

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

'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

September 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 <u>Family Connect Form - Self Identification</u>

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

Your postcode denotes what Early Help locality you fall under, and this is an important section on the FCF.

Please use the <u>Early Help postcode checker</u> to see what Early Help locality you are living in!











We support children and families live happy healthy lives





Sparkbrook Children's Zone is a clinic where children aged 0 to 16 can meet with a children's doctor and nurse, as well as Early Help. To make an appointment contact your GP* and ask for a Sparkbrook Children's Zone appointment.

- Mondays at Balsall Heath Centre by appointment only
- Wednesdays 9am to 12pm at Balsall Heath Medical
 Centre drop-in, no appointment necessary.
 - Thursdays at Sparkbrook Medical Centre by appointment only

*child must be registered at specific GP practises, for more information please see Sparkbrook Children's Zone – Hall Green Communities

Follow us on **@SparkbrookCZ** on Facebook, Instagram and X for health messages and upcoming outreach activities!











Early Help Re-Structure – Commencing July 1st 2024

You might have heard of the budget cuts to Early Help, but please know that Early Help is still functioning and working with you and families as before! The whole Early Help system is committed to offering high-quality support and interventions for children and families who require it, and we value your collaboration and participation in this work.

Please find below a short summary of some of the changes that are happening as we transition to new arrangements.

 We will still have 10 localities, each locality will have one Birmingham Children's Trust (BCT) Early Help Team who will be aligned to 5 Voluntary sectors providers, each of these will support 2 localities. The 5 Voluntary sector pairings aligned to 10 BCT teams are outlined below:

Compass - Sutton Coldfield & Erdington

Green Square Accord - Hall Green & Selly Oak

Gateway Family Services - Edgbaston & Northfield

Barnardo's - Yardley & Hodge Hill

Family Action - Perry Barr & Ladywood

- Family Support: No change to BCT Early Help Workers, however, the Voluntary sector Family Support Workers will see a slight reduction to 14.5 FTE across the city.
- Community Connectors: The Voluntary Sector Community Connector role will see the biggest reduction in overall capacity, with the number of roles reducing by 50%.

Due to the significant reduction in this role, the Early Help system has had to re-think the focus of the role. Each locality will have two Community Connectors, however, their role will have more of a focus on community development rather than a complete focus on direct family facing work.

Please continue to submit Family Connect Forms via this link here, and your locality will continue to work hard in delivering a high-level of commitment, dedication and support to families in need of support early in the life of a problem.











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?













Parenting Courses Information

The Birmingham Family Hubs and Best Start for Life programme is pleased to offer face to face and online universal training options on a range of topics such as Antenatal, Postnatal, Baby, Child and Teen from the following parenting course suppliers.











Builds techniques to support parents during pregnancy, birth and baby as they develop, helps to educate parents in the techniques and skills required in promoting brain development and enabling the baby to reach their milestones. The programmes are underpinned by psychological principles and includes references from the Islamic faith. Programmes are open to all parents from any cultural background, faith or not.

EPEC groups, delivered by Barnardo's, are highly interactive, involving an engaging and creative blend of small and large group discussion, role play, demonstrations, information sharing and reflection. Parents practice and use new skills in everyday life to achieve specific goals.

Focuses on the couple (and parental) relationship and communication during the journey into parenthood. The programme focuses on the co-parenting relationship to assist parents to work together supportively to promote healthy family relationships.

Building strong, positive relationships with children while understanding their emotions and needs. The courses empower parents with practical tools and strategies for understanding and supporting their children's emotional development, fostering strong relationships, and promoting positive behaviour.

www.birmingham.gov.uk/familyhubs

PARENTS EMPOWERING COMMUNITIES

BARNARDOS

book directly the EPEC cou

amily Foundations

Who it is for: Expecting parents/ carers around 20 we pregnant onwards.



Course content:

- · 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 length: 7- sessions - 4 weeks prenatal and 3 postnatal where p baby along



Approachable Parenting

Who it is for: Pregnancy to 3 year old child

Course content:

- Concepts made easy to engage and retain parents from minority ethnic backgrounds
 Using appropriate references from the Islamic faith for a better understanding of psychological concepts
- Techniques to bond better with baby and promote your baby's brain development
 Nurtures secure attachment for optimal infant mental health, promoting healthy society,
 emotional and cognitive development
- Differentiate between baby blues and post-natal depression also addressing dads mental health
- Develop a routine and structure as your child grows
 Demonstrating techniques through role play e.g. initiating child led play and development
- How to develop a healthy relationship with your partner by establishing your family
- Coaching skills to be able to manage different aspects of parenthood, exploring ent of the wider family
- Developing parenting plans to promote a healthy and happy family
- Delivered in the community by qualified trainers (OCN teaching qualification) using appropriate culture and language interpretation Delivered in the com

se length: 8-week programme – 2 hour sessions

Referral for both courses: Follow link https://shorturl.at/qhBCK or scan QR code to find out about course details and how to refer Each course has a different referral process.



