

WE ARE HERE TO HELP



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**



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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 [Family Connect Form - Self Identification](#)

[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

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 [Early Help postcode checker](#) to see what Early Help locality you are living in!

Sparkbrook

**Children's
Zone**

**We support
children and families live
happy healthy lives**



Follow @ SparkbrookCZ

Email scz@greensquareaccord.co.uk

Visit www.hallgreencommunities.org.uk/scz

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!



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BIRMINGHAM:

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 deprived 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 with one 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 at the Labour Party Conference.

[Birmingham: A Child Poverty Emergency \(birminghamlive.co.uk\)](http://birminghamlive.co.uk)



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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.



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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



OR EMAIL:
FAMILYHUBS@BIRMINGHAM.GOV.UK



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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.



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.



Building strong, positive relationships with children while understanding their emotions and needs. The courses empower parents with practical tools and strategies for understanding and supporting their children's emotional development, fostering strong relationships, and promoting positive behaviour.

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 mental health
- Develop a routine and structure as your child grows
- Demonstrating techniques through role play e.g. initiating child led play and development
- How to develop a healthy relationship with your partner by establishing your family values
- 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/ghBCK) <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.



EPEC (Empowering parents, Empowering Communities)



BAP (Being a Parent)

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
- 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.

Baby and Us

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

Course content:

- 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) <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.



QR code and [link](https://shorturl.at/ghBCK) to book directly onto the EPEC course - <https://shorturl.at/ghBCK> QVS



www.birmingham.gov.uk/familyhubs

Solihull Approach – Antenatal



Who it is for: from conception up to birth

Course content:

- Helping you and your baby through pregnancy and 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 baby
- After 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 development
- Baby's childcare

Course length: 6 weeks

Referral for all courses: Follow [link](https://shorturl.at/ghBCK) <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.





EXPECTING A BABY TOGETHER?

Helping couples prepare for the birth of their baby



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



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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



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YOU'RE INVITED TO

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Basils
Works with young people



St Basils
Psychologically
Informed
Environments

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



West Midlands
Combined Authority



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Birmingham Event 16th October

Birmingham Learning day



25 years of rmc
Refugee and Migrant Centre
#EndHateEducate



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 [Eventbrite page](#), 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 UK's 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: [CQ Conference 2024 – Childrens Quarter](#)



Children's Quarter Co-operative presents:

Who Cares?

a conference for those who do

Activist-led sessions on:
Inclusive Childcare **Adventurous Play**
Holiday Havens **Short Breaks** **18+ SEND**

Guest Speaker:
Jess Phillips MP

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

FREE!

Birmingham Residents Event “Winter is Coming” Thursday 31st October 2024

BE PREPARED

Winter is Coming



Worried about energy bills and energy debt!!!
Act on Energy will be at:

**BIRMINGHAM REPERTORY THEATRE,
6 CENTENARY SQUARE, BIRMINGHAM, B1 2EP**

Thursday 31st October

10:00a.m. - 3:30pm

We are offering:

- ▶ **FREE** energy saving advice and small measures
- ▶ **FREE** fuel vouchers*
- ▶ **FREE** advice on tackling fuel poverty & the cost of living
- ▶ **FREE** essential cooking & heating appliances*

*subject to eligibility criteria



www.actonenergy.org.uk



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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 **free teaching resources** 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.



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Aluna Behaviour Consultancy

Free Coffee Morning or Afternoon for Parents



Would you like to book a free, informal 90-minute session?

For more details email Zelpher Ferguson: zelpher@aluna-abc.co.uk

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-mini-consultation>



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[Quit smoking this Stoptober - Better Health - NHS \(www.nhs.uk\)](http://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

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

Charity number 289868

 **sense**
connecting sight, sound and life



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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 pre-selected 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/>



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CHRISTMAS 2024

Toys4Birmingham is looking for donations of new toys and gifts to be distributed through 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

or

Saturday 7th December 10am - 1pm


Mon 9th December 10am - 1pm

or


by arrangement until Monday 16th December - contact Louise
on 07469 979286



 Please no electronic toys or toys requiring batteries

 Scan this QR code for more information
or if you would prefer to donate money:



 For more information email:
toys@thrive-together-bham.org

thank you!

**THRIVE
TOGETHER
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bpcn
Birmingham Play Care Network

**Birmingham
MATH**

BirminghamLive

**Warwickshire
Cricket Foundation**



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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



THE DELICATE MIND



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Mind Birmingham have a fantastic service available for adults 18years+ 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.



Talking Space

Are You Having a Difficult Time?

Our Talking Space service offers an out of hours, safe place, to come and chat with our Crisis Intervention Workers.
(with access to clinical support if needed)



ERDINGTON

SELLY OAK

NORTHFIELD

WE CAN HELP WITH

- Low Mood
- Struggling to Cope
- Anxiety
- Stress
- Suicidal Thoughts

Drop In Days (No Appt)

5pm till 10pm

Erdington
Saturday & Sunday

Selly Oak
Monday, Tuesday & Wednesday

Northfield
Thursday, Friday, Saturday & Sunday

See reverse to book an appointment



Registered Charity no. 1003906
Registered Company no. 2024372



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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

Book Now



Registered Charity no. 1003906
Registered Company no. 2024372



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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

fjn. food
justice
network.

The
Active Wellbeing
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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/>