



Family Newsletter

October 2023

'Early Help' is a city-wide approach which aims to connect families with local community 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.

For more information about the Early Help Partnership Sutton Coldfield visit

www.ourplacesupport.org

or contact our Community Connectors on

communityconnectors@ourplacesupport.org



Birmingham
Children's Partnership



Children's Centre Timetable and Groups

October - December 2023

Monday

11.00-12.00pm
Breastfeeding
Lounge
**Falcon Lodge
Community Hub**

EEE advice

Are you aware you could be eligible for free 15 hours for 2, 3 and 4 year olds?

For more information call your local Children's Centre



Tuesday

9.20-10.00am
10.10-10.50am
Story and signing sessions
Boldmere Library



Wednesday

9.45 - 11.15 am
Play and Learn
0-5's
Emmanuel Church



Pick these up from any children's centre



Thursday



EEE advice

Are you aware you could be eligible for free 15 hours for 2, 3 and 4 year olds?

For more information call your local Children's Centre



Friday

9.20-10.00am
10.10-10.50am
Story and signing sessions
Mere Green Library

9.45 - 11.15pm
Step by Step
Play and Learn 0-5's
In conjunction with DLP North Cluster
Falcon Lodge Community Hub

1.30-2.45pm
Play and Learn
Under 18 months
Trinity Church

Bookable Services

Baby Massage

We offer a free 4 week programme for parents and babies up to 1 year old to support with bonding and attachment.

Journey to Parenthood

Free course for expectant people.
Holland House

Little Talkers

6-8 week programme to support children over two who may need support with speech and language who do not attend nursery.



Stepping Stones

Stay and play session for children with additional needs diagnosed or undiagnosed.

This will take place at Lakeside Children's Centre on **Tuesday's** 1.00-2.30

KID's Family Group

Supportive session for children with SEND and their families. Offering tailored support for professionals from KID's West Midlands

Thursday
9.30-11.30am
Holland House

First Words Together

We offer a 5 week programme which supports children's communication before the age of two. The programme will run:

Tuesday
1.00-2.00pm
03/10/23-24/10/23
Holland House

Parenting

We offer a range of parenting courses to include techniques and strategies to support you and your child/ren. Call your local Children's Centre for more advice or to refer yourself.

Other Services

Health Activities

We can support you with:
Introduction to solid food.
Oral health.
Bottle to cup transition, fussy eating and healthy eating/ nutrition.
Contact us and ask to speak to Tal or Paula C

Family Support

Need some advice or support?
Ring your local Children's Centre to ask to speak to one of our Family Support Workers



Adult Education and Employment Support

We offer a range of courses to support you such as:
NHS Discovery Days
First Aid
Childcare and Working in Schools
Arts and Crafts
IT
ESOL

We also offer support with CV writing, applications and interview techniques. For more information contact us and ask to speak to Natalie C or Zaheer

Domestic Abuse

We offer advice and courses. Call or come in to the Children's Centre to find out more

Children's Centre Timetable and Activities

Addresses and Other Information

Holland House Children's Centre

Holland Road, B72 1RE
Telephone: 0121 752 1860

Open 8.30 am - 4.30 pm

*Parking on Duke Street- 2 hours without
pay and display.*

Trinity Church

Church Hill, Mill Street, B72 1TE

Car park spaces available

Falcon Lodge Community Hub

Church Hill Road, B75 7LB

On street parking available

Mere Green Library

30A Mere Green Road, B75 5TB

On street parking available.

Boldmere Library

119 Boldmere Road, B73 5TU

On street parking available.

Emmanuel Church

Corner of Little Green Lane and
Birmingham Road, B72 1YG

Parking available on car park opposite.

Health Visitor Hub

If you would like to speak to a Health
Visitor please call them on
0121 683 2330



Instagram



Like us on Instagram and Facebook

Our page's are called
Sutton Coldfield Children's Centres

PLEASE NOTE

To book onto any of the available
services call your local Children's
Centre on the numbers provided
on this page.

When calling it would be helpful to
have your child's NHS number
available. This can be found in
your child's red book, alternatively
use the below link to find this

www.nhs.uk/find-nhs-number

We look forward to meeting you.

What's On?

Pregnant? Children under four?

Don't miss out on **HEALTHY START**
food and vitamin vouchers worth
over £900 per child*

FREE

fruit, veg, milk
and vitamins for
you and your family.
Worth up to

£8.50
per week**

You may qualify for Healthy Start vouchers if you're **at least 10 weeks pregnant** or have **a child under four years old**. Your family must also receive one of the following:

- **Income Support**
- **Income-based Jobseeker's Allowance**
- **Income-related Employment and Support Allowance**
- **Child Tax Credit** (with a family income of £16,190 or less per year)
- **Universal Credit** (with a family take-home pay of £408 or less per month).

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.



Sign up today www.healthystart.nhs.uk
or telephone **0345 607 6823**

Healthy Start

Give your family a Healthy Start

* If you sign up at the first opportunity, when you are ten weeks pregnant

** If your child is under one, you'll receive two £4.25 vouchers per week.
If your child is 1-4 years old, you will receive one £4.25 voucher per week.



 **Birmingham**
City Council

**HEALTHY
START**

NHS

Acacia Support

About pre & postnatal depression

Some of the most common signs and symptoms of PND are:

- Persistent feelings of sadness and low mood
- Loss of interest in the world around you and no longer enjoying things
- Feeling tired all the time and lack of energy
- Crying a lot over the smallest thing
- Feeling irritable or angry - a constant underlying sense of anxiety, maybe escalating into panic attacks or OCD
- Negative thoughts and feelings of guilt and of hopelessness
- Intrusive thoughts about harming yourself or your baby

Some causes of PND:

- Previous depression and/or anxiety (especially PND)
- Lack of a supportive network
- Experience of recent life stresses
- Or you may never have felt like this before

See www.acacia.org.uk for a fuller list of symptoms and causes

Young Parents' Project

Acacia Family Support
5a Coleshill Street
Sutton Coldfield
West Midlands
B72 1SD

0121 301 5990

Monday - Friday
9.30 - 15.00

 @Acacia_Family
 AcaciaFS
 www.acacia.org.uk
 help@acacia.org.uk



ForwardThinking
Birmingham 

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and a company limited by guarantee no. 6217626

Young Parents' Project

Struggling?

*If you're finding things difficult
we are here to help ...*

We offer **FREE** support across Birmingham, for mums and/or dads experiencing **low mood or anxiety**. Acacia provides time and space to talk through your feelings or concerns and explore ways to resolve them.

“Being able to talk with Acacia about my feelings really helped. I felt I was not alone and not a terrible person. To know I was not the only person to feel like this took away some of the horrendous guilt.”

Who we are...

Acacia is a unique charity that supports mums and families affected by ante or postnatal depression (PND) in Birmingham. PND is a common illness affecting 10-15% of women and is treatable.

Our young parents service is funded by Forward Thinking Birmingham (FTB) from September 2016.

Acacia is a Christian organisation that supports families from all faiths or none.

Our services are free of charge.

How we can help...

Our teams of trained staff and volunteers provide a range of services to help you feel better and start enjoying your baby. Helping you to cope with the emotional and practical effects of postnatal depression, which are common.



We Offer:

- One to one befriending sessions at home or in the community
- Support service for Dads
- Free crèche available
- Coping skills
- Phone support
- Emotional support
- Signposting to other agencies
- Helping hands at home (practical support in your home)
- Young parents focused group work

How to contact us...

24 or under? Give us a call on

0121 301 5990

or ask your health professional to refer you.

Alternatively text us for a callback on

07897 459627

48hr response time (Mon - Fri)

 @Acacia_Family
 AcaciaFS
 www.acacia.org.uk
 help@acacia.org.uk



Acacia Support

Dads and Partners



Are you a new dad/partner in Birmingham and Solihull and are you experiencing mental health challenges around the birth of your new baby?

