

# WE ARE HERE TO HELP



Hall Green  
Families



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

**November  
2024**

# HOW TO REQUEST SUPPORT FROM YOUR EARLY HELP LOCALITY

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

## Family Connect Form - for Professionals

**If you are a parent, please complete the self-referral FCF: Family Connect Form - Self Identification**

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

Please tell us about the family's needs

What's Working Well?

What are the family's strengths/ positives?

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

What are the views of the family?

Please describe what is working well

What are you Worried About?

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

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

What are the views of the family?

Please describe what we worried about

What Needs to Happen?

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

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

What are the families views?

Please describe what needs to happen



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



**BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP**

**EDGBASTON**  
EarlyHelpEdgbaston@gatewayfs.org  
0121 456 7821

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

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

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

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

**NORTHFIELD**  
EarlyHelpNorthfield@gatewayfs.org  
0121 456 7821

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

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

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

**YARDLEY**  
YardleyHodgeHillEH@barnardos.org.uk  
0121 289 4875



## HELP FOR ALL FAMILIES IN BIRMINGHAM



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

**BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP**



**Sparkbrook Children's Zone** 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!

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)



Hall Green  
Families

Selly Oak  
Families

# Household Support Fund Update

## NOVEMBER 2024

The Household Support Fund (HSF) is currently closed to new applications and is looking to re-open soon.

We've been made aware of a scam associated with HSF. People are receiving a text message containing a link which is asking for bank account details. It is also referring to a £900 payment.

**Please note that BVSC or Birmingham City Council does NOT send text messages to applicants or those on the waiting list asking you to link on a link and provide your bank details. This is a SCAM and is not associated with the Hardship Grant Community Fund or any other Household Support Fund activity!**

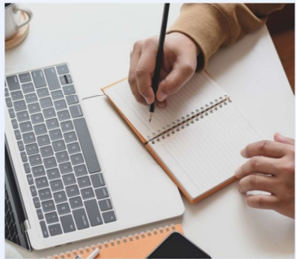
Please see [www.bvsc.org/hsf](http://www.bvsc.org/hsf) for more information.



# A whistle stop tour of Educational Health Care Plans ONLINE



On online workshop delivered by Ken Upton, with an optional Q&A at the end



Talking SENSE! are a registered charity providing low cost advocacy, advice and support to parents of children with special educational needs & disabilities.

On online workshop covering:

- EHC needs assessment re-cap
- Contents of an EHC plan
- What to watch out for
- Appeals

Saturday, November 30<sup>th</sup>  
5:45 - 7:45pm

autism  
west midlands

The session will be roughly an hour and a half long.

There will also be an optional Q&A at the end



## EXPECTING A BABY TOGETHER?

Helping couples prepare for the birth of their baby



Family Foundations will help you:

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

### Course details

Date: Prenatal Sessions - Wednesday 18th of December until 9th of October

Postnatal Sessions - starting January 15th

Time: 12:30-2:30pm

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

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



## Free Parenting Groups and courses

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

Are you expecting a baby?

Have you recently had a baby?

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

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



OR EMAIL: FAMILYHUBS@BIRMINGHAM.GOV.UK



Hall Green Families



Selly Oak Families



## **Empowering Parents, Empowering Communities (EPEC)**

### **Being A Parent Group (BAP)**

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

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

#### **Topics covered in the group:**

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

There is a free crèche subject to availability

A range of snacks and refreshments are provided

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

Please feel free to contact the EPEC team at [EPEC@barnardos.org.uk](mailto:EPEC@barnardos.org.uk) for more information



## **Empowering Communities (EPEC) - Being a Parent Group**

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

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

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

**Contact the EPEC team at [EPEC@barnardos.org.uk](mailto:EPEC@barnardos.org.uk) for more information**



Hall Green Families



Selly Oak Families

## The Big Difference Scheme

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

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

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



## Sense Touchbase Pears SEND Christmas Fayre

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

We'll have:

Stalls selling beautiful gifts

Santa's grotto (additional cost)

Dance and music performances throughout the day

Non-alcoholic mulled wine & mince pies you can purchase from our café

Arts and Crafts for children to get involved in (additional cost to take part)

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

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







S.E.N.D SOCIALS  
BIRMINGHAM



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

we're  
*in this*  
together!

