

## SEPTEMBER 2023 NEWSLETTER



*You can contact us via:*

Phone | Text | WhatsApp us on: 07483 090434

Email: [SellyOak.Families@greensquareaccord.co.uk](mailto:SellyOak.Families@greensquareaccord.co.uk)

Follow us on social media: [@SellyOakFam](https://www.instagram.com/SellyOakFam)



GreenSquareAccord's Selly Oak Families team, as part of the Birmingham Children's Partnership. For more information please search '**Birmingham Children's Partnership**' at [www.birmingham.gov.uk](http://www.birmingham.gov.uk)



## Welcome to our September Newsletter

Welcome back for another school year!

Our September newsletter includes lots of FREE family day out opportunities, training, and events as well as information to support the health and wellbeing of all the family.

PLEASE SHARE WITH YOUR NETWORKS.

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

## June News Include:

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



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

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

To access support we ask that you complete a Family Connect Form. If you have any questions please call on 07483 090434 or email [SellyOak.Families@greensquareaccord.co.uk](mailto:SellyOak.Families@greensquareaccord.co.uk). We are closed over the weekend. If you need urgent safeguarding support contact CASS on 0121 303 1888 or 0121 675 4806. For other support see details below of support available across Selly Oak.

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

Read on to see what's going on!

- Your Selly Oak Families Team -

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

# Your Selly Oak Families Offer

WE CAN SUPPORT YOU WITH...

Selly Oak Families



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

**Birmingham**  
Children's Partnership



[www.localofferbirmingham.co.uk/bcp](http://www.localofferbirmingham.co.uk/bcp)



## Family Connect Form

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

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

**ROUTE 2 WELLBEING**  
Find health & wellbeing services near you

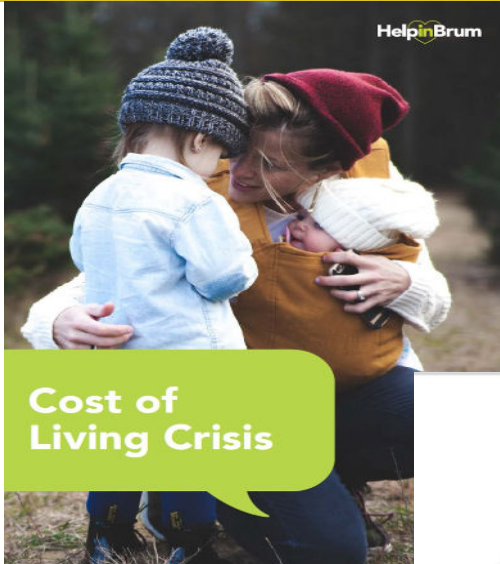
### Route2Wellbeing

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

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

# Support Service information

## Community Events & Support



Cost of  
Living Crisis

[Click here to access information!](#)

### Thursday's Thrifty Takeaway

Thursday 28th September  
Thursday 26th October

Warstock Community Centre  
B14 4QA

1.00pm-2.30pm

18months- 4 years

(child must be able to help prepare food)

Please call us to book your place  
**0121 464 4189**

A **Free** 5 week course.. come and cook  
Thursday's meal to eat in the comfort of your  
home, whilst learning how to **COOK ON A BUDGET**  
with meals for £1 per person. Learn the benefits of  
meal planning, portion sizes and using up  
leftovers which will help with your family budget  
in these difficult times.

## Community Events & Support

**WORLD'S  
BIGGEST  
COFFEE  
MORNING**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



We are hosting a  
**Macmillan Coffee Morning** in  
various locations across the  
**Selly Oak district!**

Come join us for some coffee and cake on...

