JANUARY 2024 NEWSLETTER



You can contact us via:

Phone | Text | WhatsApp us on: **07483 090434**Email: **SellyOak.Families@greensquareaccord.co.uk**Follow us on social media: **@SellyOakFam**







GreenSquareAccord's Selly Oak Families team, as part of the Birmingham Children's Partnership. For more information please search 'Birmingham Children's Partnership' at www.birmingham.gov.uk







Our January newsletter includes opportunities, training, and events as well as information to support the health and wellbeing of all the family.

PLEASE SHARE WITH YOUR NETWORKS.

We are here to support local families and everyone supporting families through training, special events, Early Help Assessments, and direct support all year round.

January 2024 News Include:

- Your Selly Oak Families Offer -
- Support Service Information -
- Other News, Updates & Information -











Right Help, Right Time
Delivering effective support
for children and families
in Birmingham

Early Help supports children, young people and families before they go into crisis. We use the <u>Right Help Right Time</u> model to ensure families are getting the right support for their needs. Keep an eye out in our next newsletter about Introduction to Early Help training, available for free across the locality for partners supports children, young people and families.

To access support we ask that you complete a <u>Family Connect Form</u>. If you have any questions please call on 07483 090434 or email <u>SellyOak.Families@greensquareaccord.co.uk</u>. We are closed over the weekend. If you need urgent safeguarding support contact <u>CASS</u> on 0121 303 1888 or 0121 675 4806.

For other support see details below of support available across Selly Oak.

We are here to support local families and everyone supporting families through training, special events, Early Help Assessments and direct support all year round.

Read on to see what's going on!

- Your Selly Oak Families Team -

We provide free and confidential <u>Early Help</u> for children, young people and families across the Selly Oak locality. This includes Billesley, Bournbrook, Selly Park, Bournville, Cotteridge, Brandwood, Kings Heath, Druids Heath, Monyhull, Highters Heath, Kings Norton North, Stirchley, Weoley & Selly Oak. Early Help connect families to your organisation or setting to ensure they get the right help close to home.

Your Selly Oak Families Offer

WE CAN SUPPORT YOU WITH ...

































Birminghams Children's Partnership 1 Lancaster Circus, Queensway, Birmingham B4 7DJ



www.localofferbirmingham.co.uk/bcp





BIRMINGHAM CHILDREN'S TRUST



NHS









The Early Help service is free, confidential and based on consent.

If you are supporting children, young people and/ or families who need help, to help connect families to various kinds of support available locally, please complete a Family Connect Form.



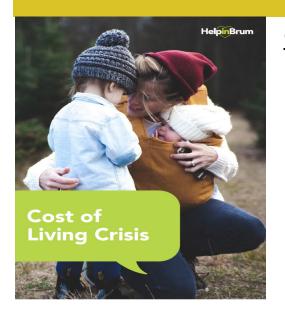
Route2Wellbeing

Route2Wellbeing provides professionals and families with an extensive list of organisations and services available for children, young people and families across Birmingham.

Selly Oak Early Help can add relevant organisations to this online directory of support, so please let us know if your details are out of date or if you'd like to be added!

Support Service information

Community Events & Support



Click here to access information!

Support Centre Timetable

Liverpool Street, Deritend, B9 4DS Mon, Tues 9am - 5pm Wed 9am - 1pm Thurs, Fri 9am - 5pm



9 Onwards Emergency Support





There are several existing Warm Welcome Spaces within local communities across the city.

To find out more about your local Warm Spaces, please click <u>here.</u>

Homeless and Emergency Support











10.30 - 12 noon

Appointments













12 Noon Onwards

Workshops

(excl. Wednesdays)













Bank of England

Jobs. Pay. Housing. The cost of living.

The economy affects us all.

So we want to hear what you think about it.

Birmingham – 7 February 2024 – from 6pm to 8:15pm Sign up now using the QR Code or email Outreach@bankofengland.co.uk

ery Classes



Community Events & Support



Neighbourhood Network Scheme Connected Communities

LGBTQI+ Project

Join us at 'Peter Pan Goes Wrong', a comedy play:

The members of the Cornley Drama Society are back on stage, battling technical hitches, flying mishaps and cast disputes as they attempt to present J.M Barrie's much-loved tale. But will they ever make it to Neverland?