**REGULAR**  
Drop-in sessions  
Around Birmingham

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

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

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



**forward steps**  
The best start for our children

**FamilyHubs**  
BIRMINGHAM

**best start for life**

November 2024

**GBNFC**  
**Children's Centre**  
**Selly Oak Family**  
**0121 464 4189**

If you need any additional support to access our groups, please contact us.

Providing activities and support for children Birth-5 and their families

Find us at: 213 Trittford Road, B13 0ET  
Like us on Facebook: GBNFC Children's Centre  
Follow us on Instagram: @GBNFCCC

**PLEASE CALL US FOR MORE INFORMATION ABOUT OUR OTHER SERVICES**

Breastfeeding support, Antenatal Support, Infant Feeding, Introduction to food, The Freedom Programme, Solihull Approach, Cooking, Baby Yoga, Baby Massage, Volunteering and Family Voices. **ALSO FREE CHILDCARE FUNDING.**

**FAMILY SUPPORT**

We have a Family Support Team who are on hand to support you with:

- Low Level Housing Advice
  - Debt Advice
- Domestic Violence
  - Parenting
  - Childcare Advice
- Parental Emotional Well-Being

Call to speak to a duty worker on **0121 464 4189**  
Monday-Friday 9.00am-4.00pm

**HEALTHY START VITAMINS**

You can collect your **FREE** Healthy Start Vitamins for Mother and Child from us at  
GBNFC Children's Centre.  
Monday- Friday 8.30am-5pm.



**MONDAY**

9.30am-11.00am  
**Baby Group**  
Birth- 12 months  
The Chinnbrook Centre, B13 0ET

1.30pm-2.30pm  
**First Words Together**  
1-2 years  
Selly Oak Methodist Church, B29 6HT  
5 week course  
4th November-2nd December  
please call us for more information,



**TUESDAY**

9.30am-11.00am  
**Stay and Play for children with additional needs**  
Under 5 years  
St Bedes Church, B14 4NQ

9.30am-11.00am  
**Stay and Play**  
Under 5 years  
Masefield community centre, B31 2HL



**WEDNESDAY**

9.30am-11.00am  
**Stay and Play**  
1-2 years  
St Andrews Church, B30 2RD

**Unless stated all of our Groups will be running from the week of 4th November until our Christmas groups begin.**



**THURSDAY**

9.30am-11.00am  
**Stay & Play**  
Under 5 years  
Chinnbrook Centre, B13 0ET



**FRIDAY**

9.45am-11.15am  
**Stay & Play**  
Under 5 years  
Stirchley Baths, B30 2JT

**Most of our Groups are now DROP-IN GROUPS**  
**No need to book just turn up!**  
**Groups with the phone symbol**  
**Please call to book on 0121 464 4189**





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

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

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

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



# Nurturing ADHD Kids

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

## LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

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

What parents have said about this course

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

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

*Very informative, friendly, no pressure, enjoyable sessions*

In this 6 week course, you will

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

Phone: 0731 116 7485

Email: [contact@reseducation.org](mailto:contact@reseducation.org)

Birmingham Resilience Education and Wellbeing Services CIC

CIC Business Registration: 19240665

## ST GERMAIN'S WELLBEING

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

FREE

THEN COME ALONG TO OUR

## MINDFULNESS FOR ANXIETY WORKSHOPS



WHEN: 11AM-1PM EACH MONDAY FROM 4TH NOVEMBER-23RD DECEMBER

WHERE: ST GERMAIN'S CHURCH HALL, CITY ROAD, B17 8LE

LUNCH IS INCLUDED!

REGISTRATION IS REQUIRED

EMAIL [MICA@STGERMAINSOF.ORG.UK](mailto:mica@stgermainsof.org.uk) OR CALL 0121 517 0476

WORKSHOPS FUNDED BY



[WWW.STGERMAINSWELLBEING.ORG.UK](http://WWW.STGERMAINSWELLBEING.ORG.UK)

CHARITY NUMBER: I206412

## GET SET

SKILLS • EMPLOYMENT • TRAINING

Powered by South and City College Birmingham



## Into Employment

A Pre-Employment Programme

Empowering you to develop the skills and knowledge needed to help you into employment.

