

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

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

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

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

hallgreen.families@greensquareaccord.co.uk

- Follow our social media -







@hallgreenfam
@sellyoakfam

October 2024









HOW TO REQUEST SUPPORT FROM YOUR EARLY HELP LOCALITY

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

Family Connect Form - for Professionals

If you are a parent, please complete the self-referral FCF <u>Family Connect Form - Self Identification</u>

To help you to complete the Family Connect Form, see the guidance and a sample completed form

Please tell us about the family's needs	
What's Working Well?	
What are the family's strengths/ positives?	
What are the family's current connections like? (e.g. family/friends/community networks)	
What are the views of the family?	
Please describe what is working well	
	1.
What are you Worried About?	
What is the information we have regarding the family's needs?	
What are the concerns/ issues for the child(ren)/family?	
What are the views of the family?	
Please describe what we worried about	
What Needs to Happen?	
What do you think would help to meet the needs of the family?	
What support would help the family to make the changes/ meet their needs?	
What are the families views?	
Please describe what needs to happen	
	/

Your postcode denotes what Early Help locality you fall under, and this is an important section on the FCF.

Please use the <u>Early Help postcode checker</u> to see what Early Help locality you are living in!











We support children and families live happy healthy lives





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

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

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

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









A Child Poverty Emergency

Why the scandal of child poverty must end - and how we need to fix it

The mini-website, 'A Child Poverty Emergency' outlines the alarming issues we are facing within our city of child poverty, and offers changes which need to be made to fix it. The 6th point states that we must set up child health and wellbeing hubs in our most deproved neighbourhoods.

Sparkbrook Children's Zone has been featured as the answer to this need, and within the Health section of the website you can read the interview which took place withone of their clinical leads, Dr Chris Bird, as well as journalist Jane Hayes'experience she had whilst visiting the Sparkbrook Children's Zone clinic. The article was presented as The Labour Party Conference.

Birmingham: A Child Poverty Emergency (birminghamlive.co.uk)









Household Support Fund Update

The Household Support Fund (HSF) is currently closed to new applications effective from 30th September 2024 only approved enquiries already in the system will be processed.

The Household Support Fund Team, who are doing a fantastic job, are now working their way through the 550+ applications on the waiting lists for Hall Green and Selly Oak localities.

If a person you are working with has an HSF query, please forward this to the HSF Team, contact details in the flyer below. Please be aware of the following:

- If the person is on the waiting list the HSF Team will complete their application.
- If a person is not on the waiting list, please let them know that they can submit an enquiry after November.
- If a person has an application in the system, the HSF Team can give an update on the progress of their application.











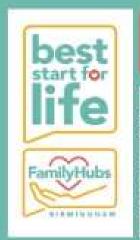


Free Parenting Groups and courses

Support for all parents and carers with children from pregnancy to 19 (25 with additional needs) both online and face to face

> Are you expecting a baby? Have you recently had a baby?

Do you want support to better understand your child or teenager's behaviour?



SCAN QR CODE FOR DETAILS ABOUT WHAT'S ON NEAR YOU





FAMILYHUBS@BIRMINGHAM.GOV.UK











Parenting Courses Information

The Birmingham Family Hubs and Best Start for Life programme is pleased to offer face to face and online universal training options on a range of topics such as Antenatal, Postnatal, Baby, Child and Teen from the following parenting course suppliers.



Builds techniques to support parents during pregnancy, birth and baby as they develop, helps to educate parents in the techniques and skills required in promoting brain development and enabling the baby to reach their milestones. The programmes are underpinned by psychological principles and includes references from the Islamic faith. Programmes are open to all parents from any cultural background, faith or not.

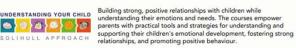


FAMILY

DUNDATIONS

EPEC groups, delivered by Barnardo's, are highly interactive, involving an engaging and creative blend of small and large group discussion, role play, demonstrations, information sharing and reflection. Parents practice and use new skills in everyday life to achieve specific goals.

Focuses on the couple (and parental) relationship and communication during the journey into parenthood. The programme focuses on the co-parenting relationship to assist parents to work together supportively to promote healthy family relationships.



www.birmingham.gov.uk/familyhubs

Family Foundations

Who it is for: Expecting parents/ carers around 20 weeks pregnant onwards



Course content:

- · Prepare yourself, and your relationship for the birth of your baby
- Manage stress and handle difficult situations parenthood can bring
- Improve communication with your partner and resolve conflict
- Learn new skills and techniques to strengthen your relationship
 Understand the important role each parent plays in their child's life.

