've filled in the booking form you will be emailed your ticket letting know that you have got a place. To take part in virtual training you will need a stable interconnection and would preferably need to be in a quiet place if you want the opportunity to speak and ask the trainer questions.





SEND

Nurturing ADHD Kids

This online 6 week course is free for Birmingham parents and carers of children and young people with ADHD or suspected ADHD

LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

Are you trying to support them but find that everyone gives you different advice?

What parents have said about this course

This course is literally game-changing for parents, caregivers, teachers and anyone living with a child (or adult) with ADHD. So much misunderstanding, frustration and worry could be prevented if everyone had access to this amazing resource.

Essential course for any parent of a child with ADHD. It changed the way I see my son and my ability to respond to his needs effectively.

Very informative, friendly, no pressure, enjoyable sessions

In this 6 week course, you will

- learn about ADHD
- Understand the effect on our mental health
- Understand the reasons behind behaviours
- Gain confidence in advocating for our children
- Learn new strategies
- Help our kids be confident, resilient and be their best selves

Phone: 0731 116 7485

Email: contact@resilience.org

Birmingham Resilience Education and Wellbeing Services CIC

forward
carers
LEWIS
CIC
Business Registration: 13210805

PlayWell for free with us!



BOOK YOUR FREE TASTER SESSIONS!

Play Well, a new afterschool play provision for primary aged children with SEND and their siblings starts in January at Coronation Road Play Centre, Selly Oak. We are running free taster play sessions in December for children and their parent-carers to get to know us and see if they are interested in their children attending our afterschool club from 2025.

Who are they for?

- These taster play sessions are FREE and open to primary aged children with SEND living or attending a school within two miles of our centre (B29 7DE).
- Parents-carers stay on site. Families can stay as long as suits them.
- You can book one or multiple sessions to help children feel comfortable before they start.
- From January, subsidised places at Play Well will be available term time.

When are the free sessions?

Mon 2nd - Fri 6th Dec
Mon 9th to Fri 13th Dec
3.30pm - 6pm
Afterschool snacks provided.

How do I book?

Please book your places in advance:
playwell@parksforplay.org
07723 201217

Parks for Play

www.parksforplay.org

COMMUNITY FUND

At Parks For Play we believe that play is central to children's physical, mental, social, and emotional health and wellbeing and that these things come about when play is supported as a process involving challenge, exploration, making 'mistakes', testing things out and being creative.



Play Well after school sessions will be delivered by a team from charity Parks for Play, which was created by and for families with disabled children and play experts. They have a wealth of experience and approaches when it comes to engaging children in meaningful ways. They've been doing it for 20 years!

Parks For Play have for many years invested in staff training and observation skills as well as external research. If a child is not thriving, we know that Play Well can help children with:

Making Connections

Through the processes of play, children will interact with others, develop, break and re-develop friendships, navigate conflict and grow in respect and understanding of human diversity. Parks for Play understands and values 'social' as something expressed in a myriad of ways (for example, not always one person to another or including speech or direct contact). Children's unique expressions are always celebrated at Parks for Play.

Building resilience

Playing allows children to work through strong emotions and to develop a repertoire of responses and problem-solving skills, supporting them in areas such as emotional regulation and improving their ability to cope with anxiety and stress.

Experiencing the 'wow'

Playing enables an encountering with less tangible things - moments of wonder, dreaming, imagination, surprise, curiosity and questioning. These experiences push children's drive to find out more about the world and their place in it. They are 'wow' moments, exciting, absorbing, full of sensation, speculation and hope. Play enables children to test out and gain an understanding of concepts like justice, democracy and power.

Being Active

Active play contributes to children's health, their development of fine and gross motor skills and their confidence in their abilities. We know that being active can be particularly important when children have had a hard day of masking.

Learning & development

When children play in self-directed ways, 'deep learning' comes about because children are engaging with multiple aspects of their being: cognitive, but also sensory, emotional awareness, movement and balance and body-awareness that in turn prompt lasting memories. Playing develops the structures of the brain and builds skills such as creativity and problem-solving.

Belonging

Playing supports a sense of belonging that occurs when children are genuinely valued in all their unique and diverse expressivities.



BIRMINGHAM
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SEND



**S.E.N.D SOCIALS
BIRMINGHAM**

Parent / Carers, join us
for an informal gathering
over coffee and cake.