The training will include:

- Workplace professionalism such as how to manage yourself in the workplace, follow procedures and processes, confidentiality, safe and secure use of IT.
- Personal finance and how to manage personal finance in employment.
- Key employments skills such as team working, customer service, managing conflict and understanding assertive behaviour.
- Mental health awareness.
- Career development skills including self assessment, development, career planning, completing applications and interview skills.
- To enhance your employability skills you will also have some digital skills sessions to support your transition to employment.

Requirements:

- Earns less than £32,000
- Aged 19+
- Lives in the WMCA post code area

\*Eligibility will need to be confirmed before a place on the programme is offered\*

START DATE: 02/12/2024

(2 weeks course duration)

LOCATION: SCCB DIGBETH CAMPUS

(High Street Deritend, B5 5SU, Birmingham)

## Get in touch

Apprenticeship Team

0121 694 5066

[Apprenticeshipteam@sccb.ac.uk](mailto:Apprenticeshipteam@sccb.ac.uk)



Hall Green  
Families



“Anti-Bullying Alliance are official organisers of Anti-Bullying Week and Odd Socks Day in England, Wales and Northern Ireland. Anti-Bullying Week 2024 will take place from **Monday 11th - Friday 15th November**, with the theme: Choose Respect. Odd Socks Day is taking place on Tuesday 12th November, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique.

The theme of Choose Respect has come about following consultation with teachers and pupils by the Anti-Bullying Alliance which coordinates Anti-Bullying Week every year in England, Wales and Northern Ireland. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Following the success of the campaign in 2023 – when 80% of schools marked the week, reaching over 7.5 million children and young people – this year, we’ll empower children and young people to choose respect.

As usual, schools are able to download [free teaching resources](#) and themed assemblies. These resources focus on how we can actively choose respect, and what we can do to stop bullying.”



# 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

# Our Talking Space Venues

## ERDINGTON



**5pm till 11pm | Every Day**

Beechcroft,  
Rear of 501 Slade Road  
Erdington, Birmingham  
B23 7JG  
Bus routes: 11c, 11a, 65, X64

Appointment  
Call Us:  
0121 262 3555

## SELLY OAK



**5pm till 11pm | Monday - Wednesday**

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

Appointment  
Call Us:  
0121 262 3555

## NORTHFIELD



**5pm till 11pm | Thursday - Sunday**

Creative Support, 888 Bristol Road  
South, Northfield, Birmingham B31 2NS  
Bus routes: 61, 63, X20,18,27,76.  
15 minute walk from Northfield Train  
Station

Book Now

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

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

# STEP Ahead

English Language and  
Employment Programme  
for Refugees

STEP Ahead is an  
English language and  
employment programme  
for refugees from all  
backgrounds in the UK.

STEP Ahead is delivered by World Jewish Relief and the British Council. Learn more and register: [www.worldjewishrelief.org/stepahead](http://www.worldjewishrelief.org/stepahead) or call our freephone: 0800 319 6093

(open Monday to Thursday 9am – 5pm, Friday 9am – 2pm).

[stepahead@worldjewishrelief.org](mailto:stepahead@worldjewishrelief.org)

› The registration deadline is 31st October 2024.

STEP Ahead is also being used for research. Ipsos UK (an independent research agency) will explore how STEP Ahead runs and how people experience it. No personally identifiable information (names, dates of birth, contact details) will be included in the research. You will be given more information about the research project when you register for STEP Ahead.

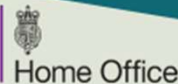
#### Key details:

- A 12-week online course
- Start date: 25th November 2024
- Free for all participants
- Women only English classes available

SCAN HERE



TO REGISTER



STEP Ahead is an English language and employment programme for refugees from all backgrounds in the UK.

Key details: • A 12-week online course • Start date: 25th November 2024 • Free for all participants • **Women only English classes available**

This is available across England, Scotland and Wales.

Please share the link below with customers to refer.

World Jewish Relief have now launched STEP Ahead [STEP Ahead - World Jewish Relief](#). Leaflets are attached. The programme is with the British Council and funded by the Home Office.

**STEP Ahead is an English language and employment programme for refugees from all backgrounds in the UK. Key details:**

- A 12-week online course
- Start date: 25th November 2024
- Free for all participants
- Women only English language classes will be available.
- The registration deadline is 31st October 2024.

STEP Ahead is delivered by World Jewish Relief and the British Council.

