

# WE ARE HERE TO HELP



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](mailto:hallgreen.families@greensquareaccord.co.uk)

**- Follow our social media -**



@hallgreenfam  
@sellyoakfam

July  
2024



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# 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

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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

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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

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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 [Early Help postcode checker](#) to see what Early Help locality you are living in!



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Sparkbrook

**Children's  
Zone**

**We support  
children and families live  
happy healthy lives**



Follow @ SparkbrookCZ

Email [scz@greensquareaccord.co.uk](mailto:scz@greensquareaccord.co.uk)

Visit [www.hallgreencommunities.org.uk/scz](http://www.hallgreencommunities.org.uk/scz)

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!



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## 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](http://www.birmingham.gov.uk/familyhubs)

### Family Hubs - Parenting courses



Hall Green Families

Selly Oak Families



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[www.birmingham.gov.uk/familyhubs](http://www.birmingham.gov.uk/familyhubs)

### Family Foundations

Who it is for: Expecting parents/ carers around 20 weeks 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 values
- Coaching skills to be able to manage different aspects of parenthood, exploring involvement 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

Course length: 8-week programme – 2 hour sessions

Referral for both courses: Follow [link](https://shorturl.at/ghBCK) <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.



### 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



QR code and [link](https://shorturl.at/ckQV5) to book directly onto the EPEC course - <https://shorturl.at/ckQV5>

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

#### Course content:

- 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

Course length: 8 - week programme – 2 hour sessions

Referral: Follow [link](https://shorturl.at/ghBCK) <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.



[www.birmingham.gov.uk/familyhubs](http://www.birmingham.gov.uk/familyhubs)

### 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 styles
- Sleep 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) <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.



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# Early Help Update –



## **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.**



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Come along to our event - in partnership with *Early Help, Sparkbrook Children's Zone, Street Games, The Active Wellbeing Society, Concord Youth Centre and Literacy Trust.*

The festival will be a fun filled day where children, young people and families can enjoy a variety of activities including bikeability, sports, walking, etc, as well as learning about healthy food and get support with picky eating.

**From 11am to 12pm there will be a quiet hour for children with SEN across the park, Concord Centre and Christ Church!**

**FREE**

**Ages 4-16 Years**

# FAMILY FUN DAY

**THURSDAY 25TH JULY**

**FARM PARK, SAMPSON ROAD, B11 1LD**

**MAIN EVENT 12:30PM-4PM | SEND SESSION 11AM-12 NOON**

Join Bring it on Brum! and partners for a range of fun, free activities!

- Sport sessions
- Family Cooking Workshop
- Safe cycling for kids
- Family Advice Pop-Ups

**BOOK NOW**

[bit.ly/4c8IDXP](https://bit.ly/4c8IDXP)





Bring it on Brum provide free activities and meals for children/ young people during the school holidays. These activities are for those on free school meals, but as we all know not all children and young people are in education or are home schools/ faith school.

We can give these families a unique code which they can use to book on themselves. If families are at school, then they need to get the code from the school directly.

Please take a minute to look at the link below for information about SEND provision too.

[Bring it on Brum / HAF / FSM Codes – Bring it on Brum!](#)



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

in Partnership with Hall Green NNS



We provide personalised support through one-on-one sessions and small group workshops, covering various areas:

**Confidence Building:** Our workshops aim to boost self-confidence and belief through practical exercises and discussions.

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

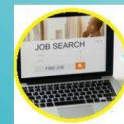
**Tailored Support:** We offer individualised assistance tailored to each person's specific needs to ensure they thrive.

**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



### TAKING REFERRALS

We can help you:

- ✓ 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

Practical Workshops & Tailored Support



Open Mon-Sat  
10.00 AM - 14.00 PM



Address  
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Birmingham B28 8BH

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[www.daaruljannah.co.uk](http://www.daaruljannah.co.uk)

07847661022

[info@daaruljannah.co.uk](mailto:info@daaruljannah.co.uk)



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# 50 things to do before you're **five**

## Birmingham

*Fifty* low or no-cost activities

### Fun Prompts

Use the free app and website at home or when out and about

### Play Your Way

Enjoy activities at your own pace, time and time again

### Find Local Events

Find free and affordable events near you

### Support Development

Interactions that can support early language, motor skills and wellbeing



Download the **FREE** app!