Monday 25th September  
12.45pm - 1.45pm  
Grendon & Billesley Nursery,  
B14 4RB

Thursday 28th September at  
10.45am - 11.45am  
The Chinnbrook Centre,  
B13 0ET

Thursday 28th September  
1.45pm-2.45pm  
The Arts Space, 17 Pound  
Road, B14 5SB

Friday 29th September at 11.00am  
- 12.00pm  
Stirchley Baths, B30 2JT

**PAY WHAT YOU CAN!**



All donations will go to **Macmillan Cancer Support**



**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Selly Oak  
NHS

“ Live  
Laugh  
Love “

 **Thrive** | 40  
Years  
using gardening to change lives

# Are you over 50? Do you enjoy gardening and want to discover more?

Thrive is the UK's leading Gardening for Health charity.

Our FREE 12 week Sow & Grow program in our beautiful gardens in Kings Heath Park is designed to:

- Improve your health and well-being
- Increase your gardening confidence
- Help you meet new people

Kings Heath Park is easily accessible by bus – 76, 50, 35, 27, and 11 and has two free car parks

10am – 12pm

Starts Thursday 28<sup>th</sup> September

Please contact our friendly team via the details below for more information

**Contact Thrive:**

**0121 293 4531 or [birmingham@thrive.org.uk](mailto:birmingham@thrive.org.uk)**

**Love Weoley Castle presents**

# **AUTUMN FESTIVAL**

**SATURDAY 30TH SEPTEMBER @ THE RUINS,  
ALWOLD ROAD  
1PM - 4PM**

**Free activities for all the family including**

**Boxing**

**Cyanotype Printing**

**Zumba taster**

**Facepainting and glitter tattoos**

**Craft and art activities**

**Music**

**Sport and Games**

**And more**

## Community Events & Support



**Birmingham Moseley Women's Rugby**



26 Jul · 🌐

[@moseleyfans](#) [@telegraph](#) [@rfumidsclubsup](#)  
[@rfumidsgamedev](#)



0121 443 3637



WOMEN'S TEAM

SUPPORTED BY

**The Telegraph**

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**JUNIOR  
GIRLS  
RUGBY**

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**Starting 8th September 2023**  
**From 6.30-7.30pm**  
**Girls from 11-17 years old**





**New Term!**



## Female Group Music Making

Join our female only\* music making group for adults. All styles and musical cultures valued. No previous experience required. See overleaf for more information.

**Wednesdays 4<sup>th</sup> Oct-13<sup>th</sup> Dec '23, 2-4pm**  
*(with a break over half term on 1st November)*

@ Quench Arts, APMC, 339 Dudley Rd, B18 4HB (Booking Needed)

1st session for new members is **FREE**

Cost for the term: **£75/ £25\*** for 10 weeks

*\*See registration info regarding discounted places*

*Cost includes refreshments on arrival/in breaks*

*Payments by 2 instalments is possible.*



**Register your interest via the QR code/link**



**or contact Quench Arts on**

**07716 362478**

**info@quench-arts.co.uk**

Not sure what social prescribing is? See overleaf!



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

**MAKING MUSIC, MAKING CONNECTIONS...**

# Community Events & Support

## NewsWise family workshops in Birmingham

**NewsWise**

### What is NewsWise?

[NewsWise](#) equips children and their families with the skills and knowledge to engage with news, challenge misinformation, and to produce their own news reports about real stories happening around them. NewsWise provides free, high-quality news literacy education resources, experiences and support for schools and families. Reaching children and families via schools and community organisations, we're creating a generation of news literate young people.

### Deliver workshops in your setting

We are working with community organisations in Birmingham to reach families with our fake news detective workshops.

What you get as a NewsWise facilitator:

- Training from the NewsWise team to deliver our news literacy workshop
- Your first session co-delivered with the NewsWise team
- Materials for the activities provided by NewsWise
- Ongoing support from the NewsWise team

After the first session, co-delivered with the NewsWise team, you will then run further workshops throughout the year.

### About the family workshops

Children and their family members work together on a range of media literacy activities addressing:

- fake news and its consequences
- manipulated images online
- trustworthy sources
- understanding that information online is targeted
- managing our feelings about the news

The workshop is fun, interactive and adaptable for your setting and audience. It is aimed at children aged 9 - 11 and their family members.

### Advisory panel

Want to get involved but can't deliver sessions in your setting? Join our advisory panel and help shape the offer of family news literacy workshops across Birmingham.