Course length: 7- sessions - 4 weeks prenatal and 3 postnatal where p baby along



Approachable Parenting

Who it is for: Pregnancy to 3 year old child

Course content:

- Concepts made easy to engage and retain parents from minority ethnic backgrounds
 Using appropriate references from the Islamic faith for a better understanding of
- psychological concepts
- Techniques to bond better with baby and promote your baby's brain development
 Nurtures secure attachment for optimal infant mental health, promoting healthy society, emotional and cognitive development
- Differentiate between baby blues and post-natal depression also addressing dads
- Develop a routine and structure as your child grows
 Demonstrating techniques through role play e.g. initiating child led play and
- · How to develop a healthy relationship with your partner by establishing your family
- Coaching skills to be able to manage different aspects of parenthood, exploring involvement of the wider family
- · Developing parenting plans to promote a healthy and happy family
- Delivered in the community by qualified trainers (OCN teaching qualification) using appropriate culture and language interpretation

Course length: 8-week programme - 2 hour sessions

Referral for both courses: Follow link https://shorturl.at/qhBCK or scan QR code to find out about course details and how to refer Each course has a different referral process.



UNDERSTANDING YOUR CHILD

EPEC (Empowering parents, Empowering Communities)



Who it is for: Parents and carers with children aged 2-11 years

Course content:

- Attachment and parent-child relationships
 Understanding and managing children's feelings and parents' emotional regulation Parenting roles
- Expectations and culture

BAP (Being a Parent)

- Parent listening and communication · Play and interaction skills
- Positive behaviour management and discipline strategies
 Managing parent and family stress

Course length: 8-week programme – 2 hour sessions

Parents who have completed this course can then apply for free training become a trained Parent Group Leader (PGL) and begin to deliver BAP to families in their community with the support from their local EPEC team.

the EPEC course https://shorturl.at/

Baby and Us

Who it is for: Parents and carers with children up to 1 years

- · Following your baby's cues
- How to feel more confident in your role as a parent
 Learning to communicate responsively with your baby
- · Building a good attachment between you and your baby
- An opportunity to develop friendships with other parents Games, singing, physical touch and play to have fun with your baby
- · Understanding your baby's temperament
- Thinking about your relationships within the family and how these affect you and your baby
- Support to understand your baby's crying/ sleeping / feeding, and the practicalities of your baby's routine

Course length: 8 - week programme - 2 hour sessions

Referral: Follow link https://shorturl.at/ghBCK or scan QR code to find out about course details and how to refer. Each course has a different referral process.



Solihull Approach - Antenatal

Who it is for: from conception up to birth



- Getting to know your baby in the womb
- You, your baby and the stages of labour
 Helping you and your baby through labour and birth
- Feeding your babyAfter your baby is born

Course length: 5 weeks, Referral; see bottom of page

Solihull Approach - Understanding your Child

Who it is for: Parents/ carers with toddler to teens.

Course content:

- · Understanding Child Development
- Improve communication with your child
 Tuning into Feelings and Behaviour of your child
- Responding to your child's behaviour
 Building strong relationships with your child
- · Parenting styles
- · Sleep patterns

Course length: 10 sessions x 2 hours term time only. Referral: see bottom of page

Solihull Approach - Postnatal

Who it is for: For parents and carers with babies up to 9 months old. Course content:

· Yours and your baby's feelings

- Understand your baby's brain
- · Baby's communication & crying
- · Developing healthy sleep patterns
- · Feeding your baby
- Play and develope
- Baby's childcare



Referral for all courses: Follow link https://shorturl.at/ghBCK or scan QR code to find out about course details and how to refer. Each course has a different referral process.











Family Foundations will help you:

- Prepare yourself, and your relationship for the birth of your baby
- · Manage stress and handle difficult situations parenthood can bring
- Improve communication with your partner and resolve conflict
- Learn new skills and techniques to strengthen your relationship
- · Understand the important role each parent plays in their child's life

Course details

Date: Prenatal Sessions - Wednesday 18th of December until 9th of October Postnatal Sessions - starting January 15th

Time: 12:30-2:30pm

venue: Springfield Children's Centre, Springfield

Road, B13 9NY

Registration: Scan the QR code or Call centre

on 0121 7772722















1-HOUR VIRTUAL WORKSHOP

Want to learn more about using the award-winning Baby Buddy app to support your work with parents in Birmingham?



