

WE ARE HERE TO HELP



Thank you for reading **Hall Green** and **Selly Oak** Early Help Teams monthly newsletter! Please read on to see what our two localities have on offer.

'Early Help' is a city-wide approach which aims to connect families with local community support services. This is a partnership of Birmingham City Council, Birmingham Children's Trust, NHS organisations, West Midlands Police, and BVSC on behalf of the voluntary sector.

The Early Help Partnership support hundreds of local families with a wide range of challenges. Read on to discover what's on in the local area, including activities for children and young people and provisions for families.

If you would like to feature on next month's newsletter, please email

hallgreen.families@greensquareaccord.co.uk

- Follow our social media -



@hallgreenfam
@sellyoakfam

May
2024

HOW TO REQUEST SUPPORT FROM YOUR EARLY HELP LOCALITY

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

[Family Connect Form - for Professionals](#)

If you are a parent, please complete the self-referral FCF
[Family Connect Form - Self Identification](#)

[To help you to complete the Family Connect Form, see the guidance and a sample completed form](#)

| |
|--|
| Please tell us about the family's needs |
| What's Working Well? |
| What are the family's strengths/ positives? What are the family's current connections like? (e.g. family/friends/community networks) What are the views of the family? Please describe what is working well |
| <input type="text"/> |
| What are you Worried About? |
| What is the information we have regarding the family's needs? What are the concerns/ issues for the child(ren)/family? What are the views of the family? Please describe what we worried about |
| <input type="text"/> |
| What Needs to Happen? |
| What do you think would help to meet the needs of the family? What support would help the family to make the changes/ meet their needs? What are the families views? Please describe what needs to happen |
| <input type="text"/> |

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





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



Follow @ SparkbrookCZ
Email scz@greensquareaccord.co.uk
Visit www.hallgreencommunities.org.uk/scz

Sparkbrook Children's Zone is a clinic where children aged 0 to 16 can meet with a children's doctor and nurse, as well as Early Help. To make an appointment contact your GP* and ask for a Sparkbrook Children's Zone appointment.

- Mondays at **Balsall Heath Centre** – by appointment only
- Wednesdays 9am to 12pm at **Balsall Heath Medical Centre** – drop-in, no appointment necessary.
 - Thursdays at **Sparkbrook Medical Centre** – by appointment only

****child must be registered at specific GP practises, for more information please see [Sparkbrook Children's Zone – Hall Green Communities](#)***

Follow us on **@SparkbrookCZ** on Facebook, Instagram and X for health messages and upcoming outreach activities!



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



**Green
Square
Accord**



**Hall Green
Families**

**Selly Oak
Families**

EVENTS



The poster features the Sparkbrook Children's Zone logo at the top left, which includes a stylized figure in a wheelchair. To the right of the logo are six colorful human figures in various poses. The main text is centered on a blue background, stating the event title, date, time, and registration link. At the bottom, there are logos for several partner organizations.

Sparkbrook
Children's
Zone

**Sparkbrook Children's Zone
Outreach Offer**

An online event for professionals working with Children,
Young People and Families.

Thursday 16th of May
10am-11am

Register:
<https://forms.office.com/e/3EdqbHc09e>

Join us to learn more about Sparkbrook Children's
Zone's outreach offer

Green Square Accord, Birmingham Children's Partnership, SDS, NHS Birmingham Women's and Children's, Birmingham and Solihull Integrated Care System

We're hosting our second SCZ online event next month and would love you to join us!

Sparkbrook Children Zone - **Outreach Offer Online Event**

This online **event is for professionals working with Children, Young People and Families**. Join us on **Thursday 16th of May at 10am** for an online session on the work SCZ is doing in the community through our outreach offer. You will also learn more about our current workshops and how this work supports the health of children and families. This event is for professionals working with children and young people in Sparkbrook, Sparkhill and/or Balsall Heath. SCZ are working with Community Partners to improve health comes including:

1. Healthy Eating Habits workshops for parent carers of children age up to 11 years old.
2. Participations for Healthy Habit workshops for children and young people age over 11.
3. Supervised Brushing for children aged 3 to 4
4. Support for parents/ carers around childhood immunisations.

Learn more about our community outreach offer. Plus meet our team and log your interest in becoming one of our partners!