*we're
in this
together!*

REGULAR
Drop-in sessions
Around Birmingham

S.E.N.D Socials Birmingham provides social opportunities for children and young people with special educational needs and disabilities and provide support to parents and carers through coffee mornings, workshops, signposting and their online forum. Many of their activities and events are completely free.

They upload weekly timetables of children's activities on their Facebook page [found here](#), and organise regular coffee and cake catch-ups to support parents and carers.

They have a range of activities throughout Birmingham for SEND children and their families on [their website](#).



Sense Swimming Sessions

Ladywood Leisure Centre

Sense Swimming sessions are designed for people with complex disabilities to enjoy use of a community swimming pool, with dedicated access to half of the main pool and the whole of the small pool.

This session is aimed at anyone with disabilities aged 16 years and above. Please note that participants must be accompanied in the pool at all times.

Day
Thursdays (school term time only)

Time
12pm – 1pm

Location
Ladywood Leisure Centre, Ladywood
Middleway, Birmingham, B16 8TR

Cost
£3.85 per participant payable on arrival (carers attend free of charge)

Accessibility:

- Changing Places (with hoist, changing bench and shower)
- Accessible changing rooms
- Pool Pod (wheelchair accessible lift to access the main pool)
- Manual hoist
- Graduated steps

 Scan the QR code to book and for more information

Charity number 289868

sense
connecting sight, sound and life



Mental Health

Mind Birmingham

Talking Space

Are You Having a Difficult Time?

Our Talking Space service offers an out of hours, safe place, to come and chat with our Crisis Intervention Workers. (with access to clinical support if needed)



ERDINGTON



SELLY OAK



NORTHFIELD

WE CAN HELP WITH

- ☒ Low Mood
- ☒ Struggling to Cope
- ☒ Anxiety
- ☒ Stress
- ☒ Suicidal Thoughts

Drop In Days (No Appt)

5pm till 10pm

Erdington
Saturday & Sunday

Selly Oak
Monday, Tuesday & Wednesday

Northfield
Thursday, Friday, Saturday & Sunday

See reverse to book an appointment

Mind Birmingham
Registered Charity no. 1003906
Registered Company no. 2024372

LivingWell
Consortium UK

creative
SUPPORT

NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

Our Talking Space Venues

ERDINGTON



5pm till 11pm | Every Day

Beechcroft,
Rear of 501 Slade Road
Erdington, Birmingham
B23 7JG

Bus routes: 11c, 11a, 65, X64

Appointment
Call Us:
0121 262 3555

SELLY OAK



5pm till 11pm | Monday - Wednesday

grounded.
11 Bournbrook Road, Selly
Oak, Birmingham, B29 7BL
Bus routes: 61 & 63

Appointment
Call Us:
0121 262 3555

NORTHFIELD



5pm till 11pm | Thursday - Sunday

Creative Support, 888 Bristol Road
South, Northfield, Birmingham B31 2NS

Bus routes: 61, 63, X20, 18, 27, 76.
15 minute walk from Northfield Train
Station

Book Now



Mind Birmingham
Registered Charity no. 1003906
Registered Company no. 2024372

LivingWell
Consortium UK

creative
SUPPORT

NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

BIRMINGHAM
CHILDREN &
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Hall Green
Families

Selly Oak
Families

Mind Birmingham have a fantastic service available for adults 18years+ living in Birmingham who may be living or experiencing any form of emotional distress such as low mood, isolation, stress, anxiety or suicidal ideation.

The service offers an extensive range of self-help, guidance and signposting. They also have access to BSMHFT clinical support if needed, as they are an out of hours service, open every Thursday, Friday, Saturday and Sunday evening.

Mental Health



Child Bereavement UK supports families and trains professionals when a child grieves or when a child dies.

Come and meet the Birmingham team and find out more about our work across the West Midlands.

Friday 6 Dec, 2 to 4pm

Bullring Wellbeing Hub
2nd Floor, Link Street
Bullring and Grand Central
Birmingham B5 4BS



We look forward to meeting you
childbereavementuk.org

Child Bereavement UK is a registered charity. No part of its income or assets is for the private inurement of any individual.



ST GERMAIN'S WELLBEING

ARE YOU OR SOMEONE YOU KNOW...
FEELING WORRIED?
STRUGGLING TO RELAX OR SWITCH OFF?
LOOKING FOR TECHNIQUES TO HELP?

