

[Click here for support and activities over the holidays!](#)

[View in browser](#)

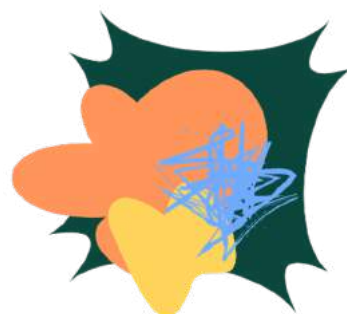


Yardley Early Help Newsletter for Families

We have compiled a list of activities and resources that we hope you will find useful over the Easter School Holidays. This includes activities and food provision, as well as information on Early Help and how to access support over the holidays if you should need it.

Contents

- Activities, Events and Community Providers
- Food Provision
- Sports Activities
- SEND Support
- Under - 5's Provision
- Arts and Crafts
- Early Help Support





Bring it on Brum! Bookings Open

Bookings for the spring Bring it on Brum! programme are officially open!

Holiday clubs will take place from Mon 25 March- Fri 5 April. Excludes Bank Holidays and weekends.

To book, you will need your Bring it on Brum! code (BIOB code), sometimes called a Free School Meal Code (FSM code) or Holiday Activity and Food Code (HAF code). Your code will be given to you by your school.

If you haven't received your code, but believe you are eligible, please speak to your school office. Alternatively, you can contact the Bring it on Brum! team via the contact form on the Bring it on Brum! website, or view our How to Book Guide.

If your child can no longer attend for any reason, please contact the holiday club provider to cancel your space or click on the cancellation link on your booking confirmation email. Spaces are limited and there are other children who may need the spaces.

If you do not cancel unwanted bookings, you risk losing all future bookings.

Activity Packs are available for children and young people who are unable to attend face-to-face holiday clubs. To register for your Activity Pack you will need your code from your child's school. You can order one Activity Pack per eligible child.

Bring It On Brum Booking

"Help through Hardship" Helpline

'Help through Hardship' phone number: - 0808 2082138

If you're looking for a free phone service, the Help through Hardship helpline has friendly advisers have already helped thousands of people who are worried about money.

Their advisers can help you get the support you need if you're struggling to afford essentials, and can advise which benefits you're entitled to, guide you through any claims, and help you with emergency issues.

Lines are open Monday to Friday from 9am to 5pm. Closed on Public Holidays.

If you're feeling overwhelmed or struggling to cope, they can also transfer you to Mind's Infoline. Their advisers will provide support and information to help you take care of your wellbeing.

50 Things Friday

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

Download the '50 Things to Do Before You're Five' App which helps children develop the skills, language and resilience needed in school and beyond. The App provides 50 low or no-cost ideas for play, to the help children get the best start in life - [get in here](#).



The Project

The Project is a charity aiming to improve financial wellbeing and prevent homelessness through our high quality and accredited advice, guidance and information, including Crisis Support, Debt Advice, Benefits Advice, Housing Advice.

The easiest way to contact The Project is by filling out one of the advice request forms on our 'contact us' page.

Alternatively, our phone lines are open Tues 9:30am – 3:30pm, Thurs 9:30am – 3:30pm on 0121 453 0606

[Check out their website here.](#)

Empowering Parents, Empowering Communities (EPEC) - Being a Parent Group

The Being a Parent programme is an 8 week programme for parents and carers with children aged 2 - 11 years old. Sessions are 2 hours long, once a week, and includes sessions on understanding children's needs, play, discipline strategies and more!

The Being a Parent programme encourages parents to work together, supporting each other and building community.

Parents that partake in the BAP Group will have the opportunity to become Parent Group Leaders (PGLs), where they will be trained to deliver and facilitate BAP to parents/carers in their local community. This is a great opportunity if you're looking for training or volunteering experience.

Contact the EPEC team at EPEC@barnardos.org.uk for more information



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

Being A Parent Group (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.

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

There is a free crèche subject to availability

A range of snacks and refreshments are provided

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 for more information



Summer Reading Challenge

Delivered in libraries across the country, we'll be empowering children to express themselves through creativity and reading.

Why not join in with the Summer Reading Challenge 2024?

[Find out more here!](#)



Easter Events:

Acocks Green Library Easter Craft Session

Free fun for all the family

Mon 25 March, 3-4pm - just come along!

Acocks Green Library, Shirley Rd, Acocks Green,
Birmingham B27 7XH

Or, check out Chemsley Wood
Easter Bunny Meet and Greet

Come to the Chemsley Wood Shopping Centre
Easter Fair, to meet the Easter Bunny, take a
picture and receive a lovely gift!

[Prebook your ticket here](#) or turn up on the day!
(Entry to the fair is free, Easter Bunny Meet and
Greet with 1 gift is **£6 per child**).

Mar 30 2024 at 9am - 4pm, Chemsley wood
shopping centre Birmingham B37 5TT





Newlands Bishop Farm Easter Egg Hunt Event

**Berry Hall Lane, Catherine De Barns, Solihull, B91 2RY,
23 - 24 of March**

Join us for a fun-filled Easter Egg Hunt at Newlands Bishop Farm! Children of all ages can enjoy the thrill of finding eggs and discovering the surprises hidden inside, so put on your bunny ears, grab a worksheet, and let the hunt begin! Don't forget to bring your camera to capture those priceless moments.

Tickets are £5 per child - [click here to book your place!](#)

*Additionally, this event is running again for a **SEND Exclusive Easter Egg Hunt**
Sat Mar 30 2024 at 10:00 am to 02:00 pm*

Join us for a day filled with joy, inclusivity, and the spirit of Easter. This event is specially crafted for Children and Adults with Special Educational Needs and Disabilities (SEND), ensuring a safe and welcoming environment for all.