To register – <https://forms.office.com/e/3EdqbHc09e>





Hall Green Family Hub has **LAUNCHED!**

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

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

Hall Green's Family Hub will be based at St Paul's Children's Centre, Malvern St, Balsall Heath, B12 8NN with Springfield Children's Centre, Moseley, B13 9NY as a satellite hub! Hall Green Families and Sparkbrook Children's Zone teams were invited to the launch event which was busy with families from across the locality! We are looking forward to supporting our Family Hub over the coming months.





Are you a young artist aged 6- 12 and want to create paintings, sculptures, crafts and textiles?

THEN COME AND JOIN

Art Club

**EVERY MONDAY
4.00PM- 6.00PM**

THE SPRINGFIELD CENTRE

**SIGN UP AT RECEPTION FOR FREE
OR CALL: 0121 7772722**



Registered Charity NO: 1131274

wesleyan
HOLINESS CHURCH
MOSELEY

FOODSHARE

FREE

 @moseleywesleyan

 moseleywesleyan



HOT MEALS & GROCERIES EVERY WEEK

For more info call

07732 812670

(Referrals welcome)

www.moseleywesleyan.org

Moseley Wesleyan Holiness Church, 27 Cromers Road, B12 9QT

T: 0121 440 5710 E: info@moseleywesleyan.org



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Kids Disabled children say we can

Somali SEND Support Group

A Special Educational Needs and Disability coffee morning organised by Kids and supported by the Birmingham Parent Carer Forum for the Somali community

Project Somali, Behind Carlton Solicitors
503 Coventry Road, B10 0LL

| | | |
|------------------------------------|----------------------------------|-----------------------------------|
| Monday 29th April 10:00 - 12:00 | Monday 20th May 10:00 - 12:00 | Monday 24th June 10:00 - 12:00 |
|------------------------------------|----------------------------------|-----------------------------------|

- Meet other Somali SEND parents and support each other
 - Have the opportunity to speak with a send navigator from Kids West Midlands in a 20 minute one to one session with a translator available.
 - There will be toys and activities for preschool children
- Contact Kids 0121 355 2707 or Birmingham Parent Carer Forum 07842706112 for more information



NEW!

NHS
Birmingham
Community Healthcare
NHS Foundation Trust

Children's Occupational Therapy advice line

Launches: 9th September 2019

An Occupational Therapist will be able to offer practical therapy advice, strategies and support to schools, parents/carers and other professionals in relation to a child's/young person's functional and independence skills.

The phone line will be open Monday-Friday, 9am-4pm

The child or young person must be:

- Aged 0-18 years (up to 19 only if in full-time special school education)
- Registered with a Birmingham GP

Phone number: 0121 683 2325



TEEN AUTISM CONFIDENT

Birmingham and Solihull 13 -18yrs

Teen Autism Confident is a free 8-week program, with one-to-one meetings for participants on the first and last week, and 6 group sessions. The courses have up to 10 participants per program.

This course offers an opportunity to learn more about autism in a small, supportive, group setting. It provides an opportunity to discuss individual experiences, hear the experiences of others, and identify strategies that could help in your day-to-day life.

Who can attend:

- Teenagers (over 13 years) with an autism diagnosis
- Your post code comes under Birmingham or Solihull council.
- You are able to commit to attend weekly sessions.

Topics covered:

- Understanding Autism
- Social Communication
- Sensory Awareness
- Anxiety
- Self-esteem, Self-image and happiness
- Transitions, Change and the Future

**Sign up for:
Online sessions,
Kings Norton
location or Solihull
location**

**The course start
date will be
between now and
JAN 2025.**

If you have any questions please contact Amy at amys@autismwestmidlands.org.uk

Nurturing ADHD kids

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

LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

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

In this 6 week course, you will

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

Phone: 0731 116 7485

Email: contactus@brewseducation.org

Birmingham Resilience Education and Wellbeing Services CIC

What parents have said about this course

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

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

Very informative, friendly, no pressure, enjoyable sessions

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



Supported by



If it says **SOLD OUT**, email us directly Contactus@brewseducation.org and we can send you the Zoom link



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DIABETES DURING PREGNANCY

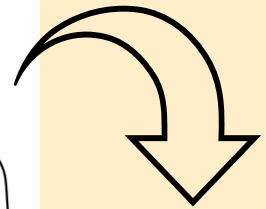
DR AISHA JANJUA (BWH) CONSULTANT OBSTETRICIAN &
DR JONATHAN WEBBER (QE) CONSULTANT
DIABETOLOGIST

 22 MAY 2024

12pm - 2pm 



 ONLINE



[Link to register](#)

TOPICS INCLUDE:

WHAT PUTS ME AT RISK?