FREE THEN COME ALONG TO OUR
MINDFULNESS FOR ANXIETY WORKSHOPS



WHEN: 11AM-1PM EACH MONDAY FROM 4TH NOVEMBER-23RD DECEMBER
WHERE: ST GERMAIN'S CHURCH HALL, CITY ROAD, B17 8LE
LUNCH IS INCLUDED!
REGISTRATION IS REQUIRED
EMAIL [MICA@STGERMAINS.ORG.UK](mailto:mica@stgermainsof.org.uk) OR CALL 0121 517 0476

WORKSHOPS FUNDED BY
 **Birmingham City Council**

WWW.STGERMAINSWELLBEING.ORG.UK
CHARITY NUMBER: 1206412



Hall Green Families

Selly Oak Families

Community Activities



Bring it on Brum! – Holiday Activities and Food

Free activities during the Christmas break. Please see your school's reception to access your code, and the website for eligibility.

Are you a girl aged 11- 16 and looking for a space to hangout and just chill?

**THEN JOIN
GIRLS CLUB**

FORTNIGHTLY ON THURSDAYS
STARTING FROM DECEMBER 12TH (THU),
23RD (MON)
JANUARY (16TH, 30TH)
4 TO 6 PM

THE SPRINGFIELD CENTRE
Springfield Road, Moseley
B13 9NY

Sign up at reception or call
0121 777 2722

The Springfield Project

CHILD FRIENDLY NEIGHBOURHOOD

COMMUNITY FUND

The Springfield Centre is launching their first "Girls Club" starting on 12th December. This is aimed at girls in years 7 -11. This group is part of their Child Friendly Neighbourhood. The group is universal so there are no criteria except the age/ sex restriction!

resources for **autism**

The **Active Wellbeing Society**

FREE LUNCH & WELLBEING WALK

Please come join us on our wellbeing walks

- Tuesday 10th September 2024
- Tuesday 8th October 2024
- Tuesday 12th November 2024
- Tuesday 10th December 2024

Lunch @ 12:30pm
followed by
1 hour canal walk @ 1:30pm

Meet at Hay Hall Manor House,
Redfern Road, Tyseley, B11 2BE

All are are welcome to come and enjoy some food, some light exercise, the outdoors and have a chat

For further information and to book on the walk please scan the QR Code or **CLICK HERE**

BOOKING ESSENTIAL SO WE CAN LET YOU KNOW IF CANCELLED FOR ANY REASON.

Contact Kelly Email: kelly@resourcesforautism.org.uk Call: 07794230243

Please do sign up to the The Active Wellbeing Society card, which also allows you to attend some free and cost-effective events in Birmingham:
<https://theaws.co.uk/join-us/wellbeing-card/>

www.resourcesforautism.org.uk Charity number 1061253

acp

JOIN US FOR OUR COMMUNITY OPEN DAY

Friday, 6th December 2024

Meet Your ACP Team: Get to know the friendly faces supporting your community.

Career Pathways: Explore exciting local job opportunities.

Community Support Services: Learn how ACP is making a difference in your area.

Join Our Volunteers: Become part of a passionate team driving positive change.

Upskilling Opportunities: Take advantage of free courses to boost your skills.

Reserve Your Spot: Book online or call us today – spaces are limited!

Book via Email only

EVENT DETAILS

- Date: Friday, 6th December 2024
- Time: 10:30 AM – 01:30 PM
- Venue: Ashiana Community Project, 25 Grantham Rd, Sparkbrook, Birmingham B11 1LU

Scan me

Contact Us
0121 687 6767
m.imran@acpgroup.org.uk

Birmingham City Council



Hall Green
Families



Housing and Safety



BIRMINGHAM COMMUNITY
SAFETY PARTNERSHIP
A PART OF BIRMINGHAM CITY COUNCIL

HOW TO REPORT ANTI-SOCIAL BEHAVIOUR

West Midlands Police



West Midlands Police

Please call **101** non-emergency number

Please call **999** if it is an emergency

or via Live chat by visiting www.west-midlands.police.uk

Birmingham City Council

Environmental service - Noise Nuisance



Visit https://www.birmingham.gov.uk/info/20140/environmental_concerns_and_requests/185/report_a_noise_nuisance

Environmental service - Fly tipping



Visit <https://www.birmingham.gov.uk/flytipping>
or call 0121 303 6007 option 3

Housing



Visit https://www.birmingham.gov.uk/info/20095/antisocial_behaviour_and_neighbour_disputes/582/how_to_report_antisocial_behaviour_to_your_landlord
or call 0121 464 4700 option 5

ASB case review

If you have reported ASB to statutory partners and are not satisfied with the service you have received you are entitled to request an ASB case review.