We're here to listen and to give you advice, support and strategies to help you and your family move forward. Visit our website for

Acacia Support

ABOUT PRE AND POSTNATAL DEPRESSION

A few of the common signs and symptoms of PND are:

- Persistent feeling of sadness and low mood
- Loss of interest in the world around you and no longer enjoying things
- Can't get to sleep or waking in the early hours and not being able to get back to sleep
- Feeling tired all the time and lack of energy
- Crying a lot over the smallest thing
- Feeling irritable – a constant underlying sense of anxiety, maybe escalating into panic attacks or OCD
- Feeling emotionally disconnected from or even rejected by your baby
- Perhaps feeling rejected by friends, family, even your partner and your baby or children
- Feeling lonely and isolated
- Feeling guilty about everything – especially about being such a bad mother
- Negative thoughts and feelings of hopelessness
- Intrusive thoughts about harming yourself or your baby.

Some causes of PND:

- Previous depression and/or anxiety (especially PND)
- Lack of a supportive network
- Experience of several recent life stresses.

PND can also come completely out of the blue.

See www.acacia.org.uk for a fuller list of symptoms and causes.



Acacia Family Support
5a Coleshill Street
Sutton Coldfield
West Midlands
B72 1SD
0121 301 5990
Monday to Friday, 9.30 am to 3 pm
@Acacia_Family
AcaciaFS
www.acacia.org.uk



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Acacia Family Support is a registered charity no. 1122831
and a company limited by guarantee no. 6217626.



“I could talk honestly and openly about how I felt, knowing the befrienders and other mums had been through depression. I did not feel they were judging me as I felt perhaps other mums would.”

STRUGGLING TO COPE WITH YOUR PREGNANCY OR LIFE WITH YOUR NEW BABY?

WE ARE HERE
TO HELP YOU

Acacia Family Support
Improving the lives of mothers
and families affected by pre and
postnatal depression and anxiety.

“Meeting and being able to talk with Acacia about my feelings really helped. I felt I was not alone and not a terrible person. To know I was not the only person to feel like this took away some of the horrendous guilt.”

ABOUT ACACIA

Acacia is a unique charity that supports mums and families in Birmingham affected by pre or postnatal depression (PND) and/or anxiety. PND is a common illness affecting 10-15% of women and is treatable.

Established in 2004 by a group of local mums, Acacia is a charity run by staff and volunteers, most of whom have suffered and recovered from PND or have a trained understanding of anxiety and depression. Acacia is a Christian organisation that supports families from all faiths or none.

Our services are free of charge.



HOW WE CAN HELP YOU

Our teams of trained staff and volunteers provide a range of support services helping you and your family to cope better with your baby and with the emotional and practical effects of PND which are common.

We offer:

- One-to-one befriending sessions at our centres
- Short courses teaching Cognitive Behavioural Therapy tips and techniques
- Free crèche whilst you access our support services
- Phone support
- Helping Hands at Home (practical support in your home)
- Specialist support for young parents (under 25s)
- Black, Asian & Minority Ethnic Project – providing awareness raising sessions for families, communities and professionals
- Dads' support service
- Signposting to other agencies
- Services delivered across Birmingham from various locations.

WHO CAN ACCESS OUR SERVICES?

- Criteria**
- Mums and partners affected by pre and postnatal depression and/or anxiety
 - Have a child under 2 years or pregnant
 - Is a Birmingham resident
 - Is registered with a Birmingham GP

“Since I have been supported by Acacia my mood has generally been much better and thanks to them I now have a really strong bond with my little boy and find great joy in being a mum.”

HOW DO I ACCESS ACACIA'S SERVICES?

Give us a call on:
0121 301 5990
or email:
teamacacia@acacia.org.uk
or ask your health professional to refer you



What's On?

the
olivebranch
coffee shop

four oaks
baptist church

Grange Lane
Mere Green
Sutton Coldfield
B75 5JX

STAY AND PLAY

Friday Mornings 9:30 - 11:00
starting 6th October

£2.50 plus 50p for additional
children

Includes unlimited tea and filter
coffee and a pot of fruit

 theolivebranchcoffeeshop

 theolivebranchfobc

For more information contact:
nicci.wilks@fouroaksbaptist.church

All under 5's
welcome with a
separate area for
babies



What's On?

A poster for Scout Beavers featuring four cartoon characters in blue uniforms. At the top right is a brown beaver with a blue necker. Below it is a black penguin with orange eyes. In the center is a grey rabbit with blue-rimmed glasses. At the bottom is a green frog. A small paper airplane is flying from the top left towards the characters. The background is light blue with a faint grid pattern.

BEAVERS

TIME FOR FUN

For fun, friendship and activities that get you thinking as well as doing.

We currently have places for boys and girls aged 6 and 7 to start beavers

Wednesdays 5.45-6.45pm, at the Trinity Centre, Mill St

Email gsl@4thscoutgroup.org

© 2018 The Scout Association. Registered charity numbers: 306101 (England and Wales) and SC038437 (Scotland)

What's On?

Things to Do in Birmingham before you are 5 – free App to help with home learning and language development

50 Things to Do helps parents/carers develop their home learning environment so that far more children thrive by the age of five. As a result, more children develop the skills, language and resilience needed in school and beyond.

- A menu of exciting activities for families with young children, giving them great suggestions for how to have fun and learn at the same time.
- Parents and carers will be helping their children to have exciting life experiences, developing confidence and a passion for learning new things, recognising the vital role that they play in helping to realise their children's potential
- The initiative is based on the simple notion that access to life-changing, fun, low or no-cost experiences with your family, indoors and outdoors, is a great way to support young children's development.

Download the App from App stores or via the website linked above



What's On?



The poster features a bright blue background with a large yellow sun in the center. The sun contains the text 'Nurturing ADHD Kids' in white and orange. To the left of the sun, a girl with black hair, wearing a purple shirt and orange skirt, is jumping rope. To the right, a boy with black hair, wearing an orange shirt and white pants, is jumping. There are colorful balloons (yellow, pink, blue) and bunting flags (red, green, blue) around the children. Below the sun, the text 'LED BY ADULTS WITH ADHD' is written in red. Further down, 'NEW GROUPS STARTING SOON!' is in bold blue, followed by 'Free online 6 week course for parents and carers' in red. Below this, two lines of red text state: 'We run our courses every half term. You can choose to join one that is held in the evening or one held in the morning.' Then, another two lines of red text say: 'To find out the dates and times of our next course and to register, scan this code'. To the right of this text is a QR code. Below the QR code, red text says 'or visit the BREWS CIC page on Eventbrite'. At the bottom left, it says 'Supported by' above the 'forward carers' logo, which consists of a green heart with a hand inside. At the bottom right is the 'BREWS CIC' logo, which includes a sun and a heart. A URL is provided in blue text: <https://www.eventbrite.com/cc/nurturing-adhd-kids-courses-2610449>. The entire poster is framed by orange autumn-themed illustrations of leaves and pumpkins.

**Nurturing
ADHD
Kids**

LED BY ADULTS WITH ADHD

NEW GROUPS STARTING SOON!
Free online 6 week course for parents and carers

We run our courses every half term.
You can choose to join one that is held in
the evening or one held in the morning.

To find out the dates and times of our next course
and to register, scan this code

or visit
the BREWS CIC page on
Eventbrite

Supported by

**forward
carers**

<https://www.eventbrite.com/cc/nurturing-adhd-kids-courses-2610449>

BREWS CIC

What's On?

WHAT'S ON AT FALCON LODGE

Room Hire
Available



The Royal Town
of
Sutton Coldfield,
B75 7LB

0121 329 2055
contactus@
compass-support.org.uk

Compass Support

Monday:

Breastfeeding
Lounge
all mother's
welcome
10:00 - 12:00

Move it Or Lose it
Chair exercises
10:30 - 11:30

MOVE IT
OR LOSE IT!

Wellbeing
Mindfulness Session
11:00 - 12:00

Falcon Lodge
Over Active
Indoor Bowling
12:30 - 2:30

Food Cycle
Community Meal
3:30
02077 292 775



Sutton Coldfield
Taekwondo
7:00 - 8:00
07955772483



Tuesday:

Parent
Ambassador
Coffee Morning
9:00 - 12:00



Youth Activities
3:00 - 5:00



Stretch and
Relaxation
5:00 - 5:45

Falcon Lodge
Food Pantry
6:15 - 8:15
0789 464 4572



Temple Martial Arts
6:30 - 8:30
07497 681 366



Wednesday:

Our World Coffee
Morning
9:00 - 12:00



Move it or Lose it
Chair exercises
11:00 - 12:00

MOVE IT
OR LOSE IT!

Independent Living
Drop-In
1:00 - 3:00



Youth Activities
3:00 - 5:00

Live in the lodge-
Mubu Music
4:00 - 7:30
0121 794 0552

Thursday:

Digital Cafe
Computer use
10:00 - 12:00



Live in the lodge-
Mubu Music
3:30 - 6:30
0121 794 0552

Lauren Charlotte
Dance Academy
6:00 - 8:00
07944975285

Friday:

Stay and Play
Parents & Children
play time group
10:00 - 11:30

Falcon Lodge
Food Pantry
1:00 - 3:00
0789 464 4572



Menopause
Awareness
Support group
5:00 - 6:30



Sutton Coldfield
Taekwondo
5:45-9:00
07955772483



What's On?

For girls aged 7 to 10

Brownies

29th Sutton Coldfield

Monday Nights 6pm - 7:15pm
Contact Claire on 07890571009

Brownies offers girls exciting opportunities to take on new challenges, make brilliant friends and discover the world around them.

'I had never climbed before. I was scared of heights. But I climbed and rang the bell all by myself and felt really proud of myself.'

Poonam, aged 10



Find out more about Brownies at girlguiding.org.uk/brownies.

Register your daughter at girlguiding.org.uk/joinus or call 0800 169 5901.



WE DISCOVER, WE GROW

Girlguiding

What's On?

GIRLS Group

Ages 9 - 14



Mondays
4:00pm -
6:30pm

Singing & Dancing

Make New Friends Music

Arts & Crafts

Workshops

Challenges

Sports

Cooking & Baking

Games

FREE

**CLIFTON
ROAD
YOUTH
CENTRE**

**Clifton Road,
Sutton Coldfield,
B73 6GB**

Tel: 0121 355 2438

**BIRMINGHAM
YOUTH
SERVICE**



**Birmingham
City Council**

What's On at Sutton Coldfield Library?



FOR FAMILIES

Every Monday

English for Ukrainians Class - 10 - 11.30am - Come along to our friendly class to learn English and make new friends

Ukrainian Coffee Morning - 11.30am - Join other Ukrainian people for an informal cuppa and chat every Monday

After-school Lego Club - 3.15 - 4.30pm - Come and play with our Duplo and Lego blocks. Term Time Only

Every Friday

Pre-School Story Time 10 - 10.30am - Bring your children aged 0-5 along to enjoy some stories, rhymes & musical instruments.

NCT Bumps & Babies Cafe 10.30am - 12.00pm - **TEMPORARY LOCATION CHANGE, PLEASE CHECK THEIR FACEBOOK PAGE.** Join NCT Sutton Coldfield's free Bumps & Babies group with breastfeeding support. Soft Play places must be pre-booked. See their Facebook page for further details: <https://www.facebook.com/NCTSuttonColdfield>

Every Saturday

Lego Club or Boardgames 2.30 - 4.30pm - We alternate between Lego Club and Boardgame sessions every Saturday. Boardgames 14th & 28th, Lego 7th & 21st.

Tuesday 31st October

Half term craft session drop in - No Booking Required 2:30-3:30pm

FOR EVERYONE

Every Thursday and Saturday

Warm Welcome Coffee Mornings 10am - 1pm - Come along for a free cuppa and biccie, with puzzles, word searches and colouring sheets. Board games and Lego available upon request

What's On at Sutton Coldfield Library?



FOR ADULTS

Saturday 7th October

Poetry Matters group 10.30am - 12.30pm - Join like-minded poetry lovers in the library for poetry readings and discussions

Every Tuesday

IT Help from FOLIO volunteer Geoff 2-4pm - Geoff is available to help with how to use a desktop computer or laptop to smart phones and tablets / iPads. To book a place please ask at the Information Desk

Sutton Coldfield Local History Research Group 2 - 4.30pm - SCLHRG meet weekly in the library. For more information visit their website: <https://sclhr.org.uk>

Thursday 5th October

Elderberries 10am-12pm - Held on the first Thursday of the month. Over 50s social group - come for a chat and a cuppa with Noran from FOLIO Sutton Coldfield

Thursday 12th & 26th October

Shared Reading Group 2.15 - 3.45pm - if you enjoy discussing all types of literature join our small group that meet on alternate Thursday afternoons. More details can be found on our social media

1st, 2nd & 3rd Thursday of the month

Craft & Chat Group 10am - 1pm - if you enjoy knitting, or any other type of needlecraft or crafting, or would like to get started come and visit our friendly group based in the library. Normally situated in the soft seating area. No booking necessary

Thursday 19th October

BIPC - Want to start your own business? Not sure where to begin? One to one appointments for business advice and intellectual property are available. Use the link to book: bit.ly/brecseminars

What's On?



UDB Youth Activities

September - December 2023



MONDAY

The Underground Senior
School Years 7-9
5:00-6:00pm
@ The Underground

TUESDAY

UDB Youth Cafe
3:15-4:15pm
@St Barnabas Church,
Erdington High Street

WEDNESDAY



Football
School Years 7-13
5:00-6:00pm
@ NBA

★ The Underground
Senior
School Years 10-13
5:00-6:00pm
@ The Underground

★ Starting on 9th October 2023

THURSDAY

Pype Hayes Youth
School Years 7-13
4:30-5:30pm
@ St Mary's Church, Pype Hayes

FRIDAY



Erdington Hall Youth Club
School Years 7-11
4:45-5:45pm
@ St Chad's Church Centre

Wyrley Youth Club
School Years 7-13
6:00-7:00pm
@the Eco Hub, Witton Lakes



The best way to stay up to date is
by scanning here and following
us on social media!

UDB Gaming: Fortnite
7:30-9:00pm
Epic Games:
UrbanDevotion_2



Urban Devotion Birmingham:
Hope House, 148 Witton Lodge
Road, B23 5AP
Phone: 0121 350 9370

Email: office@urbandevotion.org
Web: www.urbandevotion.org
Instagram: @udbyouth
Facebook: /urbandevotion

UDB Urban
Devotion
Birmingham

What's On?



ARE YOU 16-19?

ARE YOU READY FOR SEPTEMBER?

DO YOU NEED SUPPORT, HELP OR ADVICE?

COME TO CLIFTON ROAD YOUTH CENTRE!



-  **A person centered approach that supports YOUR journey, at YOUR pace, focused on YOUR needs.**
-  **A team of dedicated Youth Workers and Careers Advisors to support you**
-  **Access to a wide range of training providers to help you on your journey.**
-  **Support in writing your CV, job applications and attending interviews.**



CONTACT GLENROY
OR AG AT CLIFTON
ROAD YOUTH
CENTRE FOR MORE
INFORMATION



Clifton Road Youth Centre

Clifton Road, Sutton Coldfield
B75 6EB



0121 355 2438

AG or Glenroy

**BIRMINGHAM
YOUTH
SERVICE**

What's On?