WHAT CAN I DO TO LOWER MY RISK?

HOW DOES GESTATIONAL DIABETES (GDM) AFFECT MUM
AND BABY ?

LONG TERM RISKS

Q&A (open discussion with staff)

REGISTER NOW



<https://shorturl.at/wyFIM>



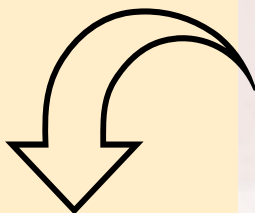
PHYSICAL CONNECTION BETWEEN SPOUSES AFTER BABY ARRIVES

BY ABEDA AHMAD (PSYCHOSEXUAL AND
RELATIONSHIP THERAPIST)

"HOW TO REKINDLE INTIMACY AFTER BABY "

SPIRITUAL AND PSYCHOLOGICAL ASPECTS OF PHYSICAL
CONNECTION BETWEEN SPOUSES

COUPLES CAN/SHOULD ATTEND TOGETHER.



[Link to Register](#)

ONLINE
8TH MAY 2024
8PM-9:30PM

REGISTER NOW 





NORTHFIELD
Community Partnership

English

ASYLUM, REFUGEE AND MIGRANT

Family Support Event

Tuesday 14th May

9:30am - 12:30pm

West Heath Community Centre

Hampstead House, Condoover Road B31 3QY

- English language support
- Integration
- Employment and education
- Befriending
- Emotional support
- Financial support



REP Refugee
Employability
Programme



RESTORE

Birmingham
Adult
Education
Service



Centrala

ESOL HUB
Birmingham

northfield
families

ROSHNI

and more...



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BIRMINGHAM AND SOLIHULL WOMEN'S AID

Specialist Children's Drop In Service

ASK A MEMBER OF STAFF FOR AN APPOINTMENT



1:1 SESSIONS WITH CHILDREN

EXPLORING THOUGHTS, EMOTIONS, WISHES AND FEELINGS THROUGH SPECIALIST PLAY SESSIONS, ARTS AND CRAFTS, STORIES AND MUSIC.



GROUP SESSIONS & WORKSHOPS

ACTIVITIES TO RAISE CHILDREN'S SELF-ESTEEM, EXPLORING AND CREATING & IDENTIFYING HEALTHY RELATIONSHIPS.



1:1 SESSIONS WITH MOTHERS / MOTHER & CHILD SESSIONS

EXPLORING ATTACHMENT WHERE ATTACHMENT HAS BEEN IMPACTED BY DOMESTIC ABUSE, SUPPORT WITH ROUTINES, ADDRESSING CONCERNS AROUND CHILD CONTACT, SUPPORT WITH CHILDREN'S INDIVIDUAL AND DEVELOPMENTAL NEEDS AND SELF-CARE.

Our drop in services are run by our Birmingham and Solihull Women's Aid Specialist Children's Worker



BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP



Green Square Accord



Hall Green Families

Selly Oak Families



Activities for children & families

Monday

Books Babies Stories followed Bubbles!

Every alternate Monday for 0-2 year olds 10.15-11am approx.

Toddler Tales Stories followed by Bubbles

Every alternate Monday for 3-5 year olds 10.15-11am approx.

Saturdays

Craft Club 2.15- 4.00pm Once a month. Drop-in. A very popular free craft session. You will do a different craft activity each month. We provide the craft & then its over to you & your imagination.

Game on!

Table top family games club 2.15-4.00pm Once a month. Drop-in. Games for all ages!

Saturday Stories 11-11.30/45am suitable for 5-10year olds. Once a month. Staff read some of their favourite stories. If you have any requests please let us know as we will be happy to read them.

Grown ups are welcome to join in with all of the above sessions!

Please contact us for the precise dates of the above sessions. Alternatively follow us on Facebook or X/Twitter.

What else do we do?

Pop up Story Times keep your eyes peeled for posters advertising these. We will also post them on Facebook & Twitter.

Craft & stories during school holidays - this includes lots of sessions during the summer holidays.

Summer Reading Challenge over the summer holidays. Read 6 books & in return we give you lots of small prizes plus a medal & certificate at the end.