When: Wednesday 20th March 2024, 2:30pm

Cost: £25 per ticket. Carers go free.

(There will be food and drinks available to purchase there)

Where: Alexandra Theatre, Suffolk Queensway, Birmingham,

West Midlands, B5 4DS

To book: Call 0121 427 6404 or

Email communityhub@midlandmencap.org.uk

FREE LGBTQI+ Community Groups Workshop
GETTING SEEN

Looking for ways to publicise your community

Eventbrite: tinyurl.com/NNS3GettingSeen2
Meetup: tinyurl.com/NNS3GettingSeenM2

group or activity?

BIRMINGHAM LGBT Tuesday 30th January 2024 6.30pm - 8.30pm

Booking is essential and must be paid by Friday 9th February. We will also need to know of any accessibility requirements.



Disability & SEND Advice & Support



Check out Birmingham's refreshed SEND Local Offer website. It is the place to go to find information, support and services for children and young people with additional needs aged 0 25 years: www.localofferbirmingham.co.uk

- There is a new searchable directory
- SEND systems and processes are explained
- Specialist support services for children and young people with additional needs
 - Information on leisure and things to do
 - Advice on education, health, wellness and finance
 - SEND Travel and Transport information and how to apply
 - Information on childcare and Early Years education
 - Information on Post 16 options and Preparation for Adulthood

Here is a video that explains the SEND Local Offer! https://youtu.be/eG6co9SAhK0

Disability & SEND Advice & Support





Voices for change: Autism Self Advocacy programme

Empower Yourself!

Find out more at: www.pohwer.net/self-advocacy-birmingham or Contact POhWER at:

Email: selfadvocacybirmingham@pohwer.net

Tel: 0300 456 2370



WOULD YOU LIKE TO LEARN MORE ABOUT AUTISM?

We offer FREE one-to-one support facilitiated by people with lived experience of autism

If you're a family member, informal carer or personal assistant of an autistic person, book a one-to-one session to speak to a peer educator about the challenges you're facing. We can help with:

Understanding behaviour | Education | Benefits & finance Helping an anxious child | Navigating support, and more!

To book your one-to-one support session visit autismcentral.org.uk/midlands If you can't find a suitable time please email autismhubmidlands@contact.org.uk











Disability & SEND Advice & Support



Grants available for families with disabled children



CLICK HERE TO APPLY FOR GRANT SUPPORT

Check out Birmingham's refreshed SEND Local Offer:

www.localofferbirmingham.co.uk

Pregnancy, Antenatal & Parenting



Online Parenting Courses

Just use your Birmingham postcode to access the resources.

To access the courses click here!



Use Easy Peasy <u>App</u> to support children's speech, language and communication development.

To access click here.



The 50 Things App - free App to help with home learning and language development—Click here!



Pregnancy, Antenatal & Parenting

PLEASE CALL US FOR MORE INFORMATION ABOUT OUR OTHER SERVICES

Breastfeeding support, Antenatal Support, Infant Feeding, Introduction to food, Well-being Support, The Freedom Programme, HENRY, Solihull Approach, Cooking, Baby Yoga, Baby Massage, Healthy Lifestyles, Employment & Training, Volunteering and Parents Forum. ALSO EEE FREE CHILDCARE FUNDING.

FAMILY SUPPORT

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

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

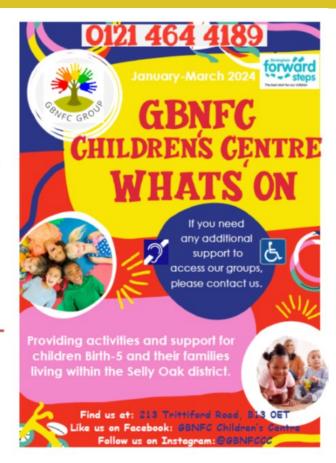
Call to speak to a duty worker on 0121 464 4189 Monday-Friday 9.00am-4.00pm

HEALTHY START VITAMINS



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





MONDAY

9.30am-11.00am Stay & Play

Under 5 years Masefield Community Centre, B31 2HL

9.30am-11.00am **Baby Group**

Birth-Walking Warstock Community Centre, B14 4QA

12.45pm-3.00pm **Well-Being Course** with walk.