**CLIFTON
ROAD
YOUTH
CENTRE**

D.A.S

**DISABILITY, AUTISM
AND SPECIAL NEEDS
ACTIVITY SESSIONS**



Wednesdays

5:00pm – 7:30pm



Clifton Road Youth Centre

Clifton Road, Sutton Coldfield
B73 6EB



0121 355 2438

Bonnie Janiak

OUR ACTIVITIES

Arts & Crafts
Cooking & Baking
Games
Sport
Team Building

AGES 16–25

IMPORTANT INFORMATION

CLIFTON ROAD YOUTH WORKERS ARE
NOT RESPONSIBLE FOR ADMINISTRATING
MEDICATION OR TOILETING NEEDS.

CARERS AND PARENTS ARE MORE THAN
WELCOME TO ATTEND TO MEET THESE
NEEDS.

THANK YOU

OUR MISSION

We aim to provide a safe space for
young people with physical &
intellectual disabilities, helping them to
make friends & develop their skills
through a range of fun activities.

**BIRMINGHAM
YOUTH
SERVICE**



**Birmingham
City Council**

What's On?

New Class Alert!!!

Coming new on the
12th of September.

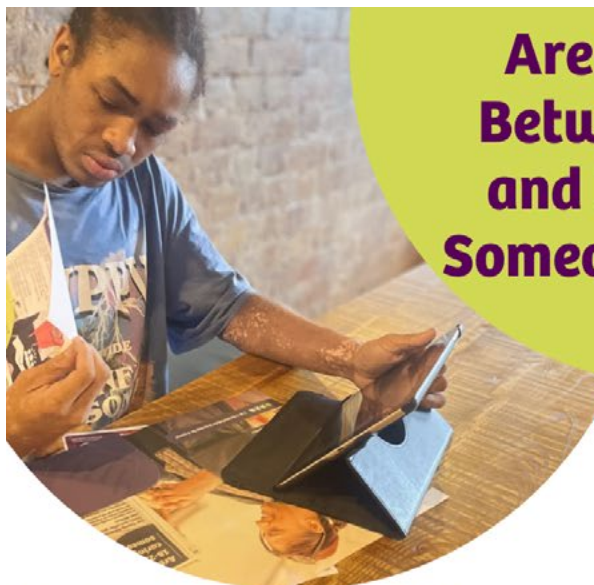
MAKE
WAY
DANCE

Make Way for Lyrical!

**Boldmere St Michael's Football
Club. 6-6:30pm every Tuesday**

@makewaydance. 07522893401
makewaydance@outlook.com

What's On?



**Are You Aged
Between 17 + 19
and Look After
Someone at Home?**

FREE

**These workshops
will support you with your
preparation for transition –
from young carer to Young
Adult Carer.**

Welcoming Transitioning Group, Preparation Pathways 17 plus

Wednesday 9 August, 11.00 am- 12.30 pm at the YMCA, Sutton Coldfield

Preparation for Transition, YMCA pre-visit 15 - 17 year olds

Thursday 24 August, 11.00 am- 12.30 pm at the YMCA, Sutton Coldfield

Ambitions, Aspirations & Achievements

Monday 30 October, 11.30 am - 1.00pm, for 17+ at YMCA, Sutton Coldfield

Healthy Wellbeing Options and Techniques

Monday 12 February 2024, 1.30 - 3.00 pm for 17+ at YMCA, Sutton Coldfield

Budgeting & Finance Independent Living

Wednesday 29 May 2024, 1.00 - 2.30 pm for 17+ at YMCA, Sutton Coldfield

How to Book



YMCA

Here for young people
Here for communities
Here for you

Book via the QR code or
contact Alan Burrows
or Lydia Green on

0121 354 5614

YAC@birminghamcarershub.org.uk



What's On?

Peer Mentoring & Mental Health Champions for Young People

Evidence says that young people from underrepresented communities are at a disadvantage when it comes to accessing mental health interventions.

This new service provides Peer Mentoring support to young people aged 16 to 25 from three groups:

- **LGBT+**
- **Disabled**
- **Black, Asian or Minoritised Ethnicity**

We are recruiting Volunteer Mentors to provide peer support, and accepting referrals for Mentees to receive Mental Health and Wellbeing support from a like-minded and relatable person.

To read more about the service and to refer yourself or someone you work with:
www.ourplace.org/peermentoring
PeerMentoring@ourplacesupport.org
0121 354 4080



Training opportunities for person's 18+

Balfour Beatty

VINCI

Working in
partnership with

HS2

Skills Academy

Connecting you to a world of construction



**ARE YOU 19+? UNEMPLOYED?
WANT TO GET A SECURE JOB
WORKING IN CONSTRUCTION?**

**BE PART OF A NATIONAL LEGACY AND BEGIN YOUR
CAREER WITH BALFOUR BEATTY VINCI WORKING ON HS2**

**EARN £400+ A WEEK* | NO ENTRY REQUIREMENTS*
FULL TRAINING PROVIDED | JOB SECURITY
PROGRESSION OPPORTUNITIES** *Subject to role

COURSES BUILT TO CHANGE FUTURES

R M F
GROUP



Solihull College
& University Centre



West Midlands
Combined Authority

**National
Careers
Service**
Helping you take
the next step

Training opportunities for person's 18+

Our Course Structure

- STEP 1:** Induction and CSCS/Health & Safety Training
- STEP 2:** Progress onto short courses required to work on HS2
- STEP 3:** CPCS plant course and testing
- STEP 4:** Support with finding employment



What will I learn on this course?

- The up-to-date Health and Safety legislation rules which are essential to work in construction
- The EUSR skills required for safely working around gas, power and water
- Learning the most effective ways of manoeuvring the Forward Tipping Dumper in a safe and effective manner and mastering the task of loading and discharging materials
- How to become a competent Ride-On-Roller operator and be able to compact materials such as gravel and concrete, whilst smoothing, levelling and cambering surfaces

Gain your CSCS
and CPCS tickets!



Course Eligibility

Candidates interested in commencing the programme must be 19+, unemployed, live within the West Midlands and have valid photo I.D. We expect full time commitment to attend all training.

Opportunities are also open to those who already hold a CSCS card.



INTERESTED?

To register your interest, get in touch with our training team by email or phone:

enquiries@rmftraining.co.uk
0121 440 7970

Visit our website:
www.rmfgroup.co.uk



Training opportunities for person's 18+

GROUNDWORKS + CPCS COURSE

Our Course Structure

STEP 1: Induction and CSCS/Health & Safety Training

STEP 2: Progress onto short courses required to work on HS2

STEP 3: CPCS plant course and testing

STEP 4: Support with finding employment

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E: enquiries@rmftraining.co.uk

Visit our website:
www.rmfgroup.co.uk



What's On?



Prince's Trust

**START
SOMETHING**



**ARE YOU 16-25? LOOKING FOR SOMETHING DIFFERENT?
ARE YOU STUCK NEEDING DIRECTION?**

Then why not try The Prince's Trust Team Programme:

- **Free** 12 week personal development programme
- Develop your skills
- Gain Qualifications
- Have fun and make new friends
- Take up Team challenges and a community project!
- Realise your own potential
- Gain two weeks work experience
- Improve your employability skills
- Take part in a one week residential



INTERESTED?

Contact us for more information

**To register your interest in joining the North Birmingham team,
contact Natalie Sparrow at nsparrow@wcg.ac.uk or 07799 843722**

wcg.ac.uk

0300 456 0049

info@wcg.ac.uk

What's On?

Communities Engage and Thrive



Manage your Diabetes ONLINE

- These sessions will give you the tools to help reduce sugar levels
- Delivered by a Nutritional Therapist, we will be looking at healthier food swaps that can be incorporated with minimal effort
- There are cookery workshops where we will demonstrate how to cook simple, tasty, nutritious meals and snacks
- A Mindset Coach will run through practical exercises on how we can remove barriers to achieving optimal health
- We will look at how stress and sleep management can help control diabetes, along with ideas for exercise



Starting Tuesday 12th September

7.00 - 8.30pm

On Zoom



To register call 07879 775686
or email enquiries@cetcommunity.co.uk

If you are diabetic or borderline diabetic, Why not join us...
It's fun, friendly and FREE!

What's On?



