BC14 NEWSLETTER

Friday 6th November 2026

Message from Mr Clarke, Acting Assistant Principal

As we enter a busy and purposeful stretch of the autumn term, our school calendar brings together several important moments for reflection, action, and preparation.

November is traditionally the month in the Catholic Church where we remember the Holy Souls. In the coming weeks, our community will pause for Remembrance Day to honour those who have gone before us and to give thanks for the love, guidance and faith they have left in our hearts. While remembrance can bring moments of sadness, it is an act of profound hope and prayer. Students will take part in Remembrance assemblies and be given the opportunity to write their own remembrance prayer.

This month, our school is also highlighting Men's Health Awareness Month. As a school community, we continue to encourage our young people to reach out, talk and support one another. Small acts of kindness and care can make a powerful difference. Next Friday, 13 November, we will be celebrating World Kindness Day, embracing our diocesan mission of 'Kind Hearts'. As a school we will be recognising and celebrating the many acts of kindness that take place across our school community every day.

In this month of Men's Health awareness, we want to encourage all the fathers, grandfathers, brothers, uncles, and male staff and students in our community to prioritise their well-being and engage in conversations around their health.

Students have made a positive start to the year with attendance, and we thank you for your continued support with this. This term includes lots of exciting attendance prizes as in December we have our "12 days of attendance prizes" with more details to follow later this term.

Pope Leo's prayer intention for November is for the proper use of wealth. Let us pray for the proper use of wealth, that not succumbing to the temptation of selfishness, it may always be put at the service of the common good and solidarity of those who have less.
Amen,

As a concrete expression of our faith, we are officially launching our annual School Christmas Appeal. True charity means seeing the face of Christ in those who are struggling. For many families in our local community, this time of year brings financial hardship. Starting next week, we will be inviting students to bring in new, unwrapped toys or gifts suitable for children and teenagers. We thank you in advance for your immense generosity, which ensures that every child in our wider community experiences the warmth and joy of Christmas.

Finally, we want to acknowledge our students who are preparing for upcoming examinations as students across year groups are currently preparing for mock examinations and key assessment points this term. Students have received all details of exams and revision materials, and these are also available on the school website. We wish all of our students the best of luck with these assessments and support with revision is available in school.

May this month of remembrance be one of renewal, kindness and hope for all our families.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen."

YEAR 13 ASSESSMENTS

Please follow the links below for subject information and guidance on the upcoming Year 13 assessments.

https://bishopchalloner.org.uk/sixth-form/external-examinations/year-13-assessments

YEAR 7 AND 9 ASSESSMENTS

Please follow the links below for subject information and guidance on the upcoming Year 7 and 9 assessments.

Year 7 -https://bishopchalloner.org.uk/examinations-information/year-7-assessments

Year 9 - https://bishopchalloner.org.uk/examinations-information/year-9-assessments

SIXTH FORM NEWS

CELEBRATING OUR GOLD STANDARD STUDENTS

We are delighted to celebrate the students who achieved our Gold Standard during the last half term. Congratulations to everyone who met the high expectations and demonstrated the commitment, responsibility and positive attitude that we value so highly in our Sixth Form.



The gold standard recognises the importance of excellent attendance and punctuality, staying on top of independent study and homework, maintaining a positive approach to learning and being a role model within our Sixth Form community. It is about developing the habits and attitudes that will help you succeed, both now and in the future.

As we begin a new half term, the opportunity starts again for everyone! Students have another chance to demonstrate these high standards and earn their gold gtandard recognition, with the next rewards taking place in January.

We look forward to seeing even more students rise to the challenge. Remember, it's about consistency, commitment and taking pride in everything you do.

LOURDES 2027 – AN OPPORTUNITY TO MAKE A DIFFERENCE

We have recently launched an exciting opportunity for students to join the Lourdes pilgrimage in Easter 2027, working alongside the HCPT charity to support children with additional needs and help them enjoy this very special pilgrimage.

It was wonderful to hear from our Year 13 students, Cara McC and Beatrice M, who spoke brilliantly during a Year 12 assembly about their own experiences of the pilgrimage last year. Their enthusiasm and reflections gave students a real insight into what makes this experience so special.

Any Year 12 students interested in finding out more about joining the 2027 pilgrimage should speak to Mr Rowan.

UGANDA 2027 - CHALLENGES ABROAD

Congratulations to the Year 12 students who have been successfully selected to take part in our Uganda 2027 expedition!