For more information about what's on or about what we can offer you please contact us or follow us on Facebook or X/Twitter.



Kings Heath Library, High Street, Kings Heath B14 7SW
0121 464 1515
kings.heath.library@birmingham.gov.uk



Activities for adults

Monday

Shared Reading Group

Every Monday 10.00-11.30am. Informal group that enjoys talking about books & reading. Interested? Just drop-in. There is no pressure to talk, you are welcome to just listen.

Tuesday

Arts & Crafts Workshop

Every Tuesday 10.15-11.45am. If you would like to find out more about this fun, friendly, creative & thriving workshop please come in & speak with Jayne, the arts facilitator.

Crime Reading Group

2nd Tuesday of the month 2.15-3.15pm run by library staff. Currently full. Please contact us if you would like to go on the waiting list.

Thursday

Moseley Adult Social Care Team Drop-in surgery

Every Thursday 10.15-12.15pm Social workers from Moseley Adult Social Care Team are here to assist you with any questions you may have. If you need to talk to a social worker this is the place to come to.

Drop-in Warm Space Hub

Every Thursday 10.30-12.30pm
Free tea /coffee/biscuits. Free access to wifi. You are most welcome to come & sit, read, browse etc. with a free cup of tea/coffee.

Friday

Age Concern Over 50s Friendship Group

Every Friday 11.00-12.30pm A chance to get out, relax, chat & meet other people. Refreshments provided

Saturday

Saturday Reading Group

10.30-11.30am run by library staff. The group meets every 4 weeks & they read a whole variety of books. Currently full. Please contact us if you would like to go on the waiting list.

For more information about what's on or about what we can offer you please contact us or follow us on Facebook or X/Twitter.



Kings Heath Library, High Street, Kings Heath B14 7SW
0121 464 1515
kings.heath.library@birmingham.gov.uk



FREE & OPEN TO ALL!



SLEEP HYGIENE WORKSHOP



delivered
by

Ways for Wellbeing UK CIC
May 15th 2024
11.00am til 12.30pm



At

Hatchford Brook Golf and Gym Centre
Coventry Road
B26 3PY



Are you struggling to Sleep?

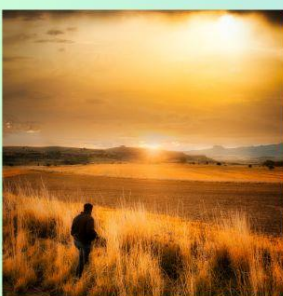


Do you want to learn tips to sleep better

Understand what is meant by 'Sleep Hygiene'

Share your tips on what works for you with others.

Gain some valuable insights into how you can 'get ready' for good sleep





Darul Ilm Birmingham Presents

Brothers' Breakfast Hangout

Saturday, 18th May, 2024, at 10am

Come join us for a good, healthy breakfast with organised activities and the chance to build connections within your community!



Bisley Works, Golden Hillock Rd,
Sparkbrook, Birmingham B11 2PY

info@darul-ilm.co.uk 07913 238026 www.darul-ilm.co.uk



Darul Ilm Birmingham Presents

Sisters' Breakfast Hangout

Sunday, 26th May, 2024, at 10am

Come join us for a good, healthy breakfast with organised activities and the chance to build connections within your community!



Bisley Works, Golden Hillock Rd,
Sparkbrook, Birmingham B11 2PY

info@darul-ilm.co.uk 07913 238026 www.darul-ilm.co.uk





Free mobile data for people in need

The National Databank provides free SIM cards to help people get connected.

There are hundreds of organisations registered as Databanks giving out free mobile data across the West Midlands.

Visit a hub to get free and friendly help. For more locations, see:

www.goodthingsfoundation.org/westmids

Visit a pop-up Databank

Eaton Wood Medical Centre
Mon 11 March 9.30 - 12.30

Stratford House Surgery
Tuesday 12 March 9.30 - 12.30

Broadmeadow Health Centre
Wed 13 March 9.30 - 12.30

Ark Tindal School
Wed 13 March 1.30 - 4.30

Clifton Primary School
Thurs 14 March 9 - 12

Or scan to
find your
nearest
Databank



A moment of mindfulness
in your local community

grounded.

NOW OPEN!