UNDERSTANDING YOUR CHILD

SOLIHULL APPROACH

EPEC (Empowering parents, Empowering Communities)

BAP (Being a Parent)

Who it is for: Parents and carers with children aged 2-11 years

Course content:

- Attachment and parent-child relationships
- Understanding and managing children's feelings and parents' emotional regulation
- Parenting roles
 Expectations and culture
- · Parent listening and communication
- Play and interaction skills
 Positive behaviour management and discipline strategies
- · Managing parent and family stress

Course length: 8-week programme – 2 hour sessions

Parents who have completed this course can then apply for free training become a trained Parent Group Leader (PGL) and begin to deliver BAP to families in their community with the support from their local EPEC team.

Baby and Us

Who it is for: Parents and carers with children up to 1 years

- Following your baby's cues
 How to feel more confident in your role as a parent
 Learning to communicate responsively with your baby
- Building a good attachment between you and your baby
 An opportunity to develop friendships with other parents
 Games, singing, physical touch and play to have fun with your baby
- Understanding your baby's temperament
 Thinking about your relationships within the family and how these affect you and your baby
- Support to understand your baby's crying/ sleeping / feeding, and the practicalities of your baby's routine

rse length: 8 - week programme – 2 hour sessions

Referral: Follow link https://shorturl.at/ghBCK or scan QR code to find out about course details and how to refer. Each course has a different referral process.



Solihull Approach – Antenatal

Who it is for: from conception up to birth

Course content:

- Helping you and your baby through pregnancy and birth

- Getting to know your baby in the womb
 You, your baby and the stages of labour
 Helping you and your baby through labour and birth
- Feeding your baby
 After your baby is born

Course length: 5 weeks. Referral: see bottom of page

Solihull Approach - Understanding your Child

Who it is for: Parents/ carers with toddler to teens.

Course content:

- · Understanding Child Development
- Improve communication with your child
 Tuning into Feelings and Behaviour of your child
- Responding to your child's behaviour
 Building strong relationships with your child
- Parenting stylesSleep patterns

Course length: 10 sessions x 2 hours term time only. Referral: see bottom of page

Solihull Approach – Postnatal

Who it is for: For parents and carers with babies up to 9 months old.

Course content:

- Yours and your baby's feelings · Understand your baby's brain
- Baby's communication & crying
 Developing healthy sleep patterns
- Feeding your baby
 Play and development
- Baby's childcare

Course length: 6 weeks

Referral for all courses: Follow link https://shorturl.at/ghBCK or scan QR code to find out about course details and how to refer. Each course has a different referral process.













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























B URNVILLE H E R I T A G E O P E N D A Y

SATURDAY 14TH SEPTEMBER 2024 FREE TO VISIT

www.bvt.org.uk



ST FRANCIS CHURCH BOURNVILLE presents Chocolate & Steam

A display with a live steam model rail layout and static models, a collection of models of the locomotives that worked inside the factory grounds and an exhibition, prepared by the Bournville Society, of archive pictures of the Cadbury railway and canal system.

Refreshments available









Mind Birmingham have a fantastic service available for adults 18 years + living in Birmingham whom 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.



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



Registered Charity no. 1003906 Registered Company no. 2024372





Birmingham and Solihuli Mental Health







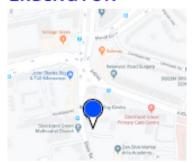


Mind Birmingham have lots of **appointment slots** and **walk-in** availability every Thursday – Sunday from **6pm-11pm**. For those who prefer to book appointments, they can use the following link:

https://airtable.com/appL5FmI5V4VdLdrw/shrofWeH98uUx9vFl

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











Birmingham and Solihull Mental Health









What is the Community Mental Health and Wellbeing Service?

This service will help and support you with your mental health and wellbeing.

We offer appointments with our specialist team of mental health care professionals, called the Neighbourhood Mental Health Team via your GP practice.

