

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 localities have on offer this month.

'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 either
hallgreen.families@greensquareaccord.co.uk
or
sellyoak.families@greensquareaccord.co.uk

- Follow our social media -



@hallgreenfam
@sellyoakfam

April
2025

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



BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP

The map shows the following localities: Sutton Coldfield, Perry Barr, Erdington, Hodge Hill, Ladywood, Edgbaston, Yardley, Hall Green, Selly Oak, and Northfield.

EDGBASTON EarlyHelpEdgbaston@gatewayfs.org 0121 456 7821	NORTHFIELD EarlyHelpNorthfield@gatewayfs.org 0121 456 7821
ERDINGTON ErdingtonFamilies@compass-support.org.uk 0121 748 8199	PERRY BARR BirminghamEarlyHelpPerryBarr@family-action.org.uk 07385 464 482
HALL GREEN HallGreen.Families@greensquareaccord.co.uk 07570 953 519 (9:30am to 4:30pm)	SELLY OAK SellyOak.Families@greensquareaccord.co.uk 07483 090 434
HODGE HILL YardleyHodgeHillEH@barnardos.org.uk 0121 289 4875	SUTTON COLDFIELD SuttonColdfieldEarlyHelp@compass-support.org.uk 0121 748 8199
LADYWOOD BirminghamEarlyHelpLadywood@family-action.org.uk 07816 086 607	YARDLEY YardleyHodgeHillEH@barnardos.org.uk 0121 289 4875



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!

Contacting Hall Green & Selly Oak Families Early Help Team - Central Locality

Our Early Help Team receives a lot of enquiries daily from both professionals and families via our duty telephone line and email inboxes. We wanted to highlight the most effective way for someone to contact our team should they have an enquiry. This is to ensure that all enquiries can be dealt with efficiently and in a timely manner.

- 1) Professionals requesting an update on a family they have referred into Early Help and would like a progress update.



Please email in your enquiry to either hallgreen.families@greensquareaccord.co.uk or sellyoak.families@greensquareaccord.co.uk. This is so we can confirm your identity, have a record of your request and where appropriate your request will be forwarded to the allocated worker at GreenSquareAccord or Birmingham Children's Trust.

- 2) Professionals or families seeking advice, guidance, signposting information and or the contact details of the allocated worker.



In the first instance please call the duty line on **07570 953519** which is operated **Monday to Thursday 09:30 – 16:30 and Friday 09:30 – 14:30.**



Alternatively, professionals and families can email hallgreen.families@greensquareaccord.co.uk or sellyoak.families@greensquareaccord.co.uk - monitored **Monday to Thursday 09:30 – 16:30 and Friday 09:30 – 14:30.**

Sparkbrook Children's Zone

Sparkbrook Children's Zone is an NHS clinic where children between 0-16 can be seen by a Nurse, Doctor, and the whole family can receive support from the Early Help Family Support Advisors.

To make an appointment contact your GP* and ask for a Sparkbrook Children's Zone appointment.

- **Monday mornings at Balsall Heath Centre**
- **Thursday afternoons at Sparkbrook Medical Centre**
- **Thursday evenings at Fernley Medical Centre**

*child must be registered at specific GP practices, for more information:

Website: www.sparkbrookchildrenszone.org.uk/
 Social Media: @SparkbrookCZ

Scan for more info:

sparkbrookchildrenszone.org.uk
scz@greensquareaccord.co.uk

Supporting children and families to live happy, healthy lives.

We offer appointments, advice and community activities in Balsall Heath, Sparkbrook and Sparkhill.

Children and young people between 0-16 years can come and see a **Children's Nurse and Doctor**. We help with lots of different problems, including constipation, eczema, and asthma.

Your whole family can get support from our **Early Help Family Support Advisors**. We provide advice on parenting, debt, healthy eating, and much more.