Please share this link with customers to refer -

Learn more and register: [www.worldjewishrelief.org/stepahead](http://www.worldjewishrelief.org/stepahead) or call our freephone: 0800 319 6093 (open Monday to Thursday 9am – 5pm, Friday 9am – 2pm).  
[stepahead@worldjewishrelief.org](mailto:stepahead@worldjewishrelief.org)





## Train-To-Gain

Helping You into Work

The Brandwood Centre is excited to announce that it has secured funding from The National Lottery to continue to deliver our successful Train-to-Gain programme, helping you gain the experience and the confidence you need to discover new opportunities and set new career goals.

Our services are free and open to anyone aged 19 or over who is currently unemployed or economically inactive and living in Birmingham. By providing these services we aim to raise confidence, skills and knowledge and increase employability prospects.

We offer a tried and tested back to work training and support package including:

- Employability Workshops
- Accredited Training
- CV Support & Careers Information, Advice & Guidance
- Job Search
- Interview Techniques
- Volunteer Opportunities

Our programme is delivered from the award winning Brandwood Centre, a local community centre which prides itself on offering a welcoming and friendly environment for all.

## Coming Up

Courses & Services available up until December 2024

### Working in Schools Programme – Fridays from 08<sup>th</sup> November over 6 weeks

Are you looking for a job to fit around your children? Have you thought about working in a school? Our new “Working in Schools” package offers accredited qualifications to enhance your CV and tailored job search support to help you find the job that's right for you!

#### Induction and Teambuilding

Friday 08<sup>th</sup> November (9.30am – 2.30pm)

Come and learn about the Education sector and what it takes to work with children and young people. Socialise and get to know the rest of your group with some teambuilding activities.



0121 443 3310 office@brandwoodcentre.co.uk  
07926 030 123 www.brandwoodcentre.co.uk



#### Level 2 Food Safety for Catering (1 Day)

Friday 15<sup>th</sup> November 2024 (9.30am – 4.30pm)

This one-day course is ideal for anyone working in catering, hospitality, manufacturing, or retail setting where food is prepared, cooked, and handled.

#### Level 2 Safeguarding Children, Young People and Adults at Risk (1 Day)

Friday 22<sup>nd</sup> November 2024

This introduction to Safeguarding course will provide you with a foundation in safeguarding knowledge and skills, helping you feel more confident in recognising the signs of abuse, reporting your concerns. This training is a must for anyone who has regular contact with children/young people and/or vulnerable adults.

#### Level 2 Occupational Health & Safety (1 Day)

Friday 29<sup>th</sup> November 2024 (9.30am – 4.30pm)

Understanding the principles of health and safety and accident prevention. This qualification is suitable for anyone looking to gain employment in any industry sector and is a great addition to your CV.

#### Level 3 Emergency First Aid (1 Day)

Friday 06<sup>th</sup> December 2024 (9.30am – 4.30pm)

This one-day course is designed for anyone looking to gain employment in any industry sector, covering emergency first aid, enabling you to act as a first aider in the workplace.

#### Get that Job!

Friday 13<sup>th</sup> December 2024 (9.30am – 2.30pm)

Enter the job hunt armed with the essential tools to find the job that's right for you, tackle application forms with ease and skill, and finally ace that interview. All delivered from the point of view of the recruiter.

#### Additional Support Services

As part of our on-going commitment to supporting our community we also have the following services available to all:

- CV Support
- Better off calculations
- Benefit & Debt Advice
- Café & Food Pantry
- Energy Saving Advice
- Carbon Monoxide Safety Advice & Alarms

Please contact us by calling 0121 443 3310 and speak to a member of our team.

You can also make a referral by clicking on the link or using the QR code:



0121 443 3310 office@brandwoodcentre.co.uk  
07926 030 123 www.brandwoodcentre.co.uk



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- Carbon Monoxide Safety Advice & Alarms

Please contact us by calling 0121 443 3310 and speak to a member of our team.

You can also make a referral by clicking on the link or using the QR code below:

[Training - Brandwood Centre](#)



0121 443 3310 office@brandwoodcentre.co.uk  
07926 030 123 www.brandwoodcentre.co.uk







## 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 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.



### 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.





# Money Works

## Content

With only 2/5 of young adults classed as financially literate, we know how important it is to fill those gaps (MyBnk, Compare the Market 2023).