This new service makes it quicker and easier for people to get the right support by bringing together a range of services available in the NHS and in your community.

How can the service help me?

We help people by providing support, advice, and treatment.

We can help you with your mental and physical health, as well as helping you resolve issues affecting your wellbeing such as money, work, housing, relationships, trauma, abuse, or addiction.



I need help right now.

If you need emergency support with your mental health, there is always someone to talk to

You can call the **Birmingham and Solihull Urgent Mental Health Helpline**(managed by Birmingham Mind) 24 hours 7 days a week for advice and support on

0121 262 3555 or 0800 915 9292

You can speak to **Samaritans** right now, or any time day or night by calling **116 123**

Or send an email to **jo@samaritans.org** for a response within 24 hours.

If you are an immediate danger to yourself or others call 999 or go to your nearest A&E.



Ask your GP surgery for more information, or visit www.bsmhft.nhs.uk

V20.00.22

NHS

Birmingham and Solihull

Community Mental Health and Wellbeing Service



If you're experiencing problems with your mental health, mood, or wellbeing this service is here to support you.



Birmingham and Solihull Community Mental Health and Wellbeing Service

Who can access the service?

We welcome anyone aged 18 or over who is experiencing new or ongoing mental health symptoms, as well as people who have an existing mental health diagnosis such as Bipolar, Personality Disorder, Schizophrenia etc.

Who are the Neighbourhood Mental Health Team?

We are a group of mental health care professionals based at local GP practices across Birmingham and Solihull.

The service is provided in partnership with Birmingham and Solihull Mental Health NHS Foundation Trust and Birmingham Women's and Children's NHS Foundation Trust and is part of the Birmingham and Solihull Integrated Care System (ICS).



NH5 Birmingham Women's and Children's



Birmingham and Solihull Integrated Care System Caring about healthier lives

What will happen in my appointment?

Appointments take place at your GP practice or over the phone or video call with a mental health care professional. Occasionally our team may also visit you in your home depending on your circumstances.

In your first appointment we'll ask you to talk about how you're feeling, the symptoms you are experiencing and what is happening in your life.

We will listen to you and your experiences and will recommend options to help you to manage your situation and take the next steps to getting further treatment and support.

This may include things like:

- getting a therapy or counselling appointment
- · being prescribed medication
- helping you connect with services available in your local community to get support with any issues affecting your wellbeing such as housing, money, or relationships.

The Community Mental Health and Wellbeing Service does not replace an appointment with your doctor, so you'll still be able to see your GP or Psychiatrist if you need to.



How do I make an appointment?

To book an appointment contact your GP surgery and ask about the Community Mental Health and Wellbeing Service.

Please note: this service is not appropriate for everyone. The receptionist may recommend you speak with a care navigator first to find out if it's right for you.













CGL Prevent App

If you are experiencing difficulties with Alcohol or Drugs the CGL Prevent App gives you access to a set of proven techniques to help you achieve positive behaviour change.



Designed to be very interactive and easy to use, the App is based on some of the latest advances in behavioural science.

It gives users instant access via their smartphones to evidence-based coping skills that will support you and strengthen your resilience.

The coping skills within the app can help you regardless of what issues you're facing.

Anyone who has an Android Phone or an Apple iPhone can use the App.





All you need to do is visit Google Play or the App Store, search for 'CGL Prevent' and download the app to your device. Please use the code 'birmingham11' to register.

The Birmingham Substance Misuse Service delivered by Change, Grow, Live (CGL) is available for anyone who requires assistance regarding Drugs or Alcohol.

Call: 0121 227 5890

Email: birmingham.info@cgl.org.uk

Webpage: https://www.changegrowlive.org/drug-and-alcohol-service-

birmingham











Primary Prevention Work In Early Years Settings

Birmingham & Solihull Women's Aid (BSWA) have been commissioned by **West Midlands Violence Reduction Partnership** and **West Midlands Police & Crime Commissioner**, to deliver child appropriate workshops to children **(age 3-5)** in early years settings & training for staff around domestic abuse awareness. **Helping Hands for Little Hands** is a FREE* workshop programme developed by BSWA based upon the national Women's Aid programme Helping Hands.

