

Sparkbrook Children's Zone September Newsletter

Hello!

Welcome to our first Sparkbrook Children's Zone newsletter. We are an NHS funded pilot working together with the Hall Green Families Early Help team to address the social determinants of health, and to reduce pressures on secondary care and statutory services.

We run clinics and community outreach in Balsall Heath, Sparkbrook, and Sparkhill because early intervention and prevention are our key ambition.

We would love to let you know about all the hard work we have been doing to make sure that children are able to live happy, healthy lives, and how your organisation/ setting can help too - take a read!

What is your SCZ Clinic offer?

Check out our brand new flyer! It contains all the information about our clinics, what we do, and who is eligible to access our service.



Sparkbrook Children's Zone

Scan for more info:



sparkbrookchildrenszone.org.uk
scz@grensquareaccord.co.uk

Supporting children and families to live happy, healthy lives.

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

Translation services available

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.




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



What is your community outreach?

Our community outreach is created to target 4 main goals. Helping families to create healthy eating habits, improve children's oral health, increase immunisation uptake, and to prevent at home accidents.

Our Nurse Jo has been working hard throughout the summer months and has delivered outreach sessions to a whopping 264 parents and carers in the local district! Our sessions have included: Preparing Year 6 Children for Secondary School, Oral Hygiene, How to use the Healthier Together NHS App, and Help with Feeding Issues.

**'Great support,
just what we needed!'**

**'I felt heard and was given
answers to my questions.'**

Nurse Jo will be carrying out our Well Child Checks during term time in schools, and during the holidays in community settings. If your organisation/ setting is interested and can help us target those families you're concerned about please email Chiara at scz@greensquareaccord.co.uk

A Child Poverty Emergency.

The mini-website titled, 'A Child Poverty Emergency' outlines the alarming issues we are facing within our city of child poverty, and offers changes which need to be made to fix it. The 6th point states that we must set up child health and wellbeing hubs in our most deprived neighbourhoods.

Sparkbrook Children's Zone has been featured as the answer to this need, and within the Health section of the website you can read the interview which took place with one of our clinical leads, Dr Chris Bird, as well as Journalist Jane Haynes' experience she had when visiting the Sparkbrook Children's Zone clinic. The article was presented at The Labour Party Conference.

BIRMINGHAM:

A Child Poverty Emergency.

Why the scandal of child poverty must end - and how we need to fix it

childpoverty.birminghamlive.co.uk

What Community Offers are going on?

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

Children & Young People's Services



At RSV, 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 to listen & support online or on the phone, anytime (Childline: 0800 1111)

Click [here](#) to find out more info about our services for children & young people or discover our dedicated website ([The Survivor Hub](#)) for children & young people.

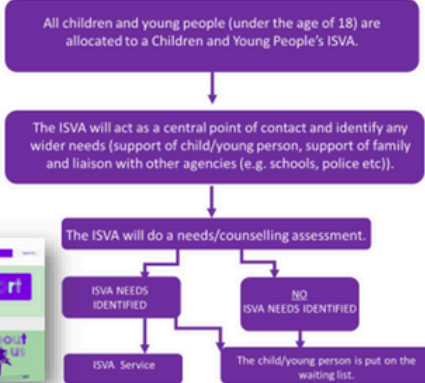
The Survivor Hub:
 Our Website for Children & Young People

<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



Free Parenting Groups & Courses

Support for all parents and carers with children from pregnancy to 19 (25 with special educational needs & disabilities), 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?

familyhubs@birmingham.gov.uk
 birmingham.gov.uk/familyhubs

Scan the QR code for details about what's on near you.

TEEN AUTISM CONFIDENT

Birmingham and Solihull 13 -18yrs

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 amy@autismwestmidlands.org.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: foodjusticenetw@theaws.org

How do I request support from my Early Help local district?

To get support for a child, young person, or a family, complete the Family Connect Form (FCF) 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.

If you are a professional, please complete the [Family Connect Form - For Professionals](#).

If you are a parent, carer, or young person, please complete the [Family Connect Form - Self Referral](#).

Please also use the [Postcode Checker](#) to check which Early Help district your family falls under. You will need this when asked on the Family Connect Form.

If you need more information or guidance, contact the Hall Green Families duty line at 07570 953519 (this service is operated Monday to Friday from 9:30am to 4:30pm), or email hallgreen.families@greensquareaccord.co.uk

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

How do I stay in the loop?

We are very excited to announce that we have a brand new Sparkbrook Children's Zone website! This includes different tailored information for both families and professionals.

sparkbrookchildrenszone.org.uk

We also have social media pages where we post relevant NHS approved health messages and promote local activities and sessions to help the whole family. Search Sparkbrook Children's Zone to stay in the loop!

Follow us for NHS approved health messages:

