



YARDLEY EARLY HELP NEWSLETTER

Welcome to our April issue of the Yardley Early Help Newsletter!

We hope this issue is full of useful information and resources for you to enjoy, and share with your networks.

As always, if you would like this newsletter or any of these resources directly or in a different format, please email earlyhelpyardley@barnardos.org.uk

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Early Help Network Meeting

Our network meetings occur monthly, and are themed around the challenges that regularly occur for families in our local area, in the hope that our network can equip and help each other to provide the best local support.

As always, please contact us if you are interested in contributing to our meetings, or presenting as one of our guest speakers.

Wednesday 24 April 2024 @ 10:30 - 12pm

Substance Misuse

Patrick Fahy - Lindale Recovery

- Various Addiction Recovery Services
- Other Support: Employment, Benefits and more!
- How to Access

Aqib Ismail - KIKit Pathways to Recovery

- Addiction Support, Community Safety and Health and Wellbeing
- Other services
- How to access

Hannah and Colette – Aquarius Young People’s Service

- Advice on drinking and drug use, including a a drop-in service, 1:1 support and group work
- Other Support
- How to Access

James Whitehouse - Change Grow Live

- Varied Support Services, inc. Addiction Recovery
- Other Support and East Hub

- How to Access

If you are not registered with us or have any questions, please email:

earlyhelpyardley@barnardos.org.uk

Free School Support

We are an early intervention support service for families, with a broad range of support available and access to specialist services as needed. We offer signposting services to families, including in-person group sessions on themed topics and 1:1 support, and we also facilitate information sharing and networking throughout the area for professionals.

Early Help is here to help - just get in touch at the details below.

Family Connect Form

If you would like to connect a family into our Early Help service, please complete one of our Family Connect Forms.

Our contact details are: earlyhelpyardley@barnardos.org.uk or

Call Our Duty Line: 0121 289 4875

Family Voices for Yardley Session

You're invited to our first **Yardley Family Voices Gathering**:

Thursday, 25 April, 10:30am-12:30pm,
Blakenhale Community Hub, Blakenhale Road, Garretts Green, B33 0XD

The session will be led by a development lead from health to help shape and inform the family hub offer for the Yardley district.

Sign up is available by [clicking here](#), but signing up is not required.

The purpose of this session is to:

- Ensure local parents/carers are influential in designing and improving family services
- Enable the voice of local families, including those whose voices are seldom heard
- Ensure Family Hubs are designed for inclusion to meet local needs
- Work alongside the Maternity and Neonatal Voices Partnership, the SEND Parent Carer Forum and in conjunction with the Birmingham City-wide Parent Forum

If you would like to become a member and be involved in developing these plans, you can register your interest by emailing us a few details:

- Name, gender, telephone number, address and postcode
- Why you would like to be a Family Voices member

Please email **familyhubs@birmingham.gov.uk** with the information above.



Be part of Birmingham Family Hubs' 'Family Voices for Yardley'

Blakenhale Community Hub, Blakenhale Rd
Garretts Green, B33 0XD

Thursday 25th April - 10.30am until 12.30pm

We want local residents to make sure that Family Hubs are designed to meet the needs of their local area.

The Yardley Family Voices will be a group of parents and carers who will shape the services and support in your local Family Hub, particularly in relation to the 'Best Start for Life', first 1001 days of a child's life.

Come join us and help to decide what happens in your Family Hub.

Tel: 0121 702 2700

amy.winnett@barnardos.org.uk

Believe in
children
 Barnardo's

Acocks Green Village in Bloom Springtime Festival

You're invited to the Springtime Festival! On Sat 4 May, 11am - 3pm, around Mallard Close, Birmingham, B27 6. With live music, seed-sowing, hot food, bargain plants, face painting, beekeeping and more!

[Check the event out on Facebook here](#), or contact Fran on fran.lee47@yahoo.co.uk or 0121 706 0076 to organise a stall.

Hot Food

Acocks Green Village in Bloom

Free seed-sowing

SPRINGTIME FESTIVAL!

Saturday 4th May 11am - 3pm

around Mallard Close
opposite Morrisons

LOTS OF STALLS

Local Honey for sale!

Meet the Beekeeper and her bees

Lots of bargain Plants!

Face Painting

LIVE MUSIC

Enjoy the spring Flowers

More info? fran.lee47@yahoo.co.uk tel 0121 706 0076

All funds raised go to Acocks Green Village in Bloom - improving Acocks Green for everyone

BRITAIN IN BLOOM

Sparkbrook

Children's Zone

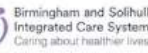
Introduction to Sparkbrook Children's Zone

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

Thursday 26th of April
10am-11am

[Register to join](#)

Join us to learn more about Sparkbrook Childrens Zone and what we offer



Sparkbrook Children's Zone

Sparkbrook Children's Zone are hosting an online event on **Friday 26 of April, from 10am-11am.**

To register for this online event and would like to attend on our new date, [please register here.](#)

Note: MS Teams link will be sent 24 hours prior to event

If you would like more information about this event, please contact Hannayah.Knight@greensquareaccord.co.uk (SCZ Community Connector) or email our Sparkbrook Childrens Zone Inbox scz@greensquareaccord.co.uk

Books Aloud - Free CPD session

The **National Literacy Trust** is challenging schools and communities across Birmingham to read aloud with their group five times or more before the end of July 2024. Shared reading is a great way to build a love of books, bring people together and to support mental health.

To help you to get involved, we are offering free CPD in how to read aloud.

This will include:

- A session about confidence, intonation and world-building from actor Ibraheem Toure.
- Guidance on leading engaging book talk from the National Literacy Trust's Kyle Turakhia
- Every participant will also receive a free book of their choice to read to their group and a chance to win prizes each week.

This CPD is for anyone who works with a group of young people or adults. This could include school or adult teachers, community workers, youth workers, sports coaches, faith group organisers and Literacy Champion volunteers.

Tickets are free but booking is essential. The session will be:

03 May 2024 from 9:00am - 12:00pm

At Brasshouse Languages, Library of Birmingham, Centenary Square, Birmingham, B1 2ND

Books Aloud CPD Session

PARENTING AND ADHD

Hall Green Families present this FREE online workshop showcasing one of our amazing local services; supporting local families and children to get access to support that they need.



Accessing free support for parents of children with ADHD; practitioners with lived experience.



Exploring new ways of working and break down barriers.



What is Early Help? Explore how to connect into your Early Help service.

Register for free [here](#)



Wednesday 1st May
10 - 11:15am
via Zoom



Parenting and ADHD

This free online event, hosted in collaboration with Birmingham Resilience, Education and Wellbeing Service (BREWS) aims to support families to access free ADHD support, information, advice and guidance.

BREWS is a non-profit organisation supporting mental health resilience in young people and promoting neurodiversity awareness.

We will also be exploring how Early Help can support professionals and families in accessing support for families early in the life of a problem.

This session will run on Wednesday 1 May, 10 – 11:30am

Where: Online via Zoom (link to be sent 24 hours prior to the event)

If you would like to learn how you can support your pupils/families/service users, [please register here](#).

Annual Benefits Table

Rightsnet have produced their annual benefit table, showing all of the benefit amounts alongside premiums for 2024/2025.

We hope you find this useful.

Means tested

Universal credit Monthly

Standard allowances

Single	Under 25	311.68
	25 or over	393.45
Couple	Both under 25	489.23
	One or both 25 or over	617.60

Elements

Only/eldest child (born before 6 April 2017)	333.33
Other children	287.92
Disabled child	Lower rate 156.11
	Higher rate 487.58
Limited capability for work	156.11
Limited capability for work and work-related activity	416.19
Carer	198.31
Childcare costs - 85% of costs up to a month for one child and for two or more children	1,014.63
	1,739.37

Income support and JSA Weekly

Personal allowances

Single	Under 25	71.70
	25 or over	90.50
Lone parent	Under 18	71.70
	18 or over	90.50
Couple	Both under 18	71.70/108.30
	One under 18	71.70/90.50/142.25
	Both 18 or over	142.25

Premiums

Carer	45.60
Disability	Single 42.50
	Couple 60.60
Enhanced disability	Single person/ lone parent 20.85
	Couple 29.75

Severe disability	81.50
Pensioner	Couple 190.70

Children

Personal allowance	83.24
Family premium	19.15
Disabled child premium	80.01
Enhanced disability premium	32.20

Employment and support allowance Weekly

Basic allowance

Single/ lone parent	71.70/90.50
Couple	71.70/90.50/108.30/142.25

Component

Work-related activity	35.95
Support	47.70

Premiums
Carer, enhanced disability, pensioner and severe disability paid at same rate as income support/JSA. Pensioner premium reduced where claimant entitled to ESA component

Pension credit Weekly

Minimum guarantee

Single	218.15
Couple	332.95

Additional elements

Severe disability	81.50
Carer	45.60
Children	Eldest child 76.79
	Other children 66.29
	Disabled child Lower rate 35.93
	Higher rate 112.21

Savings credit

Threshold	Single 189.80
	Couple 301.22

Maximum	Single 17.01
	Couple 19.04

Housing benefit Weekly

As for income support, JSA or ESA except –

Personal allowances

Single/ lone parent	Pension age 218.15/235.20
Couple	Both under 18 108.30
	One under 18 142.25
	One/ both pension age 332.95/352.00

Premiums
Family (lone parent rate) 22.20

Tax credits Annual

Working tax credit

Basic element	2,435.00
Couple/ lone parent	2,500.00
30 hours	1,015.00
Disability	3,935.00
Severe disability	1,705.00
Childcare	70% of up to a week childcare costs for one child, and up to for two or more children 175.00
	300.00

Child tax credit

Family	545.00
Child	3,455.00
Disability	Disabled child 4,170.00
	Severely disabled child 5,850.00

Thresholds

Working tax credit	7,955.00
Child tax credit only	19,995.00

Non means tested

Attendance allowance Weekly

Lower rate	72.65
Higher rate	108.55

Bereavement benefits

Bereavement support payment Monthly

Standard rate	100.00
Higher rate	350.00

Widowed parent's allowance Weekly

Standard rate	148.40
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Carer's allowance

Carer's allowance Weekly

Standard rate	81.90
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Supplement Six-monthly

Lump sum in Scotland	288.60
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Child benefits Weekly

Child benefit

Eldest child	25.60
Other children	16.95

Guardian's allowance 21.75

Scottish child payment 26.70

DLA and child disability payment Weekly

Care component

Lower	28.70
Middle	72.65
Higher	108.55

Mobility component

Lower	28.70
Higher	75.75

Employment and support allowance Weekly

Basic allowance	71.70/90.50
Work-related activity component	35.95
Support component	47.70

Industrial injuries disablement benefit Weekly

Standard rate	44.30 - 221.50
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Jobseeker's allowance Weekly

Under 25	71.70
Aged 25 or over	90.50

Maternity allowance Weekly

Standard rate	184.03
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PIP and adult disability payment Weekly

Daily living

Standard rate	72.65
Enhanced rate	108.55

Mobility

Standard rate	28.70
Enhanced rate	75.75

Severe disablement allowance Weekly

Standard rate	98.40
Age addition	8.15/14.70
Adult dependant	48.40

State pension Weekly

New state pension 221.20

Retirement pension

Category A	169.50
Category B late spouse's or civil partner's NI	169.50
Category B spouse's or civil partner's NI	101.55
Category D non-contributory, aged 80 or over	101.55
Age addition, aged 80 or over	0.25

Statutory payments Weekly



Adoption, maternity, parental bereavement, paternity, and shared parental pay 184.03

Statutory sick pay 116.75

Thrive into Work is non-contracted provision, run by Shaw Trust and is suitable for customers with a health condition registered with a local GP and who are looking for employment. Self-referrals are available - if you're interested in this scheme, just scan the QR code!

Alternatively, check out their [website here](#)

Call 08081783354 or email thrive@shaw-trust.org.uk




Do you have a health condition and need support to find or retain work?

Thrive into Work is a free service designed to help you find meaningful employment or to stay in your current role. This free service is available to anyone over 18 who is registered with a local GP and is motivated to find or keep meaningful employment.

Areas we cover are: Wolverhampton, Sandwell, Birmingham, Solihull, Coventry and Warwickshire.

Take advantage of this opportunity and sign up today by speaking to your GP or contacting us:

T: 0808 178 3354
E: Thrive@shaw-trust.org.uk
W: shawtrust.org.uk/thrive-into-work



Scan here

shaw trust

Funded by
UK Government

NHS
England

West Midlands
Combined Authority

Universal Credit Update

The move to Universal Credit will begin to migrate other benefit combinations from 9th Apr 24. This means that we will no longer be migrating just Tax Credits only claimants.

The Migration Notice letters are being sent out from 09 April 2024 to claimants in receipt of:

- Tax Credits and Income Support
- Tax Credits and Housing Benefit
- Tax Credits, Income Support and Housing Benefit

To Find out more, just go to [Move to Universal Credit - Move to Universal Credit](https://ucmove.campaign.gov.uk) (ucmove.campaign.gov.uk).

The way that Claimants, Employers, Landlords and Partner organisations find information about Universal Credit will be changing:

- [Universal Credit: information for employers](#)
- [Universal Credit: information for landlords](#)
- [Universal Credit: detailed information for claimants](#)

- [Universal Credit: information for stakeholders and partners](#)

Professional Resources

- Shelter England – Tenant’s Rights: Free information and advice related to all housing/ homelessness issues. There are free letter templates for housing problems for customer to utilise, and free housing advice is available by phone: 0300 330 0517
- On Thursday 2 May, people in England and Wales will need to show photo ID to vote at polling stations. If someone does not have an accepted form of photo ID, they can apply for a free voter ID document, which is known as a Voter Authority Certificate.
- Help to Claim Support from 1 April 2024. The DWP are pleased to advise that Citizens Advice and Citizens Advice Scotland will continue to deliver Help to Claim support independently across England, Scotland, and Wales with up to a further £38m investment planned for two years from April 2024.
- National Minimum Wage increases from 1st April 24: Age 21+ £11.44/ Age 18-20 £8.60/ Age 16-17 £6.40/ Apprentice Rate: £6.40
- Severn Trent Water Discount – From 1st Apr 24, if the customer’s annual income is less than £22,010 (excluding housing benefit, DLA, PIP, Capability for work, after deductions for national insurance and tax, including wages or benefits), an application to receive a discount between 30-70% can be made [here](#). There is a requirement to upload proof of benefits and salary slips to apply successfully
- Severn Trent - [Customer Assistance Scheme](#) | [Help with paying your bill](#) | [Help when you need it](#) | [My Account](#) | [Severn Trent Water \(stwater.co.uk\)](#) - a customer does not have to be in debt for this service, but must be a customer of Severn Trent. They support with the below:
 - Money management
 - Income Maximisation and Debt Support
 - White Goods - Cooker, fridge freezer, washing machine

Domestic Abuse Services Directory

Birmingham Social Housing Partnership (BSHP) have created a directory of Domestic Abuse services.