What's on offer

6 workshop sessions for children focusing on:

Feeling safe, how you ask for help Building positive friendships Equality, diversity, fairness

Training for staff on Domestic Abuse Awareness focusing on:

- Domestic abuse and its impact on women and children
- Good practice responses
- Sources of support and referral pathways
- Ways to engage children in talking about respect, healthy friendships, feeling safe

Co-facilitation support for staff focusing on:

Ensuring teachers and support staff observe sessions and take on an active role with co-facilitation

Facilitators will support practitioners to use the Toolkit and provide one to one briefing sessions prior to co-delivery

The tool kit will include lesson plans, learning objectives, continuation work, resources, and a recommended reading list for children and teachers.

The toolkit will empower them to effectively deliver the sessions to subsequent cohorts

We want children to be able to talk about their safety, concerns and ask for help. We want children to know what it means to be a good friend and to engage in respectful behaviour.

We all have the right to feel safe all of the time.

Please email <u>earlyyears.facilitators@bswaid.org</u> to register your interest and we will book you in for an initial meeting, where we can discuss the program further.

*FREE subject to completing evaluation and feedback.









BIRMINGHAM AND SOLIHULL WOMEN'S AID

Specialist Children's Drop In Service

ASK A MEMBER OF STAFF FOR AN APPOINTMENT



1:1 SESSIONS WITH CHILDREN

EXPLORING THOUGHTS,
EMOTIONS, WISHES AND FEELINGS
THROUGH SPECIALIST PLAY
SESSIONS, ARTS AND CRAFTS,
STORIES AND MUSIC.

GROUP SESSIONS & WORKSHOPS

ACTIVITIES TO RAISE
CHILDREN'S SELF-ESTEEM,
EXPLORING AND CREATING &
IDENTIFYING HEALTHY
RELATIONSHIPS.

1:1 SESSIONS WITH MOTHERS / MOTHER & CHILD SESSIONS

EXPLORING ATTACHMENT WHERE ATTACHMENT
HAS BEEN IMPACTED BY DOMESTIC ABUSE,
SUPPORT WITH ROUTINES, ADDRESSING CONCERNS
AROUND CHILD CONTACT, SUPPORT WITH
CHILDREN'S INDIVIDUAL AND DEVELOPMENTAL
NEEDS AND SELF-CARE.

Our drop in services are run by our Birmingham and Solihull Women's Aid Specialist Children's Worker







WeMatter welcomes referrals from parents and professionals for:

- CYP's aged 8-17 years old.
- Across the whole of England.
- Experienced historic DA (no incidents in the last 3 months)
- Ideally no longer living with alleged perpetrator of the abuse
 *will be assessed based on level of current risk.

To make a referral please email <u>wematter@victimsupport.org.uk</u> or contact the WeMatter support line on <u>0300 373 0258</u> for more information.





Wellatter

An online group work programme for children and young people affected by domestic abuse

WeMatter is a totally digital service providing specialist support to children and young people aged 8-17 years old, who have been affected by domestic abuse. WeMatter delivers the CYP Domestic Abuse Recovery Toolkit, which offers a range of activities and discussions informed by Trauma Focused Cognitive Behaviour Therapy. This group programme is designed to help child and young people understand their own experiences, develop healthy coping strategies, increase levels of safety and achieve positive future relationships.

To contact the team please call: 0300 373 0258 Email: wematter@victimsupport.org.uk If you are in immediate danger call: 999



victimsupport.org.uk

Published by Victim Support, President HRH The Princess Royal Victim Support, Ground Floor, Building 3, Eastern Business Park, Wern Fawr Lane, Old St.Mellons, Cardiff CF3 564. Telephone: 020 7268 0200 Charity registration: 298028. Company nor 21587 80. Registered in England. Limited by guarantee. Registered office as above. October 2022 | P2831 © 2022Victim Support









Blue Oasis

A safe space for men who have experienced domestic abuse or sexual violence.

This is a relaxed environment to discuss mental health and wellbeing. We welcome all men and non-binary people from the LGBTQIA+ community and their straight counterparts.

Biscuits included.

1st August
5th September
3rd October
7th November
5th December

5:30pm - 7:00pm

Bullring Wellbeing Hub Unit L10 Link Street (between TX Maxx and Supercuts) Bullring/Grand Central B5 4BS

For more information, email williamhouseago@birminghammind.org

















Services Line: 0121 643 0301 Helpline: 0121 643 4136 info@rsvporg.co.uk www.rsvporg.co.uk

Children & Young People's Services



At RSVP, we believe that everyone deserves a life free from sexual violence & abuse. We offer empathic services to support & inspire children and young people of all genders across Birmingham & Solihull, who have been subjected to sexual violence & abuse.