Birth- Under 5 Meeting at the Chinnbrook centre, B13 0ET

Please call for more information about this course.

TUESDAY

09:00am-11:00am Job Club

(Parents/ carers with children under 51 Chinnbrook

Centre, B13 0ET

9.30am-11.00am **First Words Together**

1-2years

Warstock Community Centre, B14 4QA

Bookable in 5 week sessions. Please call us for more information

9.30am-10.30am Story and Craft

2-4 years Druids Heath Library, B145NJ



WEDNESDAY

For more information on Workshops and Programmes such

as

- -Behaviour Management
- -Henry
- -Promotion Happier **Parenting**
- -Infant Feeding Support
- -Antenatal Support
- -Weaning
- -Baby Massage
- -Baby yoga
- -Money Management -Fussy Eating

Please call us on 0121 464 4189





THURSDAY

9.30am-11.00am Stay & Play

Under 5 years Chinnbrook Centre, B13 0ET

1.00pm-2.30pm **Breastfeeding** Lounge

Selly Oak Methodist Church, B29 6HT





1.30pm-2.45pm **Baby Group** Birth-Walking St Bedes Church, **B14 6NQ**

FRIDAY

9.45am-11.15am Stay & Play

Under 5 years Stirchley Baths, B30 2JT



Most of our Groups are now **DROP-IN GROUPS** No need to book just turn up! Groups with the phone symbol

Please call to book on 0121 464 4189



Health & Wellbeing



Domestic / Sexual Abuse Advice & Support



Bank House 36 Bristol Street Birmingham B5 7AA

Mon-Tues: 10am to 4pm

Weds:- 1pm to 4pm

Thurs-Fri:- 10am to 4pm

NEW EARLY INTERVENTION FOR WOMEN AFFECTED BY DOMESTIC ABUSE HUB VIA BIRMINGHAM WOMEN'S AID



Go to nhs.uk/SARCs

Household Support & Advice





food justice network.

Birmingham, UK.



Scan this QR code to see the Food Justice Network Map

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

Please make sure you have the Google Maps app downloaded.

To see all points on the map, or to choose a specific area, click 'Map Legend', and make sure all of the area names have a blue tick next to them.

Jobs, Skills & Employability







LifeSkills Plus

Supporting you to work towards the future you want

Are you ready for a change?

Do you want to move forward to overcome setbacks?

LifeSkills Plus can help!

Individually tailored, strengths based approach

Create a step-by-step plan with your support worker

Achieve your work or life related goals

Support for up to 12 months

One-to-one support

Currently available in: Birmingham London Teesside

Scan to fill in a referral form



For more information or to request a paper referral form email:

LifeSkillsPlus@family-action.org.uk Or call / text: 07977 635 868



Family Action. www.family-action.org.uk egistered as a Charity in England & Wales no: 264713.

Jobs, Skills & Employability



can Local jobs for our community

Healthcare Careers and Development University Hospitals Birmingham

For more information: 0121 3718600 onefrontdoor@uhb.nhs.uk



Jobs fair

Looking to get into work, back into work or just after a change? Come to Severn Trent's **Big Boost for Brum!**

Thurs 22nd Feb 2024 10am - 2pm Millennium Point, Birmingham



Sign up now

tinyurl.com/STBigBoostForBrum

We would love to hear from you!

We love collaborating on our events, both online & face-to-face, so get in touch if you have an area of interest: SellyOak.Families@greensquareaccord.co.uk

Want to be featured in our next newsletter? Contact Amber at SellyOak.Families@greensquareaccord.co.uk









The Selly Oak Families and Early Help Team is managed by GreenSquareAccord on behalf of Birmingham Children's Partnership. Our focus is to ensure children, young people and families get the support they need. We work closely with education, health, community/voluntary organisations and charities, both locally and across the city. Our locality covers Billesley, Bournbrook, Selly Park, Bournville, Cotteridge, Brandwood, Kings Heath, Druids Heath, Monyhull, Highters Heath, Kings Norton North, Stirchley, Weoley & Selly Oak.