The original version was produced back in 2022 and has since been refreshed - it is available at the button below.

Please feel free to share the information with your colleagues to help signpost people that may be in need, to improve their experience and to support them in building the resilience and courage to speak out and report this crime.

Domestic Abuse Services Directory

Dementia Action Week

Information Event



Want to find out more information about the different types of Dementia?

Are you looking for information and support on how to manage the symptoms of Dementia?

Wondering what support is out there for those caring for someone with Dementia?

Come along to our free Dementia Action Week information event for the chance to speak with professionals from a range of organizations.

When: Wednesday 15th May, drop in between 10am to 3pm
Where: Marie Curie West Midlands Hospice, Marsh Lane, Solihull, B91 2PQ
Who: for more details contact Sarah Tambie on sarah.Tambie@mariecurie.org.uk or 0121 703 3634



Dementia Action Week 2024

This year, Dementia Action Week will run from 13-19 May 2024.

Dementia Action Week is an awareness raising campaign. Each year, Alzheimer's Society works with individuals and organisations across the UK to encourage people to act on dementia.

A Drop in Session will be running at Marie Curie Midlands Hospice, Marsh Lane, Solihull, B91 2PQ, on Wed 15 May between 10am - 3pm.

For more details, contact Sarah Tambie on sarah.tambie@mariecurie.org.uk or 0121 703 3634

Alzheimer's Society are here to help - [go to their website to find out more.](#)

Mental Health Awareness Week 2024

Mental Health Awareness Week is also will take place from 13 to 19 May, on the theme of "Movement: Moving more for our mental health".

Being active is important for mental health. We know there are many different reasons that people may struggle to get enough exercise, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

For more information on how to get involved, check out the [Mental Health Foundation website.](#)



Menopause and Peri-Menopause Workshops

Join us for a range of workshops on navigating menopause and peri-menopause, facilitated by BVSC - let's tackle this together!

- [Thursday 2nd May, 15:45pm-18:00pm: Online Teams](#)
- [Monday 20th May, 12:15pm-14:30pm: Online Teams](#)
- [Thursday 11th July, 17:15pm-19:30pm: Online Teams](#)

Launch of Birmingham Citywide Small Grants

Applications are now open for public and VCFSE sector organisations in Birmingham to bid for Citywide Small Grants being made available via the Fairer Futures Fund.

A total of £2.46million is available through these grants, with organisations able to bid for up to £15,000 per year, or a maximum of £45,000 for individual projects over a three-year delivery period.

The fund is organised to radically transform how health and social care services are delivered in Birmingham and Solihull which will see services become more integrated and delivered as close as possible to citizens' homes, whilst the focus will shift towards preventing ill-health. More than 50 varied organisations have already received over £2.1million of the Fairer Futures Fund.

For more information on how to apply, visit the Heart of England Community Foundation website. The deadline for applications for the Citywide Small Grants scheme is 5pm on Friday 12 July 2024.

A free online workshop is being held on Monday 8 April 2024 from 10am to 12pm to help organisations understand how to apply for the Citywide Small Grants. Any organisations who would like further information, advice or guidance about making an application for the Citywide Small Grants can email info@heartofenglandcf.co.uk – please include FFF/Bham in the email subject title.

Autism Awareness Month

April marks the start of Autism Awareness month!

If you'd like to find out more about autism, including symptoms, screening, assessments, webinars, and a range of resources, check out the Autism Research Institute website [here](#).



AUTISM AWARENESS MONTH



WHAT IS AUTISM?

Though a disability, autism is a different way of experiencing the world, not an illness to be "cured". Many autistic people view it with pride as an essential part of their identity.

DIVERSITY

No, autism is a different way of seeing and experiencing the world. It's not an illness or disease that can be treated or cured. Autistic people can live independent and fulfilled lives.



SPECTRUM

The term "autism spectrum" is used because autism has a range of characteristics. Autistic people may share some traits, but also be very different from one another.

AUTISM AND GENDER

Autism is usually diagnosed by looking at three key areas:

- Social communication and interaction.
- Repetitive behaviour.
- Sensory issues. Research suggests that four times as many boys are diagnosed with autism as girls. But the number of autistic girls is likely to be much higher.
- Autistic girls may be quieter than boys and express their autistic traits in more subtle ways.

ASPERGERS SYNDROME

"Asperger syndrome" was first used in the 1980s. It was generally applied to autistic people who were verbal and did not have learning disabilities. Asperger syndrome is no longer used as a diagnosis.

DIAGNOSIS

Autism is usually diagnosed by looking at three key areas:

- Social communication and interaction.
- Repetitive behaviour.
- Sensory issues.

FURTHER EDUCATE YOURSELF

<https://www.autism.org.uk>
www.beyondautism.org.uk
www.autism.org.uk

APRIL 2024

Birmingham Carers Hub Household Support Fund Application

If you are an unpaid carer looking after someone, there is a new support fund available with up to £400 available depending on eligibility criteria. You must be living at the same address, and not receiving carers allowance.

The application takes no more than 5 minutes to fill in - to access, just click the link below!

Birmingham Carers Hub Household Support Fund Application

Green Lane Masjid Scouts Family Fun Day

The 309th Green Lane Masjid Scouts are having a Fun Day for their first session after Ramadan.



The event is open to all, and there is no entry fee, starting at 2pm on Sat 20 April 2024, at Green Lane Masjid, 20 Green Ln, Small Heath, Birmingham B9 5DB.

We will have loads of exciting activities like face-painting, a henna stall, sports activities, a bouncy castle, a Biryani BBQ and more!

Please encourage family and friends to come and support our event. We will have cash and card payment options available on the site. Representatives from the Spitfire Scouting District will be joining us, too.

Asylum Grants Prospectus

Below is a summary of services and organisations in Birmingham that have been awarded a statutory grant to support people seeking asylum. There is further information about grants available as well. Click the button below to find out more.

Asylum Grants Prospectus

Cranbean TA Food Truck Pilot

A **new Food Truck pilot** is beginning on **Monday 15 April** for families in two Temporary Accommodations in Yardley.

This initiative is run by a variety of partners, particularly Cranstoun, The Active Wellbeing Society and Let's Feed Brum, and is focused on providing those in temporary accommodations with **free fresh, healthy and hot meals** every Mon - Fri, to combat financial insecurity and support healthy eating.