We offer counselling for children & young people. Counselling is a safe place where you can talk about how the abuse has affected you, with someone who will listen & give you space to explore the things that are bothering you. If you find it hard to talk, you can use art materials, game or write stories to express yourself.

We offer help called advocacy to under 18s Our trained staff are called ISVAs & as well as supporting you, they can also help the family and friends who are supporting you. Our ISVAs make sure your voice is heard; they will help you understand what people are saying to you & help you say what you want to say.

We have lots of written self-help information on dealing with how the effects of sexual violence & abuse may be impacting you. You can view our self-help info here.

Our trained helpline volunteers are there to listen & support you if you are supporting a child or young person (our helpline: 0121 643 4136 – view opening times here). If you are a child or young person & you wish to talk to someone, Childline are available you to listen & support online or on the phone, anytime (Childline: 0800 1111)

Click <u>here</u> to find out more info about our services for children & young people or discover our dedicated website (<u>The Survivor Hub</u>) for children & young people.

The Survivor Hub: Our Website for Children & Young People

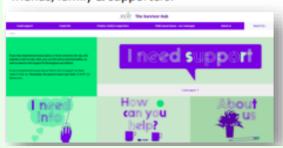
https://survivorhub.co.uk/

'The Survivor Hub' is our dedicated website for children & young people. It includes details on the support we offer, how to get in touch & information surrounding sexual abuse & online safety. It also includes support/information for friends, family & supporters.

The Referral Process for Children & Young People

All children and young people (under the age of 18) are allocated to a Children and Young People's ISVA.

The ISVA will act as a central point of contact and identify any wider needs (support of child/young person, support of family and liaison with other agencies (e.g. schools, police etc)).















DORCAS- Daughters, Optimistic, Respect, Courage, Assurance & Support

Free service where the team deliver **FGM training** to professionals (schools, health, police etc) and to children in schools. FGM training covers Year 5 and 6 in primary schools and secondary schools and colleges. Where the children are too young to learn about FGM and the school want some sort of delivery surrounding keeping their bodies safe, Dorcas can deliver a session called **'My Body Belongs To Me'**, which can be adapted from as young as nursery right up to Year 6. All primary schools' parents are offered a parent consultation before session.

If you would like some more information on this, please contact:

Carmen Tulloch;
Operations/Children & Families Services Manager

Tel No. 0121 667 9496 Mobile: 07463012020 Carmen@dorcasuk.com

www.dorcasuk.com











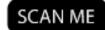
THE IMPACT OF THE COST-OF-LIVING CRISIS?

You're not alone!

Join us for a special Community Event dedicated to raising awareness about the support available to you and your loved ones. This event is designed to bring resources directly to you. Whether you need immediate assistance or want to plan for the future, our Cost - Of - Living - Event is here to empower you with the knowledge and connections you need.

The rising cost of living is affecting everyone, but there is help available. Let's come together to ensure everyone knows about the support available to them during these challenging times.

Together, we can build a stronger more resilient community...







20th September 2024 10am - 1pm St. Christophers Church 185 Woodlands Road I B11 4ER









COST of ALLING COST COST



- Information: Connect with local organisations offering support with food, housing, utilities, and financial advice.
- Free Workshops: Learn practical tips for managing your finances, reducing energy costs, and accessing government assistance.
- Local Vendors: Explore affordable products and services from community vendors who understand the challenges you're facing.
- Family Fun: Enjoy refreshments while learning about valuable resources.
- Community Connections: Meet others in your community who are navigating similar challenges and build a support network.

In association with:















BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP



Green Square Accord

















UPDATE FROM BABY AID BRUM - CLOSURE

Due to a shortage of funding, Baby Aid Birmingham has had to close all referrals.

Over the past 4 and a half years, from a pandemic to several cost-of-living crises, BabyAid has been on hand to support vulnerable families with baby items, clothing and a helping hand to thousands of children across the city.

If you are in need emergency support, please contact Birmingham City Council here:

https://www.birmingham.gov.uk/info/20152 /financial_employment_and_benefits_help /2289/foodbanks

https://www.birmingham.gov.uk/directory/ 68/other_organisations_that_can_help









Household **Support Fund** Summer 2024



WHAT IS IT?

A grant of up to £200 per household. It will not affect your benefit claims.

Open to new applications NOW

Closes 30th September

WHO CAN APPLY?

- 1. People needing help to pay for food, gas, electricity & water bills
- You cannot apply if you have had this grant in the last 12 months
- Only one application per household 3.
- Birmingham residents ONLY 4.

HOW DO I APPLY?

Fill in a short form at www.hsfbirmingham.online

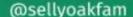
If eligible you will be put on the waiting list. The Early Help Central team will phone you to complete the full application.

You will need to provide proof of address and any means-tested benefits.

For more information



🕶 🚾 @hallgreenfam





mallgreencommunities.org.uk



(1) 07855 409582



Management household.support@greensquareaccord.co.uk











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





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/



















Selly Oak Families















FAMILY WELLBEING **TEAM**



Supporting families across the Northfield constituency



FOOD BANK SUPPORT



WELLBEING SUPPORT



EMPLOYMENT SUPPORT



HOUSING & BENEFIT ADVICE



FINANCE SUPPORT, INFORMATION, ADVICE & GUIDANCE



LOCAL INFORMATION & SIGNPOSTING

Check our social media for upcoming events and drop-ins!



Family Wellbeing Team - Northfield Community Partnership





0121 411 2157 Marilywellbeing@northfieldcommunity.org









Free Support



Every Friday 9:30am-1:30pm

- New Life Baptist Church 80 High St, King's Heath, B14 7JZ
- L Text 0735 607 55 95
 - Benefit aplications Benefit calculation •
 Social housing applications UK Pension
 - Digital skills IT support Access to online services
 - Repeat prescription order NHS App GP registration
 - Support in: English Polish
 Ukrainian Russian





This service is designed for 50+, but all adults are welcome









The Right to Remain Toolkit

A guide to the UK immigration and asylum system

This excellent toolkit has been updated! A great resource if you are working with individuals who have received refugee status.

Right to Remain Toolkit – Right to Remain













Teen Autism Confident is a free 8-week program, with one-to-one meetings for participants on the first and last week, and 6 group sessions. The courses have up to 10 participants per program.

This course offers an opportunity to learn more about autism in a small, supportive, group setting. It provides an opportunity to discuss individual experiences, hear the experiences of others, and identify strategies that could help in your day-to-day life.

Who can attend:

- Teenagers (over 13 years) with an autism diagnosis
- Your post code comes under Birmingham or Solihull council.
- You are able to commit to attend weekly sessions.

Topics covered:

- Understanding Autism
- Social Communication
- Sensory Awareness
- Anxiety
- Self-esteem, Self-image and happiness
- Transitions, Change and the Future

Sign up for:
Online sessions,
Kings Norton
location or Solihull
location

The course start date will be between now and JAN 2025.

If you have any questions please contact Amy at amys@autismwestmid lands.org.uk











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?

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:contactus@brewseducation.org

Birmingham Resilience Education and Wellbeing Services CIC

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











NEW GROUPS STARTING SOON!

Free online 6 week course for parents and carers

Mondays 10am - 11.30am starting Monday 16th September Register **HERE**

Wednesdays 7-8.30pm starting Wednesday 18th September Register HERE

Supported by



Any questions?

Drop us an email -Contactus@brewseducation.org









Rubery Swop Shop offers free used uniform.

You can see more and contact them here:

https://www.ruberyswopshop.co.uk









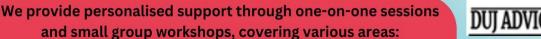


Independent living skills support for 18-49 with Learning Disabilities & Autism

in Partner ship with Hall Green NNS







Confidence Building: Our workshops aim to boost selfconfidence and belief through practical exercises and discussions.

Daily Living Skills: We help individuals become more independent in their daily lives by teaching essential skills.

Tailored Support: We offer individualised assistance tailored to each person's specific needs to ensure they thrive.

Home Visits: We understand the challenges of disabilities and anxiety, so we provide support and guidance in the comfort of their homes.

Self-Esteem Enhancement: Our programs include personalised support to boost self-esteem and promote a positive self-image. Money Management: Through role-playing, we teach effective money management techniques to handle money confidently.

Job Search and Work Experience: We assist in job searching and gaining work experience, equipping individuals with the necessary skills and confidence











We can help you: TAKING REFERRALS

Practical Workshops & Tailored Support

- Access YOUR Rights to Benefits & Services
- Recognise Kitchen & Bathroom Safety
- Secure Work Experience & Job Search
- Learn & Improve Life skills
- Secure Suitable Accommodation
- Budget YOUR Money



Open Mon-Sat 10.00 AM - 14.00 PM

Address 861 Stratford Road Birmingham B28 8BH



0121 792 5442



www.daaruljannah.co.uk



07847661022



info@daaruljannah.co.uk













FREE Employment & Therapy service for 18-25 year olds

Are there thoughts or feelings affecting you at work?

