

# Sparkbrook Children's Zone October Newsletter

## Welcome to our second Sparkbrook Children's Zone newsletter!

### This newsletter will update you on:

- The Reception Parent and Carer Support Sessions
- The launch of new Well Child Check's by Nurse Jo within schools
- Our new Fernley & Highgate evening clinic's
- The Healthier Together website
- Community Offers
- How to request a Family Connect Form
- Contact details

## What is the Sparkbrook Children's Zone Clinic?

Here is our flyer, which contains all the information about what our clinic is, where we run, and who can come and see us!



**Sparkbrook Children's Zone**

Scan for more info:



sparkbrookchildrenszone.org.uk  
scz@greensquareaccord.co.uk

**Supporting children and families to live happy, healthy lives.**

We offer appointments, advice and community activities in Balsall Heath, Sparkbrook and Sparkhill.

Translation services available

Children and young people between 0-16 years can come and see a Children's Nurse and Doctor. We help with lots of different problems, including constipation, eczema, and asthma.

Your whole family can get support from our Early Help Family Support Advisors. We provide advice on parenting, debt, healthy eating, and much more.




**Sparkbrook Children's Zone**

Follow us for NHS approved health messages:



**Free appointments every week**

We accept bookings from the following GP Practice's:

- Dr Walji, Dr Raghavan & First Care at Balsall Heath Health Centre
- Spark Medical Group (Brook Surgery & St George's)
- Highgate Medical Practice
- The Hill General Practice
- Fernley Medical Centre
- Springfield Medical Practice (Dr Rajput)

Ask your GP Practice to book an appointment

**Monday mornings at Balsall Heath Health Centre**  
43 Edward Road, Birmingham, B12 9LP

**Thursday afternoons at Sparkbrook Community & Health Centre**  
34 Grantham Road, Birmingham, B11 1LU

**Thursday evenings at Fernley Medical Centre**  
560 Stratford Road, Birmingham, B11 4AN

**Our Partners**



Birmingham and Solihull Integrated Care System  
Caring about healthier lives

SDS SOUTH DOC SERVICES

Green Square Accord



# What community outreach have you been doing?

## Reception Parent and Carer Support Sessions

Throughout September and October our SCZ doctors, Fran Dutton and Haseena Iqbal, have visited 8 primary schools to deliver support sessions for parents and carers of children starting reception this year.

We know these children may have higher needs than previous year groups, due to the limited support available during the COVID-19 lockdowns, so we wanted to make sure we could equip parents and carers with some key tips.

Lots of different topics were covered during these sessions, but a few examples of the advice given revolved around how to create good daily routines,



how to improve oral hygiene, toileting, and the importance of giving children nutritious foods. During these sessions we also gave each parent and carer a toothbrush and some toothpaste for every child at home under 16.

In these support sessions, we reached a total number of 107 families and we also managed to give out 263 toothbrushes!



## Well Child Checks in Schools

On the 8th of October, Nurse Jo began her Well Child Check's with one of our local primary schools. These checks aim to do a general health overview of the child, and target key problems, such as diet and weight management, and oral health.

We are really excited about doing these health checks in school, as they are a great way to gain a broader insight into the health inequalities of the area, and to reach those families who have not yet visited our clinics.

## New Clinic Opening!

Through consultation with families, we discovered that there was a need for an evening Sparkbrook Children's Zone clinic for those who cannot attend the daytime clinics. Therefore, we have opened a new clinic at Fernley Medical Centre, on Thursday evenings, 4pm to 7pm. At the clinic there will be Doctor Abusibah, and our Sparkbrook Children's Zone Family Support Advisor, Nazmeen Rahimi.

We are excited to have a clinic located in the heart of Sparkhill, and we hope that the broader spread of clinic's throughout the area will help families have more choice in attending a clinic which more easily accessible to them.



This month we have also trialled an evening clinic at Highgate Medical Centre on Wednesday evenings, as we know that some of our families are needing to travel further to reach clinic. We want to make sure we are making ourselves as accessible as possible, and eliminating as many barriers as we can for families to attend Sparkbrook Children's Zone.

## Healthier Together

The Healthier Together website is designed for parents and carers of children and young people to use when they are unsure about their child's illness. On the website, you will be able to explain the symptoms of your child, and receive NHS approved advice about how to treat your child at home, or whether you should contact 111, or A&E.