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

LivingWell
UK

A free service for anxiety and depression

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

Starting 18th April

For more information, please contact - 0121 663 1217

Fitness workshops

Building body acceptance workshops

Nutrition workshops

Wellbeing workshops



**BIRMINGHAM
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**Hall Green
Families**

**Selly Oak
Families**



ARE YOU LOOKING FOR A JOB OR CAREER?

Join us for an incredible **FREE** opportunity to enhance your skills and discover the secrets to securing your dream job!

Age: 18 +

Location: St Germain's Church Community Hall, City Road, Edgbaston, B17 8LE,

FREE WORKSHOPS IN:

- CV Skills
- Interview Techniques
- How to apply for Jobs
- Where to look for job
- Accessing Training

TIME: 1:00 - 2:30 p.m.

KEY DATES:

- 30th April
- 14th May
- 21st May
- 28th MAY

Booking required

CONTACT FOR FREE BOOKING
Sharron.bunting@birmingham.gov.uk





CLARION AND DAISY COFFEE MORNING

Join us for an inspiring coffee morning and discover your path to success in the workplace with the help of Daisy!

Thursday 9th May
11:00 AM - 12:30 PM
Daisy Corporate Services Office, Aston
Unit 2, Golden Cross 220 Chester Street Aston Birmingham B6 4AH

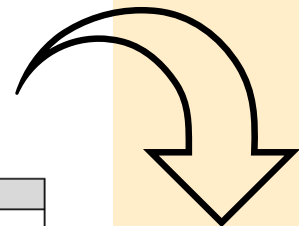
Come along for a career awareness session delving into the diverse world of professional pathways at Daisy. Enjoy a morning of coffee, conversations, and insights into the thriving careers opportunities. Take the first step towards your future career, now!

National Careers Service West Midlands Webinars – May 2024

| WEBINAR TITLE | DATE | TIME |
|---|--------------------------------|-------------------------|
| Cover Letters | Wednesday 1 st May | 1:30 – 2:30 p.m. |
| Working in Construction | Thursday 2 nd May | 10:00 – 11:30 a.m. |
| Confidence & Motivation Building | Thursday 2 nd May | 1:30 – 3:00 p.m. |
| Working in Social Care | Friday 3 rd May | 10:00 – 11:30 a.m. |
| 50+ Career Review | Friday 3 rd May | 1:30 – 3:00 p.m. |
| CV Writing | Tuesday 7 th May | 10:00 – 11:30 a.m. |
| Interview Skills | Tuesday 7 th May | 1:30 – 3:00 p.m. |
| Self Employment | Wednesday 8 th May | 10:00 – 11:30 a.m. |
| Disability Confident Employment | Wednesday 8 th May | 1:30 – 2:30 p.m. |
| Single Parent Job Hunting | Thursday 9 th May | 10:00 – 11:30 a.m. |
| The West Midlands Job Market | Friday 10 th May | 10:00 – 11:30 a.m. |
| Identifying Skills for Job Applications | Friday 10 th May | 1:30 – 3:00 p.m. |
| Applying to the Civil Service | Tuesday 14 th May | 10:00 a.m. – 3:00 p.m. |
| Getting into Nursing | Wednesday 15 th May | 10:00 – 11:30 a.m. |
| Working in the Security Industry | Thursday 16 th May | 10:00 – 11:30 a.m. |
| Working in the NHS | Friday 17 th May | 10:00 a.m. – 12:00 p.m. |
| Working in Engineering & Manufacturing | Friday 17 th May | 1:30 – 3:00 p.m. |
| Getting into HGV Driving | Tuesday 21 st May | 10:00 – 11:30 a.m. |
| Working in Computing & I.T. | Tuesday 21 st May | 1:30 – 3:00 p.m. |
| Internships | Wednesday 22 nd May | 10:00 – 11:30 a.m. |
| Getting into the Police Service | Wednesday 22 nd May | 1:30 – 3:00 p.m. |
| Confidence & Motivation Building | Thursday 23 rd May | 10:00 – 11:30 a.m. |
| CV Writing | Thursday 23 rd May | 1:30 – 3:00 p.m. |
| Interview Skills | Friday 24 th May | 10:00 – 11:30 a.m. |
| Working as a Teaching Assistant | Tuesday 28 th May | 10:00 – 11:30 a.m. |
| Volunteering | Tuesday 28 th May | 1:30 – 2:30 p.m. |
| Working with Children & Young People | Wednesday 29 th May | 10:00 – 11:30 a.m. |

Registration for webinars is via [EventBrite](#). All webinars are delivered on MS Teams



[National Careers Service West Midlands Events - 51 Upcoming Activities and Tickets | Eventbrite](#)





Join Team, our 12-week personal development programme, for the chance to gain new skills, take a qualification, and meet new people.

Aged 16-25?

FIND YOUR DIRECTION

- Take on your own group community project
- Take part in an action-packed residential trip
- Get two weeks' work experience
- Develop your English and Maths skills
- Spend some time developing your CV and interview skills

CONTACT US TO BOOK YOUR PLACE:

☎ 07874796093 ✉ Arothman@warwickshire.ac.uk - Amy Rothman

📅 📍

TEAM **IN PARTNERSHIP WITH THE PRINCE'S TRUST**

TRY SOMETHING NEW

If you're aged 16 – 25 and in-between education and work, join the Team programme. You can boost your confidence by meeting new people, gaining new skills, and trying new experiences.

- Take on your own group community project
- Take part in an action-packed residential trip
- Get two weeks' work experience
- Develop your English and Maths skills
- Spend some time developing your CV and interview skills



CONTACT US TO BOOK YOUR PLACE:

☎ 07874796093 ✉ Arothman@warwickshire.ac.uk - Amy Rothman

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TEAM **IN PARTNERSHIP WITH THE PRINCE'S TRUST**

THE 12-WEEK TEAM PROGRAMME



Day 1: Meet new people
Don't worry about turning up on your own – there'll be about 12 people joining and everyone will be in the same situation. It'll be informal, and there'll be plenty of activities, so you'll soon feel part of things.

Week 1: Plan ahead
You'll start planning for the weeks ahead over this week – setting out what you want to achieve and finding out how to get your qualifications. You'll also likely to be planning for a week away.

Week 2: A new adventure
You're likely to spend this week away – trying new things and learning how to work with others. This gives you a chance to break away from your current situation. The sort of things you could do include canoeing, climbing, raft-building and much more!

Weeks 3-6: Something to talk about
You'll decide on a project to benefit your local community as a team and will carry it out. You might be surprised at what you can achieve together. This gives you great experience to talk about at interviews.

Weeks 7-8: Work placements
This is the time to see how the skills you've developed so far can help you in the workplace. It's also a great chance to try out a type of work, or company, to see whether you like it.

Week 9: Future steps
It's time to plan your next steps after the programme. You'll get help to write a fantastic CV, practise your interview skills and make applications.

Weeks 10-11: Meet the challenge
You and your team will take on a challenge to help others in the community. This is when you get to test out all the skills you'll have worked on so far.

Week 12: Have your say
You'll deliver a presentation, with your team, to an invited audience during this final week. This is your chance to show off the talents you've discovered! This may sound scary now but, after 12 weeks on Team, you'll be surprised at how far you've come.

Don't miss out. Sign up to the next Team programme today.
Check out when your local Team starts – visit princes-trust.org.uk/team or call free on 0800 842 842.

Activities may vary depending on location and official Coronavirus guidance at the time of taking part.



COACHING SESSIONS

FREE TRAINING SESSION FOR CURRENT
YEAR 10 STUDENTS



BIRMINGHAM
CITY MORE THAN FOOTBALL
FOUNDATION



BOYS &
GIRLS

Please Email:

footballleducation@bcfc.com

To register your interest




GROW
Family services

Age 14+
Life
Skills

This course
is free!

Fridays
4.30pm -
6pm:
12th April
19th April
26th April
3rd May
10th May
17th May

The course covers

- Exercise for Well-being
- Money Skills
- Cooking Skills
- Independent Travel
- Drug and Alcohol Awareness
- Skills to manage me!



For more information and to book
please contact:

grow.enquiries@outlook.com



BIRMINGHAM
CHILDREN &
YOUNG PEOPLE'S
PARTNERSHIP



Green
Square
Accord



Hall Green
Families

Selly Oak
Families

Think Measles!

What is measles?

Measles is a very infectious virus, which spreads quickly if people are not protected against it. Measles is currently continuing to spread across the West Midlands. Two doses of the Measles, Mumps and Rubella vaccine (MMR) are needed for maximum protection.