Unlock the power of Baby Buddy in a virtual training workshop with the Best Beginnings team.

After training, 97% of Healthcare Professionals said they felt confident about recommending Baby Buddy to the parents they work with.

SO DON'T MISS OUT!

Sign up here TODAY: https://bit.ly/3B1JUkM

TRAINING WORKSHOP DATES

Workshops will run throughout October, November, & early December.

Select your preferred session during registration!

www.bestbeginnings.org.uk Charity No.1120054









YOU'RE INVITED TO





INCLUSION HEALTH: SPOTLIGHT ON HOMELESSNESS





AN EVENT FOR INCLUSION LEADERS FROM ACROSS HEALTH AND SOCIAL CARE SECTORS

CELEBRATING PARTNERSHIPS ACROSS THE HOMELESSNESS SECTOR TO MAKE A REAL DIFFERENCE

Hear success stories and learn about the impacts from our 4-year project utilising psychologically informed approaches to improve mental health outcomes for homeless people. Use your influence to contribute towards systems change to deliver more accessible services.

INTRODUCED BY JEAN TEMPLETON INDEPENDENT CHAIR OF THE WMCA HOMELESSNESS TASKFORCE



FRIDAY 11TH OCTOBER 2024



9.30AM - 12.30PM FOLLOWED BY LUNCH THE PERFORMANCE STUDIO THE MIDLANDS ARTS CENTRE CANON HILL PARK, BIRMINGHAM, B12 9QH



CONFIRM YOUR . ATTENDANCE HERE













Birmingham Event 16th October

Birmingham Learning day





As part of Refugee & Migrant Centre's commitment to building knowledge in the sector and tackling misinformation, they are hosting a Refugee & Migrant Centre learning day in Birmingham on the **16th October from 12:00 - 16:00.** The afternoon will give you a chance to take part in two workshops, with additional networking opportunities.

The sessions will be tailored to professionals who may come in contact with new arrivals and will provide a chance to learn, as well as ask questions from our expert team.

Full details of the event and the workshops can be found on the <u>Eventbrite page</u>, where you can also secure your place. Spaces are limited.









FREE Children's Quarter Conference 2024

CQ are meeting to hear from the experts – community groups, parents and professionals – about progress for children and families:

Inclusive Childcare – making sure a share of money for childcare in Brum comes to community providers.

Adventure Play for Young People with Complex Needs – hearing the benefits of adventurous play at Meriden Adventure Playground

New Services for SEND young people aged 18-30 – including The Forge – a new provision at The Factory site in Longbridge

Fit for All – highlighting the UKs largest inclusive holiday activity and food project – run right here in Birmingham

Short Breaks – looking at where community providers and special schools stand in the council's approach and plans to reshape respite care for families and opportunities for children.

Book your free space here: <u>CQ Conference 2024 – Childrens Quarter</u>



Activist-led sessions on:

Guest Speaker:

Inclusive Childcare Adventurous Play Holiday Havens Short Breaks 18+ SEND Jess Phillips MP

Friday 18th October morning 9.30 -12.30pm Moseley Community Hub, The School of Art, Moseley Road, Balsall Heath B12 9AH











Birmingham Residents Event "Winter is Coming" Thursday 31st October 2024















Anti-Bullying Alliance are official organisers of Anti-Bullying Week and Odd Socks Day in England, Wales and Northern Ireland. Anti-Bullying Week 2024 will take place from **Monday 11th - Friday 15th November**, with the theme: Choose Respect. Odd Socks Day is taking place on Tuesday 12th November, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique.

The theme of Choose Respect has come about following consultation with teachers and pupils by the Anti-Bullying Alliance which coordinates Anti-Bullying Week every year in England, Wales and Northern Ireland. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Following the success of the campaign in 2023 – when 80% of schools marked the week, reaching over 7.5 million children and young people – this year, we'll empower children and young people to choose respect.

As usual, schools are able to download <u>free teaching</u> <u>resources</u> and themed assemblies. These resources focus on how we can actively choose respect, and what we can do to stop bullying.











DOMESTIC VIOLENCE AWARENESS MONTH OCTOBER 2024

Domestic Violence Awareness Month, which occurs every October, is designed to unify women and men all across the world who have been victims of domestic violence.