We can't wait to welcome you to our SEND exclusive Easter Event at Newlands Bishop Farm!
[Find tickets here.](#)



Easter Cookie Craft at The Swan

Decorate your own Bavarian Amerikane biscuit, or take part in our egg-citing trail around the centre, spotting the missing eggs hidden by the Easter bunny, before receiving a tasty reward!

Mar 28 2024, 11am - 4pm
The Swan Shopping Centre, Swan Shopping Centre, Coventry Rd, Birmingham

Pitch 2 Progress Easter Camps

Pitch 2 Progress are running two camps over the Easter Holidays, offering sports and outdoor activities for free!



P2P
PITCH 2 PROGRESS

Bring it on Brum

P2P EASTER CAMP

FUN & CREATIVE OUTDOOR ACTIVITIES FOR BOYS & GIRLS 7-16 YEARS OLD

March **MON 25-THU 28**

Girls only **09:30-13:30**

Mixed **13:30-17:30**

For FSM PUPILS **FREE**

Activities

- ✓ Multi-sports
- ✓ Cooking & baking
- ✓ Drawing & painting
- ✓ Trips
- ✓ And so much more!

The ShoeBox
Porters Way,
Bordesley Green, B9 5RR

Registration Link
<https://shorturl.at/i0689>

More Information +447877 682248 @pitch2progress



SALTLEY STALLIONS

SPORTS CAMP

Get ready this Easter for fun, sports, adventures, and outdoor games.

FREE
For children receiving free school meals

Fun Activity Programs
Sports, Prizes, Competitions, Team Building, Arts & Crafts, Baking & Cooking & Workshops!

APRIL
2 Tue - 5 Fri

AGES 7-10
10:00-14:00

AGES 11-16
14:00-18:00

ALUM ROCK COMMUNITY CENTRE
1 Ward Close, B8 3LT

CONTACT US
07512710774
@SaltleySFC

Saltley Stallions Sports Camp will be running April 2 - 5 for ages 7 - 10 and 11 - 16 at Alum Rock Community Centre.

For more information, call 07512710774 or click the button below to book!

Pitch 2 Progress Easter Camp is running March 25 - 28 for children 7 - 16 years in Bordesley Green, free for children receiving Free School Meals! Girls and Mixed camps are available - click below to book, or call 07877682248.

[Pitch 2 Progress Easter Camp](#)

[Saltley Stallions Sports Camp](#)

Holiday Events and Useful Articles:

- [Easter 2024 events, egg hunts and things to do in and around Birmingham](#)
- For a fun theatre night-out: [There's a Monster in Your Show](#)
- For a cinema experience with live music: [Paddington in Concert](#)
- For a unusual arts activity: [Lego Printing Workshop with Stirchley Printworks](#)
- 5 Free [Activities for Easter with The Strings Club](#)
- [The Very Hungry Caterpillar's Growing Challenge](#)
- [Celebrating Ramadan with an Autistic Child](#)

BIRMINGHAM
MONTHLY MUSLIM MARKET

5TH YEAR ARTISANS MARKET
UK'S FIRST EVER MARKET OF IT'S KIND

2024 Market Dates	Times: 1pm - 5pm
SUN 11TH FEB	SUN 29TH JUNE
SUN 31ST MARCH	SUN 28TH SEPT
SUN 12TH MAY	SAT 26TH OCT

SUPPORTING AND CELEBRATING THE JOURNEY OF SMALL TO MEDIUM ENTERPRISES
DISCOVER UNIQUE PRODUCTS THAT YOU CANNOT FIND IN EVERYDAY SHOPS

BROADCASTED ON
Islam Channel (MICRO BUSINESS OF THE YEAR), Birmingham Live, unityfm

FREE ENTRY
EVERYONE WELCOME!

LOCATION THE BROADWAY ACADEMY, THE BROADWAY, PERRY BARR, BIRMINGHAM, B20 3DP

MARKET ENQUIRIES 077 12229704 M_INSTASHOP

Mental Health Support

Open Group for Punjabi Men

You're invited to the Punjabi Men's open forum, taking place on Wednesday 27 March, from 6.30-8.15pm at Alpha Works, Suffolk Street Queensway, B1 1TT.

OPEN GROUP FOR PUNJABI MEN



The Heera Foundation is running open groups for Punjabi men to connect, open to all faith backgrounds, and any who identify as Punjabi Men. It's an open and safe space for those that want to share their thoughts or simply listen and connect.

AN OPEN GROUP FOR PUNJABI MEN TO CONNECT, LEARN & DISCUSS TOPICS THAT WE DON'T USUALLY TALK ABOUT.



This month's focus will be on Imposter Syndrome - if you'd like to attend, please click the button below to register your interest!

A SPACE TO CHAT & SHARE THOUGHTS OR SIMPLY LISTEN AND CONNECT.

WE WELCOME PUNJABIS FROM ALL FAITHS AS WELL AS THOSE WHO PRACTICE NO FAITH.

**EVERY 4TH WEDNESDAY
BIRMINGHAM CITY CENTRE
6.30-8.15PM**

FOR MORE INFO OR UPDATES ON EVENTS:

 **THE HEERA FOUNDATION**
 **@THEHEERAFUNDATION**
 **HELLO@THEHEERAFUNDATION.ORG.UK**






Open Group for Punjabi Men

The Delicate Mind

The Delicate Mind is an award-winning mental health C.I.C that supports the Muslim community with managing their mental health.

They have a range of support available, including a mental health magazine available to anyone.

For:

- Extra mental health resources
- Access to support
- More information about how The Delicate Mind is evolving and supporting communities

Check out The Delicate Mind website [here](#)

Thanks so much for reading!

Seeking knowledge and bettering ourselves is an important trait, no matter what community or culture you belong to, so be sure to thank yourself for taking the time to improve your own mental health, wellbeing and learning.

Would you like access to the following?:

- Extra mental health resources
- Access to support
- More information about how The Delicate Mind is evolving and supporting communities.

Scan the QR code below to visit our website!



Take good care of yourselves!

 The Delicate Mind

 @thedelicatemind_uk

 @Tweet_TDM

 The Delicate Mind

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HOW CAN THE NHS HELP WITH MY MENTAL HEALTH?

By Zu, Sara and Helena

If the situation is URGENT

Text SHOUT on **85258**

Call **111**

Call the Samaritans **116 123**

Call **999**

Or visit – www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline

If you are over 18, the NHS might be able to help you with a form of therapy or counselling.

If the situation is not urgent

Visit – www.nhs.uk/nhs-services/mental-health-services

a) Select **NHS therapy and counselling services**

b) 'Start Now' - 'Continue' – Enter the name of your GP surgery and select from the results. – You can now refer yourself for therapy.

Therapy and counselling services available

- CBT (cognitive behavioural therapy)
- Guided self-help
- Counselling
- Behavioural activation
- IPT (interpersonal therapy)
- EDMR (eye movement desensitisation and reprocessing)
- MBCT (mindfulness-based therapy)
- Psychodynamic psychotherapy
- Couples therapy

Conversation with your GP

Once you have been referred, the service will contact you and recommend a therapy. (1-2-1, group, online, over the phone, with family or with your partner).

Oasis Hub Hobmoor

Oasis Hub Hobmoor is one of our essential community venues, hosting a range of support over the holidays, including a regular Warm Welcome Space called The Living Room, as well as free holiday activities for the kids!

Why not check them out [here!](#)



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/jfe/form/SV_7O5RCEX5IraSz9c

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



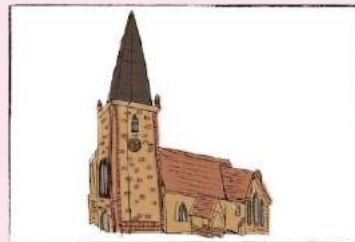
Supervised by Professor Mark Freeston, Newcastle University

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

Free!



ST EDBURGH'S CHURCH OPEN DAY AND OLD YARDLEY EXHIBITION



Residents and visitors are invited to explore St Edburgh's Church and Arts In The Yard's Old Yardley Exhibition. Free entry and tours of the church. Refreshments including homemade cakes will be available. All welcome!

Explore the history of St Edburgh's and the heritage of Old Yardley Conservation Area.

MONDAY 1ST APRIL | 11AM - 5PM

**NO BOOKING
REQUIRED**

FOR MORE INFORMATION:
www.stedburghsyardley.com
PHONE: 0121 291 0401

ST. EDBURGH'S CHURCH
Church Road, Yardley,
B33 8PD





COMMUNITY CAFE

Car Parking Available

Bus Routes: 11a, 11c, 4a, A15

Complimentary refreshments
Signposting, advice and guidance
Activities Every Week
OPEN TO ALL
EVERY THURSDAY
2:30-5PM

St Ambrose Barlow Church Hall
Lakey Lane, Hall Green
B28 8QU

For further information including whats on visit us on facebook



USEFUL DWP ENQUIRY TELEPHONE NUMBERS

Existing JSA, ESA or IS Claim	0800 169 0310
Tax Credits Enquires/Applications	0345 300 3900
National Insurance Number Applications	0800 141 2075
Council Customer Service Centre	0121 216 3030
Carer's Allowance Enquiries	0800 731 0297
Child Benefit Enquires	0300 200 3100
Pension Service – New Claims	0800 731 7898
Pension Service- Change of Circumstances	0800 731 0469
HMRC	0300 200 3300
Attendance Allowance Helpline	0800 731 0122
Citizens Advice	0344 477 1010
Social Fund Enquires	0800 169 1040
Bereavement Services	0800 151 2012
Disability Living Allowance Helpline	0800 121 4433
PIP New Claims	0800 917 2222
PIP Enquiries	0800 121 4433

Fox Hollies Forum

Fox Hollies Forum are a registered charity providing support to their local community, including activities for under-5s, children and young people, a community garden, and more! They have a wide range of activities available every week, so have a look!

Fox Hollies Forum

The Midlands Art Centre (MAC)

The MAC is an arts centre and charity, offering a busy programme of theatre, independent cinema, visual arts exhibitions, creative courses, and special events.

Many of these are free to families and children, so why not have a look?

MAC What's On Calendar

Acker's Adventure

Ackers Adventure is an outdoor activity centre, facilitating people of all ages, abilities and disabilities in the regular pursuit of outdoor adventure activities.

They offer a broad range of activities for anyone to enjoy - click below to find out more!

Acker's Adventure



Young Epilepsy

Virtual Youth Club

Why join?
Connect with young people with epilepsy, in a safe space.

Develop social skills and make new friends along the way!

Choice of sessions:
Ages 10 - 12
Ages 13 +

Scan me!

Register today:
youngepilepsy.org.uk/virtual-youth-groups

ANN MARIE HOWES CENTRE

EASTER FAYRE

1ST APRIL 2024

11AM-3PM

CASH ONLY

ALL PROCEEDS TO SUPPORT OUR CITIZENS

TOMBOLA, RAFFLE, ARTS AND CRAFTS, BOOKS, JIGSAWS, BRIC-A-BRAC, GUESS HOW MANY, CAKE SALE AND MORE...AND HOT DRINKS, SNACKS ON SALE.