Translation services available

Follow us for NHS approved health messages:

Free appointments every week

We accept bookings from the following GP Practice's:

- Dr Walji, Dr Raghavan & First Care at Balsall Heath Health Centre
- The Hill General Practice
- Spark Medical Group (Brook Surgery & St George's)
- Fernley Medical Centre
- Highgate Medical Practice
- Springfield Medical Practice (Dr Rajput)

Ask your GP Practice to book an appointment

Monday mornings
at Balsall Heath Health Centre
43 Edward Road, Birmingham, B12 9LP

Our Partners

Thursday afternoons
at Sparkbrook Community & Health Centre
34 Grantham Road, Birmingham, B11 1LU

Thursday evenings
at Fernley Medical Centre
560 Stratford Road, Birmingham, B11 4AN

Sparkbrook Children's Zone May Family Health Day

We are very excited to announce that we are putting on a free Family Health Day on the 3rd May!

- Our NHS Nurse and Doctor's will carry out Well Child Checks (measuring height & weight, checking teeth and a having a general chat about the child/ young persons health)
- Community Partners will be promoting their services
- Fun activities for children

Sparkbrook Children's Zone and CAPT Home Safety Training

Sparkbrook Children's Zone is delivering Home Safety Training in partnership with the Child Accident Prevention Trust on Tuesday 8th April between 10am – 12:30pm.

The training will be aimed at: social care, health, and education staff.
The training will include:

- Key hazards to spot within the home
- How to communicate the hazard with the family
- Tools to help families avoid accidents

To book a space for the training please email scz@greensquareaccord.co.uk to request a place.

Sparkbrook
**Children's
Zone**



Sparkbrook Children's Zone Podcast

We are very excited to announce that we are launching a podcast for families to tune into from either Apple Podcasts or Spotify (and soon to be on more platforms!)

These podcasts will involve our host, Chiara Luxmoore, interviewing one of our Medical staff members, such as our Nurse or Doctors, and one of our Early Help Family Support Advisors, at the same time. We know that we hold a unique position at Sparkbrook Children's Zone where we have access to both Medical staff, and Early Help family support staff within the same space, and we want to make this more widely accessible!



Sparkbrook
**Children's
Zone**



Early Years & Parenting

Download **FREE** Family Hubs Apps today!

Free one-to-one breastfeeding support
With our trained peer supporters



Time slots for video calls available

Birmingham residents only



Please [click here](#) to book your free tickets.

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



FAMILY FOUNDATIONS

Expecting a baby together?

Family Foundations will help you:

- Preparing yourself, and your relationship for having a 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

Receive a free gift for attending!

Course details

Date: Prenatal Session- 04.04.25 and 11.04.2025

Time: 9:30-12:30

Venue: Broadmeadow Health Centre, Keynell Covert, King's Norton, B30 3QT

Registration: Scan QR code or call 0121 464 4189





FamilyHubs BIRMINGHAM

easypeasy




Find personalised tips and activities for you and your 0-5-year-old from parents, practitioners, and experts.

For new and expectant parents in Birmingham!



baby buddy

Welcome!

Read trusted pregnancy and parenting advice

Watch short videos

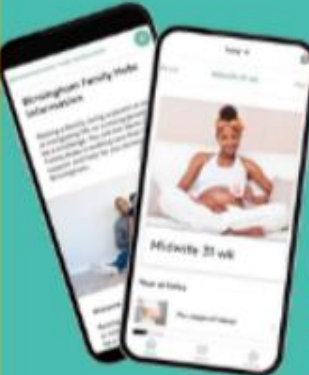
Explore local services and support in Birmingham

Start your journey here



FamilyHubs BIRMINGHAM

Our new app is now live!



- App for parents and parents-to-be
- Milestone-based article library
- Local family hub info and services
- Instant access in 25 languages

50 things to do before you're five

Scan me!