Do you want to work but thoughts and feelings are stopping you?

Are you off work due to mental health concerns?

We can support you

www.livingwellconsortium.com

Living Well Consortium offers a free and confidential employment support service within its NHS Talking Therapies for anxiety and depression programme.

We can support you with:

- · Assessment and stabilising mental health concerns
- To find work if unemployed or gain new role if employed
- To maintain employment
- To return to work after illness
- · Information, advice and guidance



















Aged 16-29? Not in employment, training, or claiming benefits? Looking for work?

The Youth Hub Offers:

- Tailored support from experienced professionals
- Workshops on CV writing, interview techniques, job searching and more
- Meet and Greet with employers, training and apprenticeship providers
- A supportive environment with community outreach available

To find out more - email youthhub@birmingham.gov.uk















Birmingham City Council have an exciting new project (Birmingham Employment and Skills – BESP) with support for 16 – 29 year olds currently not in education, employment and training.

With the end of the school year approaching, you may have school leavers who are about to finish education but have not found employment or further education. If any of your students fall into this category, please can you make them aware of this project which could set them on a new career path.

Birmingham City Council are offering:

- Personalised support tailored to your needs from experienced professionals
- Workshops covering cv writing, interview techniques, job searching, employer expectations, confidence building and more...
- Opportunities to meet training providers, apprenticeship providers and employers
- A welcoming and supportive environment, we can come out to you as part of the community outreach.

Head to the Library of Birmingham (LoB) Youth Hub or for any further queries, email youthhub@birmingham.gov.uk.









Maths for Work

Our Maths course is designed to give everyone the opportunity to learn and develop the essential numeracy skills they need to succeed at any age.

We want to help people to improve their ability to understand and use maths in daily life, home and work.

Numeracy skills to support your career goals.
Helping family and friends with their Maths homework.
Using Maths in your everyday life such as shopping or cooking, using spreadsheet, monitoring date and more....

You will be supported by an experienced Maths tutor who will support your online journey.

You will have the opportunity to move onto level 1 and 2 functional skills qualifications in Maths if you wish.

This Maths course is free to those who are working and earning less than £32,000 per year.

For more information, or to discuss further, please contact:

Nadia Smitheman on 07827553111 or at

Nsmitheman@wea.ac.uk





Maths for Work

We have 2 opportunities for you to choose from, please see dates and times below for each. Just choose the one suitable for you and enrol online using the links provided.

Start date: 07/10/2024 – 18/11/2024 Mondays 9:30 – 12:30 Please click into the below link to enrol

Course Code – Q00019073
WEA online and in-venue courses
for adults | WEA

Or

Cours Code – Q00019074 Start date: 01/10/2024 – 12/11/2024 Tuesdays 2:30 – 5:30 Please click into the below link to enrol

WEA online and in-venue courses for adults | WEA

Or call our support team on 0300 303 3464 (press option 1 to join a course). Please give the course code above.

laths for Work







Images unsplashed - Public Domain source
The WEA is a charity registered in England and Weles (no. 1112775) and in Scotland (no. 80039299).















Employability Support

The Services Sector Employment programme offers help in finding and entering a job role in the services sector, finding better work, or even an apprenticeship.

How does it work?

The programme provides employability support, tailored to your individual needs, along with an introduction to service sector specific skills, with progression into employment along with ongoing support to achieve a Level 2 or Level 3 qualifications

Tailored support can include:

- Introduction to Business Administration, Customer Service, or Hospitality sector skills
- Mental health awareness workshops
- Support with English & Math's
- · CV and employability training
- Workplace skills
- · Once employed progression to a free accredited L2 qualification

Eligibility

- Aged 19+
- · Live in Birmingham, Wolverhampton, or Coventry
- · Unemployed, or,
- Under-employed (zero-hour contracts, or working less than 15-hours per week)
- · Claiming Universal Credit or any other benefit

To find out more and book your place
Birmingham <u>-sdey@twingroup.org</u>
Coventry or Wolves - <u>rchamberlain@twingroup.org</u>









Get started with Music

This course is from The Princes Trust FOUNDATION programme for those not in work, education or training. Ideal for long term signers and or young people that have multiple needs. Also, beneficial for any young people that lack direction, self-belief or simply don't know where to start.

Please contact them via email: WestMidsOutreach@princestrust.org.uk



Everyone starts somewhere. Learn from industry experts, get invaluable experience and a taste of what it's like to work in the creative music sector.