THANK YOU

ADMISSION FREE

20 PLATT BROOK WAY SHELDON B26 2DU 01216752015



Acocks Green Village in Bloom

Seed Swap & Seed Sowing Event

Sunday 24th March 11am to 1pm

WOODCOCK LANE/WARWICK ROAD CORNER

DONATIONS WELCOME!

If you have spare seeds bring them along to swap with others

Free seed-sowing activities to take home and grow your own!

Seed Swap and Sowing Event

Sunday 24 March, 11am - 1pm, come to our communal garden on the corner of Woodcock Lane and Warwick Road, opposite Aldi.

Everyone is welcome - we have pots and compost and lots of seeds. You can sow seeds (vegetables and flowers) and take a pot away to nurture at home or swap your unwanted seeds with ours. We also have spare pots to give away.



Children Eat for Less



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING EASTER HOLIDAYS 2024

moneysavingcentral.co.uk/kids-eat-free



ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from From Mon - Fri in Half Terms 2024

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

COCONUT TREE

One child (10 & Under) eats free per paying adult. Valid from 23/03/2024 - 14/04/2024

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 25th March - Friday 12th April 2024, with one adult main dish.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

[Check out the Food Justice Network Map!](#)

This shows all of the free, affordable and local food options available throughout Birmingham - just enter your postcode and see what's nearby!

Click [here](#) to find out more.



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.

Or you can type this into your browser to open the Food Justice Network Map webpage: <https://tinyurl.com/fjnmap>

To see the map key, click 'Birmingham Food Justice Network Map', and then click 'To use the map..'' at the top of the page

In the Google Maps app, click 'Map Legend', to see the map key





Easter Camps

SWIMMING, SPORTS, COOKING,
ARTS & CRAFTS

FOR 8 - 14 YEAR
OLDS

WEEK 1 - THE GLEBE, B33 9EX
WEEK 2 - NORTH SOLIHULL SPORTS
CENTRE, B37 5LA

FOR MORE INFORMATION AND TO BOOK GO TO
WWW.FITCAP.CO.UK





FITCAP

FITCAP run sport & physical activity sessions for the community, by the community. They have a weekly activity schedule, as well as specific sports camps for the Holidays Camps.










To register, click the button below!

FITCAP Easter Camps






MARCH VIRTUAL WELLBEING

MON	TUES	WEDS	THURS	FRI	SAT
<div style="background-color: #c8e6c9; padding: 10px; border-radius: 10px; margin-bottom: 10px;">  10am Chair Based Exercise 4th & 11th </div> <div style="background-color: #c8e6c9; padding: 10px; border-radius: 10px;">  6:30pm Pranayama Breath Workshop 5th, 12th, 19th & 26th </div>	<div style="background-color: #c8e6c9; padding: 10px; border-radius: 10px; margin-bottom: 10px;">  10am Chair Based Exercise 6th & 13th </div> <div style="background-color: #c8e6c9; padding: 10px; border-radius: 10px;">  6pm  7th, 14th, 21st & 28th </div>	<div style="background-color: #c8e6c9; padding: 10px; border-radius: 10px; margin-bottom: 10px;">  10am Chair Based Exercise 1st, 8th & 15th </div>	<div style="background-color: #c8e6c9; padding: 10px; border-radius: 10px; margin-bottom: 10px;">  10am Chair Based Exercise 1st, 8th & 15th </div>	<div style="background-color: #c8e6c9; padding: 10px; border-radius: 10px; margin-bottom: 10px;">  10am Cardio Combat 2nd, 9th, 16th, 23rd & 30th </div> <div style="background-color: #c8e6c9; padding: 10px; border-radius: 10px;">  11:30am Dance Fitness 2nd, 9th, 16th, 23rd & 30th </div>	

Missed it LIVE? Watch back on Facebook



Follow us on socials, and join our mailing list for activity details and regular updates!

Scan or visit: <http://eepurl.com/iEbotQ> to join the Virtual Community newsletter

For more information contact us at virtualwbatheaws.org



March Virtual Wellbeing TAWS Facebook Page

The Muslim Sports Foundation offer a range of activities for children to enjoy, including opportunities for volunteers and coaches.

Check out their Facebook page to get involved.

The Activity Wellbeing Society have an Activity Finder for you to enjoy - just enter your postcode, the kind of activity you're interested in, and have a look!

Muslim Sports Foundation

TAWS Activity Finder

Birmingham Youth Sports Academy

Birmingham Youth Sports Academy are running a four-day sports camp from the 25 - 28 March, including football, basketball, cricket and more!

For more information, [check out their website](#).

[To register for this camp, click here!](#)



Picnic in the Park & Kids Sports Day

Tues 6 April, 10 - 4pm at Small Heath Park, Golden Hillock Rd, B10 0DX for free activities including a bouncy castle, a sports day, talent show and more!

For more information, contact 0121 312 0135, email info@communityfoundation.org.uk or [check out the website here](#)




PICNIC IN THE PARK & KIDS SPORTS DAY

DATE
Tuesday 6th August 2024

TIME
10am - 4pm

LOCATION
Small Heath Park
Golden Hillock Rd B10 0DX

SCAN ME
For further information



- Free entry
- Children's Talent Show
- Kids Sports Day
- Bouncy Castles
- Assault Course
- Face Painting
- Food & Drink

To book a stall contact 0121 312 0135 for further information

www.thecommunityfoundation.org.uk
info@thecommunityfoundation.org.uk

Quayside Tower
252-260 Broad St
Birmingham B1 2HF

WWW.HUNGRY2MOVE.COM HUNGRY2MOVE@GMAIL.COM





WHAT WE CAN OFFER

- ONE OFF WORKSHOPS
- A BLOCK OF REGULAR WORKSHOPS OR AFTER SCHOOL SESSIONS
- SHORT ASSEMBLIES / INFORMATIVE TALKS
- SMALLER GROUP OR 1 ON 1 SESSIONS
- BESPOKE SESSIONS TO SUIT YOUR YOUNG PEOPLES NEEDS

WHY IS IT IMPORTANT?