The applications we received were of an excellent standard and demonstrated a real understanding of global citizenship, cultural awareness and, importantly, the purpose of this experience. It was fantastic to see students engaging so thoughtfully with what the trip represents and the opportunities it offers to learn, contribute and make a difference.

This is an exciting opportunity for those selected, offering the chance to develop new perspectives, embrace different cultures and grow in confidence and independence.

We look forward to sharing further updates about the expedition and the students' preparation in the months ahead.

MAKING A DIFFERENCE – STEM CELL DONATION AWARENESS

We recently welcomed external visitors into the Sixth Form to talk to students about stem cell donation and how they could get involved, either now or in the future.

It was fantastic to see so many students showing an interest, asking thoughtful questions and learning more about how stem cell donors can make a potentially life-changing difference to people in need of a transplant.

Opportunities like this highlight the importance of looking beyond ourselves and recognising how small actions can have a significant impact on others. It was particularly encouraging to see so many students engaging with a cause that has both local and national importance.

Thank you to our visitors for taking the time to raise awareness and to all the students who showed such positive interest. This is a wonderful example of our ASPIRE value of Service to Others in action.

CELEBRATING SUCCESS – REWARD ASSEMBLIES

We started the new half term by taking time to reflect on and celebrate the many positive contributions made by our students during the first half term. Our reward assemblies provided an opportunity to recognise those who have gone above and beyond and to celebrate the achievements, attitudes and behaviours that make our Sixth Form community so special.

Congratulations to all the students who received certificates and recognition in line with our ASPIRE values:

Ambition – striving to achieve your very best.
Service to Others – making a positive difference to those around you.
Progression – showing commitment to personal and academic development.
Independence – taking responsibility for your learning and decisions.
Role Model – setting a positive example to others.
Excellence – consistently aiming for the highest standards.

We are incredibly proud of the students recognised and encourage everyone to continue demonstrating these values throughout the year.

A reminder to parents and carers that you can keep up to date with your child's progress and see the positive logs awarded by staff through our ClassCharts platform. These provide a useful insight into the fantastic contributions and achievements taking place across Sixth Form.

Bishop Challoner
Sixth Form College

APPLY NOW

PRIORITY DEADLINE
Friday 4th December 2026

MEET THE SIXTH FORM
Thursday 10th March, 4pm-5.30pm

SCAN TO APPLY



CATHOLIC LIFE

CHAPLAINCY TEAM

We would like to introduce our Student Chaplaincy Team. We received a phenomenal number of applications this year, and were greatly impressed by the faith, commitment, and enthusiasm shown by all applicants. Congratulations to those appointed, and thank you to everyone who applied and demonstrated a willingness to serve our school community.

Y7: Arthur, Aidan, Reuben, Fealan, Sonia, Nathan, Ellie-Mai, Aoife, Dominic, Alfie, Florence, Kimarnie-Mae, Mirabel, Florence and Eve.

Y8: Helena, Atiyeh, Orlaith, Cece, Edwin, Grace, Davina and Olivia.

Y9: Poppy, Tom, Monet, Temperance, Felipe, Maddison, Samuel, Erin, Peyton, Astrid and Verity.

Y10: Brooke, Kiryah, Katy, Tyrese, Mary, Tajah, Munana, Reuben, Yankee, Ceasar and Niamh, Jayan.



THE MONTH OF THE FAITHFULLY DEPARTED



November is the Month of the Faithful Departed, a special time when we remember our loved ones who have died and hold them in our prayers. As a school community, we give thanks for their lives and entrust them to God's loving mercy, finding hope in Christ's promise of eternal life.

This week, Fr Toby celebrated a Mass for our deceased loved ones with our Form Faith Ambassadors and Student Chaplaincy Team. The voluntary Mass was attended by over 70 students, reflecting the strength of faith within our school community. It was a prayerful and deeply moving occasion, with students helping to prepare and lead the liturgy. We were especially touched by the many names of loved ones submitted by students and staff to be remembered during the Mass.

Throughout November, a Book of Remembrance is available in the chapel, and we warmly invite students, staff, and families to add the names of those they would like remembered in prayer. May this month be a source of comfort and hope as we remember those who remain forever in our hearts.

SACRAMENT OF RECONCILIATION

This week, we began our Reconciliation services, which will continue throughout Advent as we prepare to celebrate the birth of Christ at Christmas. Before receiving the Sacrament of Reconciliation, students spend time in silent reflection and are guided through an Examination of Conscience, helping them to approach the sacrament thoughtfully and sincerely.