GET HEALTHY GET WORKING

Join us for a six week fun & interactive training course to give you the **skills, confidence** and **support** you need to achieve your goals & improve your **wellbeing** (all for free!)

18TH SEPT - 27TH OCT 2023
AT FALCON LODGE COMMUNITY HUB,
B75 7LB

 www.compass-support.org.uk

We have a variety of sessions and workshops, ranging from **professional** to **social**!



BADMINTON



CONFIDENCE BUILDING



COOKING



**COMPUTER
SKILLS**



**DEBT AND BENEFIT
ADVICE**



**QUALIFIED LIFE
COACHING**



INTERVIEW SKILLS

**DO YOU LIVE IN FALCON
LODGE & SURROUNDING
AREAS? ... YES!**

**LIMITED SPACES,
CONTACT US TODAY TO JOIN
US & FOR MORE INFO:**

0121 748 8111/07841 067662

roberth@compass-support.org.uk

Compass Support's Training Schedule

GHGW Falcon Lodge Mon 18th Sept - Fri 27th Oct 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Digital Room 09.30 – 12.00 LMW Computer Skills	Digital Room 10.00 – 12.30 Employability Training	Community Room 09.30 – 10.45 Get Healthy Get Moving	Youth Room 10.30 – 13.00 Living Life to the Full	
10am to 3pm Debt & Benefit Advice (App only) Counselling Room 14.00 – 15.00 1 to 1's		Digital Room 13.00 – 15.00 Job Club	Youth Room 13.00 – 14.30 Get Healthy Get Cooking	

Interested in booking a place, email or phone Compass Support. Or call Rob on 07841 067662 for more information.

The
Henry Smith
Charity
founded in 1628

What's On?



BE STRONG



STAY INDEPENDENT

Preventing falls, to help you be stronger for longer

Come along to meet with health professionals and receive advice on preventing falls as well speaking with representatives from local community groups on the support and activities available to you.

Date **Tuesday 17th October 2023**

Location **Sutton Coldfield Town Hall, Upper Clifton Road, B73 6DA**

Time **10am-3pm**

This event is free to attend and open to all, particularly older adults and those supporting them.

For more information

E: enquiries@suttoncoldfieldtowncouncil.gov.uk

T: 0121 663 1765



What's On?

Sutton Coldfield residents are invited to attend and join in a free information community event taking place at Sutton Coldfield Town Hall on **Tuesday 17th October 2023**.

The event, hosted by Royal Sutton Coldfield Town Council will be a fun and informative day with a focus on how to prevent falls and stay independent and stronger for longer.

The aim is to inform visitors on how they can reduce their risk of falls with advice from NHS Falls Teams who will be on hand to answer any questions and offer advice and guidance on topics such as mobility and foot care. Attendees can also:

- *Meet with Physiotherapists who will be delivering advice on strength and balance;*
- *Have a walking stick inspection to ensure your walking aid is stable and fit for use;*

Receive personal and home safety advice from West Midlands Police.

Among the attractions on the day will be:

- *Free Love to Move Seated Exercises*
- *Walking Netball*

Information on local community groups and organisations.

The event is being supported by a wide range of health professionals as well as representation from The Alzheimer's Society, Age Concern and local faith groups.

This is an opportunity to bring two things together. Residents and their families can attend and have fun with the sports activities and events taking place on the day as well as an opportunity to engage with health professionals on how you can stay safe and reduce the risk of falls.

The event is taking place between **10am – 3pm** and is open to all, particularly older adults and those supporting them.

For more information:

E: enquiries@suttoncoldfieldtowncouncil.gov.uk

T: 0121 663 1765.

What's On?



Join our music making group for carers, providing respite, fun and the opportunity to meet other carers.

All musical styles & cultures valued. No previous experience required.

Financial support for backfill carer costs available!

Tuesday 3rd Oct-12th Dec '23, 1-3pm

(with a break over half term on 31st October)

@ Quench Arts, APMC, 339 Dudley Rd, B18 4HB (booking required)

Cost for the term: £75/ £25* for 10 weeks

**See registration info regarding discounted places*

Cost includes refreshments on arrival/ in breaks

Payments by 2 instalments is possible.

Backfill carer costs for the person cared for can be refunded.



Register your interest via the QR code/link



or contact Quench Arts on

07716 362478

info@quench-arts.co.uk

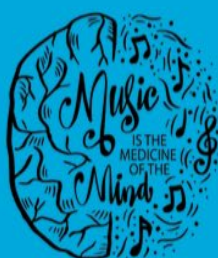
More information overleaf!



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

MAKING MUSIC, MAKING CONNECTIONS...

What's On?



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



About the Programme

These **Music for Respite** sessions have been designed for **carers** (both paid and unpaid) aged 18+. The sessions will focus on group music making but will be steered by the interests of the group. They may include singing, spoken word & soundscapes, creative composition & improvisation, songwriting, drumming & exploration of different musical styles. People with **all levels** of musical experience, stylistic interests & cultural backgrounds are welcome. The sessions are **inclusive** so will be accessible to all, including those at the start of their musical journey. We have a range of instruments & percussion available within the sessions but participants are also welcome to bring their own instrument(s) if they prefer.

This 10 week programme is designed specifically for **carers**, who we know can often feel **lonely** or **socially isolated** due to fewer opportunities to pursue interests & friendships outside of their carer role. The sessions will be **fun**, safe, encouraging, tailored & accessible to the group. We aim for the sessions to provide a sense of **achievement** by setting & working towards a common group goal & to enable interaction, reflection & **support** from others who share & appreciate what it is to be a carer. To assist your attendance, we are able to **refund the backfill carer costs** that you face, to ensure that the person you care for is looked after whilst you attend - please see more information on the sign up form to read the amount available and how these can be claimed.

For this project we will accept **referrals** from social prescribing link workers, Birmingham's Neighbourhood Network Scheme, & carer support agencies, as well as **self-referrals**.

Who Will Run The Sessions?

These sessions will be facilitated by **Ann Jones** and supported by **Katie Stevens**, Quench Arts' Female Music Support Worker. Ann is a **multi-instrumentalist** with a passion for helping others find their own musical voice, wherever they are in their musical journey. She has toured nationally & internationally as a performer & composed music for theatre shows. She plays violin regularly with bands, including Ceilidh, Polish & Roma music, & Rock & Pop. Though classically trained, she loves improvising & helping others to start creating their own music. She creates safe spaces where people can feel confident to try their ideas at their own pace. She has been a workshop leader for over 30 years & is **Mental Health First Aid** trained. Outside of her freelance work, Ann is Director of 'In Her Shoes' providing creative experiences for women & girls.



Quench Arts

is a local community music organisation with a strong history of engaging individuals in **music-making for wellbeing outcomes**,



working across Birmingham since 2012. We run two longstanding music & wellbeing programmes called Musical Connections (for adults) & Wavelength (for young people) & also work in mental health inpatient settings. Our musical activities aid recovery & build resilience focused on the Five Ways to Wellbeing. **We believe in the power of music to make a positive difference to people's lives.**

MAKING MUSIC, MAKING CONNECTIONS...

What's On?

InterGen Music

- a mixed age inclusive music making group



Join our new mixed age inclusive music making group.
This is an intergenerational offer suitable for all aged 12+ including adults & seniors. See overleaf for more information.

Tuesdays 3rd Oct-12th Dec '23, 4.15-6.15pm

(with a break over half term on 31st October)

@ Quench Arts, APMC, 339 Dudley Rd, B18 4HB (Booking Needed)

1st session for new attendees is FREE

Cost for the term:

Single person: £67.50/ £22.50*

Family of 2: £108/ £45*; Family of 3+: £135/ £67.50*

**See registration info regarding discounted places. Payment by 2 instalments is possible. Cost includes refreshments on arrival/in breaks*



**Register via the QR code:
or contact Quench Arts on**

07716 362478

info@quench-arts.co.uk



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

MAKING MUSIC, MAKING CONNECTIONS...