35% OF YOUNG PEOPLE AGED 13-19 SAID THAT THEIR BODY IMAGE CAUSES THEM TO 'OFTEN' OR 'ALWAYS' WORRY

16-25 YEAR OLDS IDENTIFIED NEGATIVE BODY IMAGE AS THE THIRD BIGGEST CHALLENGE CURRENTLY CAUSING HARM TO YOUNG PEOPLE

36% OF GIRLS AND 24% OF BOYS REPORT AVOIDING TAKING PART IN ACTIVITIES LIKE PHYSICAL EDUCATION DUE TO WORRIES ABOUT THEIR APPEARANCE.

WELLBEING DANCE WORKSHOPS FOR YOUNG PEOPLE, SCHOOLS & YOUTH GROUPS

IMPROVING ATTITUDES TOWARDS EXERCISE, MENTAL HEALTH, BODY IMAGE & SELF ESTEEM

WWW.HUNGRY2MOVE.COM HUNGRY2MOVE@GMAIL.COM



SEND Socials Birmingham CIC

SEND Socials Birmingham (SSB) provides social opportunities for children and young people with special needs, including weekly updates on their Facebook Page so you can get involved with their activities.

They're joining with the Wheel 'N' Walk - Birmingham's walk for Inclusion at Cannon Hill Park.

Check out their page by clicking on the button below!

A banner for the "Wheel 'N' Walk: Birmingham's Walk for Inclusion" event. It features a photograph of a diverse group of people walking in a park. On the left, there is a white box titled "Event Sponsors" with logos for "SEND Support" and "CANNON HILL PARK". Below the photo, text reads: "MEETING DETAILS: SUNDAY, 2ND JUNE, STARTING AT 11 AM | LOCATION: THE BANDSTAND AT CANNON HILL PARK, B13 8RD" and "12 BIRMINGHAM CHARITIES AND CAUSES WALKING TOGETHER". At the bottom, there is a row of logos for various organizations: resources for autism, Headway, Pip (Polio Syndrome Support & Network), together minds, CASBA ADVOCACY, nice, sense, cpm: cerebral palsy midlands, S.E.N.D SOCIALS BIRMINGHAM, and parkride.

SEND Socials Birmingham

SENSE

Sense Touchbase Pears are based in Selly Oak, and have a range of regular sessions available for those with SEND needs and their carers to enjoy. Many are free, and are running over the Christmas holidays.

They also offer exercises and craft activities that can be done at home whenever it suits you.

SENSE

Parks for Play

Parks for Play provide inclusive, affordable and high quality play sessions to children and young people with disabilities and additional needs, for all different ages.

Feel free to have a look below - their booking process is under 'Book Sessions'!

Parks for Play

Nurturing ADHD Kids BREWS Parenting Course

Birmingham Resilience Education and Wellbeing Services are running more of their six week courses in **April, offering 60 minute online sessions led by an adult with ADHD to help parents and carers support their ADHD children.**

These are free for families in Birmingham as we are funded by Birmingham Forward Carers. The children do not need to have received a diagnosis in order for parents to attend.

Families can register themselves, they do not need to be referred.

Tickets are open now! Click the button below to book.



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
forward carers

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

BREWS Nurturing ADHD Kids Booking

Autism Support Services

Registered Charity No. 1069427



Birmingham Community Healthcare Charity

All Age Autism Engagement Event

Wednesday 27th March 2024
10am-3pm
Midlands Arts Centre

Cannon Hill Park
Birmingham
B12 9QH

FREE OF CHARGE

Find out about support for Autism in Birmingham

Talk to a range of health professionals & support services

Access resources

Meet other carers

What's on:

- Sensory arts & crafts
- Accessible sports and movement activities
- Quiet zone
- Sensory area

For more information:

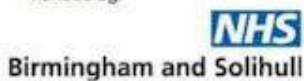
bchc.charity@nhs.net - 0121 466 7314



In partnership with:



Funded by:






Voices for change: Autism Self Advocacy programme

Empower Yourself!

POhWER, an independent advocacy service, is excited to offer a six-week program designed to empower individuals on the autism spectrum to take control of their own lives and speak up for themselves.

The program includes:

- weekly workshops on understanding your rights, assertive communication, and self-advocacy strategies
- group discussions and activities that provide a safe space for sharing experiences and learning from one another

Don't miss out on this opportunity to gain the skills and confidence you need to effectively advocate for yourself.

Find out more at: www.pohwer.net/self-advocacy-birmingham
or Contact POhWER at:
Email: selfadvocacybirmingham@pohwer.net
Tel: 0300 456 2370





Peer Mentoring & Mental Health Champions for Young People

Become a Volunteer Peer Mentor

Are you 16 - 25?

Are you LGBT+, Disabled, Black, Asian or an Ethnic Minority?

Want to Volunteer as a Peer Mentor to provide mental health & wellbeing support to someone likeminded?

Up to 20 sessions with your mentee will develop your skills personally and professionally, whilst gaining relevant work experience.

Visit the website or email the team using the details below to submit an application form for the next cohort.

Training includes:

- Peer Mentoring
- Mental Health
- Safeguarding

0121 354 4080
PeerMentoring@ourplacesupport.org
www.ourplacesupport.org/peermentoring






A Mentoring Journey with Autistic Youth

This in-person event will offer insight on mentoring through the autism lens, with the opportunity to hear impactful stories, participate in interactive workshops and network, focusing on highlighting the importance and impact of inclusive mentoring practices on autistic young people.

27 March 2024, 10am - 1.30pm

Central London Location

If you would like more information or to confirm your attendance, please email
info@resourcesforautism.org.uk



JOIN US

**A MENTORING JOURNEY
WITH AUTISTIC YOUTH**

**CELEBRATE, SHARE,
DISCOVER, CONNECT**

TUESDAY, 26 MARCH, 10 AM - 1.30 PM

CENTRAL LONDON

RSVP TO INFO@RESOURCESFORAUTISM.ORG.UK

SUPPORTED BY
MAYOR OF LONDON

resources for
autism



Under-5's Provision

Holiday Kitchen at Blakenhale Community Hub

Holiday Kitchen is running again for under - 5's over the Easter Holidays. This event will be available for children aged 4-8 and eligible for Free School Meals.

Book on through Bring It On Brum, or call Fox Hollies Children's Centre at 0121 702 2700.

Running from April 3 -4, 9.30am-1.30pm at
Blakenhale Community Hub, Blakenhale Road, B33 0XD.

Additionally, check out the Fox Hollies Children's Centre Holiday Timetable below

For any under - 5's in the Yardley District - to book onto any of these, please call 0121 702 7200

Holiday Kitchen

Over half term we will be running a Holiday Kitchen where we will provide families with a lunch, and lots of fun games and activities

3rd-4th April 9:30 - 1:30
Blakenhale Community Hub
Blakenhale Road
B33 0XD

Children aged 4-8 years must be eligible for free school meals to attend



Children aged 4-8 can be booked through Bring it on Brum, younger siblings please call Fox Hollies Childrens Centre 0121 702 2700




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.30-11.30am KIDS West Midlands group At Fox Hollies CC</p> <p><i>*Booking via AIDS on 0121 355 270*</i></p>	<p>9.30-11am Stay & Play At South Yardley Library</p> <p>Call Fox Hollies on 0121 7022700 on Mondays to book</p>	<p>9.30-11am Step by Step SEND Play Group At Starville Community Hub</p> <p><i>No need to book, just turn up on the day</i></p>	<p>On 22nd February & 21st March only 10-11.30am Monthly SEND Parent Support Group At Blakenhale Community Hub</p> <p><i>No need to book. Call Fox Hollies on 0121 7022700 for more information</i></p>	<p>9.30-11am Stay & Play At Blakenhale Community Hub</p> <p><i>No need to book, just turn up on the day</i> <i>*Maximum numbers restrictions apply</i></p>
<p>Would you like advice and support with breastfeeding? We can help! Call Fox Hollies now on 0121 7022700</p> 	<p>9.30-11am HENRY Programme (Healthy eating and lifestyles for you & your family) Virtual</p> <p>Call Fox Hollies on 0121 7022700 to enquire</p>	<p>10-11.30am Solihull Approach Antenatal Course At Fox Hollies CC</p> <p><i>*Recommended from 2 months before your baby is due. Call Fox Hollies on 0121 7022700 to book your place</i></p>	<p>From 11am Breastfeeding Lounge Virtual</p> <p>Call Fox Hollies on 0121 7022700 to book</p>	<p>9.30-11.30 Breastfeeding Group At Fox Hollies CC</p> <p>Call Fox Hollies on 0121 7022700 to book your place</p>
<p>1-2.30pm Grow, Cook & Eat At Fox Hollies CC</p> <p>Call Fox Hollies on 0121 7022700 on Fridays to book your place</p>	<p>1-2.30pm First Words Together Group At Fox Hollies CC Suitable for children aged 12-24 months</p> <p>Call Fox Hollies on 0121 7022700 to book your place</p>	<p>Dads & Partners welcome at all sessions!!</p>		<p>12noon FOOD club At Fox Hollies CC</p> <p><i>No need to book, just turn up on the day</i> <i>*Please note Friday members only</i></p>
<p>To find out more about local community groups and support near you visit: www.bhamforwardsteps.co.uk Or scan QR code below</p> 	<p>From 1.30pm Breastfeeding Lounge Virtual</p> <p>Call Fox Hollies on 0121 7022700 to book</p>	<p>Family Support Workers are on duty to take calls, answer your queries, support, and advise you, 5 days per week from 9am-4pm. Call Fox Hollies on 0121 7022700</p> 	<p>Follow us on Facebook Search  Birmingham Forward Steps Yardley District</p>	<p>Two Year Old Funding Do you have a two year old? You could be eligible for a funded early education childcare place</p>
<p>forward steps</p>  <p>Startwell</p> 	<p>3-5pm FOOD club At Fox Hollies CC</p> <p><i>No need to book, just turn up on the day</i> <i>*Please note Tuesday members only</i></p>	<p>1-2.30pm Baby Massage At Fox Hollies CC</p> <p><i>*Suitable for babies aged 6weeks-6 months</i> Call Fox Hollies on 0121 7022700 to book your place</p> 	<p>Free Healthy Start vitamins available for Mothers & Children</p> <p>Pop into Fox Hollies Children's Centre to collect </p>	<p>Are you unsure of how to start learning or have questions about fussy eating? Call Fox Hollies now on 0121 7022700 for advice and guidance</p> 
<p>Would you like help with your CV? Are you looking for training or employment? Call Fox Hollies now on 0121 7022700 for advice and guidance</p>				



BABY EVENT DATES SPRING 2024



[Moneysavingcentral.co.uk/baby-event-dates](https://moneysavingcentral.co.uk/baby-event-dates)

ASDA BABY EVENT 2024

Predicted to start **Monday 1st April 2024** in stores and a few days earlier online.