This pilot is much needed, and is important as a way of supporting those who may not have a kitchen or cooking facilities, and we'd love your support in ensuring this pilot runs as smoothly as possible. Wrap-around support will be offering during these sessions, including signposting advice from Early Help.

This pilot is currently only open to families residing in these hotels - if you'd like to see this pilot expanded to offer wider support, please send us your positive feedback. Please let any families in your networks residing in these accommodations know about this scheme, but please do not publicise this more widely at this point.

For any questions, please get in touch with
earlyhelpyardley@barnardos.org
.uk



FOOD TRUCK

Launching for 12 weeks from 15/04/2024

Free Hot Meals for Citizens living in Temporary Accommodation

The Cranbean truck will be providing citizens in the following hotels the opportunity to gain a **FREE** Fresh Healthy Hot meal every Monday to Friday

1st Call Westley Hotel
Every Monday to Friday (including Bank Holidays)
From 5:00pm: Cranbean Truck will be parked outside to serve Fresh Hot Meals

2nd Call Travelodge Yardley
Every Monday to Friday (including Bank Holidays)
From 6:00pm: Cranbean Truck will be parked outside to serve Fresh Hot Meals

CRANBEAN
Eat Healthy. Eat Hot.

CRANSTOUN
MINDS
EMERGENCY CHILDREN'S TRUST

Brum Energy Support

Brum Energy are offering advice on home energy efficiency and retrofit measures.

The advice we provide is free and independent, funded by the Department for Energy Security and Net Zero. It is open to anyone who lives in the Birmingham city council area – whether home owner, tenant or landlord.

We'll give the householder advice and they may be able to benefit immediately from a Warm Home Pack, which has some thermal clothing, LED bulb, radiator foil and maybe some other warm home items. We'll advise them on possible funding schemes they could go to depending on their circumstances for more serious measures like insulation or boiler upgrades.

To access this support, please email brumenergy@bvsc.org

They'll refer onto a partner organisation in the area. They are currently having a portal developed to offer this support, at which point this will be used for public enquiries and referrals.

S.E.N.D Socials Birmingham

S.E.N.D Socials Birmingham provides social opportunities for children and young people with special educational needs and disabilities. We also provide support to parents and carers through coffee mornings, workshops, signposting and our online forum.

They've published their parent carer coffee mornings, available to book via the events page on the website: www.sendsocialsbirmingham.co.uk

Check out their Facebook for regular updates on their socials [here](#).



S.E.N.D SOCIALS BIRMINGHAM

Parent / Carers, join us for an informal gathering over coffee and cake.

we're in this together!

REGULAR
Drop-in sessions
Around Birmingham

S.E.N.D SOCIALS BIRMINGHAM

Wednesday 24th April - 10:00 - 12:00
The Two Mugs, 126 Haslucks Green Road, Shirley, B90 2EH

Wednesday 8th May - 10:00 - 12:00
Windowbox Cafe, 418 Birmingham Road, Sutton Coldfield, B72 1YJ

Wednesday 22nd May - 10:00 - 12:00
Arco Lounge, 147 High Street, Harborne, B17 9NP

Wednesday 5th June - 10:00 - 12:00
Tesco Cafe, Coleshill Road, Hodgehill, B36 8DT

Wednesday 19th June - 10:00 - 12:00
The Black Horse, Bristol Road South, B31 2QT

Wednesday 3rd July - 10:00 - 12:00
Coffee #1, 13 - 15 Alcester Road South, Kings Heath, B14 7JJ

Wednesday 17th July - 10:00 - 12:00
Hawkesley Community Centre Cafe, 51 Edgewood Road, Hawkesley, B38 9RN

Public Consultation on Birmingham Libraries

People in Birmingham are being invited to help shape the future of the library services in the city through a public consultation which includes online and in-person engagements.

The Birmingham Libraries consultation will be running from **Thurs 4 April - Weds 17 July 2024**. The review of our library services aims to achieve greater efficiency and value for money, and the continuing provision of a library service. While savings have been announced, final decisions have not been made on what the library service will look like in the future; the public consultation will help inform any next steps.

The following information details the recommended options, an alternative from our current 35 community libraries to a mixed delivery model of the following:

- Library Hubs open 5 days a week, with library and early intervention and prevention services
- Library Hubs open part time hours,, with library and early intervention and prevention services

- BCC staff co-located with partners/community groups providing library services
- Community groups running library services via Community Asset Transfer
- Library of Birmingham
- Expansion of mobile provision
- Prison Library
- Virtual (digital) Library
- Self Service
- Libraries at Home Service

Based on current information, we estimate a combination of the council run and community-led provision might secure circa 25 building-based library services. This figure may change.

Prior to taking part in the consultation, we recommend reviewing the documents which have been produced, which includes the draft libraries strategy framework, a FAQ document and a consultation launch pack. This information, along can be found on the budget consultation webpage via the following link [here](#), as well as a schedule for online consultation sessions of particular libraries. To find the consultation session for your local library, [click here](#).

Be-friending and Mentoring Programme for 16-25 years old

The Be-friending and Mentoring programme will run over the next 12 months and will look to build, development and enhance the personal and professional skills of our care experienced Young People (YP) aged 16-25.

We have several providers on the programme already and are developing our offer based on feedback. The tailored programmes we have include:

- Making the Change – podcast and music production/performance
- ROCUP – fitness, personal training and positive mindset with Rise Over Challenges
- Wellbeing sessions with Journal to Dream
- Football – Aston Villa Football Club Foundation

We recognise the need for care experienced YP to have access to opportunity and personal development. The programme will support YP in all aspects of their life from fitness, well-being, resilience, cooking, youth voice, and much more!

Interested in joining? Register by clicking on the button below!

Additional freebies include a FREE Gym Membership, FREE Broadband, FREE counselling and 24/7 helpline, Housing and Financial Advice and more!

We also have opportunities for volunteer mentors who want to support YP who are engaged with this programme – if you are wanting to get involved and mentor a YP, [click here](#).

Befriending and Mentoring Programme

Mobility Impairment Deep Dive

Birmingham City Council are writing a report about citizens living with a mobility impairment in Birmingham. This includes information on the prevalence of mobility impairments in Birmingham, associated health conditions and health inequalities, in addition to mapping local services.

Access this questionnaire to help us collect lived experience data, and share it with your networks.

There are three different groups the team are looking to gain insight from: Professionals, Citizens and Carers. We realise that some may cross over those groups, so please feel free to engage with more than one survey.

- [Questionnaire for Professionals](#)
- [Questionnaire for Citizens](#)
- [Questionnaire for Carers](#)

If you have any questions, please do not hesitate to contact the Evidence Team who are leading on this piece of work.

[They can be contacted via the Evidence Team Luke.Heslop@birmingham.gov.uk](mailto:Luke.Heslop@birmingham.gov.uk)
Eleanor.Fry@birmingham.gov.uk

Transport for West Midlands (TfWM) Go Cycle and Scoot

The TfWM Go Cycle and Scout offer aims to help residents across the West Midlands with the cost of living with free cycle and e-scooter credits.

The project uses funding from Active Travel England to promote sustainable and accessible transport, offering free travel for 300 minutes on a West Midlands e-scooter or e-bike, or 600 minutes on a pedal bike; valid for up to 30 days to people who may be facing financial challenges.

Applicants who earn under £30,000 a year before tax or who receive qualifying benefits and live in Birmingham, Coventry, Dudley, Sandwell, Solihull, Walsall, or Wolverhampton can sign up for the scheme. They must not be receiving any other travel to work help and must be aged 16 and over for cycle hire or 18 and over for e-scooter hire, to take advantage of the opportunity.

Eligible customers will receive a one-time code for free credit which can be activated through the app for immediate access to bike and e-scooter hire. This credit is equivalent to £32*. Each user is entitled to one code per financial year, which runs from April 1st to March 31st.

[Apply for TfWM Credits](#)

Support for Parents & Carers - Kooth

In April, Kooth are running webinars specifically to **help parents and carers with children sitting exams.**

Kooth help with a range of wellbeing and mental health support for young people, offering a free, confidential and safe space. Please let your network of parents know about this support available, especially if they are worried about their child's anxiety - these sessions are available on **Mon 22 Apr. 1-2pm and Thu 25 Apr. 6-7pm.**

Kooth Webinars for Parents & Carers

Mytime Active Midlands Wellbeing Hub

Mytime Active Midlands Wellbeing Hub are based out of **Hatchford Brook Golf Centre and Gym, Coventry Rd, B26 3PY**, and are delivering a number of **wellbeing programmes** including:

- Fresh Start Friendly (an introduction to gym-based exercise), including refreshments for just £3.24 per session
- Golf on referral (an intro to golf programme, with a health assessment and fun, interactive group work), including refreshments for £4.32 per session
- FREE Wellbeing Walks
- ESCAPE pain and Good Boost (for those experiencing MSK pain)

Anyone can be referred to our wellbeing hub with no obligation – all are offered a free triage and support to meet their needs.

You can **refer others** by [clicking here](#) or anyone can **self-refer** [using this link](#).

Infant Feeding Support

Infant Feeding Face-to-Face support available through Fox Hollies Children's Centre. See below for further details about their drop-in sessions, or call 0121 702 2700 to find out more!

INFANT FEEDING / FACE TO FACE SUPPORT

Every **Friday** drop-in from
9.30 to 11.00am

At Fox Hollies Children's Centre
419 Fox Hollies Road, B27 7QA

Every **Last Tuesday of the month** drop-in from **2.15 – 3.15pm**

(Next one 30th April)

At Sheldon Library,
317 Brays Rd, B26 2RJ

Tel: 0121 702 2700 , 07519294569

The Big Help Out

The Big Help Out is a **nationwide weekend of volunteering and community action from Friday 7 – Sunday 9 June 2024**. It aims to:

- Raise awareness of the benefits of volunteering for individuals, communities and good causes.
- Provide opportunities for people to experience volunteering and make a difference in their community.

Why get involved?

If you're a local citizen, the Big Help Out is a great opportunity to give back to your community, make a difference, meet new people and try something new, through giving a small amount of your time. There are all sorts of activities to get involved in depending on your interests, location and the time you can give, such as supporting events or family fun days, environmental projects, raising awareness of good causes, practical tasks, fundraising, and lots more.

If you're a local voluntary, community or faith-based organisation, this is an opportunity to raise awareness of your work, recruit new volunteers and involve them in innovative ways. It's also an opportunity to be part of enacting Birmingham's Vision for Volunteering.

To help you be part of Birmingham's Big Help Out, we're organising four webinars for you to learn more and get tips and ideas of how you can involve volunteers throughout the weekend.

The **webinars are open to all and free** to attend:

- Wednesday 27th March 2024 – 10.30 - 12.00
- Thursday 4th April 2024 – 13.30 - 15.00
- Wednesday 10th April 2024 – 10.30 - 12.00
- Tuesday 16th April 2024 – 13.30 - 15.00

[Click here to find out more or register for a webinar!](#)

Funding Opportunities

- St Martins in the Field Charity – Our Frontline Network Training Fund is now open for applications. Individual Frontline Workers can apply for up to £500 towards the cost of training, and groups can apply for up to £1,500. The training fund was created to help frontline staff access training to support them in their work with people experiencing homelessness. If you have identified some training that will help you in your current role, but your organisation is not able to fund it, we may be able to help: [Click here to find out more.](#)
- Vicars Relief Fund – The VRF (Vicar's Relief Fund) helps people at risk of, or currently experiencing homelessness through providing crisis grants to prevent eviction or help access accommodation. As a frontline worker, you can apply for a grant on behalf of individuals you are supporting: [Click here to find out more.](#)
- There is a new scheme from The Children's Society in partnership with Islamic Relief, offering a one-off payment of £100v via an e- Asda voucher for families meeting eligibility criteria. The offer does not apply to EU nationals, but all other families with NRPF can apply. This can be applied for by contacting helpingfurtherreferrals@childrenssociety.org.uk for the referral information, and we suggest that you contact the agency first before completing the form to determine the availability of the vouchers.

Various Posters

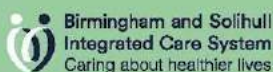
Training, Employment, Skills and Funding



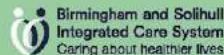
Let's build the best place to work together



Scan to join the Conversation



Find out more at openconversations.clevertogogether.com



Do you work or volunteer to care for our people and communities in Birmingham and Solihull?

We are determined to make working and volunteering in health and care in Birmingham and Solihull the best it can be. We can only do this by having a two-way conversation with everyone who cares for our people and communities.

Through an online discussion platform, called Our Open Conversation, you can safely, openly and anonymously share your opinions and ideas - with the promise that your contributions will be heard, recognised and actioned.

The first Conversation launched in November 2023 and over 1,900 staff and volunteers shared nearly 1,200 ideas and comments, and almost 10,000 votes. Using what we heard, we have drafted a set of pledges that address your key concerns and priorities. Now, we want you to test these pledges with even more of you before we start putting them into action later this year.

Join the Conversation to find out more about the pledges and tell us what you think is strong, wrong or missing.

Let's build the best place to work together.



Scan to join the Conversation

Find out more at openconversations.clevertogogether.com

What would you like to do today?

- FREE UK Online computer sessions
- Internet Café
- Work Café / Job Club
- Enterprise Club
- Reading Ladies - English class
- Reading Communities - Session open to Men
- Business Startup Support
- Mehndi / Cake Decorating / Sewing courses
- DOSTI Group and much more...

Language & Crèche Support Available



Nationally recognised qualifications in:

GOAL offers nationally recognised qualifications in the following subjects:

- NOCN Level 2 Award in IT User Skills (ITQ)
- NOCN Level 3 Award in IT User Skills (ITQ)
- Functional Skills - English at Entry Level 1, 2, 3 and Level 1 & 2
- Functional Skills - Maths at Entry Level 1, 2, 3 and Level 1 & 2a

Reading Ladies Group

Reading Ladies' initiative was set up to allow individuals to **Read, Enjoy, Apply and Develop** (R.E.A.D.), helping them to improve the spoken English language

I feel very confident in English class. My speaking and reading is becoming very good

Sabeeha D.

I feel very confident in my English class. The staff is very good. Their way of teaching is very impressive. I enjoy it a lot

Uzma A.

I am very happy to come to the English class. The teacher is very good and friendly. I think it is very important for us to develop ourselves and for our children

Sumera Y.



Contact us on 0121 327 2997 or email info@gwalcic.com
Visit www.gwalcic.com for more information on any of our services

Want to start a course but don't know what it involves and where to access the right information?

At GOAL we offer a wide range of services. Our programmes are tailored to meet the needs of the learner.

Online Basics

FREE Computer modules

Online Basics offers short free modules which will help you get to grips with the basics you need to get going online. It covers:

- How to use a keyboard and mouse
- How to search and explore the internet
- How to keep in touch with email
- Using a computer
- Using public services online
- Job hunting and interview preparation
- Shopping online
- And more...

Each session is run in small groups. To secure your place, drop in to register.

Enterprise Club

Do you have a good business idea but don't know where to start?

- Have you got fabulous skills and want to put them into practice and start making money from them?
- Do you need help and support to get your idea off the ground?

Come and speak to us and find out how we can help you.

Work Cafe

Are you looking to get back into work? Do you want to update your skills?

For FREE advice on:

- Interview techniques / CV and cover letter writing / Volunteering opportunities
- Guidance and support in finding work - tailored programme to help you become work ready.

Drop in and have a chat with an advisor to access support that is right for you!

It was the best day of my life when I came here.

Veronica S.

I understand business requirements as well as registering the business, public liability, website and domain information.

Gulshan N.

Internet Cafe

Want to:

- Type up your CV
- Surf the net for more information
- Or just want to practice on the computer

Internet Cafe run at Adderley Children's Centre, St. Saviours Road every day from 9.30am - 4.00pm

Cost: £1 for 2 hour session (subject to availability). Call in to book your session to avoid disappointment.

6 week Cake Decorating Course

Come and learn how to decorate a cake to a professional standard.

The course will include:

- The correct way of applying marzipan to a cake.
- How to cover a cake with sugar paste.
- How to hand-make decorations + apply.
- Learn different techniques on using various icing methods.

Length of course: 6 weeks

Mehndi Course

Beginners, Advance and Bridal courses available.

Learn how to:

- Create a cone / techniques on holding a cone
- Make your own Mehndi paste
- Design your own patterns
- Apply patterns and more

Sewing Classes

Basic Sewing Course - (10 week course)

- Using the machine, measurements, cut and sew, Faced and Trousers.

How to make fancy necks - (10 week course)

- Applying zip, ribbon and piping. Learn how to make 3 new neck designs.
- Produce final product using all the above.

How to make a Stroke Dress - (6 week course)

- How to cut and sew a stroke dress.

I really enjoyed the class and am looking forward to advancing onto the butter cream course.

Farzana A.

The Mehndi tutor was very experienced in her field. She knew where each of us needed to improve and helped us to do that.

Aliyah G.



SHDP 2-DAY BOOTCAMP

SHDP and Three UK have teamed up to deliver a two day digital skills bootcamp where you will be able to build upon your:

- Skills
- Experience
- Networking



*Open to 14-16 year olds only

Sign up via our QR code:



SCAN ME



Email: engagement@shdp.org
Mobile: 07766191515

Key Details:

- 29th - 30th August
- 10am - 4pm
- Khidmat Centre



@theshdp | SHDP

Recruiting Family Carers of

Young People with Learning Disabilities

Are you a family carer of a young person with a learning disability?

Is your family member aged 16-25 years old?

Are you interested in completing a survey about your experiences?

This project aims to better understand the **mental wellbeing of family carers** during their family members transition from child to adulthood, a time of uncertainty and change.

Taking part involves completing an anonymous survey about your mental wellbeing and your experiences of uncertain situations during the transition period. The survey will take around 20-30 minutes to complete.

If you decide to take part, you will be entered into a draw to win a £20 gift voucher as a thank you for your time and contribution.

For more information about the project and to take part, please click on the link below or scan the barcode:

https://ncipsych.eu.qualtrics.com/fe/form/SV_705RCEXsIraSz9c

If you would like to ask any questions or find out more information, please contact:

Michaela Osborne, Trainee Clinical Psychologist
m.osborne4@newcastle.ac.uk



Supervised by Professor Mark Freeston, Newcastle University

This project was approved by the Newcastle University's Research Ethics Committee: Ref. 41617/2023




JOIN US FOR OUR ANNUAL

FUND RAISING

FOR CHILDREN'S CEREBRAL PALSY SUPPORT GROUP

TICKETS
£25

SPONSORED BY
MAAZA-ACO

SAT. 25TH MAY 2024 5PM - 11PM

BANGLADESH MULTI PURPOSE CENTRE IQBAL'S,
BANQUETING SUITE 136-148 VICTORIA ROAD
ASTON, BIRMINGHAM B6 5HH

Music By: DJ JACK | PITA MBONGO | SIEBEN

FOOD(FREE) - DRINKS (PAID)

TO FURTHER INQUIRE AND DONATE | Tel: +447985110893
Email: infos@inclusivelifeprojects.org | Web: www.inclusivelifeprojects.org



#LookCloser

The Children's Society

Programme of Learning: May - September 2024

We're delighted to invite you to join us for our latest #LookCloser programme of learning. We have developed our sessions based on learning from The Children's Society and wider partners to tackle the issues of child exploitation and abuse.

All sessions are free of charge and delivered on Microsoft Teams Live which means:

- Interaction with the presenters and participants will be limited
- There will however, be a Q&A function
- We will use tools such as Menti to provide opportunities for engagement and discussion.

The timetable below has links to each learning event on Ticket Tailor, where you can book on to as few or as many events as you please. All of our sessions have been designed for various professional audiences, so please share these events with anyone you think would benefit from attending.

If you have any questions about our learning events, please contact prevention@childrenssociety.org.uk

Date	Session	Time
Thursday 23 May 2024	Transitions to adulthood: preventing exploitation as children approach and turn 18	10:00 - 12:00
Monday 3 June 2024	Preventing and disrupting exploitation within the Night Time Economy	13:00 - 15:00
Thursday 11 July 2024	Disrupting exploitation	10:00 - 12:00
Thursday 29 August 2024	Safeguarding care experienced young people from exploitation	13:00 - 15:00
Monday 16 September 2024	Financial exploitation	10:00 - 12:00

Learning Session Information: These sessions are aimed at upskilling professionals in the topic area and identifying points of reflection for individuals' own practice and to take back to their wider teams and networks. The audience is expected to be varied and therefore the session has been written to engage professionals at different levels of knowledge and seniority and across a range of setting and sectors.

You may want to read some of our resources prior to attending our sessions in order to get the most out of these, but this is not a requirement.

Charity Registration No: 270324
© The Children's Society 2024

Miscellaneous Services

GLM DOMESTIC VIOLENCE DROP IN SERVICE

In partnership with
Birmingham & Solihull
Women's Aid

This service will provide women
with support around domestic abuse such as:

- Specialist trained Muslim female Drop In support worker (in person & online)
- Emotional support
- Housing Support
- Refuges
- Free and confidential helpline and webchat facility

DROP IN SERVICE
WILL BE AVAILABLE
ON **MONDAY'S**
10AM TILL 4PM
ON A PRE-BOOKED
APPOINTMENT BASIS.