What's On?

InterGen Music is a new intergenerational music programme aimed at all people aged 12+. We welcome **family groups**, **young people outside of formal education** with their parents/carers, **adults with mild/moderate additional needs** (& their carer, who can attend free of charge) & **independent adults** attending alone, especially those feeling socially isolated. The sessions are suitable for anyone who would like to **work in a group to make music**, though all children under 18 will need to be accompanied by a parent/guardian. Please note that, as this is a group session, people attending will need to be able to tolerate a certain amount of noise (participants who might be noise sensitive are encouraged to bring their own ear defenders but we can provide disposable ear plugs). The programme will run termly until end March 2024, each term being 10 weeks with a break for half term. Participants are welcome to attend just 1 term but are also able to sign up to continue engagement in future terms if they wish. Sessions will help **build musical & interpersonal skills & confidence** & help you to meet other local people with similar interests & experiences. Quench Arts has a range of accessible instruments & technology that can support positive engagement for all. The programme is part of our social prescribing offer. **Social prescribing** is where health professionals, social prescribing link workers & other support organisations can refer people to a range of local, non-clinical services that they think might help to address someone's needs in a more holistic way, rather than solely through medication & a traditional prescription. It recognises that people's wellbeing & health can be affected by a whole range of factors – social, economic & environmental. For this project we will accept **referrals** from social prescribing link workers, local support organisations, plus **self-referrals**.



These sessions will be facilitated by **Katie**

Stevens, Quench Arts' Female Music Support Worker. Katie is a multi-instrumentalist who loves instrumental folk & plays in many bands & ensembles that span a diverse range of styles. As well as the clarinet, saxophone & flute, Katie also plays Irish whistle, Bulgarian kaval & guitar & is also becoming a whizz on Logic music software. She regularly tours the UK with a large range of different acts playing in arts centres & for festivals & rural touring schemes. She has been facilitating inclusive creative music projects for Quench Arts & other local organisations for 15 years. Katie is **Mental Health First Aid trained & Autism trained.**



Quench Arts is a local community music organisation with a strong history of engaging individuals in **music-making for wellbeing outcomes**, working across Birmingham since 2012. We run 2 longstanding music & wellbeing programmes called Musical Connections (for adults) & Wavelength (for young people) & also work in mental health inpatient settings. Our musical activities aid recovery & build resilience focused on the Five Ways to Wellbeing. **We believe i**



We believe in the power of music to make a positive difference to people's lives.



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**ARTS COUNCIL
ENGLAND**

MAKING MUSIC, MAKING CONNECTIONS...

New Term!



Female Group Music Making

Join our female only* music making group for adults. All styles and musical cultures valued. No previous experience required. See overleaf for more information.

Wednesdays 4th Oct-13th Dec '23, 2-4pm
(with a break over half term on 1st November)

@ Quench Arts, APMC, 339 Dudley Rd, B18 4HB (Booking Needed)

1st session for new members is **FREE**

Cost for the term: £75/ £25* for 10 weeks

**See registration info regarding discounted places*

Cost includes refreshments on arrival/in breaks

Payments by 2 instalments is possible.



Register your interest via the QR code/link



or contact Quench Arts on

07716 362478

info@quench-arts.co.uk

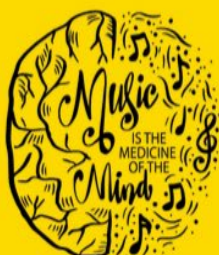
Not sure what social prescribing is? See overleaf!



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ENGLAND**

MAKING MUSIC, MAKING CONNECTIONS...

What's On?



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



About the Programme

These **Female Group Music Making** sessions have been designed for women aged 18+ who would feel more comfortable in a female only space. Though aimed at cis females (those whose gender identity corresponds to the female sex presumed for them at birth), Quench Arts is an inclusive organisation & welcomes conversations with people interested who are gender expansive (trans, non-binary & bigender). The sessions will focus on group music making, lyric & songwriting. People with **all levels** of musical experience, stylistic interests & cultural backgrounds are welcome. The sessions are **inclusive** so accessible to all, including those at the start of their musical journey. We have a range of instruments & percussion available within the sessions but participants are also welcome to bring their own instrument(s) if they prefer.

The sessions will run termly, each term being 10 weeks with a break for half term. Participants are welcome to attend just 1 term but can sign up to continue engagement in future terms if they wish. The programme will particularly benefit women feeling **socially isolated**. It will help build musical & interpersonal skills & confidence & help you to meet other local people with similar interests & experiences. The programme is part of our social prescribing offer. **Social prescribing** is where health professionals, social prescribing link workers & other support organisations refer people to a range of local, non-clinical services that they think might help to address someone's needs in a more holistic way, rather than solely through medication & a traditional prescription. It recognises that people's wellbeing & health can be affected by a whole range of factors – social, economic & environmental. For this project we will accept **referrals** from social prescribing link workers, local support organisations, plus **self-referrals**.

Who Will Run The Sessions?

These sessions will be facilitated by **Katie Stevens**, Quench Arts' **Female Music Support Worker**. Katie is a multi instrumentalist who loves instrumental folk & plays in many bands & ensembles that span a diverse range of styles. As well as the clarinet, saxophone & flute, Katie also plays Irish whistle, Bulgarian kaval & guitar & is also becoming a whizz on Logic music software. She regularly tours the UK with a large range of different acts playing in arts centres & for festivals & rural touring schemes. She has been facilitating inclusive creative music projects for Quench Arts & other organisations for over 15 years. Katie is **Mental Health First Aid trained & Autism trained**.



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MAKING MUSIC, MAKING CONNECTIONS...

What's On?



Get active and explore your local area in a different and exciting way

FREE KAYAKING TASTER SESSION

For children, families and adults

For Ages 8+ (under 12s must be accompanied by an adult)



The Boat Inn, Old Kingsbury Rd,
Minworth, B76 9AE

Times

Saturday
7th October

10:00-11:15
11:30-12:45
13:30-14:45
15:00-16:15

Book now! Limited availability

Email your name, number of people and preferred time slot

EMAIL:

stuart@environmentaltrust.org.uk

What's On?



Divorce Recovery Workshop

Registered Charity No 1041178

TM

RECENTLY DIVORCED OR SEPARATED FROM A SIGNIFICANT RELATIONSHIP?

Suffering: Shock? Disbelief? Rejection? Guilt? Anger? Bitterness?
Alone with these issues or receiving misguided advice?

DIVORCED OR SEPARATED FOR SOME TIME?

Feel you've got it together? **BUT**, what about bitterness or resentment?
New relationships—are familiar problems recurring?

WHATEVER STAGE

The workshop helps people have a better understanding of what
they are going through.
It also provides support and friendship from others in similar situations.

Workshop will run once a week for 6 weeks starting on
Tuesday 7th November 2023
in Sutton Coldfield

Local contact:

Richard or Lucy

07366 083755

sutton-coldfield@drw.org.uk

National Contact:

www.drw.org.uk

0333 335 0489

info@drw.org.uk

What's On?



FREE COUNSELLING

0843 88 66 771
07477 859 626

WE ALSO OFFER:

Personal Development,
Mediation, Couples/
Family Therapy
Neuro-Linguistic
Programming (NLP),
Bespoke Training &
Women activities

therapy@womensconsortium.org.uk
www.womensconsortium.org.uk



What's On?

grounded.

Mental Health and Me Art Competition

Are you a Birmingham-based budding artist, aged between 15 and 25? Always dreamed of having your artwork on display? Looking for a way to express your feelings and your artistic talents? Then grounded. needs YOU!

Living Well UK, Birmingham Mind, and Evolve invite you to submit your artwork, under the theme of 'Mental Health and Me', with a chance for it to be on permanent display at the café.



Materials paid for



Permanent display in wellbeing hub and coffee shop



Judged by industry leaders



For more info click [here](#), or scan the QR code below



www.groundedcafe.co.uk

What's On?