The panel will meet three times over the course of the project, so that we can respond to feedback and refine the session to suit Birmingham communities.



Contact [newswise@theguardianfoundation.org](mailto:newswise@theguardianfoundation.org) if you are interested in getting involved!

The  
Guardian  
Foundation

PSHE  
Association

National  
Literacy  
Trust

# Community Events & Support

## Support Centre Timetable

Liverpool Street, Deritend, B9 4DS

Mon, Tues 9am - 5pm

Wed 9am - 1pm

Thurs, Fri 9am - 5pm

# SIFA

fireside

9 Onwards  
Emergency  
Support



## Homeless and Emergency Support



Physical & Mental  
Health Support



Food



Advice and  
information



Clothing &  
Showers



 Birmingham  
City Council

10.30 - 12 noon

## Appointments



EU  
Settlement  
Scheme



Supported  
Accommodation  
Advice (HTWS)



Physical & Mental  
Health Support



Health and  
Wellbeing Advice  
(The ASH)



Department  
for Work &  
Pensions



 Birmingham  
City Council

12 Noon Onwards

## Workshops

(excl. Wednesdays)



Lunch



Creative Workshops



Music Therapy  
Jam Sessions



Cookery Classes



IT Skills  
Employment Support



Performance  
Workshops

## Community Events & Support



Birmingham City Council are working with the local community and a partnership of voluntary and community sector organisations to expand a network of warm spaces.

These spaces will be available for people to use and visit during the winter period and beyond. There are several existing Warm Welcome Spaces within local communities across the city.

Warm Welcome Spaces are:

- inclusive and non-judgmental
  - heated and free to access
- spaces to access information on further support, available guidance, free internet access, computers and charging points
  - opportunities to participate in activities and learn new things
  - a friendly environment to connect with others within the community

To find out more about your local Warm Spaces, please click [here](#).

## Disability & SEND Advice & Support



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

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

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



# BUILDING A BRIDGE

## BETWEEN PARENT CARERS & THEIR SERVICE PROVIDERS

We are a voluntary group of Birmingham Parent Carers whose purpose is to be the bridge between services and families and a collective voice representing all members and all disabilities.

We aim to build strong and sustainable links between our Local authority, Joint Clinical Commissioning Group and The Children's Trust.



# GET INVOLVED!

Would you like to help influence the development of services which matter the most to your children? We want to hear your ideas and views as your voice and experience is of value. It is the bringing together of these views which can offer the opportunity to effect change where it is needed.

## **YOU CAN GET INVOLVED IN VARIOUS WAYS:**

- Receiving email updates by becoming a forum member
- Taking part in surveys, consultations and workshops
- Attending Local Authority meetings to represent the forum

If you are a parent or carer of a child or young person (aged 0-25) with additional needs who lives in Birmingham and/or whose child uses Birmingham Education, Health or Social Care Services you can become a member of the forum. Get involved by completing a 'Join Us' form on our website or Facebook page, or by dropping us an email.

# Nurturing ADHD kids

This online 6 week course is free for Birmingham parents and carers of children and young people with ADHD or suspected ADHD

## LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

Are you trying to support them but find that everyone gives you different advice?

In this 6 week course, you will

- learn about ADHD
- Understand the effect on our mental health
- Understand the reasons behind behaviours
- Gain confidence in advocating for our children
- Learn new strategies
- Help our kids be confident, resilient and be their best selves

Contact us for details:

**Phone: 0731 116 7485**

Email: [contactus@brewseducation.org](mailto:contactus@brewseducation.org)

## What parents have said about this course

*This course is literally game-changing for parents, caregivers, teachers and anyone living with a child (or adult) with ADHD. So much misunderstanding, frustration and worry could be prevented if everyone had access to this amazing resource.*

*Essential course for any parent of a child with ADHD. It changed the way I see my son and my ability to respond to his needs effectively.*

*Very informative, friendly, no pressure, enjoyable sessions*





## NEW GROUPS STARTING SOON!

Free online 6 week course for parents and carers

**Mondays 7-8 pm**

starting September 18th, 2023

Register here:

<https://www.eventbrite.co.uk/e/619052963077>



**Wednesdays 10.00-11.00 am**

starting September 20th, 2023

Register here:

<https://www.eventbrite.co.uk/e/619098910507>



Supported by



More courses starting in  
November.