[50 Things To Do Before You're Five](#) is a free app offering a menu of exciting activities for families with young children, giving suggestions for how to have fun and learn simultaneously

**'50 Things to Do Before You're Five'** helps children develop the skills, language and resilience needed in school and beyond. Using the same, low or no-cost approach, 50 Things to Do Ages 5-11 is designed to enable children to become increasingly independent in their decision-making.

There is also more information here - [50 Things To Do](#), plus the download link [Download: 50 Things To Do](#) and the Birmingham Early Years link - [50 Things To Do Before You're Five](#)



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# SUMMER

## FITNESS & WELL-BEING

**STARTS:**  
**WEDNESDAY**  
**26TH JUNE 2024**  
**12PM - 2PM**



**FUNDED BY:**

**BARCHESTER'S**  
**CHARITABLE**  
**FOUNDATION**  
 Making a difference



Join our free summer sports and wellbeing sessions!

Stay active, healthy, and connected with fitness activities led by Coach Dai Dai of HD Fitness. Enjoy healthy snacks and drinks, and meet good people!

What to Expect:

- Fitness Activities 🏃🏃🏃
- Refreshments 🍎🥤
- Social Time 🗨️
- Support Workers on-site 📱📷

Let's get fit, have fun, and build a stronger community together! 💪🎉

To sign up,  
 Scan the QR or click the link -  
<https://wkf.ms/3KyicNM>  
 or contact our office on 07856170346



**Summerfield Community Sports Centre,**  
**Winson Green Road, B16 4EJ**



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resources for  
**autism**

The  
**Active Wellbeing**  
Society

# FREE LUNCH & WELLBEING WALK



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

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

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

Please come join us on our  
next 3 wellbeing walks

- Tuesday 21st May 2024
- Tuesday 11th June 2024
- Tuesday 9th July 2024

Lunch @ 12:00pm  
followed by  
1 hour canal walk @ 1:30pm

For further information and  
to book on the walk please scan the QR  
Code

or  
**CLICK [HERE](#)**



Contact Kelly Email: [kelly@resourcesforautism.org.uk](mailto:kelly@resourcesforautism.org.uk) Call: 07794230243

Please do sign up to the The Active Wellbeing Society card, which allows you to  
attend some free and cost-effective events in Birmingham:

<https://theaws.co.uk/join-us/wellbeing-card/>

[www.resourcesforautism.org.uk](http://www.resourcesforautism.org.uk)

Charity number 1061253



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# SATURDAY MONTHLY CRAFTS



For more  
information about  
SATURDAY CRAFTS  
visit our social media  
or contact the library  
0121 464 6633

AT HALL GREEN LIBRARY

Come along for fun **FREE** crafts!

A DIFFERENT THEME EVERY MONTH

FOR AGES 5-11 YEARS

DROP-IN SESSIONS  
ONCE A MONTH  
ON SATURDAY AFTERNOONS  
NO NEED TO BOOK!  
PLACES WILL BE LIMITED

PARENTS MUST STAY WITH AND  
SUPERVISE THEIR CHILDREN



DROP IN BETWEEN:

2PM-4PM

TIDY UP STARTS 3.50PM

SATURDAY 8TH JUNE

AND

SATURDAY 6TH JULY



look say  
sing play

## NSPCC Look, Sing, Say, Play

What: **Free** family activity day  
Where: Children's Library, Library of  
Birmingham, Centenary Square  
When: Saturday 6<sup>th</sup> July  
Time: 14:00-16:00

Join us at the Library of Birmingham for a free family drop-in day for parents and carers of children under 2. Bring your child(ren) along to explore different [Look, Say, Sing, Play](#) activities and find out about how these simple, everyday activities help develop your baby's brain.

Sign up at least 7 days before to guarantee your free goody bag!

Register your place here:

[Look, Say, Sing, Play at Library of Birmingham - C... \(emma-live.com\)](#)



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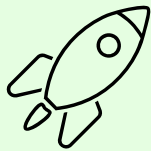


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## **Selly Oak Family Hub Launch** **Thursday 15th August** **GBNFC at The Chinnbrook Centre**

More support for families in Birmingham is on hand in the form of Family Hubs, including 'Best Start for Life' (extra support for families with 0-2 year olds). Family Hubs is bringing organisations and professionals together in one place, to offer families, advice, guidance and support on a wide range of family and parenting issues.

Family Hub support is being rolled out in centres across Birmingham . Information, advice and guidance is also available online on the Family Hubs [website](#).