Download on the App Store

GET IT ON Google Play

Birmingham City Council

Local Support Services and Events



**EMPOWER YOURSELF.
PROTECT YOUR COMMUNITY.
TAKE ACTION.**



Youth violence is increasing and severe bleeding can be fatal within minutes. Bleed Kits save lives—but only if people know how to use them. Highfield Hall in conjunction with Birmingham Says No will be positioning Bleed Kits in the community and we're providing training so you can step up in an emergency.



WHAT WILL YOU LEARN ?

- ✓ How to use all contents of a Bleed Control Kit
- ✓ The practical application of controlling severe bleeding.
- ✓ Gaining confidence to act safely and effectively

WHO SHOULD ATTEND ?

EVERYONE – You don't need medical experience. This training is for parents, youth workers, teachers, community leaders—anyone who wants to be prepared.

Secure Your Free Spot via Eventbrite

127 - 129 Highfield Rd, Hall Green, Birmingham B28 0HS

Tues 8th April 6:30pm - 8:30pm

[Bleed Kit Training - Highfield Hall Community Centre & Birmingham Says No Tickets, Tue 8 Apr 2025 at 18:30 | Eventbrite](#)





FREE NARTHEX WORKSHOPS


TUESDAY 8 APRIL 25 10:00 AM TO 11:45 AM	Managing/Budgeting Money Learn easy ways to budget, manage your money, and plan ahead for a less stressful future.	
TUESDAY 15 APRIL 25 10:00 AM TO 11:45 AM ONLY FOR WOMEN	Carers Zen/Yoga/Relax Join our chair-based yoga and relaxation session to ease stress and boost well-being. Carers support info available.	
TUESDAY 29 APRIL 25 10:00 AM TO 11:45 AM	Fuel Poverty Join us to learn simple ways to save energy, reduce costs, and find the best deals.	
TUESDAY 6 MAY 25 10:00 AM TO 11:45 AM ONLY FOR WOMEN	Women's Health & Menopause Join our menopause workshop with a trained coach. Get expert tips, support, and guidance to manage symptoms and improve well-being.	
TUESDAY 13 MAY 25 10:00 AM TO 11:45 AM	Dementia and Alzheimer's Learn five key messages about dementia through interactive discussions and activities. Gain a better understanding and discover simple ways to make a difference. Join us and become a Dementia Friend!	
TUESDAY 20 MAY 25 10:00 AM TO 11:45 AM	Activities in Your Community Discover local support and activities. Join this session to learn how to access services in your area.	

Narthex, St. John's Church, Sparkhill B11 4RG
For More Information Call us On 0121 7531959

These Workshops are being organized at Narthex offices in a warm, welcoming and safe environment. Refreshments will be provided.

A Narthex IAG Initiative

Local Support Services and Events



ONTO THE NEXT CHAPTER!

SURVIVORS PROGRAMME FOR VICTIMS OF DOMESTIC ABUSE

JOIN ALKUMA FOR MONTHLY SUPPORT GROUPS FOCUSING ON:-

- *RESILIENCE BUILDING
- * CONFIDENCE DEVELOPMENT
- *UNDERSTANDING OF RIGHTS
- *KNOWLEDGE OF LEGAL SERVICES
- *SHARING EXPERIENCES

MONTHLY WORKSHOPS ON TUESDAYS FROM 10:30-12:00 SEPERATED FEMALE & MALE GROUPS

Ashiana Community Project
21-25 Grantham Road
Birmingham
B11 1LU

For any enquiries/booking please call/text Alkuma on 07579764469

IMMIGRATION ADVICE SERVICE!

Monthly Workshops 10:30am-2:00pm

TO BOOK

01216876767
07579764469
alkuma@acpgroup.org.uk

Ashiana Community Project
21-25 Grantham Road
Birmingham
B11 1LU

ACP is working in Partnership with Sterling Immigration Ltd to answer all your immigration needs.