TO BOOK YOUR
APPOINTMENT WITH OUR
DROP IN WORKER
PLEASE CONTACT
0121 713 0080
OR EMAIL
INFO@GREENLANEMASJID.ORG

WWW.GREENLANEMASJID.ORG

This service is funded by West Midlands Violence Reduction Unit

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:



**National
Literacy
Trust**

Change your story

First Words Together



Would you like to...

- ★ Help your baby or toddler learn to talk?
- ★ Get ideas for supporting communication?
- ★ Receive five free children's books?
- ★ Spend quality time with your child?

First Words Together sessions are run on:

Day Thursday from 18th April for 5 weeks until 16th May

Time 2.15pm

Venue Acocks Green Library



Enjoy exploring rhymes,
stories and games to play
with your child once a
week for five weeks!

The National Literacy Trust is a general charity no. 1000100000 registered in England and Wales and a registered charity in Scotland no. SC022854.

Women Empowering Women Presents

FREE

**FITNESS
CLASSES**

**LEARN TO DANCE LIKE A
PROFESSIONAL**

Every Thursday
12.15 to 1.15
Canning Building
St Peters Urban Village Trust
Bridge Road, Saltley
B8 3TE
07412219215



Register today or pop in to one of our sessions.

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The Mental Health & Wellbeing Hubs

Yardley Hub Timetable 15th April - 7th July

195 - 197 Church Road, Yardley, Birmingham, B25 8UR

0121 389 0213

Session	Type	Time	Facilitator
Monday	Understanding Emotions & Feelings	11:00am - 12:00pm	Laila Drop-in
	Relaxation & Seated Yoga	12:30pm - 1:30pm	Shams Drop-in
	Improving Confidence & Self-Esteem	2:00pm - 3:00pm	Laila Sign-up 4 weeks
Tuesday	Creative Scrapbooking (art & creative writing)	10:30am - 12:30pm	Karen & Rebekah Sign-up 6 weeks
	Walking Group	12:00pm - 1:30pm	Anne Drop-in
	Positive Growth Mindset (Mindfulness based)	1:00pm - 2:00pm	Laila Sign-up 4 weeks
	Coping with Loss & Change	2:30pm - 3:30pm	Anne Sign-up 4 weeks
	Work to Recovery (Shaw Trust)	2:00pm - 5:00pm	Speak with your Recovery Navigator to book an appointment
Wednesday	Cooking & Baking	10:30am - 12:00pm	Sally (17th April - 22nd May) Sign-up 6 weeks
	Indoor Gardening	10:30am - 12:00pm	Sally (29th May - 3rd July) Sign-up 6 weeks
	Open Afternoon & Service User Forum	12:30pm - 2:00pm	Karolina (1st May, 5th June, 3rd July)
	Building Secure Relationships	2:30pm - 3:30pm	Leah Sign-up 6 weeks



Session	Type	Time	Facilitator
Managing Anxiety		10:30am - 11:30am	Sally Sign-up 6 weeks
Cuppa Squad - Diabetes Awareness Group		12:30pm - 1:30pm	Michael (25th April, 30th May, 27th June)
Peer Support Group		2:00pm - 3:00pm	Julie Drop-in
Positive Life Skills		5:30pm - 6:30pm	Zaf Sign-up 6 weeks
Evening Social Support Group		6:30pm - 7:30pm	Zaf Drop-in
Friday	Crochet & Chat	10:30am - 12:00pm	Barbara Drop-in
	Arts & Crafts	1:00pm - 2:00pm	Darren Drop-in
	Living Your Best Life (CBT based)	2:30pm - 3:30pm	Zaf Sign-up 6 weeks
	Motivation & Self-care	3:30pm - 4:30pm	Sally Sign-up 6 weeks

Session Types:

- Social Groups
- Life Skills
- Mental Health & Self Care
- Physical Health
- Creative Opportunities
- Admin & Service Involvement

How to access

Scan the QR Code to check your eligibility and complete an online referral form or speak to the team.



Once your referral has been accepted, you will be invited to an initial appointment following which you can access all of our hubs. Contact your Recovery Navigator for more information. Check out our website to find out more!

www.birminghammentalhealth.org.uk

Registered Charity No. 1003906 Company Limited by Guarantee No. 02024372



ARTS IN THE YARD

WOMEN OF YARDLEY WALK

Join us for a women only walk around Oaklands Recreation Ground. Meet at the park's grounds near the skate park at the Holder Road entrance for a gentle walk along the paths.

Please wear comfortable clothes and footwear and bring along a bottle of water with you.

Every other Friday 9.30am - 10.30am

APRIL: 12th & 26th. MAY: 10th & 24th.

JUN: 7th & 21st. JULY: 5th & 19th

THE DRINKS ARE ON US!

Or join us afterwards at Costa in the Swan Centre at 10.30am for a free drink and a chance to meet up.

FOR MORE INFO CONTACT SIDRA
Email: sidra@artsintheyard.org
Call: 0121 339 5029



SHINING BRIGHT FUTURES

FitCap

Present:

SPORT & WALK

STARTING SECOND WEEK OF EASTER HOLIDAYS!

We are inviting families to get their involved in FREE sports activities at North Solihull Leisure Centre for the kids, and a chance to unwind with other parents with a safe space stroll. All this with a gift of lunch if you want to get involved!

WHEN?
Every Thursday

MEET WHERE
Lily's Tea Parlour- B37 5TT

WALK OVER TO: NORTH SOLIHULL LEISURE CENTRE
AT 5PM - 7PM

STARTS THURSDAY 4 APRIL 2024 FOR 24 WEEKS THOUGHOUT SUMMER HOLIDAYS!

To register your interest, contact Rachel at Shining Bright Futures on email: Rachel@u-educate.co.uk or speak to Teresa at Lily's Tea Parlour.

Funded by:

Arts, Crafts and Skills Activities

Open Door Friendship Centre
388 Green lane, B9 5QJ
0121 293 2201

DROP IN SEWING TIME



If you know how to sew but want more practise or want to use one of our machines? We are offering a sewing drop-in on Mondays from 2:00pm - 3:30pm

(No children allowed and please bring your own material)

£1 for use of the machines

COMPUTER CLASSES FOR ADULTS



Monday: 1:00 - 2:00pm
Thursday: 1:00 - 2:00pm

Computer Classes

Learn to set up a computer; use Office software, email & internet; edit photos; develop websites; and much more. *Beginner to advanced level.*

Computer Drop-in

Free Internet access
Troubleshooting or Q&A (with your devices)
Online job search
IT expert available.