MORRISONS BABY EVENT 2024

Predicted to go live on **Monday 8th April 2024**

TESCO BABY EVENT 2024

Predicted to go live on **Tuesday 9th April 2024**

ALDI BABY EVENT 2024

Predicted to go live Online **Sunday 14th April 2024**

BOOTS BABY EVENT 2024

Predicted to go live on **Thursday 18th April 2024**

MATALAN BABY EVENT 2024

Predicted to have a huge boost on **Wednesday 1st May 2024**

SAINSBURY'S BABY'S BIG EVENT 2024

Predicted to go live on **Wednesday 15th May 2024**

ARGOS BABY EVENT 2024

Predicted to go live on **Wednesday 9th October 2024**

LIDL BABY EVENT 2024

Predicted to go live on **Thursday 5th September 2024**

Copyright of Money Saving Central

Baby Events Spring 2024

Baby Events are one of the best ways for parents and parents-to-be to stock up on supplies for babies, toddlers, and children, and most retailers will offer select events with discounts and packages available.

To find out more about these events and when the next one is, [check out the website here.](#)

Employment and Training Advice for Families

If you have a child under 5 and are looking for employment and training advice, why not call Jayna at Fox Hollies Children's Centre for a chat?

The virtual session will be on the 28 March 2024, 1-2pm include support around training and courses, updating your CV and job searching.

Call 0121 702 2700 to book a space!



BARNARDOS Employment & Training Advice

Have you got any questions about:
- Training & Courses
- CV Update
- Job Searching

If so join me on a virtual chat on:

Thursday 28th March 2024

1pm-2pm

Contact Details:

Jayna Parmar

0121 702 2700

To book a space

Milk Mates Infant Feeding Support - Thursdays in Hall Green

HALL GREEN MILK MATES INFANT FEEDING SUPPORT

This is a cosy, FREE, women only peer support group for infant feeding and general perinatal support. Accessible toilets and baby changing facilities are available. There is free, on street, time limited parking, it's on bus route 6 (near routes 1, 15) and is a short walk from Hall Green station.

Spaces are limited so please book before attending.



Meeting 10-11.30 at Grounded Hall Green, 1043 Stratford Rd, Birmingham B28 8AS
Email newbabynetwork@gmail.com with any questions

Book Infant Feeding Support Session



Arts In The Yard

Arts In The Yard is a community organisation brought about by Yardley Arts Forum, offering a range of arts and crafts activities throughout the Yardley locality - why not check out a local Arts Café near you?

Click below to find out more, or check out their Facebook!

There are also regular arts and crafts available at St Thomas Church Hall, Garretts Green Lane, B26 2SA, Tues 9.30 - 11.30am.

Contact 0121 339 5029, kelly@artsintheyard.org for more information

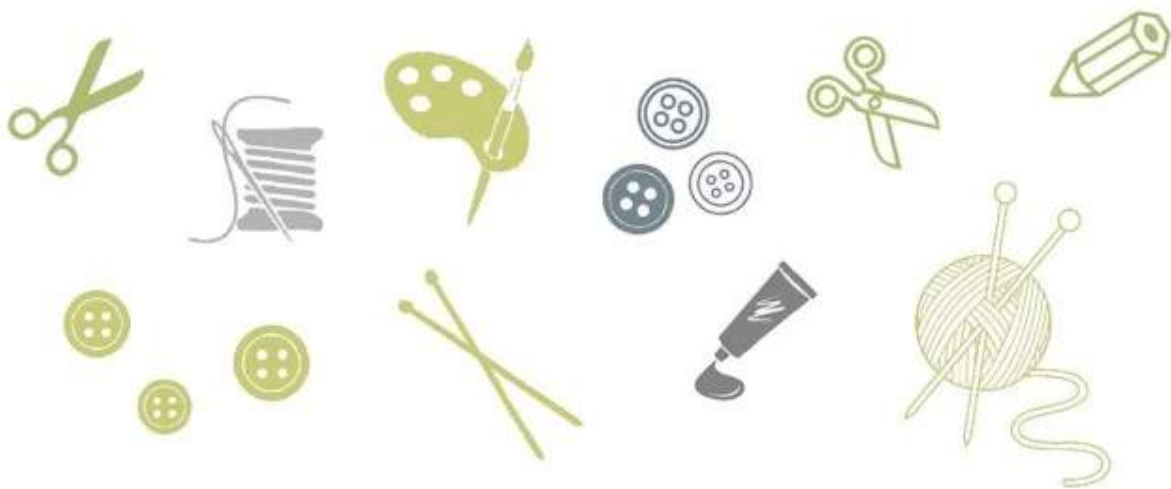
Arts in the Yard

ARTS IN THE YARD'S

Arts and Crafts

Join us in Garretts Green for a new arts and crafts club

A free club suitable for both beginners and those with arts and crafts skills. Come and try something new or share your skills and experience with others. Includes refreshments and a warm welcome to all.



Tuesdays 9.30am - 11.30am

St Thomas Church Hall, Garretts Green Lane, Garretts Green, B26 2SA

Email: kelly@artsintheyard.org

Phone: 0121 339 5029

Visit: www.artsintheyard.org

YNN Yardley
Neighbourhood
Network Scheme
Connecting People. Improving Lives





Birmingham Centre for Art Therapies

Birmingham Centre for Art Therapies (BCAT) aim to support mental health through arts, offering a range of therapeutic and crafty activities for all.