BETHEL HEALTH AND HEALING NETWORK



BETHEL DOULA SERVICE

PRESENTS

PREGNANCY SUPPORT AFTER LOSS MEETING (PSALM)

Facilitated by a
trained Midwife,
Obstetrician and
Senior Doula

FREE!!!



- Group & emotional support
- Education
- Participants decide the course of the meeting

Date: 1st Thursday
of every month

Time: 6:30pm

Venue: Online

To register contact Margaret on
margaret@bethelnetwork.org.uk



Bethel
Doula
Service



Registered Charity
Number: 1116225
Company Number: 05813084
Patron: Dr Beverly Lindsay OBE,
OD - Vice Lord-Lieutenant of
West Midlands

What's On?

WOMEN WITH ADHD



Erdington Group

Do you live in Erdington?

**Do you have ADHD or suspect
you may have it?**

**Join our new group and learn
more about ADHD**

**Meet other women with ADHD
and learn strategies that can help.**

**Starts
Mon 16th October
1.30 pm - 2.30 pm
OIKOS CAFE
Erdington High St**

**Give us a call or just
turn up
on the day!**

For more information:

Phone: 0731 116 7485

Email: contactus@brewseducation.org

Supported by



Birmingham Resilience Education and Wellbeing Services CIC

CIC Business Registration: 13240865



What's On?

ADHD often goes undiagnosed in women. In the past, it was considered a condition that mainly affected boys and men because ADHD traits may be less obvious in girls and women

With more information about ADHD being accessible on social media, many women are realising that they may have ADHD. Being diagnosed can be life-changing as we begin to realise that our brains work differently from neurotypical brains.

In this group, we can explore how it affects us and learn strategies that help.

With long waiting lists for assessment, this group can support you while you are waiting. You do not need to have a diagnosis to join us.

It is friendly and informal - led by women with ADHD themselves

If you would like to have a chat and find out more, please call us on
0731 116 7485.

If you would like someone to meet you outside so you don't have to go into a new place by yourself, we are happy to do so!



What's On?



Free Adult Sessions ***Hollyfield Primary School*** ***Nov to Dec 2023***

Looking to Start or Change Career or just have FUN with Learning.

Delivered by your local college: Come to our six taster sessions on: Arts and Crafts (such as jewellery making), Introduction to Early Years and Learning, Magic Maths (support your child's learning) and so much more.

Dates:

Thursday 9th November 2023

Thursday 16th November 2023

Thursday 23rd November 2023

Thursday 30th November 2023

Thursday 7th December 2023

Thursday 14th December 2023



Time: 9.15am—11.15am

Address: Hollyfield Primary School,
Hollyfield Road, Sutton Coldfield,
B75 7SG

To book your place please contact Natalie Clarke on: 0121 752 1920 / 07870981272. Please contact Natalie to see if you are eligible for free courses. Primarily for Parents with children under the age of 18 years old.



What's On?



FREE Arts & Crafts **Chivenor Primary School** **September to October 2023**

Looking to start or change career or just have FUN with learning. Adult course delivered by your local college.

Arts and crafts sessions include topics such as jewellery making, floristry, 3D card designing and so much more. This is a great course to develop skills leading to a career working with children. Take home creative ideas to do with your children and have fun while learning. Free tea and coffee available.

Dates:

Tuesday 19th September 2023

Tuesday 26th September 2023

Tuesday 3rd October 2023

Tuesday 10th October 2023

Tuesday 17th October 2023

Tuesday 24th October 2023



free certificate given

Time: 9.15am - 11.15am

**Address: Chivenor Primary School,
Farnborough Road, B35 7JA.**

To check out if you are eligible for these free courses and book your place please contact Natalie Clarke on: 0121 752 1920 / 07870 981272.

Primarily for parents with children under the age of 18.



What's On?

Developing your skills with children for Nursery, Primary and Secondary School



FREE - Adult course delivered by your local college:

- ◇ Learn skills to support your child with home work and transition.
- ◇ Are you interested in working with children and would like to learn skills to help find work or lead onto further training.

Develop:

- ◇ Your arts and craft skills.
- ◇ Numeracy and literacy skills.
- ◇ ESOL skills - develop every day English vocabulary.

Contact Natalie Clarke (details below) to check if you are eligible for free courses.

Day: Thursdays

Dates: 14/9/23; 28/9/23; 5/10/23; 12/10/23; 19/10/23; 26/10/23

Term Time only - 6 sessions.

Time: 9:30 to 11:30am.

Venue: Falcon Lodge Community Hub, Churchill Road, Sutton Coldfield, B75 7LB.

Contact: Natalie Clarke on 07870981272 / 0121 752 1920 to book your place.



What's On?

L.I.V.E. PROGRAMME

Learning, Independence, Volunteering, Experience

On our **newly launched, person-centred** L.I.V.E. vocational pathways programme, our **dedicated** team work alongside people, **utilising their strengths, building their confidence,** and **developing their skills** and knowledge to help them to achieve their goals.



Our professional team have experience in supporting those from diverse backgrounds and with a range of complex needs, such as poor mental health, learning disabilities and difficulties, ADHD, autism, ASD, etc.

Three pathways (for adults 18+):

Pathway One: 12-week work experience pathway

A gentle introduction to the structured work environment, designed to build the confidence, skills, and knowledge, within our **three social enterprises***:

- Packing, assembly and light engineering (Digbeth)
- Woodcraft - making crafts and larger items for sale (Digbeth)
- Signwriting, engraving, laser printing, badge making (Solihull)

**Any work placements external to Better Pathways are built into the 12-week pathway*

To register for this pathway, participants must:

- have external support in place, such as a social worker, carer, CPN, or primary care case worker
- need the specialist support of Better Pathways to achieve their aims
 - be reasonably dexterous and able to understand and take instruction given the activities they may undertake

What's On?

L.I.V.E. PROGRAMME

Learning, Independence, Volunteering, Experience

Pathway Two: Meaningful day activities pathway

- for participants for whom employment, education and training is not appropriate or desired
- designed to build social skills, resilience and the confidence needed to engage fully at home and in our communities
- included are:
 - activities undertaken in our social enterprises
 - arts, crafts, basic digital skills to enhance activities of daily living
 - local group events, e.g., art galleries, community gardens, seasonal events

Pathway Three: Volunteering pathway

- for participants for whom employment, education and training is not appropriate or desired
- designed to help participants feel a sense of purpose and that they are giving back
- these participants will be a core part of our production team, helping to deliver services to our commercial partners

If you have any questions, or would like to know more about what we do, please contact us at: live@betterpathways.org.uk, or please call us on **0121 773 1455**



BETTER

How to refer

Fees apply.

Please download our

Referral Form from our website:

www.betterpathways.org.uk

and email to

live@betterpathways.org.uk



Building Access

There is wheelchair access, but an assessment of mobility will be necessary following the referral as our buildings do have some accessibility issues

Managing risk

Participants presenting with high risks, e.g., addictions, and aggressive behaviours, will not automatically be excluded. Instead, a risk assessment will be undertaken with referrers and, if possible, mitigations agreed.

SEND Provisions



A NEW online service for **PARENTS & CARERS** ^{of} **CHILDREN WITH SEND**

**We will support
you to navigate
systems:**

- ✓ **Education**
- ✓ **Health**
- ✓ **Social Care**

SEND Family Support Specialists available via phone/video calls

Advice, information, practical assistance and emotional support

Based on KIDS' 50+ years' experience of supporting children, young people and their families across England.

SEND Family SUPPORT ONLINE

FAMILY SUPPORT.KIDS.ORG.UK

This is a new service for parents/carers of children and young people with SEND. Family Support Specialists are on hand to help families across England who are facing challenges in navigating the education, social and health care systems, or within their own family lives. Initial consultations are FREE of charge. Visit [here](https://family-support.kids.org.uk) for more information.

What's On?