Open Door Friendship Centre
388 Green Lane, Birmingham, B9 5QJ
0121 293 2201

Berkeley Road Park B25 Open Spaces

Oakland's Park Litter Pick

20th April 2024

2nd/3rd Saturday of the month
weather permitting



Meet at carpark by 11 o'clock
All equipment provided

contact Lee for more info:
berkeley.roadb25@gmail.com
Group supported by Cllr Zafar Iqbal

Find us on facebook:
Berkeley Road Park B25 Open Spaces



Sewing Classes

SEWING MADE EASY

FREE CLASSES

CLASSES START ON TUESDAY 16TH APRIL FROM 10 TO 12 @ST PETERS COLLEGE, BRIDGE ROAD, SALTLEY B8

3TE FREE CLASSES

Women Empowering Women

Places Limited Pre booking Essential:

07412219215

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BUILDING COMMUNITY TOGETHER'S

ARTS CAFÉ

Join us for free arts and crafts activities plus a light lunch and refreshments



THURSDAYS 11AM - 1PM

JANUARY 11TH
FEBRUARY 8TH
MARCH 14TH
APRIL 11TH
MAY 9TH
JUNE 13TH

www.bctproject.org
 www.facebook.com/BuildingCT
 Call: 0121 339 5029
 Email: hello@artsintheyard.org

Acocks Green Baptist Church Hall
 next to 2b Alexander Road
 Acocks Green, B27 6ER

The **Birmingham Millennium Lacemakers** are welcoming new members, please enquire at birminghammillenniumlacemakers@gmail.com



Birmingham Millennium Lacemakers

Every 2nd Saturday of the month
 10am-4pm
 South Yardley Library
south.yardley.library@birmingham.gov.uk
 0121 464 1944

New members welcome, please enquire
 Please contact us prior to your visit if
 you need to borrow any kit at
birminghammillenniumlacemakers@gmail.com




HIGHBURY HALL
SPRING CRAFT FAIR
SUNDAY 28TH APRIL 2024
11AM - 4PM
 4 YEW TREE RD, MOSELEY, BIRMINGHAM B13 8QG

CHILDREN - FREE*
 *Children under the age of 12 are free of charge

ADULTS - £1.50
 Entrance fee for adults is priced at £1.50

Take a break
 Have a bite to eat in the Dorothy Lloyd Bar.

For further information or if you would like to book, email civic.catering@birmingham.gov.uk or call 0121 303 2050

Food Provision

FREE

COMMUNITY CAFE TIMETABLE

MON

TUES

WEDS

THURS

FRI

Cafe 12-1:30pm
All Saints,
Herbert Road,
Small Heath,
B10 0PR

Seed to Fork
10:30am-1:30 pm
Social Walk 11am
Mobile Share Van
11:30am-1pm
Cafe 12-1:30pm
All Saints, Herbert
Road, Small Heath,
B10 0PR

Cafe 3:30-5pm
Share Shack,
196 St. Vincent
Street West,
Ladywood,
B16 8RP

Cafe 12-1:30pm
All Saints,
Herbert Road,
Small Heath,
B10 0PR

Come Together,
Cook Together
10am-1pm,
Share Shack
11am-4pm
Cafe 12-1:30pm
Table Tennis
12-1:30pm
Social Walk 1pm
Hay Hall, Redfern
Road, Tyseley,
B11 2BE

Share Shack
11am-4pm
Cafe 12:30-1:30pm
Table Tennis
12-1:30pm
Social Walk 1pm
Hay Hall, Redfern Rd,
Tyseley,
B11 2BE

Gardening
Group 1-3pm,
Hay Hall,
Redfern Rd,
Tyseley,
B11 2BE

Please note the cafes are open for sit in meals only.

For more information or to get involved, feel free to contact us at bigfeed@theaws.org



Free

Growing from seeds workshops

Always wanted to grow your own plants?



Instructor:
Louise Scrivens,
Community Gardener

Join us at Hay Hall for a series of workshops to learn, and grow flowers, herbs and vegetables from seeds. Each workshop will include different edible plants and flowers. You can take away your plants to add to your garden or pots, and help us to grow food for our community gardens.



Reserve a slot via email or telephone
Phone: 07854 328 012
Email: louise.scrivens@theaws.org



Find us at:
Manor House, Hay Hall Business Park,
Redfern Road, Tyseley, Birmingham,
West Midlands, B11 2BE



Workshop Dates

Workshops will be held fortnightly on:
Thurs 18th April
Thurs 2nd May
Thurs 16th May
Thurs 30th May

And run from:
10am to 12pm

Each workshop will use different types of seeds and different plants, they can be stand alone workshops or a series.



Manor House, Hay Hall Business Park, Redfern Road, Tyseley, Birmingham, B11 2BE



Finding a community food hub: useful links

Fareshare	Distributes surplus food. They might be able to accept your food offer directly, or tell you about groups they deliver to who could work with you. Fareshare is regionally organised.	fareshare.org.uk/giving-food/
IFAN (Independent Food Aid Network)	A UK network of independent food support groups.	foodaidnetwork.org.uk
Sustainable Food Places	Some places have groups of organisations overseeing food issues in their area.	info@sustainablefoodplaces.org
Trussell Trust	A membership organisation for hundreds of food banks.	trusselltrust.org/winter2023PPC
Feeding Britain	A UK network of 91 partnerships (a network of networks) tackling food poverty in diverse ways including food pantries, larders and community kitchens.	feedingbritain.org
Your Local Pantry network	A network of low-cost community shops (members pay £3.50-£5.00 a week for food that would retail at £25-£30).	yourlocalpantry.co.uk
Community Fridge Forum	Network of community fridges, mainly small-scale.	Community Fridge Forum Facebook group
Good Food Scotland	Runs a network of affordable food spaces (larders) across Glasgow/Scotland, and a new Community Supermarket & Cafe. Available to anyone, with shopping 30-40% cheaper than RRP.	goodfoodscotland.org
Scottish Pantry Network	Supports a network of pantries across the central belt of Scotland.	scottishpantrynetwork.org.uk
Cyrenians Community Pantry network	Runs a network of community pantries across Edinburgh.	cyrenians.scot/how-we-help/140-community-pantries

What is LUSH?

LUSH stands for **Linking Up Food Suppliers and Hubs**. It's a way to supply food poverty projects with good food, and at the same time increase sales for farmers, producers and retailers.

LUSH is a locally-driven initiative where two individual organisations that might not normally cross paths (eg a farm and an urban food project) get to know each other and work together for mutual benefit.

How does it work?

1

A food supplier (a farmer, producer or retailer) and a community food hub in the same local area get to know each other and understand each other's needs.

2

The food producer or retailer asks their existing customers to 'buy another one for someone that needs it'. Their customers pay to donate food to the community food hub.

3

The food hub uses the donations to address food poverty and bring social benefits. The supplier and hub talk regularly to ensure the partnership meets the needs of both.

We'd love feedback on our newsletters so we can keep improving our services. If you're happy to give us feedback, please see the QR code or click the link below.

Early Help Newsletter Feedback Form



Early Help Newsletters Feedback Form

Thank you for reading this month's Yardley Early Help Newsletter, and please don't hesitate to get in touch!

Abi & Sasha
Community Connectors, Barnardo's Yardley Early Help Team

If you have any questions or concerns please don't hesitate to get in touch. You can email us.

Barnardo's is a charity (216250 / SC037605) Registered office: Tanners Lane, Barkingside, Ilford, IG6 1QG. VAT number 50747737.

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