Follow BREWS CIC on Facebook  
and Eventbrite or call

us on

0731 116 7485







# Music for Respite

Join our music making group for carers, providing respite, fun and the opportunity to meet other carers.

All musical styles & cultures valued. No previous experience required.

**Financial support for backfill carer costs available!**

**Tuesday 3<sup>rd</sup> Oct-12<sup>th</sup> Dec '23, 1-3pm**

*(with a break over half term on 31st October)*

@ Quench Arts, APMC, 339 Dudley Rd, B18 4HB (booking required)

**Cost for the term: £75/ £25\*** for 10 weeks

*\*See registration info regarding discounted places*

*Cost includes refreshments on arrival/ in breaks*

*Payments by 2 instalments is possible.*

*Backfill carer costs for the person cared for can be refunded.*



**Register your interest via the QR code/link**



**or contact Quench Arts on**

**07716 362478**

**info@quench-arts.co.uk**

More information overleaf!



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**ARTS COUNCIL  
ENGLAND**

**MAKING MUSIC, MAKING CONNECTIONS...**

# Disability & SEND Advice & Support



## Understanding your child with additional needs

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



Residents of BIRMINGHAM



BIRMINGHAM CHILDREN'S TRUST



BIRMINGHAM WOMEN'S AND CHILDREN'S NHS FOUNDATION TRUST

Use Access Code  
**COMMUNITY**

In paid partnership with:

**SEND**  
**BIRMINGHAM**

RESOURCES,  
INFORMATION  
AND SUPPORT  
**ALL IN ONE PLACE**

The SEND Local Offer website - [www.localofferbirmingham.co.uk](http://www.localofferbirmingham.co.uk)



**It is now possible to contact individual SENAR case officers by phone!**

**Feedback** - We need to be able to talk directly to the individual who is dealing with our child or young person's case

**Outcome** - You will be able to telephone your child or young person's Birmingham City Council SENAR case worker directly. Feedback from parents and carers has been very clear; being able to talk to someone who knows and understands their case, their child/young person and their situation is a top priority.

The contact information for SENAR team is now available on the Local Offer [here](#). Additional resource has been allocated to our Parent Link service and officers can be reached between 9am and 5pm on 0121 303 8461.

# Disability & SEND Advice & Support



BIRMINGHAM  
CHILDREN'S TRUST



**Birmingham**  
City Council

Dear Birmingham Parents and Carers,

See link below to the Birmingham SEND Parents and Carers Survey 2023.

## **[BirminghamSendSurvey2023](#)**

This survey seeks parents and carers views about their experiences of SEND services for their child/children. It follows on from a similar survey that was carried out last year and now aims to measure any improvements made.

This survey has been co-produced with the Birmingham Parent and Carer Forum (BPCF).

We would love to hear your current views on SEND services provided by Birmingham City Council (Education), Birmingham Children's Trust (Social Care) and Health (NHS) in Birmingham, alongside the Birmingham Parent Carer Forum.

***All parent and carer survey responses will be automatically entered into a prize draw with a chance to win one of four £25 shopping vouchers. The survey will officially close on Friday 26th May at 11.59pm and the names will be drawn at random on Wednesday 31st May 2023.***

Please contact us on [SendSurvey@Birmingham.gov.uk](mailto:SendSurvey@Birmingham.gov.uk) if you need any assistance to complete the survey.