**We are looking forward to supporting our Family Hub!**



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**SAFE HAVEN**  Approachable Parenting

Talking is healing

**TOPIC: Coping/ Managing your emotions after a loss**

**DATE**  
 2nd July 2024

**TIME**  
 10am - 11.30am

**LOCATION**  
 Online via ZOOM

Join us and learn how to cope emotionally after baby loss.

Grief following the unexpected death or loss of your baby is an intense experience and personal to each individual.

Register using the link or QR Code  <https://tinyurl.com/2ahnnnyhu>

Please use this link to register for the Safe Haven workshop:  
<https://tinyurl.com/2ahnnnyhu>



**DIABETES DURING PREGNANCY**  

**ONLINE EVENT**

Hosted by Dr Aisha Janjua Consultant Obstetrician from BWH and Dr Jonathan Webber Consultant Diabetologist from QE.

**TOPICS COVERED**

- What puts you at risk?
- How does Gestational Diabetes affect mum and baby
- Long term risks
- How to lower your risk
- Q&A session

**10TH JULY**  
**12-1:30PM**

**REGISTER**

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

This workshop will be with DR Aisha Janjua (BWH) Consultant Obstetrician & DR Jonathon Webber (QE) Consultant Diabetologist.

Please use this link to register:  
<https://forms.office.com/e/RvHxwrrgXE>



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# Birmingham Disability Festival

**FREE ENTRY**

**BSL INTERPRETERS + ACCESSIBILITY SERVICES PROVIDED**

**LIVE MUSIC / INFORMATION HUBS  
HUMAN LIBRARY / FOOD STALLS  
INTERACTIVE GAMES & ACTIVITIES**

**6 July 2024 | 12 PM - 4 PM  
Birmingham City University, Curzon Building**

Register your place at [www.bit.ly/BrumDisFest24](http://www.bit.ly/BrumDisFest24)



Ways for Wellbeing™



BIRMINGHAM CITY University



SOUTH & CITY COLLEGE BIRMINGHAM

Shani Dhanda



BMet



West Midlands Combined Authority



M7



AUGMENTED LIFESTYLE



ARTS THERAPIES UK



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# Housing Advice and Support

**DAAR UL JANNAH**  
CENTRE OF ADVICE AND EDUCATION

**SHELTER**  
In Partnership with Shelter

**Do YOU need Support with Housing?**

**Know Your Rights  
Get Housing Help  
Book a 30-min Session**

**We can help you with:**

- ✓ Disrepair Resolutions
- ✓ Eviction Advice & Guidance
- ✓ Rent Arrears Support
- ✓ Securing Suitable Housing
- ✓ Addressing Homelessness
- ✓ Your Right as Tenants

**Open Mon-Sat  
10.00 AM - 14.00 PM**

**Address  
861 Stratford Road  
Birmingham B28 8BH**

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[www.daaruljannah.co.uk](http://www.daaruljannah.co.uk)      [info@daaruljannah.co.uk](mailto:info@daaruljannah.co.uk)

**HOUSING & BENEFIT  
ADVICE & SUPPORT**

**Monday's  
12:00 - 2:00pm**

St Pauls Trust Children's Centre  
10 Malvern Street, B12 8NN

**APPOINTMENT  
BOOKINGS ONLY!**

**Our Service:**

- ✓ Help with Correspondence/ form filling
- ✓ Housing/ Benefit/ Council Tax Advice
- ✓ Debt Advice/ Income Maximisation
- ✓ Energy Saving Advice

Call now to book your Appointment!  
**0121 464 6349**



Hall Green Families





Baby Aid  
Birmingham

## 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/info/20152/financial_employment_and_benefits_help/2289/foodbanks)

[https://www.birmingham.gov.uk/directory/68/other\\_organisations\\_that\\_can\\_help](https://www.birmingham.gov.uk/directory/68/other_organisations_that_can_help)



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### 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 [earlyyears.facilitators@bswaid.org](mailto:earlyyears.facilitators@bswaid.org) 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  
CHILDREN &  
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**Hall Green  
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**Selly Oak  
Families**

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**



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# Household Support Fund

Summer 2024

# 5

## WHAT IS IT?

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

Open to new applications

**NOW**

Closes 30<sup>th</sup> September

## WHO CAN APPLY?

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

## HOW DO I APPLY?

Fill in a short form at **[www.hsfbirmingham.online](http://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 @sellyoakfam  [hallgreencommunities.org.uk](http://hallgreencommunities.org.uk)

 07855 409582  [household.support@greensquareaccord.co.uk](mailto:household.support@greensquareaccord.co.uk)



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# Vulnerability Registration Service

The Vulnerability Registration Service (VRS) is a not-for-profit organisation providing a central, independent register of vulnerable people, helping companies to identify vulnerability and keep people safe.

A new assistance scheme to **help individuals and families experiencing vulnerability and facing communication barriers in accessing financial assistance**, and able to additional help regarding their household expenses, review of DWP benefits, etc.

It is free to use, entirely voluntary, and users can remove themselves from it whenever their circumstances have sufficiently improved.

For more information please see:

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



A moment of mindfulness  
in your local community

# grounded.

# NOW OPEN!

Open Monday to Friday  
9am - 5pm  
1043 Stratford Road, Hall Green,  
Birmingham, B28 8AS  
☎ 0121 663 6590

**LivingWell**  
UK

## A free service for anxiety and depression

An opportunity to interact with other people who are experiencing something similar

**Starting 18th April**

**For more information, please contact - 0121 663 1217**

**Fitness workshops**

**Building body acceptance workshops**

**Nutrition workshops**

**Wellbeing workshops**



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## FREE Employment & Therapy service for 16-25 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](http://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

Call  
**0121 663 1217**  
or visit us at  
[livingwellconsortium.com](http://livingwellconsortium.com)





Services Line: 0121 643 0301  
Helpline: 0121 643 4136  
[info@rsvporg.co.uk](mailto:info@rsvporg.co.uk)  
[www.rsvporg.co.uk](http://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** 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.

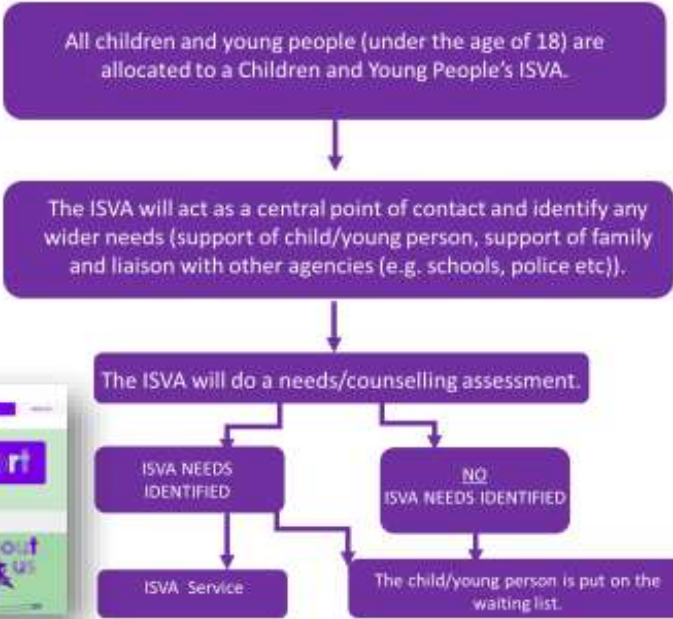
## The Survivor Hub: Our Website for Children & Young People

<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



Hall Green Families



Selly Oak Families

### 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](mailto: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](http://www.bsmhft.nhs.uk)

v26.06.22



## 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).



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.



BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP



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Selly Oak Families



**Nurturing  
ADHD  
Kids**

**Do you have a child who has  
ADHD or suspected ADHD?**

**FREE 6 week course for parents and  
carers**

**Monday mornings  
9.30-11 am**

**starting on June 10th, 2024**  
at  
**St Francis community Centre  
Sycamore Rd, Bournville,  
Birmingham B30 2AA**

**To join**

**Phone: 0731 116 7485**  
**or email:  
contactus@brewseducation.org**





**Nurturing  
ADHD  
Kids**

**Are you trying to support your child but  
find that everyone gives you different  
advice?**

**In this 6 week course, you will**

- **learn about ADHD**
- **Understand the effect on 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**

**Birmingham Resilience Education and  
Wellbeing Services CIC**  
CIC Business Registration: 13240865




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**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](http://www.dorcasuk.com)



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**BLACK  
BUSINESS ARENA**

**OUR  
HEALTH  
AND  
WELLBEING  
DAY.**



**27th July  
10am - 6pm**

**ON THE DAY**

- BMI health checks
  - Nutritional advice
  - Cancer awareness and support
  - Awareness and Presentations on:
    - Diabetes - Prostate - Sickle cell
  - Health and well-being walk
  - Afro dance fitness
  - Holistic dance
  - Yoga for men
  - Therapy through self-expression
  - creating art and journal writing workshop.
  - Healing circles
  - Health and well-being information and product stalls
- Plus more on the day

Health and wellbeing is vital in our community and it is important for the legacy centre of excellence to take part in supporting and raising awareness by using our platform to promote physical, mental and emotional wellness, especially in today's climate.



Legacy Centre of Excellence

144 Potters Lane, Birmingham B6 4UU



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# 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 [amys@autismwestmidlands.org.uk](mailto:amys@autismwestmidlands.org.uk)

Rubery Swop Shop offers free used uniform.

You can see more and contact them here:

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

/



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# HELP TO IMPROVE LOCAL ADHD & AUTISM SERVICES FOR CHILDREN & YOUNG PEOPLE

Healthwatch Birmingham wants to hear from people about their experiences of getting, or trying to get, an autism or ADHD assessment and diagnosis. Your views will help the NHS to improve the care your family and others will receive.

## How to get involved:

- Scan the QR code to fill out a confidential survey
- Call (freephone) 0800 652 5278
- Arrange a phone call by emailing your details to [chipilirok@healthwatchbirmingham.co.uk](mailto:chipilirok@healthwatchbirmingham.co.uk) or [ghozanfark@healthwatchbirmingham.co.uk](mailto:ghozanfark@healthwatchbirmingham.co.uk)





## The Disability Resource Centre



## Who we are...

- Birmingham Disability Resource Centre (DRC) is a distinguished pan-disability charity led by disabled individuals, dedicated to providing information, advice, and guidance (IAG) services for disabled people in Birmingham.
- With over 30 years of experience, DRC supported 1,200 disabled individuals directly with IAG interventions last year.
- Recognizing the well-documented barriers faced by disabled individuals, DRC offer an end-to-end IAG and income maximisation service for people with physical disabilities and neurological conditions. The service is delivered by specialized staff trained, ensuring compliance with Financial Conduct Authority standards and the Matrix accredited quality framework.

## What we do...

- Birmingham Disability Resource Centre's (DRC) Information Health and Wellbeing Centre (IHWC) is located in Kitts Green.
- We run lots of different activities from the centre including Breakfast Club, Arts & Crafts and Fit4Life.
- We also provide additional services such as Employment and Training support, IT lessons, support with bidding on social housing properties and crisis counselling.

## SES project specifics...

- Specialist Information, Advice and Guidance
- Benefit Ad
- Form Filling
- MR/Appeals
- Basic Debt Advice/Income Maximisation
- Grant Applications – White Goods ETC.
- Strong Internal referral pathways
- Partnership Working

## Contact Us

Disability Resource Centre  
Information Health and Wellbeing Centre  
Unit 18, ACE Business Park, Mackadown Lane,  
Kitts Green, Birmingham B33 0LD

Telephone: Angie 07799904304

Helpline: 030 30 40 20 40  
Email: [aabrahams@disability.co.uk](mailto:aabrahams@disability.co.uk)  
Website: [www.disability.co.uk](http://www.disability.co.uk)



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**FREE Hard of Hearing Awareness and Accessibility Training**  
**Suitable for Birmingham Professionals, Carers or Families.**

Would you like to learn more about how to support people with a hearing loss? Our FREE training sessions can help you, your colleagues or family understand the needs of Hard of Hearing people.

Topics include hard of hearing awareness, communication tactics, inclusivity and accessibility both face to face and remotely.



Training can be provided face to face at centre or chosen venue or online

To book or find out more, contact Martin Berridge

📞 07718 042674 ✉️ Martin.Berridge@bid.org.uk



**Do you live in Birmingham?**  
**Are you deaf or have a hearing loss?**  
**Do you need information or advice?**

Benefits • Housing Support • Health and Wellbeing  
 Digital Skills • Recently diagnosed with hearing loss?



Support with deaf advisor and BSL interpreter

EVERY MONDAY, 9:30AM - 4:30PM  
 CLOSED ON BANK HOLIDAYS

<b>DROP IN</b> No appointment needed	<b>DEAF CULTURAL CENTRE</b>	📞 07783 809815
	LADYWOOD RD BIRMINGHAM, B16 8SZ.	✉️ 07563 022001 bass@bid.org.uk



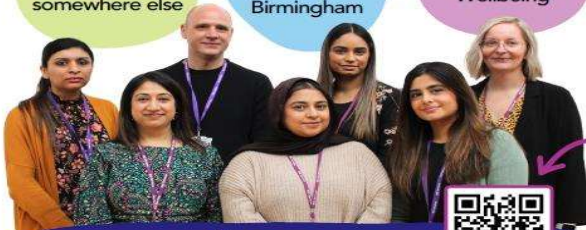
**Birmingham Advice & Support Service (BASS)**

FREE information, advice and guidance for deaf and hard of hearing people and those recently diagnosed with hearing loss.