Our programme for young adults provides them with essential financial management knowledge and skills, particularly for those in transitional phases in their lives such as starting their first jobs or moving out for the first time.

Money Works has 6 core modules, with optional modules that can be chosen to create a bespoke course best suited to the group participating.

### Core modules cover:

- Income: Sources of income, employment and self-employment & rights when working
- Deductions: Reading a payslip, taxes, National Insurance, student loans & pensions
- Spending: Household costs, comparing products, ways to pay and bank statements
- Budgeting: Needs & wants, planning a budgets & making adjustments
- Bank Accounts: How banks work, savings and current accounts & choosing accounts
- Borrowing: Credit Scores, forms of borrowing & where to get help with debt

**Key Facts**

Form: 2 X 4.5 hour or 4 X 2.25 hour sessions

Target group: 16-25 year olds in transitional phases of their lives

Group size: 6-15

60% Drop in average debts of Money Works participants. Control groups debt grew 50% ERS 2018



**MyBnk Cancellation Policy:** Cancellations and changes made to scheduled deliveries incur costs to MyBnk. Any changes made less than two weeks in advance will result in a £100 or, if less than three working days, £250 charge per trainer. Full Terms & Conditions [HERE](#)

[www.mybnk.org](http://www.mybnk.org) - [info@mybnk.com](mailto:info@mybnk.com) - 020 3681 8629 © MyBnk 2020.

MyBnk is a company limited by guarantee (No. 0219285) and a registered charity (No. 1123791) - SC050175 is Scotland

*"Brilliant workshop to help young people face financial challenges. A great and worthwhile resource, important for all youths, especially care leavers. Can't wait until the next one!"*

Dawn Mason, Personal Advisor, Leaving Care Team, London Borough of Bexley

Young people attending can also qualify for a Level 1 Personal Money Management qualification.




# Baby Massage




**Baby Massage promotes bonding and interaction between parents/carers and their babies. It is relaxing and can aid with sleep, digestion, teething and colic through touch and language so they feel loved,**




Please bring a towel.

Oils will be provided.

Please call to book on 0121 464 4189

**5 week course**

Thursday 21st November - Thursday 19th December

1.30pm-3.00pm

Selly Oak Methodist Church, B29 6HT

£10.00 per adult for the course payable on the first session.

Babies must have had 6 week check from your GP to take part in Baby Massage



## Sense Swimming Sessions Ladywood Leisure Centre

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

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

### Day

Thursdays (school term time only)

### Time

12pm – 1pm

### Location

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

### Cost

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



Scan the QR code to book and for more information

### Accessibility:

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



Charity number 289868



## CHRISTMAS 2024

Toys4Birmingham is looking for donations of new toys and gifts to be distributed through our community networks to the city's most vulnerable children and young people

Drop your toys and gifts off at:

**Edgbaston Stadium,**  
Edgbaston Road, B5 7QU

on:

**Friday 6th December 10am - 3pm**

or

**Saturday 7th December 10am - 1pm**

**Mon 9th December 10am - 1pm**

or

by arrangement until Monday 16th December - contact Louise on 07469 979286



👉 Please no electronic toys or toys requiring batteries

👉 Scan this QR code for more information or if you would prefer to donate money:



👉 For more information email: [toys@thrive-together-bham.org](mailto:toys@thrive-together-bham.org)

thank you!



## Suicide Bereavement Focus Groups



Ask



Listen



Support

Birmingham Samaritans 13 Bow St, Birmingham B1 1DW

10/10/24 - 18 and over session - 6-8pm

16/10/24 Young people's session - 16-25 - 6-8pm

22/10/24 - 18 and over online session-8pm

24/10/24 - 18 and over session - 6-8 pm

Open to all who have been bereaved by suicide and live in or have accessed health care services in Birmingham, You will receive £25 for your time, up to £10 in travel expenses and will help shape services for others bereaved by suicide.

visit <https://www.thedelicate-mind.org.uk/suicidesupport/> to sign up to our sessions





### The Children's Storehouse

#### Who we are

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

#### What we do

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

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

#### How we work

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

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

#### How can you make a referral?

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

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

Children's Storehouse offers free good quality pre-loved clothes. You can see more and contact them here:

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

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



## UK DISCOUNTED FOOD PROVISION



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

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

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



## food justice network.

Birmingham, UK.