Parkride



Join us for an accessible cycling and parkspin session. Sessions are for children and families who are eligible for free school meals, with the aim of building their confidence on our bikes and trikes through inclusive activity.

FREE



All sessions must be pre-booked.

For more information:

☎ 0121 442 2944

✉ parkride@midlandmencap.org.uk



Midland Mencap currently have funding in the Sutton Coldfield area to deliver free sessions of 50 minutes per week up to six weeks these are held at our Clifton road site where they have several accessible trikes and mainstream bikes for all ages.

"There is also an option for us to travel to you if you have a big enough area to try the equipment out and if you have a hall that can be used, we can even do a spin class using the trikes or 2 wheelers. These sessions would be held on a Tuesday morning or afternoon, and we also have a Saturday morning session but the option of traveling to would not be available for the Saturday."

Please contact the address or number in the image above if you would like further details or to take part.

What's On?

WOULD YOU LIKE TO BE PART OF AN INTERGENERATIONAL BEFRIENDING SERVICE?

Age Concern Birmingham is looking for students (aged 18-25) who would like to build communication with socially isolated groups for a 6 month period. The project is keen to promote intergenerational conversation between your age group and older citizens, to combat isolation.

A pairing process will match you with an older adult. Communication methods include phone calls, email and letter writing. Ongoing support will always be available.

For further information call 07930 354885 or email info@ageconcernbirmingham.org.uk

AGEconcern
Birmingham

Benefits include:

- Reduce social isolation
- Improve your language and communication skills
- Enhance your CV
- Develop key skills such as empathy, communication and community awareness



Let's make a difference together!

Food Provisions in Sutton Coldfield

Food Provisions in Sutton Coldfield

Sutton Baptist Church:
Mondays 12–3, Tuesdays–Fridays
10.30–3



Cafe Oasis at Sutton Coldfield
United Reformed Church:
Tuesdays, 11.30–1.30

Hope Food: Tuesdays at Stockland
Green Methodist Church, 10–10.30,
Wednesdays at Falcon Lodge
Methodist Church 2–3, Fridays at Ark
Community Church 12–1



FoodCycle Falcon Lodge:
Mondays from 3pm

Falcon Lodge Pantry is open at Falcon
Lodge Community Hub, Tuesdays
6.15pm–8.15pm and Fridays 1pm–3pm



Food banks and provisions in the local area are open as usual again, including [Sutton Baptist Church](#), [Hope Food](#), [FoodCycle](#) at Falcon Lodge and Cafe Oasis at [United Reformed Church](#).

Early Help Mentoring & Befriending

What is Mentoring?

Mentoring is a relationship between a mentor and mentee (young person) in which both agree to work together to overcome a current issue or achieve an ambition in the mentee's life. The mentors' role is to use their knowledge to help support a mentee in a collaborative way. Goals are decided mutually between the mentee and mentor, giving the mentee ownership of the goals and outcomes while consenting to guidance and support.

Our Aims:

- To empower young people to take ownership of goals and work towards them in a safe and supportive space.
- To have a positive relationship that will foster development and growth for young people.
- To provide space for young peoples' voices to be heard.

About this service

The service is a partnership between Barnardo's, Our Place Mentoring Scheme and Birmingham City University and is part of the Early Help offer in Birmingham.

Mentoring and befriending support will focus on one or more of the following areas:

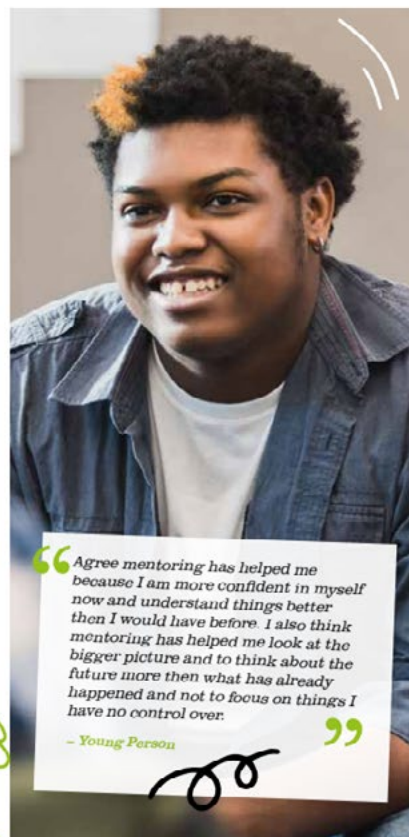
- Health and Wellbeing inc. recreation and sport
- Education and Training
- Family and Relationships
- Coping Strategies
- Aspirations and Interests

We offer between 6 and 12 weekly sessions. These sessions aim to be inclusive and tailored to the young person's needs, learning styles and abilities and usually will take place in an agreed safe space such as school or community venue.

The mentoring team is made up of both specially trained paid mentors and volunteers' mentors. Each mentor in the team brings different skills and experiences to the mentoring process making sure each young person gets the best match and outcomes.

Who is this service for?

Birmingham Residents aged 11-19 (and up to 25 with additional needs) who are struggling with a particular issue in their life or wants to work toward goals on one or more of the above areas.



How do you access this service?

To make a referral to Barnardo's Early Help Mentoring and Befriending Service complete a Family Connect Form via this Early Help link: www.birmingham.gov.uk/covid19cypf
This is an Early Help service, so our Mentors work alongside lead professional/s as part of a family's Early Help Assessment and plan.

For more information

on accessing the service, eligibility criteria, making a referral etc. please contact the team

Rupertstreetadmin@
barnardos.org.uk
0121 359 5333

Believe in
children
Barnardo's

www.barnardos.org.uk

Barnardo's Registered Charity Nos 216250 and SC037605 23885123



for Birmingham young people 11+

In partnership with

Birmingham
Children's Partnership

OUR PLACE

BIRMINGHAM
CHILDREN'S TRUST

BIRMINGHAM CITY
Unite City

Believe in
children
Barnardo's

Warm Spaces in Sutton Coldfield

Warm Spaces in Sutton Coldfield

Birmingham's Warm Welcomes network has more than 100 spaces offering activities, community and support since it was launched in October.

As of 20th December 2022, a total of 117 council, community, faith and third sector spaces had joined the network to offer a Warm Welcome to anyone.

**Sutton Coldfield Library,
see website for timings**

**Wyndley Swimming Pool,
see website for timings**

**Age Concern Boldmere
Tuesdays 10–12**

**Falcon Lodge Compass Support,
see website for timings**

**Chester Road Baptist Church
Wednesdays & Fridays 9–3,
Thursdays 11–3**

**Sutton Coldfield Baptist Church
Tuesdays & Fridays 10–12**

**Bright Young Minds
Tuesdays & Thursday 10.30–2.30,
Saturdays 11–5**

**St Peters Church
Mondays 10–12**

**St Nicholas Catholic Church
Wednesdays 10.30–4.30**

**Wylde Green United Reform
Church Saturdays 10–1.00**

**St Johns Church
Tuesdays 10–1.30**

**St Michaels Place of Welcome
Fridays 9.30–11.30**

**St Columba's Church Hall
Fridays 10.30–12.30**

**Falcon Lodge Chapel
Tuesdays 10.30–3.30**

See [birmingham.gov.uk/directory/73/warm_welcome_spaces_in_birmingham](https://www.birmingham.gov.uk/directory/73/warm_welcome_spaces_in_birmingham) for full details



EHPSC
Early Help Partnership Sutton Coldfield

How to access support

Early Help is here to make sure services are accessible for your family when you need support.

You can access the **Family Connect Form** [here](#).

Fill in your details and what support you're looking for and we will be in touch.



If you need more information, or support filling out the form, contact your Community Connectors on:

communityconnectors@ourplacesupport.org

We also welcome responses to our **Parent Survey**. All feedback is encouraged, including what's difficult and/or working well for you.

Let us know how we can support you:

<https://kwiksurveys.com/s/bWIJVN6Q>