It is important to recognise that domestic violence impacts millions of people, and it's not only women who are victims; many men suffer domestic violence as well.

It is a problem across every status, culture, religion, and race. There are many different forms of domestic violence as well, which is why raising awareness is so critical.











This free 90-minute session is an informal space in which parents can learn a little about children's behaviour, with some learning about their child and potentially a lot of learning about themselves!

The session aims to:

- Share some general information about children's behaviour
- Explore some behaviour that parents might find challenges them
- Help understand the motivation behind children's behaviours
- Give suggestions of how common behaviours can be addressed at home
- Equip parents with skills that support expectations of children's behaviour at school

Participants may also gain a greater insight into the influences behind their own parenting approaches.

For more information or to book a coffee morning (or afternoon) for the parents you support, please email me or schedule a Zoom meeting via this link:

https://calendly.com/alunaabc/free-30-minute-miniconsultation











Quit smoking this Stoptober - Better Health - NHS (www.nhs.uk)

Stop Smoking Health Education – BELLA APP

Stoptober (now in its 13th year) aims to empower people to give up smoking during the month, as evidence shows people are 5 times more likely to quit for good if they can make it to at least 28 days smoke free. The following is a free mobile app being promoted by Birmingham Council which might be useful to you if you are interested in reducing your smoking habit.













Sense Swimming sessions take place on Thursdays (school term time only), 12pm - 1pm at Ladywood Leisure Centre, Ladywood Middleway, Birmingham, B16 8TR



Sense Swimming Sessions Ladywood Leisure Centre

Sense Swimming sessions are designed for people with complex disabilities to enjoy use of a community swimming pool, with dedicated access to half of the main pool and the whole of the small pool.

This session is aimed at anyone with disabilities aged 16 years and above. Please note that participants must be accompanied in the pool at all times.

Day

Thursdays (school term time only)

Time

12pm - 1pm

Location

Ladywood Leisure Centre, Ladywood Middleway, Birmingham, B16 8TR

Cost

£3.85 per participant payable on arrival (carers attend free of charge)





Scan the QR code to book and for more information

Charity number 289868

Accessibility:

- Changing Places (with hoist, changing bench and shower)
- Accessible changing rooms
- Pool Pod (wheelchair accessible lift to access the main pool)
- Manual hoist
- Graduated steps













The Children's Storehouse

Who we are

The Children's Storehouse is run by Jubilee Church Solihull, registered charity number 1157124, to serve Solihull and its neighbouring communities.

What we do

Our aim is to show compassion by providing good quality, pre-loved clothing for babies, children, and young people up to the age of 18. In addition, we may also be able to provide bedding, toiletries, books, toys and some basic items of school uniform.

We work with local agencies, organisations, and schools, who can make referrals through an online system. Referrals can be made for families who are experiencing financial hardship, who have fled domestic violence, who are homeless or who are refugees or asylum seekers.

How we work

Our usual working practice is that families visit us to choose clothes that reflect their own style preferences, these are 'face to face' appointments. We want the families who come to feel welcomed and know that we are here to help and for their time at the Storehouse to be relaxed and fun! Alternatively, we also offer preselected clothes parcels for the family or key worker to just collect.

We use the strapline "Clothed with Dignity" because it is important to us that in every way the families are treated with dignity and respect. Here is a tour of our new premises: Storehouse Tour

How can you make a referral?

To make a referral to the Children's Storehouse, your organisation needs to become an approved referral agency with us. For more information about becoming a referral agency please contact admin.storehouse@jubileesolihull.org

For additional information about the Children's Storehouse please visit our website https://jubileesolihull.org/childrens-storehouse/

Children's Storehouse offers free good quality pre-loved clothes.
You can see more and contact them here:
https://jubileesolihull.org/childrens-storehouse/











CHRISTMAS 2024

Toys4Birmingham is looking for donations of new toys and gifts to be distributed though our community networks to the city's most vulnerable children and young people

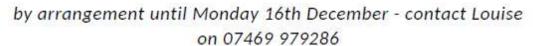
Drop your toys and gifts off at: Edgbaston Stadium. Edgbaston Road, B5 7QU

on:

Friday 6th December 10am - 3pm

Saturday 7th December 10am - 1pm Mon 9th December 10am - 1pm

or



- Please no electronic toys or toys requiring batteries
- Scan this QR code for more information or if you would prefer to donate money:



Please!