A version of MMR is available which does NOT contain pork ingredients. **Many rigorous scientific studies have confirmed there is no link between MMR and autism.**

Measles can cause severe illness in people who are not protected, especially in certain at-risk groups including babies and small children, pregnant women, and people with weakened immune systems. Complications could mean hospitalisation, permanent disability, and in rare cases, it can even cause death.

Preventing and Controlling infections

Measles is highly infectious: 9 out of 10 unprotected individuals contract the illness when exposed to it. Anyone that is not protected and exposed to measles may be asked to stay at home for a number of days. There is no specific treatment for measles.

The best protection is through two doses of the MMR vaccine. The MMR can be given at any time after a child turns 13 months and parents can book via their GP. The best way to protect babies under 1 is to ensure everyone around them is immunised.

Measles is a notifiable disease

In the event of an outbreak, the UK Health Security Agency (UKHSA) will support in the risk assessment and advise on actions that need to be taken.

If in doubt, follow the '[Think Measles guidance](#)' and ensure that your report a case of measles to the UKHSA West Midlands Health Protection team.

Call: 0344 225 3560 (option 2)

Email: wmmeaslescell@ukhsa.gov.uk

OFFICIAL

What are the symptoms of measles?

- Cold-like symptoms such as runny or blocked nose, sneezing and cough
- Red, sore watery eyes
- High temperature (fever) which may reach around 40C / 104F
- A non-itchy, red-brown rash usually appears 3-5 days later (sometimes starts around the ears), spots may be raised and join to form blotchy patches - which may be harder to see on darker skin tones.

What to do if someone has measles symptoms?

If someone has symptoms of measles, please advise them to stay at home and not attend any setting where it could be spread to others.

If someone thinks they have measles, they should call their GP or 111. People should not go to their GP practice or any other healthcare provider without calling in advance - they should phone their GP or 111 for advice and say it could be measles.

If an early years setting is experiencing an outbreak of cases of infectious disease (2 or more cases), the setting should call the UK Health Security Agency (UKHSA) on 0344 225 3560 (option 2).

Advice is also available on the [NHS website](#) and [UKHSA webpages](#).

If your setting needs any further support, UKHSA will work in partnership with your local council's Public Health team and the local NHS.

For more information, scan:



For more information on measles in Birmingham, please see our website: [Measles Information – Hall Green Communities](#)



Remembering Bollywood Project



Experience the joy of Bollywood! Calling all those aged 50+ to join our lively Remembering Bollywood project for fun, friendship and dance. Say goodbye to loneliness and hello to new connections.

Come along and experience the magic of togetherness!

**FREE
ACTIVITY**



Apna Ghar Day Centre

21-22 Clevedon Road, Birmingham B12 9HD

Every Wednesday 10am - 12pm

For registration call **07458 034 194**



**Birmingham
City Council**



**Hall Green
Neighbourhood
Network Scheme**



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



**Green
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Accord**



**Hall Green
Families**



**Selly Oak
Families**



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

Being A Parent Group 2-11yrs (BAP)

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

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

Topics covered in the group:

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

**Come join
our virtual
group!**

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

Please feel free to contact the EPEC team at EPEC@barnardos.org.uk or call 0121 477 6440 for more information



Start Date: Tuesday 7th May 2024

Time: 12.30pm to 2.30pm

Location: Virtual via teams platform (please state virtual when completing enquiry form)



GBNFC Children's Centre



mini movers

Come and join in our physical Music and Movement group!



Running for 4 weeks from

Tuesday 30th April -

Tuesday 21st May 2024

1.30pm-2.45pm

Saint Bedes Church, B14 6NQ

2-5 Years



Meet your child's physical needs in an exciting captivating and friendly environment. The activities covered will build self confidence, communication skills, social awareness and group interaction.

Call us to book on 0121 464 4189



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SEND BIRMINGHAM

RESOURCES,
INFORMATION
AND SUPPORT
ALL IN ONE PLACE

The SEND Local Offer website - www.localofferbirmingham.co.uk



BIRMINGHAM
CHILDREN'S TRUST



Birmingham
City Council

Birmingham City Council and Birmingham Children's Trust are reviewing the local short break services offer. This is because the current contractual arrangements will expire soon, so now is a good time to think about opportunities to spend the money that is available for short breaks differently to support better outcomes for children with disabilities and their families. The money that is available for short breaks in Birmingham isn't changing, although we recognise that the demand for short breaks is increasing. This review of short breaks in Birmingham is an opportunity for us to understand how we may make better use of the available budget to ensure that opportunities are available for as many families as possible.