It is always encouraging to see so many students taking this opportunity to experience God's mercy and forgiveness. We are grateful to Fr Toby, Fr Michael from St Dunstan's Church and Fr Benneth from St Thomas More for generously giving their time to support this important part of our Advent journey.



WINTER DONATIONS



Thank you for your generosity in donating bags and coats to our winter collection for local charities. As always, we have received a wonderful number of donations, demonstrating our commitment to living out our Catholic mission of service to others. As Jesus reminds us, "When I was naked, you clothed me." Thank you for helping to make a difference to those most in need.

GREEN-FINGERED ECO REPS



A huge thank you to our green-fingered Eco Reps, who have made a wonderful start in bringing new life to the Peace Garden by the chapel. Their hard work weeding and tidying the garden is already making a real difference. As we continue the Year of St Francis, marking 800 years since his death, we are reminded of his love for creation and our own call to be faithful stewards of God's gifts. Through their work, our Eco Reps are putting Catholic Social Teaching into action by caring for our common home.

MEMORIAL MASS FOR FR CHRIS FITZPATRICK

This week, we were honoured to attend the memorial Mass for Fr Chris Fitzpatrick at St Chad's Cathedral, where we prayed for the repose of his soul and gave thanks for his many years of devoted service to St Dunstan's Parish and to Bishop Challoner Catholic College as a Foundation Governor.



Fr Chris was parish priest at St Dunstan's for many years and will be fondly remembered by many families and members of staff. For many of us, deciphering his sermons through his distinctive Kerry accent was a lifelong mission, remembered with great affection and a smile.

Quite simply, without Fr Chris, the Bishop Challoner we know today would not exist. His vision and generosity played a crucial role in establishing our sixth form and making our sports hall possible.

His legacy, however, extends far beyond buildings. Fr Chris was a kind, wise and compassionate priest who believed deeply in young people and in the transformative power of Catholic education. He served as a foundation governor at Bishop Challoner for many years and later as a director of John Henry Newman Catholic College after moving to St Anne's Parish in Chelmsley Wood.



The young people who flourish in our community today are part of the lasting legacy he leaves behind. We remember him with deep gratitude and affection, and we pray that he may now enjoy the peace and fullness of eternal life.

May he rest in peace.

RED WEDNESDAY WEDNESDAY 18TH NOVEMBER

Red Wednesday is an annual initiative led by Aid to the Church in Need, raising awareness of Christians and others around the world who suffer persecution or discrimination because of their faith. To mark this day, students are invited to wear an item of red and make a £1 donation in support of persecuted Christians around the world. Red bracelets and wristbands will also be available to purchase in the lead up to the day. Payments can be made either in cash or via Schoolcomms. On Red Wednesday itself, there will be activties and prayers in the chapel and Ellen and the Student Chaplaincy Team will be celebrating a special Mass at St Chad's Cathedral. Thank you for your support as we stand in solidarity with those who suffer for their faith.

STUDENT REWARDS

MOST POSITIVE LOGS	
YEAR GROUP	W/B 19/10/2026
YEAR 7	Ehizele B Omar Y Enya B-T Robert E Lilah Jade B Machair G Florence G
YEAR 8	Cecilia T Ingyeol H Conor C Augusta A Roisin F Joseph A
YEAR 9	Noel C Hlib H Joey F Nina B Milaan L Mia F Sapphire N-B

7BER CAKE SALE

A huge well done, and many thanks to 7BER who raised £31.06 through the cake sale. A stellar effort, especially for a charity event on the second day back from half term!



ASSEMBLY AND FORM RESOURCES

This week, our school community has taken time to reflect on the importance of remembrance, peace and understanding through our whole-school assembly and form-time activities.

In our remembrance assembly, students explored the theme 'A Community That Remembers', reflecting on the courage and sacrifice of those who served during times of conflict, as well as the lasting impact of war on families and communities. Through Paul Nash's powerful painting 'We Are Making a New World', students considered both the devastation of conflict and the importance of hope and renewal.

We reflected on the symbolism of the poppy and the words of Jesus, "Blessed are the peacemakers" (Matthew 5:9), encouraging students to recognise that remembrance is not simply about honouring the past, but also about the choices we make today. Students were challenged to become peacemakers through kindness, compassion, forgiveness and standing up for what is right, linking to our faithful virtue of being faith-filled.

In form time, students participated in an interactive cultural literacy challenge, 'Crack the Cultural Code', exploring traditions from around the world, including Thailand's Loy Krathong festival, Japan's Obon and All Saints' Day traditions in Poland. Through quizzes, discussions and cultural clues, students discovered how different communities express shared values of remembrance, hope, gratitude and belonging.

These activities reinforced our faithful virtue of understanding, encouraging students to celebrate diversity, challenge assumptions and show respect for different cultures and beliefs.

Together, our assembly and form-time programme reminded students that although our traditions and experiences may differ, we are united by the values of kindness, respect and community.

"We do not have to be the same to belong together."

LOST PROPERTY

We will be displaying lost coats and water bottles on the decking from Monday 9th November to Wednesday 11th November.

We encourage students to take the opportunity to have a look through the items and reclaim any belongings.

Please note any unclaimed items remaining after Wednesday 11th November will be donated to charity.

UNIFORM STANDARDS

Students are required to wear the standard uniform of blazer, tie, white/blue shirt with black straight leg school trousers (not skinny or boot cut) or girls can wear a knee length black pleated school skirt. Girls are also reminded that if they choose to wear a skirt, then they should wear plain, black, opaque tights. Students are reminded that black leather school shoes should be worn and that trainers/trainer style shoes are forbidden.

Please note that school shoes must be kept completely black and boots of any kind are not allowed.

Our uniform requirements are complemented by a smart appearance and as such, hair styles should not have a distinct contrast in length. Hair that is dyed must be of a natural hair colour and may not contain more than one colour. To avoid a health and safety risk, long hair must not impede vision or cover the face, except for a fringe which must not cover the eyes. Long hair must be tied up for practical lessons. Religious head coverings must be black and securely tied for practical lessons. Hair bands or accessories must be for functional use to secure the hair . Where hairbands are worn they must be black. Headwear that has religious or cultural purpose should be black. The final decision as to whether a particular haircut/style is appropriate is at the discretion of senior staff.

Make up, nail varnish and jewellery are not permitted, with the exception of one pair of plain stud gold or silver earrings which may be worn.

Students found to be wearing an inappropriate item of uniform may be asked to change this or, in some cases, parents/carers will be contacted and requested to bring replacement uniform to school.

We appreciate your support in ensuring that standards of uniform and appearance are maintained.

REPORTING AN ABSENCE

All students are required to attend school/college on time every day. If for any reason your child is unable to attend, please ensure that the school attendance policy is followed, and their absence is reported before the START of the school day (8.40am) and on each day of absence. Please provide a reason for their absence and the likely length of absence, if known.

To report an absence please call the main school number 0121 444 4161 and select the correct option for your childs year group.

If you receive a text message or phone call from school/college because you have not reported your child's absence, please contact us on the most appropriate number as detailed above as soon as you can.

Thank you for your co-operation.

ONLINE SAFETY

Please follow the link below for advice and guidance on online safety topics:

https://www.childnet.com/help-and-advice/parents-and-carers

SCHOOL REMINDERS

CONTACTING SCHOOL

Communication between home and school is very important. In the event that you need to contact school please be reminded of the following procedures.

School telephone number- 0121 444 4161

Option 1- To report an absence
Option 2- Head of Year/Pastoral concerns/enquiries
Option 3- Sixth Form enquiries

HEAD OF YEAR CONTACT

All Heads of Year and Assistant Heads of Year have teaching commitments; therefore, any Head of Year/ Pastoral enquiries should be directed through Option 2 for students in Year 7-11 or option 3 for students in Year 12 or 13.

If student services staff are not available to answer your call in person, please leave a message with the nature of your enquiry/concern and you will get a call back from the most appropriate member of staff at their earliest convenience. We aim to respond to all contact by the end of the next working day.

SENIOR STAFF CONTACT

Contact with Head of Year and/or Head of Department is expected to have been made before issues are escalated to Senior staff. Should you need to speak to a Senior member of staff, please contact school by phone and select Option 2 or 3, depending on the year group of your child and request a call and the most appropriate Senior member of staff will contact you at their earliest convenience.

MEETING STAFF

Any requests for a face to face meeting with staff should be made using the same contact details as above. Please ensure that the purpose of any meeting request is made clear. A member of staff may contact you before a meeting is arranged if more information is required.

Please do not attend school without an appointment unless there is a safeguarding emergency.

SAFEGUARDING CONCERNS

If you have any safeguarding concerns please contact school and ask to speak to a DSL (Designated Safeguarding Lead.) Mrs Peckover is the Senior DSL.