For more information email: toys@thrivetogetherbham.org























Suicide Bereavement Focus Groups







Ask

Listen

Support

Birmingham Samaritans 13 Bow St, Birmingham B1 1DW 10/10/24 - 18 and over session - 6-8pm 16/10/24 Young people's session -16-25 - 6-8pm 22/10/24 - 18 and over online session-8pm 24/10/24 - 18 and over session - 6-8 pm

Open to all who have been bereaved by suicide and live in or have accessed health care services in Birmingham, You will receive £25 for your time, up to £10 in travel expenses and will help shape services for others bereaved by suicide.

visit https://www.thedelicatemind.org.uk/suicidesupport/ to sign up to our sessions







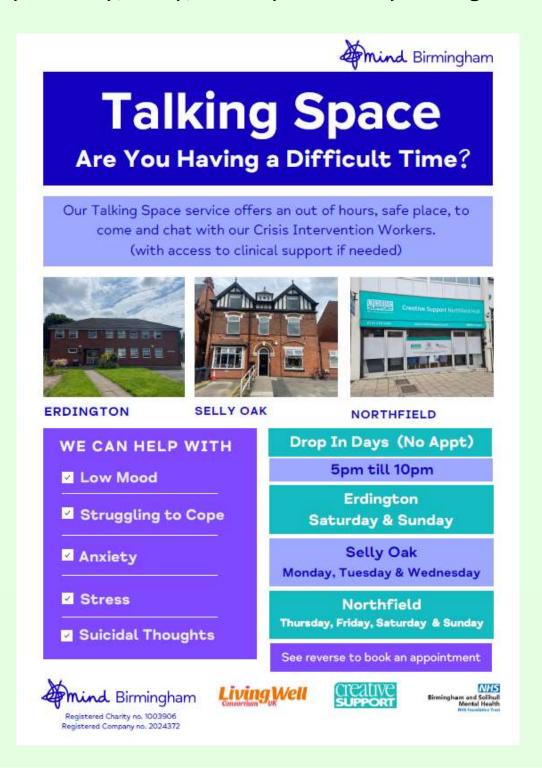






Mind Birmingham have a fantastic service available for adults 18 years + living in Birmingham whom may be living or experiencing any form of emotional distress such as low mood, isolation, stress, anxiety or suicidal ideation.

The service offers an extensive range of self-help, guidance and signposting. They also have access to BSMHFT clinical support if needed., as they are an out of hours service, open every Thursday, Friday, Saturday and Sunday evening.











Mind Birmingham have lots of **appointment slots** and **walk-in** availability every Thursday – Sunday from **6pm-11pm**. For those who prefer to book appointments, they can use the following link:

https://airtable.com/appL5FmI5V4VdLdrw/shrofWeH98uUx9vFl

Our Talking Space Venues

ERDINGTON



5pm till 11pm | Every Day

Beechcroft, Rear of 501 Slade Road Erdington, Birmingham B23 7JG

Bus routes: 11c, 11a, 65, X64

Appointment Call Us: 0121 262 3555

SELLY OAK



5pm till 11pm | Monday - Wednesday

grounded. 11 Bournbrook Road, Selly Oak, Birmingham, B29 7BL Bus routes: 61 & 63

Appointment Call Us: 0121 262 3555

NORTHFIELD



5pm till 11pm | Thursday - Sunday

Creative Support, 888 Bristol Road South, Northfield, Birmingham B31 2NS

Bus routes: 61, 63, X20,18,27,76. 15 minute walk from Northfield Train Station





Registered Charity no. 1003906 Registered Company no. 2024372





Birmingham and Solihull Mental Health











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 on a webpage: https://tinyurl.com/foodjusticemap

Each location shown on the FJN Map is an independent provider, requirements and access information may differ for each location. Please contact the location directly with any queries



Find FREE activities at: www.theaws.co.uk/our-activities



Search 'The Active Wellbeing Society' on social media



To add/edit your food provision on the map, or for further information, please contact: foodjusticenetwork@theaws.org













UK DISCOUNTED FOOD PROVISION







To assist with the financial difficulties caused by the current 'Cost-Of-Living' situation, for a small weekly subscription of either £4 or £5, people can purchase a weekly food shop including fresh fruit and vegetables and family favourites to stock up their cupboards and fridges. A number of our residents are currently using this excellent discount food provision.

Please visit the following website to find out the location of your local Pantry.

https://www.yourlocalpantry.co.uk/pantry-listings/