07866146685 WIlliam.ollis@princestrust.org.uk



@princestrust







ON THIS COURSE YOU'LL:

- Learn about field recording and sampling.
- Get expert professional guidance to help you create your own music.
- · Use your creative instincts and develop confidence.

DATES FOR YOUR DIARY:

Taster day: Wednesday 18th Sep Course dates: 23rd to 27th Sep

Application deadline: Tuesday 17th Sep Location: Prince's Trust Center Birmingham Eligibility criteria: 16 to 30 years old. Not in

work education or training.











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BAKING A BRIGHTER FUTURE

"Since MacsMAD my life has changed a lot. I've learned lots of skills, and I've got a good support network around me so I'm not facing my challenges alone".

Former MacsMAD Trainee

WHAT IS MACSMAD?

MacsMAD (Macaroons That Make a Difference) is a 10 week training programme for long-term unemployed young people (18-35 yrs)

Throughout the programme, MacsMAD trainees:













Develop transferable skills and personal confidence

Develop skills in catering, teamwork and resilience Gain work experience in a professional kitchen and office environment Attend
"welcome to
work" tours,
where they can
develop CV
skills, interview
techniques and
be a part of
inspiration talks

Gain industry
qualifications,
including a
Food Hygiene
Level 2
certificate, and
English and
Maths BTEC
qualifications

Are able to focus on wellbeing, with access to a psychotherapist, counsellor and mentor

We produce luxurious handmade french macaroons, reinvesting 100% of our profits into helping unemployed young people gain skills that will help to change their lives.

We are on a mission to bake a brighter future

CONTACT US

If you're interested in attending an induction session for our next MacsMAD cohort, or have any questions, please contact us at:

> Programmeleader@missmacaroon.co.uk 0121 3590700









Care work job opportunities with

Mencap



Mencap are working in partnership with Birmingham Adult Education Service to recruit and train for care and support roles.

· Gain nationally recognised qualifications to help you do the job

Venue: Brasshouse Centre, 1st Floor Library of Birmingham,

Centenary Square, B1 2ND

Initial Assessment: 06/11/24, 09:30 - 12:00

Course Date & Times: 11/11/24 - 22/11/24, 09:30 - 15:00

You must attend every day of the two week course. **Guaranteed job interview** if you successfully complete the course.

You do not need a vehicle for these roles.

To take part you must:

- be 19 years old or more on 31/08/24
- have lived in the UK/EU for 3 years
- never have been convicted of a criminal offence
- be available to work shifts between 07:00 and 21:00

For more information and to book an assessment please email employability@baes.ac.uk or call Jo Gayle on 07892 785 231











Driver job opportunities with

National Express



National Express are working in partnership with Birmingham Adult Education Service to recruit and train for full driving vacancies currently available across nine depots in the West Midlands.

- · Excellent Pay rates and Benefits
- · Gain nationally recognised qualifications to help you do the job

Venue: Brasshouse Centre, 1st Floor Library of Birmingham,

Centenary Square, B1 2ND

Initial Assessment: 24/09/24, 09:30 - 12:00

Course Date & Times: 30/09/24 - 11/10/24, 09:30 - 15:00

You must attend every day of the two week course. **Guaranteed job interview** if you successfully complete the course.

To take part you must:

- be 19 years old or more on 31/08/24
- have lived in the UK/EU for 3 years
- have a Full Driving Licence with no more than 6 points,
- never been banned from driving or convicted of a criminal offence

For more information and to book an assessment please email employability@baes.ac.uk or call Jo Gayle on 07892 785 231











Domestic and Housekeeping job opportunities with

Summerhill Services Ltd



Summerhill Services Limited are working in partnership with Birmingham Adult Education Service to recruit and train for domestic and housekeeping roles.

· Gain nationally recognised qualifications to help you do the job

Venue: Brasshouse Centre, 1st Floor Library of Birmingham,

Centenary Square, B1 2ND

Initial Assessment: 8/10/24, 09:30 - 12:00

Course Date & Times: 14/10/24 - 25/10/24, 09:30 - 15:00

You must attend every day of the two week course. As part of this course you will be supported in applying for current vacancies at Summerhill Services Ltd.

To take part you must:

- be 19 years old or more on 31/08/24
- have lived in the UK/EU for 3 years

For more information and to book an assessment please email employability@baes.ac.uk or call Jo Gayle on 07892 785 231