Thank you,

SEND Improvement Team

SEND Local Offer website - [www.localofferbirmingham.co.uk](http://www.localofferbirmingham.co.uk)  
Support, information, and advice for SEND all in one place



## DWP Disability Services Advocacy Team

### Meet The Team

**Rosie Marshall**  
National Advocacy Lead

**Sarah Marshall**  
Advocacy Manager for Scotland

**Zoe Spore**  
Advocacy Manager for North  
England

**Matt Innes**  
Advocacy Manager for Central  
England

**Lesley Clarke**  
Advocacy Manager for Wales &  
South England

**Ken Lawton**  
National Advocacy Manager,  
Supported Families Employment  
Advisor & PIP Advisor

**Natalie Chauhan**  
Advocacy Manager Support &  
Business Support to Advocacy  
Team Lead

**Faye Benning**  
Advocacy Team Diary Manager  
& Event Co-ordinator

We are advocates for Disability Services benefits and grants across the country, including Personal Independence Payment, Disability Living Allowance and Industrial Injuries Disablement Benefit.

We offer a series of awareness and upskilling sessions for the above areas of Disability Services which stakeholders can register and book onto via Eventbrite links.

Within our sessions we provide an overview of the full customer journey; from making the initial claim, what to expect during a health assessment, through to the decision making process. During the session there is ample time for questions & answers and the opportunity for attendees to share any related experiences.

Attending these awareness sessions offers a great opportunity to build strong internal and external working relationships and ensure through collaborative working, that customers are fully supported and are at the centre of everything we do.

*If you would like to be sent our session links to book on to any of our sessions, please contact our Diary Manager via email at:*

[DisabilityServices.AdvocacyTeam@dwp.gov.uk](mailto:DisabilityServices.AdvocacyTeam@dwp.gov.uk)

# Pregnancy, Antenatal & Parenting

**0121 464 4189**

**forward steps**  
The best start for our children

**GBNFC GROUP**

**GBNFC CHILDREN'S CENTRE**

**WHAT'S ON**

If you need any additional support to access our groups, please contact us.

Providing activities and support for children Birth-5 and their families living within the Selly Oak district.

Find us at: 213 Trittford Road, B13 0ET

## PLEASE CALL US FOR MORE INFORMATION ABOUT OUR OTHER SERVICES

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

## FAMILY SUPPORT

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

- Low Level Housing Advice
  - Debt Advice
- Domestic Violence
  - Parenting
- Childcare Advice

• Parental Emotional Well-Being

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

## HEALTHY START VITAMINS

You can collect your **FREE** Healthy Start Vitamins for Mother and Child from us at

GBNFC Children's Centre.  
Monday-Friday 8.30am-5pm.

### MONDAY

9.30am-11.00am  
**Stay & Play**  
Under 5 years  
Masfield  
Community Centre,  
B31 2HL

9.30am-11.00am  
**Baby Group**  
Birth-Walking  
Warstock  
Community Centre,  
B14 4QA

12.30pm-3.00pm  
**Well-Being Group & Walk**  
Walking- Under 5  
Meet at the  
Chinnbrook centre,  
B13 0ET



### TUESDAY

09:00am-11:00am  
**Job Club**  
(Parents/ carers  
with children under  
5)  
Chinnbrook  
Centre, B13 0ET

9.15am-10.15am  
Or  
10.30am-11.30am  
**Story and Craft**  
2-4 years  
Druids Heath  
Library, B14 5NJ

1.30pm-2.30pm  
**Toddler Group**  
1-3 years  
Church of  
Ascension, B30 2TJ



### WEDNESDAY

We have  
workshops/  
programmes  
running between  
September-  
December 2023

**FUSSY EATING  
BEHAVIOUR MANAGEMENT  
HENRY  
INFANT FEEDING SUPPORT  
ANTENATAL SUPPORT  
WEANING  
BABY MASSAGE  
MONEY MANAGEMENT**

Please call us for  
more information

Most of our Groups  
are now **DROP-IN  
GROUPS**

No need to book  
just turn up!  
Groups with the  
phone symbol  
Please call to book  
on 0121 464 4189

### THURSDAY

9.15am-11.00am  
**Stay & Play**  
Under 5 years  
Chinnbrook Centre,  
B13 0ET

1.00pm-2.30pm  
**Breastfeeding  
Lounge**  
Selly Oak Methodist  
Church, B29 6HT



1.15pm-2.45pm  
**Baby Group**  
Birth-Walking  
St Bedes Church,  
B14 6NQ

### FRIDAY

9.45am-11.15am  
**Stay & Play**  
Under 5 years  
Stirchley Baths, B30  
2JT

9.30am-10.30am  
**Mini Movers**  
2-under 5 years  
6 week courses  
22nd September-  
20th October at  
St Bedes Church,  
B14 6NQ

&  
10th November-  
8th December at  
Spearhead, Bells  
Farm Community  
Centre, B14 5QP



# Pregnancy, Antenatal & Parenting



**Virtual Sessions**  
**From 10.00am**

**Every Tuesday from**  
**24th October 4 weeks**

**For more information or to book a  
place please contact:**

**Kat 07761 503648 or**

**Becki 07874 800383 or**

**GBNFC Children's Centre:**

**0121 464 4189**

## Understanding your pregnancy, labour, birth and your baby

A Solihull Approach group for  
parents-to-be, fathers, partners and family  
members or friends attending the birth

### What is this group?

This is a friendly relaxed group where you can take time out of your busy life to stop and think about your feelings and how you can cope with your

pregnancy, labour and the birth of your baby, what support you need and the practical things that will be helpful to you, such as pain relief, positions in labour and caring for your baby when they are

### Who would find the group interesting?

Mothers, fathers, partners, and family or friends who will be supporting you.

### What will the group include?

- ◆ Information about different types of labour positions and pain relief.
- ◆ Activities and time to think and talk about what support you need during the pregnancy and labour and giving birth.
- ◆ Information about baby's emotional brain development and how babies communicate with you before and after they are born.
- ◆ Information about feeding your baby when they arrive, how to respond to your baby's needs, and advice about sudden infant death (SIDS).
- ◆ Information about feelings some mothers may experience after the birth such as baby blues and postnatal depression.



# Pregnancy, Antenatal & Parenting



## Understanding pregnancy, labour, birth and your baby

Free midwifery-led online antenatal course for you to follow in your own time. For everyone in your baby's family.

- Getting to know and bonding with your baby before birth
- Stages of labour
- Preparing to welcome your baby
- Supportive resources and tips for staying calm
- Women couples tailored version

Designed by clinical psychologists in partnership with registered midwives, health visitors and parents



Residents of BIRMINGHAM



BIRMINGHAM CHILDREN'S TRUST



Birmingham Women's and Children's NHS Foundation Trust

Use Access Code  
**COMMUNITY**



## Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



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BIRMINGHAM CHILDREN'S TRUST



Birmingham Women's and Children's NHS Foundation Trust

Use Access Code  
**COMMUNITY**

In paid partnership with:

# Pregnancy, Antenatal & Parenting



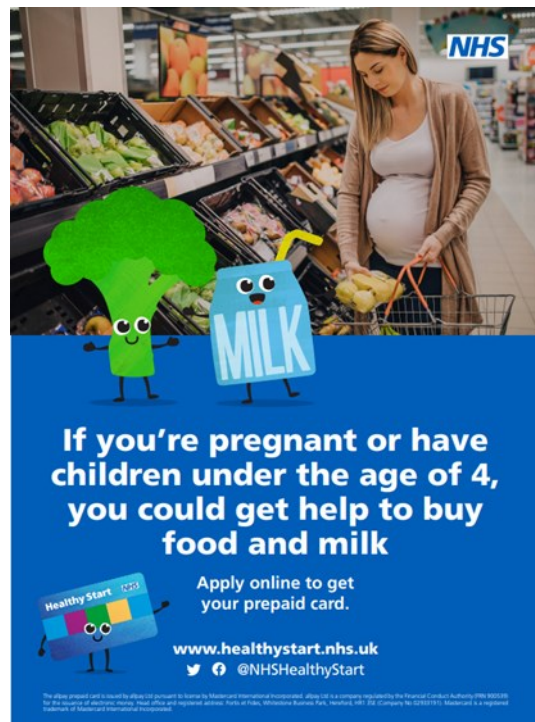
**Are you pregnant or have children under the age of 4?**

You could get help to buy:

- Plain cow's milk
- Fresh, frozen or tinned fruit and vegetables
- Fresh, dried, and tinned pulses
- Infant formula milk

You can also get free Healthy Start vitamins.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
@NHSHealthyStart



**If you're pregnant or have children under the age of 4, you could get help to buy food and milk**

Apply online to get your prepaid card.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
@NHSHealthyStart

The way families retrieve Healthy Start vouchers has changed. The NHS no longer send paper vouchers. To get help to buy food and milk you need to apply for a Healthy Start card.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
  - fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old.

You can find out more [here!](#)



# Pregnancy, Antenatal & Parenting



**Are you pregnant  
or recently given birth?**

**Why not join one of our regular Ask The Midwife sessions?**

Our expert clinicians are on hand to answer any questions you have, from pregnancy to birth and beyond.

Visit [www.yourbump.nhs.uk/ask-the-midwife/](http://www.yourbump.nhs.uk/ask-the-midwife/)  
or scan the QR code for more information.



SCAN ME

# Health & Wellbeing

UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

**NHS**



## WELCOME BACK TO SCHOOL

*EXCITED, NERVOUS, ANXIOUS?  
NOT SURE HOW THEY'RE FEELING?*

EMOTIONAL HEALTH CAN MAKE A BIG DIFFERENCE  
TO CHILDREN'S PROSPECTS IN SCHOOL AND BEYOND

In Birmingham, we believe in supporting children's emotional health development, and that's why we've invested in online courses in understanding your child for parents.

By understanding how your child's brain develops and responds emotionally, you can better support their needs as they navigate the big milestones in school.

UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

inourplace

**NHS**

## Understanding your relationships

Free online course to follow in your own time to help understand your relationships and your mental health.

- Understanding your emotions in your relationships
- Communicating feelings and expressing yourself
- Reading others behaviours and different communication styles
- Managing conflict, self-regulation and anger

Designed by expert psychologists in partnership with people



Residents of BIRMINGHAM



Use Access Code  
**COMMUNITY**

In paid partnership with:

Health & Wellbeing



Birmingham and Solihull Sexual Health

# Community Sexual Health Workers

Free health education for  
adults and young people in  
Birmingham and Solihull

[www.umbrellahealth.co.uk](http://www.umbrellahealth.co.uk)

For more information please click [here](#).



## **Kooth**

Kooth is an online counselling support service for children aged 11-18.

Qualified counsellors are available 365 days a year- no waiting lists!

Weekdays 12:00-22:00

Weekends 18:00-22:00

[CLICK HERE TO FIND OUT MORE](#)

# Pause.

**Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.**

**Pause can help anyone under 25 with a Birmingham GP. We listen and help you find solutions – no referrals or long waits.**

**You choose when and how to use our service:**

- **Drop-in face to face support is available, check our webpage for dates & venues.** Booked face to face sessions are available in certain circumstances.

**Or**

- **Request a phone or video call back, using the website or by calling the registration line.**



**To find out more and register for support, visit:  
<https://forwardthinkingbirmingham.nhs.uk/pause>  
or call our Registration Line **0207 841 4470**  
(please note local call charges do apply).**

**Our Service Operates:**

- **Monday to Saturday**
- **We are Closed Sundays & Bank Holidays.**

# Health & Wellbeing



Find FREE activities at: [www.theaws.co.uk/our-activities](http://www.theaws.co.uk/our-activities)



Search 'The Active Wellbeing Society' on social media



For further information, or to add/edit your food provision shown on the map, contact: [foodjusticenetwork@theaws.org](mailto:foodjusticenetwork@theaws.org)



## Domestic / Sexual Abuse Advice & Support

### Further information

If you are a female victim of domestic abuse and you want to make a self-referral please initially contact Women's Aid on 0808 800 0028.

Women's Aid will refer your case to Cranstoun if appropriate.