FIRST AID INFORMATION AND PROCEDURES

All medication must be handed into First Aid and must not be carried by students. Exceptions are EpiPens, asthma inhalers and insulin. Tranexamic acid may be permitted in special circumstances.

Please ensure we have up-to-date medical and emergency contact information. Notify First Aid via the school enquiries email or main school telephone number if your contact details or your child's medical circumstances change.

Students should bring a refillable water bottle to school. Water stations are available, or drinks can be purchased from the canteen.

Students with asthma must carry their own inhaler, including on off-site activities and school trips.

Parents/Carers of students with allergies must provide antihistamine medication to First Aid. Students with anaphylaxis must have antihistamine in addition to their EpiPen.

We do not provide liquid paracetamol, such as Calpol. If your child cannot take tablets, please provide clearly labelled Calpol to First Aid. This will be stored securely for your child's use only.

STUDENTS WITH ASTHMA

All students with an Asthma diagnosis must be provided with an in date inhaler to school this must be carried on their person and provided for all trips and offsite activities.

Any child with an Asthma diagnosis must have an annual review and a care action plan provided to school by their doctor or Asthma nurse.

Please check with your doctor they have an actual Asthma diagnosis and provide the care plan to school.

If your child has not got a diagnosis or no longer needs an asthma review and does not need to carry an inhaler, once checked with your doctor, please inform the school via email to; enquiry@bishopchalloner.bham.sch.uk, or send a letter for the attention of first aid and we can amend our medical records accordingly.

In order for students to participate safely with offsite activities including PE fixtures, PE lessons and trips the correct medication and care plan must be provided.

SCHOOL YEAR 26/27

AUTUMN TERM 2026
Term ends: Thursday 17 December 2026

SPRING TERM 2027
Term starts: Monday 4 January 2027
Half-term: Monday 15 February 2027 - Firday 19 February 2027
Term ends: Thursday 25 March 2027

SUMMER TERM 2027
Term starts: Monday 12 April 2027
Half-term: Monday 31 May 2027 to Friday 4 June 2027
Term ends: Tuesday 20 July 2027

INSET DAYS
Friday 23 October 2026
Friday 18 December 2026
Wednesday 3 February 2027
Friday 30 April 2027
Wednesday 21 July 2027





BISHOP CHALLONER CATHOLIC COLLEGE - P.E. EXTRA CURRICULAR PROGRAMME:

	Times:	SPORTS CENTRE:	PLAYGROUND/OTHER:	IRISH CENTRE:	STUDY SESSIONS:
MONDAY	8-830	Y9 & 10 FOOTBALL ALL STUDENTS WELCOME MS HUNTER			WK1 - BTEC SPORT MR BRADE C2
	320-430	TEAM TRAINING			WK2 - GCSE PE MR O'CONNOR E2
	430-530				
TUESDAY	745-830	RACKET SPORTS ALL STUDENTS WELCOME MS ELLIS			WK2 - OCR SPORT MS WILSON
	320-430	VOLLEYBALL ALL STUDENTS WELCOME MR EBRAHIM			
	430-530				
WEDNESDAY	745-830	NETBALL ALL STUDENTS WELCOME MRS WILSON & MS HOLT	DARTS (CHANGING ROOMS) ALL STUDENTS WELCOME MR BRADE		WK1 - A LEVEL PE MR NOONE PE1
	320-430	GIRLS FOOTBALL ALL STUDENTS WELCOME MS RIGBY	JUJITSU ALL STUDENTS WELCOME MR MANN		WK2 - BTEC SPORT MR WILSON C2
	430-530				WK2 - HEALTH & SOCIAL CARE MRS MOON HS1
THURSDAY	745-830	BASKETBALL ALL STUDENTS WELCOME MR NOONE & MR MURPHY			
	320-430	CRICKET ALL STUDENTS WELCOME MR CARTER			WK1 - HEALTH & SOCIAL CARE MS RIGBY & MS HUNTER HS1
	430-530				
FRIDAY	745-830	YEAR 7 & 8 FOOTBALL ALL STUDENTS WELCOME MR WILSON			
	N/A				
	N/A				