We can meet you at home or somewhere else

Community drop-ins all over Birmingham

Health & Wellbeing



To contact us or find out more about BASS



📞 0121 387 5353 📞 07736 134159  
 📞 07783 809815/ 📞 07718 042674 ✉️ bass@bid.org.uk





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

### The Youth Hub Offers:

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

To find out more - email [youthhub@birmingham.gov.uk](mailto:youthhub@birmingham.gov.uk)



West Midlands  
Combined Authority



Birmingham  
City Council



Funded by  
UK Government



Made with PosterMyWall.com

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](mailto:youthhub@birmingham.gov.uk).



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# 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](#)

**RIGHT  
TO REMAIN**



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## Get ready to work with Mencap

**Mencap** are working in partnership with **Birmingham Adult Education Service** to recruit and train for, Intervention Workers, Care Workers, Personal Assistants, Community Based Housing Support Workers.

**Qualifications:** Health & Safety - Level 1 (NCFE)

**Workskills:** Completing a Job Application Form

**Softer Skills that will be delivered:**

Lone Working | Safeguarding | How to achieve success at an interview | Report Writing | Effective communication skills | How to solve work related problems | Developing resilience for work |

**Venue:** Brasshouse Language Centre, 1st Floor Library of Birmingham, Centenary Square, B1 2ND

**Initial Assessment:** 09:30 Tuesday 25 June 2024

**Course Dates:** Monday 1 July - Friday 12 July 2024     **Days & Times:** Monday to Friday, 09:30 - 15:00

**Eligibility:** Aged over 19 (on 31/08/2023) | Lived in the UK/EU for 3 years | available to attend the 3-week course | have never been convicted of a criminal offence |

For more information and to book an assessment please email [employability@baes.ac.uk](mailto:employability@baes.ac.uk) or call **Jo Gayle** on **07892 785 231**



AST:

PRO:



Hall Green Families

Selly Oak Families

# Digital and Life Skills!



### What you will study\*

- Digital Skills
- Digital Skills for Work
- Finance for Life & Work
- Skills for Learning and Life

### Why learn with us?

- **Support:** Access to your personal tutor for support in all tasks
- **Facilities:** Learn in the heart of Birmingham City Centre, in our recently renovated Matthew Boulton Campus
- **Career boost:** Add a recognised Highfield qualification to your CV. Highfield are a top 5 UK education awarding body

**Regular starts throughout the year**  
**Course duration: 4 weeks**  
**Location: Matthew Boulton College**

### Get started today!

For more information or to enrol email [Adultskills@bmet.ac.uk](mailto:Adultskills@bmet.ac.uk)

\*Non-accredited courses



### Entry Level 3 Digital Skills

#### What will you learn?

- Understand how to use a computer
- How to use devices
- Learn all about managing and storing information on your computer
- Learn all about online research skills and digital skills
- Create and edit documents and digital media
- Learn data skills
- Learn how to manage online activities
- How to use online services - buying securely online
- Be responsible online and learn digital wellbeing



### Level 1 Digital Skills for Work

#### What will you learn?

- Understand how to use a computer and use shortcuts
- Understand how to use the internet for research and communication
- Able to create and manage an email account.
- Understand how to organise and store files & folders on a computer
- Learn how to use Microsoft Word
- Learn how to use Microsoft Excel
- Create and deliver a basic presentation using PowerPoint
- Perfect your presentation skills
- Identify and solve common computer issues
- Recognise best practices for online safety
- Use basic collaboration tools, such as online document sharing and collaborative editing



### Skills for Learning and Life

#### What will you learn?

- Confidently communicate via email, phone, text, and Microsoft teams
- Learn Interview techniques
- How to answer written questions
- Identify what employers are looking for
- Identify where to look for potential jobs
- Apply for potential jobs using digital search engines
- Create a CV
- Understand appropriate behaviour for learning and work
- Learn all about teamwork and take part in group activities



### Level 1 Finance for Life and Work

#### What will you learn?

- Understand the foundations of finances
- Learn about your payslip
- Refine your attention to detail
- Manage changes in finances
- State advantages and disadvantages of borrowing money
- Recognise organisations that can help with money problems