For more information please visit on ASB case reviews
https://www.birmingham.gov.uk/info/20095/antisocial_behaviour_and_neighbour_disputes/1912/anti-social_behaviour_case_review



**Offering Food, Warmth,
Shelter & Companionship**

**We are open
24 hours a day**

**Open: 10am Tues 24th December 2024
Close: 10am Sat 28th December 2024**

SHELTER WILL NOT HAVE USE OF THE HOTEL THIS YEAR.

At the Birmingham Christmas Shelter we offer a warm, friendly space to adults who are homeless or in need of company each Christmas. It's entirely free & your dogs on leads are welcome too.

We provide:

- Three freshly cooked meals a day
- Hot drinks, snacks and sandwiches
- Hairdressing, foot care & many other services (subject to availability)
- Daily entertainment & activities
- Showers
- A warm, safe place to sleep at St Catherine's

www.birminghamchristmasshelter.org
07864 991951
Registered charity: 1002891

To keep this a safe space for everyone, there will be **NO**:

- Use of Drugs/Alcohol, Smoking or Vaping on the School Site
- Aggression and Violence Towards Any Guests/Volunteers/Security Team

You can find us at:

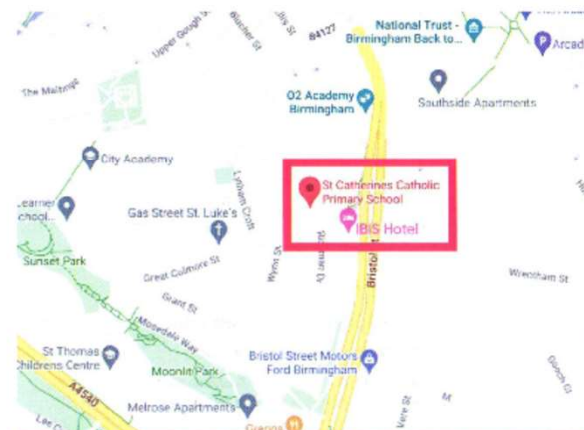
St Catherine of Siena Primary School,
Great Colmore Street, Lee Bank,
Birmingham, B15 2AY

Useful Travel Information

Bus Routes: 25, 80, X21
& X22 to Bath Row, 23
to Smallbrook Queensway,

61 & 63 to O2 Academy
Trains to: New Street Station,
Smallbrook Queensway exit

off A38 Bristol Street
(See Map Below)



www.birminghamchristmasshelter.org
07864 991951
Registered charity: 1002891



BIRMINGHAM
CHILDREN &
YOUNG PEOPLE'S
PARTNERSHIP



Green
Square
Accord



Hall Green
Families



Selly Oak
Families

Food

UK DISCOUNTED FOOD PROVISION



To assist with the financial difficulties caused by the current 'Cost-Of-Living' situation, for a small weekly subscription of either £4 or £5, people can purchase a weekly food shop including fresh fruit and vegetables and family favourites to stock up their cupboards and fridges. A number of our residents are currently using this excellent discount food provision.

Please visit the following website to find out the location of your local Pantry.

<https://www.yourlocalpantry.co.uk/pantry-listings/>



food justice network.

Birmingham, UK.



Scan this QR code to see the Food Justice Network Map

The map will show you details of free food support and food based activities nearby to you.

Or you can type this into your browser to open the Food Justice Network Map on a webpage:
<https://tinyurl.com/foodjusticemap>

Each location shown on the FJN Map is an independent provider, requirements and access information may differ for each location. Please contact the location directly with any queries

Find FREE activities at: www.theaws.co.uk/our-activities

Search 'The Active Wellbeing Society' on social media

To add/edit your food provision on the map, or for further information, please contact: foodjusticenetwork@theaws.org

fin. food justice network.

The Active Wellbeing Society