AUTUMN TERM 2	
Every Tuesday	Rosary
Every Thursday	Community Mass - 11.30am
Monday 9th November - Friday 13th November	Year 11 Practical Food Exam
Wednesday 11th November	Form Faithfuls Mass
Thursday 12th November	Year 10 Maths Challenge Final Preparation Visit Year 11 Aspirations Programme
Friday 13th November	World Kindness Day
Monday 16th November	Anti-bullying Week
Tuesday 17th November - Wednesday 18th November	Year 10 Maths assessments Year 8 and 10 Reconciliation Year 11 Sixth Form Visit
Wednesday 18th November	Red Wednesday Mass Trip
Thursday 19th November	Year 11 and 12 Maths Inspiration Trip Year 11 Sixth Form Visit Year 9, 10 and 11 Maths Challenge
Friday 20th November	KS5 Debate Trip Year 10 Maths assessments
Monday 23rd November - Wednesday 25th November	Alton Castle Visit
Monday 23rd November	KS3 D&T Rewards Trip
Tuesday 24th November	Year 7 and 9 Reconciliation
Wednesday 25th November	Dementia Trip to the Irish Centre Whole School Council Meeting
Thursday 26th November	8BOS Candy Cane Sale Year 7 Animal Experience
Monday 30th November - Wednesday 16th December	Year 11 Mocks Window
Monday 30th November	Year 10 Jewellery Quarter Visit
Wednesday 2nd December	Biology Sprint Day Year 7 and 9 Reconciliation Sixth Form Rudolph Run
Thursday 3rd December	Sixth Form Parents Online - Supporting students with preparing for exams Year 7 Disco Tuck Shop Year 7 Disco, 5.30pm-7.30pm
Wednesday 9th December	Sixth Form Reconciliation
Thursday 10th December	Year 9 Christmaths
Friday 11th December	School closed for Year 7, 9 and 10 Parent Consultation
Monday 14th December - Wednesday 16th December	Biology Sprint Day Year 12 London Art Trip
Tuesday 15th December	7SEB Charity Cake Sale Sixth Form Christmas Mass Sixth Form Christmas Quiz Year 7 and 8 Christmas Mass
Wednesday 16th December	Year 11 Christmas Mass Year 9 and 10 Christmas Mass
Thursday 17th December	Christmas Jumper Day, £1 Charity Donation 9CEC Charity Christmas Hamper Raffle Christmas Dementia Trip
Friday 18th December	INSET Day - School closed

COLUMBAN MISSIONARIES
BRITAIN

FINANCE OFFICER

12-MONTH FIXED-TERM CONTRACT
CLOSING DATE: 10TH NOVEMBER 2026
WWW.COLUMBANS.CO.UK



BIRMINGHAM MOSELEY
MINIS & JUNIORS

GIRLS.

YOUR TEAM IS WAITING.

SAME GAME MORE GIRLS



4 FREE TASTER SESSIONS
Reception to Year 11
No experience needed

SCAN TO JOIN

ONE CLUB. ONE FAMILY. **ONE COMMUNITY**

BIRMINGHAM MOSELEY
MINIS & JUNIORS



MORE THAN A TEAM.

PLAY AT SCHOOL. GROW AT MOSELEY.

U13s & U14s

Already playing rugby at school? Build your skills, challenge yourself and discover what club rugby has to offer.

4 FREE
TASTER SESSIONS
YEARS 8 & 9 | ALL ABILITIES

SCAN TO JOIN

ONE CLUB. ONE FAMILY. **ONE COMMUNITY**

COOKING WORKSHOPS | NHS DIABETES SUPPORT

WISE

Women's Information, Support and Education for Diabetes

Family Wellbeing Zone

A free 3-week course will include cooking sessions, NHS Health Checks, and personalised diabetes health advice

Join us on Thursday mornings at venues across Sparkbrook, Sparkhill, Balsall Heath, and Hall Green

FREE

Eligibility Criteria:
- Women living in Hall Green Locality
- Aged 18-45
- Experiencing either pre-diabetes, have a history of gestational diabetes or are living with type 1 or type 2 diabetes

Individuals must also be living with at least one additional need, including:
- obesity
- poor mental health
- learning disability
- autism
- hearing loss
- sight loss
- epilepsy
- thalassaemia trait
- sickle cell trait

Childcare Provided

How Do I Join?
If you or someone you know would like to take part in our course, please scan the QR code or follow the link below to complete the referral form

We will then contact you with information about the course venue, date, and time

Referral Form:

Referral Link: https://forms.cloud.microsoft/e/NLEgfTChrW

Contact Us
E: familywellbeingzone@greensquareaccord.co.uk
W: www.familywellbeingzone.org.uk

NHS | Green Square Accord | Hall Green