Scan this QR code to see the Food Justice Network Map

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

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

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

- Find FREE activities at: [www.theaws.co.uk/our-activities](http://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](mailto:foodjusticenetwork@theaws.org)



“The goal of the Start for Life project is to bring care-experienced parents together, allowing them the opportunity to perhaps learn something new, make friends, and, most importantly, have fun with others who share similar experiences.

We want every care-experienced individual to feel as comfortable as possible during the sessions. We understand how daunting it can be to join a room or participate in a virtual session with unfamiliar faces. Our goal is to ensure that everyone feels at ease.

All group facilitators are either care experienced themselves or are people who through their work understand.

To register, potential participants simply need to scan the QR code on the leaflet or visit [www.reesfoundation.org/startforlife](http://www.reesfoundation.org/startforlife). This will take them to a page titled "Start for Life." By scrolling down, they can view the four available sessions and choose their preferred dates and venues. To confirm their interest, they'll need to fill out a short registration form.”



**ABBY**

### NURTURING BEGINNINGS Q&A SESSIONS

An opportunity to ask questions of a midwife to support expectant new parents as they prepare for the birth of their baby.

**Why come along?**


- Get ready for the joys and challenges that come with becoming a parent ✓
- Find support for day-to-day life from both the group leader and also other parents on the course ✓
- Learn about taking care of your wellbeing and the emotional wellbeing of your baby ✓
- Sessions are virtual ✓

Weekday  
Morning / Afternoon  
Hodge Hill  
Ladywood  
Northfield

Sign up today using the QR code!

[www.reesfoundation.org/startforlife](http://www.reesfoundation.org/startforlife)

Rees FamilyHubs best start for life



**SARAH**

### IT'S TIME FOR FRESH STARTS

50-minute one-to-one sessions developed specifically for care experienced parents, focusing on taking control and making positive, informed choices into the future.

**Why come along?**

- Especially developed to support parents who have lost children through care proceedings ✓
- Addresses issues overcoming low self-esteem, anxiety, and low mood ✓
- Each session is with a counsellor with professional care experience, specialising in loss and bereavement ✓
- Up to four, one-to-one sessions available per person ✓
- Sessions also available virtually ✓

Weekday  
Morning / Afternoon  
Hodge Hill  
Ladywood  
Northfield

Sign up today using the QR code!

[www.reesfoundation.org/startforlife](http://www.reesfoundation.org/startforlife)

Rees FamilyHubs best start for life

**CONTINUED ON NEXT PAGE**



BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP



Hall Green Families



Selly Oak Families

MIKE



## DADS ARE DIAMONDS



This support group provides a safe space for care experienced fathers, or partners of care experienced individuals, to discuss parenthood.

### Why come along?

- Both new and experienced fathers have the opportunity to network and share experiences openly and honestly ✓
- Older children are welcome to come with you ✓
- Led by a mental health professional and dad, sessions aim to strengthen emotional wellbeing ✓
- The group seeks to reduce feelings of isolation and build new relationships ✓
- Sessions also available virtually ✓



Weekday



Morning / Afternoon



Hodge Hill  
Ladywood  
Northfield



Sign up today using the QR code!

[www.reesfoundation.org/startforlife](http://www.reesfoundation.org/startforlife)



## LET'S MOVE CHILDREN AND BABY ACTIVITY GROUP

Come along to our fun and informal baby and children's groups for ages 2 to 5 years old. These groups are available exclusively to care experienced parents.

### Mini Athletics

- Sessions are designed to enhance children's balance, coordination and fundamental physical skills ✓
- Sessions also help develop children's confidence, self-esteem and communication skills ✓
- A practical and helpful introduction to sporting activities that parents and children can enjoy together ✓
- An opportunity to meet other care experienced parents ✓



Tuesdays



1:30pm-2:30pm



Northfield



Sign up today using the QR code!

[www.reesfoundation.org/startforlife](http://www.reesfoundation.org/startforlife)



Hall Green Families



Selly Oak Families

# Contact Information

If you have any questions, please call our team.  
Also, please follow us on social media! We update these regularly.

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

Helpline: 07483 090434

Social media: @sellyoakfam   

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

Helpline: 07570 953519

Social media: @hallgreenfam   