We believe Healthier Together is a brilliant tool to share with parents and carers to help promote safe and healthy medical advice.





# What Community Offers are going on?

## Nurturing ADHD Kids

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

**LED BY ADULTS WITH ADHD**

**Does your child have ADHD or suspected ADHD?**

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

**What parents have said about this course**

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

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

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

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

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

**Phone: 0731 116 7485**

**Email: [contactus@brewseducation.org](mailto:contactus@brewseducation.org)**

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

## Nurturing ADHD Kids

**LED BY ADULTS WITH ADHD**

**NEW GROUPS STARTING SOON!**

Free online 6 week course for parents and carers  
This half term's courses

**Tuesdays 7 - 8.30pm**  
starting Tuesday 12th November  
Register [HERE](#) or use QR code

**Wednesdays 10 - 11.30am**  
starting Wednesday 13th November  
Register [HERE](#) or use QR code

Supported by

**forward carers**

**If you have any questions, email us**

**[Contactus@brewseducation.org](mailto:Contactus@brewseducation.org)**

## Developing Emotional/ Physical Connection with Spouses

**This is our gift to your marriage!**  
Get involved and see this as a treat for you and your partner!

Hosted by:  
**Abeda Ahmad**  
(Relationship & Psychosexual therapist)

**This workshop provides a toolkit for couples!**

- Learn to identify the micro stresses and how to get rid of them.
- Learn how they build over time impacting the marriage!

**When & Where:**

**MONDAY 11TH NOVEMBER**  
**8-9:30PM**  
**DELIVERED ONLINE VIA ZOOM**

<https://approachableparenting.org/>  
0121 773 8643  
[info@approachableparenting.org.uk](mailto:info@approachableparenting.org.uk)

## Support for your next step

### Need a helping hand?

PURE is an exciting project that supports people with complex needs towards education, training or employment. The scheme is all about building confidence, developing useful skills and opening doors. You'll receive one-to-one support and find the path that works best for you.

### There are five simple criteria for taking part:

- ▶ Aged 18 +
- ▶ Birmingham resident
- ▶ Unemployed / Inactive seeking employment
- ▶ Not in education, training or employment
- ▶ Have the legal right to live / work in the UK for the duration of the project support



To find out more or enrol:

- Facebook: [www.facebook.com/birminghampure](https://www.facebook.com/birminghampure)
- Email: [PUREenquiries@tridentgroup.org.uk](mailto:PUREenquiries@tridentgroup.org.uk)
- Phone: 0121 633 4633 (1420)
- Address: Trident Group, 239 Holliday Street, Birmingham B1 1SJ



This project is funded by the UK government through the UK Shared Prosperity Fund  
Learn more about the UK Shared Prosperity (UKSP) @ UKSP Birmingham

# How do I request support from my Early Help local district?

To get support for a child, young person, or a family, complete the Family Connect Form (FCF) 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.

If you are a professional, please complete the [Family Connect Form - For Professionals](#).

If you are a parent, carer, or young person, please complete the [Family Connect Form - Self Referral](#).

Please also use the [Postcode Checker](#) to check which Early Help district your family falls under. You will need this when asked on the Family Connect Form.

If you need more information or guidance, contact the Hall Green Families duty line at 07570 953519 (this service is operated Monday to Friday from 9:30am to 4:30pm), or email [hallgreen.families@greensquareaccord.co.uk](mailto:hallgreen.families@greensquareaccord.co.uk)

Please tell us about the family's needs

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What's Working Well?

What are the family's strengths/ positives?  
What are the family's current connections like? (e.g. family/friends/community networks)  
What are the views of the family?  
Please describe what is working well

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What are you Worried About?

What is the information we have regarding the family's needs?  
What are the concerns/ issues for the child(ren)/family?  
What are the views of the family?  
Please describe what we worried about

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What Needs to Happen?

What do you think would help to meet the needs of the family?  
What support would help the family to make the changes/ meet their needs?  
What are the families views?  
Please describe what needs to happen

## Stay in touch!

We have recently launched our new website with information for both families and professionals about our Sparkbrook Children's Zone service, including information on both the clinic and our community outreach - check it out!

[sparkbrookchildrenszone.org.uk](https://sparkbrookchildrenszone.org.uk)

We also have social media pages where we post relevant NHS approved health messages and promote local activities and sessions to help the whole family. Search Sparkbrook Children's Zone to stay in the loop!

Follow us for NHS approved health messages:

