

JANUARY 2024 NEWSLETTER



You can contact us via:

Phone | Text | WhatsApp us on: 07483 090434

Email: 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



Our January newsletter includes 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.

January 2024 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. 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



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



Help in Brum

Cost of Living Crisis

[Click here to access information!](#)

Support Centre Timetable

Liverpool Street, Deritend, B9 4DS
Mon, Tues 9am - 5pm
Wed 9am - 1pm
Thurs, Fri 9am - 5pm

SIFA
fireside



There are several existing Warm Welcome Spaces within local communities across the city.

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



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

Bank of England



SCAN ME

Jobs. Pay. Housing.
The cost of living.

The economy affects us all.
So we want to hear what you think about it.

Birmingham – 7 February 2024 – from 6pm to 8:15pm
Sign up now using the QR Code
or email Outreach@bankofengland.co.uk

Community Events & Support

PETER PAN GOES WRONG



Join us at 'Peter Pan Goes Wrong', a comedy play:

The members of the Cornley Drama Society are back on stage, battling technical hitches, flying mishaps and cast disputes as they attempt to present J.M Barrie's much-loved tale. But will they ever make it to Neverland?

When: Wednesday 20th March 2024, 2:30pm

Cost: £25 per ticket. Carers go free.
(There will be food and drinks available to purchase there)

Where: Alexandra Theatre, Suffolk Queensway, Birmingham, West Midlands, B5 4DS

To book: Call 0121 427 6404 or
Email communityhub@midlandmencap.org.uk

Booking is essential and must be paid by Friday 9th February.
We will also need to know of any accessibility requirements.



Neighbourhood Network Scheme
Connected Communities
LGBTQI+ Project

FREE LGBTQI+ Community Groups Workshop GETTING SEEN

Looking for ways to publicise your community group or activity?

Eventbrite: tinyurl.com/NNS3GettingSeen2
Meetup: tinyurl.com/NNS3GettingSeenM2

**BIRMINGHAM
LGBT** Tuesday 30th January 2024
6.30pm - 8.30pm

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

- 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>

Disability & SEND Advice & Support



Voices for change: Autism Self Advocacy programme Empower Yourself!

Find out more at: www.pohwer.net/self-advocacy-birmingham
or Contact POhWER at:

Email: selfadvocacybirmingham@pohwer.net

Tel: 0300 456 2370



WOULD YOU LIKE TO LEARN MORE ABOUT AUTISM?

We offer FREE one-to-one support facilitated by people
with lived experience of autism

If you're a family member, informal carer or personal assistant of
an autistic person, book a one-to-one session to speak to a peer
educator about the challenges you're facing. We can help with:

Understanding behaviour | Education | Benefits & finance
Helping an anxious child | Navigating support, and more!

To book your one-to-one support session visit autismcentral.org.uk/midlands

If you can't find a suitable time please email autismhubmidlands@contact.org.uk



Scan me to find
support for you



Disability & SEND Advice & Support



Family Fund
Helping disabled children

Grants available for families with disabled children

[CLICK HERE TO APPLY FOR GRANT SUPPORT](#)



RESOURCES,
INFORMATION
AND SUPPORT
ALL IN ONE PLACE

The SEND Local Offer website - www.localofferbirmingham.co.uk



BIRMINGHAM
CHILDREN'S TRUST



Birmingham
City Council

Check out Birmingham's refreshed SEND Local Offer:

www.localofferbirmingham.co.uk

Pregnancy, Antenatal & Parenting

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

Online Parenting Courses

Just use your Birmingham postcode to access the resources.

To access the courses click [here!](#)



Use Easy Peasy App to support children's speech, language and communication development.

To access click [here.](#)

50

things to do

The 50 Things App - free App to help with home learning and language development—Click [here!](#)



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



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

Pregnancy, Antenatal & Parenting

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.

0121 464 4189

January-March 2024

GBNFC CHILDREN'S CENTRE WHATS 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 Trifford Road, B13 0ET

Like us on Facebook: @BNFC Children's Centre

Follow us on Instagram: @GBNFC

MONDAY

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

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

12.45pm-3.00pm
Well-Being Course with walk.
Birth- Under 5
Meeting at the
Chinnbrook centre,
B13 0ET

Please call for more information about this course.

TUESDAY

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

9.30am-11.00am
First Words Together
1-2years
Warstock
Community Centre,
B14 4QA

Bookable in 5 week sessions. Please call us for more information

9.30am-10.30am
Story and Craft
2-4 years
Druids Heath
Library, B14 5NJ



WEDNESDAY

For more information on Workshops and Programmes such as...

- Behaviour Management
- Henry
- Promotion Happier Parenting
- Infant Feeding Support
- Antenatal Support
- Weaning
- Baby Massage
- Baby yoga
- Money Management
- Fussy Eating

Please call us on 0121 464 4189



THURSDAY

9.30am-11.00am
Stay & Play
Under 5 years
Chinnbrook Centre,
B13 0ET

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



1.30pm-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



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



Health & Wellbeing

mind
☎ 0300 123 3393
📞 Helpline
🌐 mind.org.uk

shout
85258
☎ Text SHOUT to 85258
📞 24/7 text service
🌐 giveusashout.org

SAMARITANS
☎ 116 123
📞 24/7 helpline
🌐 samaritans.org

young MINDS
☎ Text YM to 85258
📞 24/7 text service
🌐 youngminds.org.uk

CALM
☎ 0800 58 58 58
📞 Helpline for men
🌐 thecalmzone.net

PAPYRUS
ASSOCIATION OF YOUNG SURVIVORS
☎ 0800 068 4141
📞 Under 35s Helpline
🌐 papyrus-uk.org

Domestic / Sexual Abuse Advice & Support



BSWA

Bank House
36 Bristol Street
Birmingham
B5 7AA

Mon-Tues: 10am to 4pm
Weds:- 1pm to 4pm
Thurs-Fri:- 10am to 4pm

NEW EARLY INTERVENTION FOR WOMEN AFFECTED BY DOMESTIC ABUSE HUB VIA BIRMINGHAM WOMEN'S AID

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

NHS

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

Household Support & Advice

OUR EXPERT HEAT ADVISORS ARE HERE TO HELP YOU WITH ANY HOME ENERGY QUESTIONS YOU HAVE. 

Speak to us about how to:

-  CONTROL YOUR HOUSEHOLD ENERGY USAGE
-  TAKE METER READINGS TO MONITOR YOUR COSTS
-  SWITCH ENERGY SUPPLIER AND TARIFF
-  APPLY FOR SUPPORT SUCH AS WARM HOME DISCOUNT AND SUPPLIER PRIORITY SERVICES
-  ACCESS ELIGIBLE HARDSHIP FUNDING
-  ACCESS SUPPORT FOR ANY ENERGY-RELATED ISSUE YOU HAVE

 **0800 092 9002**  **THEWISEGROUP.CO.UK**
 **WISEGROUP_SE**



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.

Jobs, Skills & Employability

LifeSkills Plus

Supporting you to work towards the future you want

Are you ready for a change?

Do you want to move forward to overcome setbacks?

LifeSkills Plus can help!

Currently available in:
Birmingham
London
Teesside

Scan to fill in a referral form



For more information or to request a paper referral form email:

LifeSkillsPlus@family-action.org.uk

Or call / text: **07977 635 868**



family action

Individually tailored, strengths based approach

Create a step-by-step plan with your support worker

Achieve your work or life related goals

Support for up to 12 months

One-to-one support

Family Action. www.family-action.org.uk
Registered as a Charity in England & Wales no: 264713.

Jobs, Skills & Employability

I can *Local jobs for our community*

Healthcare Careers and Development
University Hospitals Birmingham

For more information: 0121 3718600
onefrontdoor@uhb.nhs.uk

NHS Severn Trent's
BIG BOOST
for BRUM

Jobs fair
Looking to get into work, back into work or just after a change?
Come to Severn Trent's Big Boost for Brum!

Thurs 22nd Feb 2024
10am - 2pm
Millennium Point,
Birmingham

 Sign up now
tinyurl.com/STBigBoostForBrum

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

Want to be featured in our next newsletter?

Contact Amber at 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.