### Confidentiality

Cranstoun respects your right to privacy. At your first meeting with a Lead Worker, we'll explain how we keep things confidential.

### Opening hours

Our staff work with you in your home or at an accessible community organisation. We're available Monday to Friday 9am-5pm.

### Our Birmingham office

Cranstoun Lead Worker Services

Ashted Lock

Dartmouth Middleway

Birmingham B7 4AZ

T 0121 633 1750

E [birminghamadmin@cranstoun.org.uk](mailto:birminghamadmin@cranstoun.org.uk)

Please visit our website to find out more:

[cranstoun.org](http://cranstoun.org)



## Female domestic abuse services in Birmingham

**CRANSTOUN**  
Empowering People, Empowering Change

To be a world-class leader in rebuilding lives.



Central office  
Thames Mews  
Portsmouth Road  
Esher  
Surrey  
KT10 9AD  
T: 020 8335 1830  
E: [info@cranstoun.org.uk](mailto:info@cranstoun.org.uk)  
[www.cranstoun.org](http://www.cranstoun.org)

Registered Charity No: 1061582  
Registered Company No: 3306337

**CRANSTOUN**  
Empowering People, Empowering Change

Everyone deserves a life without domestic abuse

You don't have to deal with domestic abuse alone



# Luv'ing YOU First

Created for women who have experienced abuse or want to improve self-confidence.

Designed by women with lived experiences, the programme seeks to support others to gain independence and acquire the necessary skills for self-development.

**Every week for 6 weeks!**

**Start date: Fri 22nd Sept**

**Location: Bham City Centre**

**Time: 11am - 1pm**

Delivered by **LUV CIC**  
Fully funded by Birmingham City Council

## FREE 6 WEEK PROGRAMME

**Week 1: Self-LUV & Mindset**

**Week 2: Emotional Wellbeing**

**Week 3: Health & Wellbeing**

**Week 4: Coping Strategies**

**Week 5: Financial Literacy**

**Week 6: Action Planning**

*Includes an interactive workbook.*

*Support group also available*

## To refer please visit

[listenupliftventcic.com/referrals](https://listenupliftventcic.com/referrals)  
or email

[info@listenupliftventcic.com](mailto:info@listenupliftventcic.com) for more info

If you've ever been  
raped, sexually assaulted or abused



**Turn to us**

**We are here**

Sexual assault referral centres 'SARCs'  
provide a safe space, specialist care and support 24/7

Go to [nhs.uk/SARCs](https://nhs.uk/SARCs)

# Household Support & Advice



## food justice network.

Birmingham, UK.



Scan this QR code to see the  
Food Justice Network Map

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

Please make sure you have the Google Maps app downloaded.

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

Birmingham  
Children's Partnership



**HALL GREEN & SELLY  
OAK FAMILIES EARLY  
HELP TEAMS**

## HOUSING ADVICE

VERSION 1 - MAY 2023

This information sheet has been produced to respond to the increasing number of Housing issues presenting on Family Connect Forms. Unfortunately, we are not able to change families living situations but can offer advice on how families can access support.



FOR MORE INFORMATION PLEASE CLICK [HERE!](#)





time for  
**you**

**Do you have a health condition or disability?**

**Do you want to talk to someone about your options for the future?**

**We have someone who can support **you**...**

We can talk about:

- Helping you build your confidence
- Free training available to develop your skills
- The type of work you might like to do or could do in the future

 0121 252 3578

 [sellyoak.opendoor@dwp.gov.uk](mailto:sellyoak.opendoor@dwp.gov.uk)

**jobcentreplus**

## Other News, Updates & Information



**Birmingham City Council are keen to hear from members of the public regarding how you are coping with the Cost of Living (COL) crisis. We want to know if the support you have received has met your needs or if you think there is something we can do better.**

Give us your views

[Online Survey](#)

## We would love to hear from you!

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

**Want to be featured in our next newsletter?**

**Contact Amber at [SellyOak.Families@greensquareaccord.co.uk](mailto:SellyOak.Families@greensquareaccord.co.uk)**



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

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