They host sessions throughout the city, including many in the Yardley locality, so if you'd like to get involved or just take your mind off things, why not have a look?

STEP ON
FREE ARTS & CRAFTS
WORKSHOPS FOR ALL THE COMMUNITY

JOIN US HERE ON

Every Wednesday from 11am till 12.30pm

ADVOCACY, BEFRIENDING & CREATIVITY

Anything troubling you that you would just like some advice on? Debt? Health? Family? Pop in for a private chat and/ or come and enjoy a fun and relaxed creative workshop!
*Please contact info@waysforwellbeing.com to find out when they will be attending your STEP ON workshop.
To book on to STEP ON workshops, please contact venue receptions.*



Birmingham Centre for Art Therapies



Yardley Hub

Session Timetable
 Yardley Hub, 195 – 197 Church Road, Yardley, Birmingham, B25 8UR
 Telephone: 0121 389 0213 Email: Admin.Yardley@CreativeSupport.org.uk
 For referrals, timetables and more please visit our website:
WWW.BIRMINGHAMMENTALHEALTH.ORG.UK

October 16th – December 17th

	Name	Key	Time	Facilitator	Session Type
Monday	Ways to Wellbeing		11.00am – 12.00pm	Shamis	Drop in
	Graffiti Art & Drawing Skills		1.00pm – 2.30pm	Darren	Sign up – 5 weeks
	Creating Healthy Boundaries		3.00pm – 4.00pm	Anne	Sign up 5 Weeks
Tuesday	Positive Life Skills		11.00am – 12.00pm	Anne	Drop in
	Sahel – inclusive activities & exercise		12.30pm – 2.00pm	Usman (Sahel)	Sign up – 6 Weeks Start Date TBC
	Dealing with Intense Emotions		2.30pm – 3.30pm	Anthea	Sign up 4 Weeks
	Work to Recovery – Shaw Trust		2.00pm – 5.00pm	Dean & Emily	Speak with a member of staff to book an appointment
	Wellbeing Support Evening Social		5.30pm – 7.30pm	All Staff	Drop in
Wednesday	Writing For Wellbeing		10.30am – 11.45pm	Rebekah	Drop in
	Diabetes Awareness with Cuppa Squad		12.30pm - 1.30pm	Cuppa Squad	Drop in on 25 th October 29 th November
	Wellbeing Social & Open Afternoon		12.30pm – 2.00pm	All Staff	Drop in on 2 nd November 8 th December
	Learn to Relax		3.00pm – 4.00pm	Aisha	Drop in
Thursday	Crochet and Chat		10.30am – 12.00pm	Barbara	Drop in
	Men's Peer Support Group		3.00pm – 4.00pm	Darren/Zaf	Drop in Starting November 13 th
Friday	Managing Anxiety		11.00am – 12.00pm	Tyrone	Sign up – 5 weeks
	FAB – Managing Fatigue, Anxiety, Breathing		2.30pm – 3.30pm	Anthea	Drop in

Course Categories: Wellbeing Services Creative Mental Health Group Activities Relaxation Inclusion Support Training and Skills Local Support

Wellbeing Social & Open Afternoon
12:30pm – 2:00pm

Open to existing service users and anyone who wants to learn more about our service.

- Come along to learn more about how the Yardley Hub can support you
- Give your ideas and feedback about the service
- Enjoy a free massage treatment from a holistic therapist
- Connect with others
- Free refreshments

1st Wednesday of each Month
1st November & 6th December

How to register with the Service

If you would like to access our service please complete a referral via our website WWW.BIRMINGHAMMENTALHEALTH.ORG.UK or call us on 0121 389 0213

Our service is available free of charge to anyone aged 18+ with a GP in Birmingham or Solihull and is under the care of a community mental health team or has a long term mental health diagnosis.

How to join our activities

If you are registered with our service and would like to sign up to any of our sessions please contact us on 0121 389 0213.

Drop in sessions are open for anyone to attend, you don't need to book in advance, provided you are registered with our service.

Please note we do ask that service users try to attend only up 15 minutes before a session or appointment to avoid disruption.



Registered Charity No. 1003908 Company Limited by Guarantee No. 2024272

Step On Acocks Green

Birmingham's local community adult arts clubs.

Join us for FREE weekly arts and crafts at Acocks Green Library for adults, run by Arts Therapies UK, on Wednesdays

[Click here to find out more](#)

Step On South Yardley

Birmingham's local community adult arts clubs.

Join us for FREE weekly arts and crafts at South Yardley Library for adults, run by Arts Therapies UK, on Thursdays

[Click here to find out more](#)

BUILDING COMMUNITY TOGETHER'S

ARTS CAFÉ

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



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

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



Early Help Support

Early Help is a system which offers support for children and families (for children 0-18 or 25 with SEND).

This includes advice on finances, housing advice, bereavement, mental health support, SEND information, and much more!

We support children, young people and families as soon as problems emerge, to prevent problems worsening and to reduce the need for specialist interventions.

If you would like to connect with Early Help, please complete one of our Family Connect Forms by clicking here.

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

Call Our Duty Line: **0121 289 4875**

We accept professional referrals and self-referrals.

If you would like any of these flyers sent to you directly, please get in touch with earlyhelpyardley@barnardos.org.uk

Thank you for reading this Yardley Early Help Newsletter for Families,

Abi & Sasha

Community Connectors, Barnardo's

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.

[click here to no longer receive these emails](#)