We want to work with local families and gather as many views as possible, so please take the time to respond to our survey by clicking on the following link. Your help will support the development of a new short breaks service offer in Birmingham.

[Survey for Parents on the Re-commissioning of Short Breaks - Local Offer Birmingham](#)



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What is the Community Mental Health and Wellbeing Service?

This service will help and support you with your mental health and wellbeing.

We offer appointments with our specialist team of mental health care professionals, called the Neighbourhood Mental Health Team via your GP practice.

This new service makes it quicker and easier for people to get the right support by bringing together a range of services available in the NHS and in your community.

How can the service help me?

We help people by providing support, advice, and treatment.

We can help you with your mental and physical health, as well as helping you resolve issues affecting your wellbeing such as money, work, housing, relationships, trauma, abuse, or addiction.



I need help right now.

If you need emergency support with your mental health, there is always someone to talk to.

You can call the **Birmingham and Solihull Urgent Mental Health Helpline** (managed by Birmingham Mind) 24 hours 7 days a week for advice and support on

0121 262 3555 or **0800 915 9292**

You can speak to **Samaritans** right now, or any time day or night by calling **116 123**

Or send an email to **jo@samaritans.org** for a response within 24 hours.

If you are an immediate danger to yourself or others **call 999** or go to your nearest A&E.



Ask your GP surgery for more information, or visit **www.bsmhft.nhs.uk**

v26.06.22



Birmingham and Solihull Community Mental Health and Wellbeing Service



If you're experiencing problems with your mental health, mood, or wellbeing this service is here to support you.



Birmingham and Solihull Community Mental Health and Wellbeing Service

Who can access the service?

We welcome anyone aged 18 or over who is experiencing new or ongoing mental health symptoms, as well as people who have an existing mental health diagnosis such as Bipolar, Personality Disorder, Schizophrenia etc.

Who are the Neighbourhood Mental Health Team?

We are a group of mental health care professionals based at local GP practices across Birmingham and Solihull.

The service is provided in partnership with Birmingham and Solihull Mental Health NHS Foundation Trust and Birmingham Women's and Children's NHS Foundation Trust and is part of the Birmingham and Solihull Integrated Care System (ICS).



Birmingham and Solihull Integrated Care System
Caring about healthier lives

What will happen in my appointment?

Appointments take place at your GP practice or over the phone or video call with a mental health care professional. Occasionally our team may also visit you in your home depending on your circumstances.

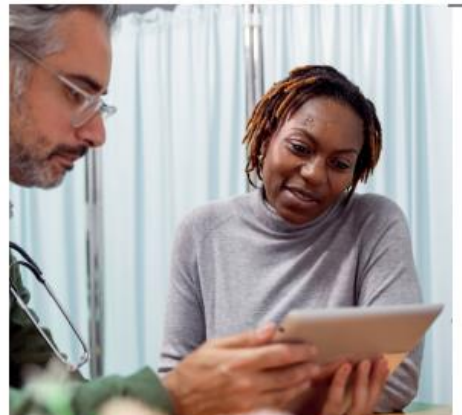
In your first appointment we'll ask you to talk about how you're feeling, the symptoms you are experiencing and what is happening in your life.

We will listen to you and your experiences and will recommend options to help you to manage your situation and take the next steps to getting further treatment and support.

This may include things like:

- getting a therapy or counselling appointment
- being prescribed medication
- helping you connect with services available in your local community to get support with any issues affecting your wellbeing such as housing, money, or relationships.

The Community Mental Health and Wellbeing Service does not replace an appointment with your doctor, so you'll still be able to see your GP or Psychiatrist if you need to.



How do I make an appointment?

To book an appointment contact your GP surgery and ask about the Community Mental Health and Wellbeing Service.

Please note: this service is not appropriate for everyone. The receptionist may recommend you speak with a care navigator first to find out if it's right for you.



BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP



Green Square Accord



Hall Green Families

Selly Oak Families

50 things to do before you're five

Birmingham

Fifty low or no-cost activities

Fun Prompts

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

Play Your Way

Enjoy activities at your own pace, time and time again

Find Local Events

Find free and affordable events near you

Support Development

Interactions that can support early language, motor skills and wellbeing



Download the **FREE** app!



Birmingham City Council



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

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

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



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