SERVICES

- Spouse/Partner/Child visa Family Reunion
- Student/Graduate Visas
- Skilled Worker (Work/Business visas)
- Sponsor License
- Leave to Remain (Domestic Violence Concession)
- Bail/Deportation
- EEA Nationals and family members
- British Citizenship/Registration
- Visit Visas (tourist/family/marriage/business visit)
- Asylum/Refugees
- Appeals

Free 30 min slots

Bilingual staff available

Bringing you a Free and Confidential Service!

Legal Advice Clinic Family matters

Ashiana Community Project is working collaboratively with Greens Solicitors to bring you FREE & CONFIDENTIAL advice clinics once a month!




Book your 20 min slot now!

TOPICS INCLUDE:-

- Family Law
- Child Contact & Residence
- Care matters/ Social Services involvement
- Divorce & Finances
- Domestic Abuse

BILINGUAL STAFF AVAILABLE ON REQUEST

MONTHLY SESSIONS!

Ashiana Community Project
21-25 Grantham Road
B11 1LU

Call Alkuma to book 07579764469

SEND Activities & Support



All Age Autism Support Service

SERVICE DIRECTORY

- Explore specialised local services for autistic people of all ages in Birmingham and Solihull.
- Tailored for autistic people, their families and care givers.
- Listings include family support groups, mental health services, and adult assistance.
- Co-produced in collaboration with experts by experience
- Podcasts, community events, sports activities, and programs designed specifically for autistic people.



Scan the QR code to access the Service Directory directly or visit: www.aadirectory.co.uk
contact us at aaa@landau.co.uk if you have a service you would like listed on the directory



CORONATION ROAD CENTRE,
 CORONATION RD,
 SELLY OAK, B29 7DE

SUNDAY SOCIAL CLUB

For disabled and neurodivergent young adults aged 18-30.

- Fortnightly
- 2-5pm

- A range of different activities
- Socialise

- £10 a session
- Includes meal



Priority places for people living in Selly Oak Constituency.

Contact Becky on 07882 011295 or email strides@parksforplay.org




#sellyoaknns
@SellyOakNNS

Live Life Laughing,
Doing the things you Love

Birmingham City Council
Neighbourhood Development & Support Unit

The service for disabled young adults on Mondays at Parks for Play

The Forge

at Coronation Rd



Mondays 10am - 1pm

Up to, and including, Monday July 14
except Bank Holidays April 21 and May 5 and 26

The Forge offers adults under 30 a customised experience (including cooking, carpentry, music, art and circus skills) to expand access to self-selected leisure and learning opportunities and broaden their local landscape.

£10 fees and any donations to the Forge will be earmarked for participants to fund self-selected activities.

The Forge is supported by The National Lottery Community Fund

We've moved!

The Forge is now at Parks for Play, Coronation Road Playcentre, Coronation Road, Selly Oak Birmingham B29 7DE

7 mins walk from Selly Oak 

Buses 41, 61, 63 and 76

To book a place or find out more call Shannon on 07723201191 or email development@childrensquarter.org







The Forge is a cooperative Childrens Quarter service with Carolina House, Dens of Equality and Parks for Play. Childrens Quarter, All Saints Centre, 2 Vicarage Road, Birmingham B14 7RA

SEND Activities & Support



SPRING TERM **2025**

SEND SESSION EVENTS SCHEDULE


SAT 15 MARCH **TUBING**
10-11.30am meet at Ackers Ski Centre

SAT 29 MARCH **ARCHERY**
10-11.30am meet at Ackers Ski Centre

SAT 12 APRIL **CLIMBING**
10-11.30am meet at Ackers Ski Centre

SUNDAY 27 APRIL **BELL BOAT**
10-11.30am meet at Ackers Ski Centre

TO BOOK:
<https://ackers.cinolla.com/ackers/course/send-2025>



SUMMER TERM **2025**

SEND SESSION EVENTS SCHEDULE

SAT 12 MAY **SKIING**
10-11.30am meet at Ackers Ski Centre

SAT 24 MAY **FAN DESCENDER**
10-11.30am meet at Ackers Ski Centre

SAT 7 JUNE **TUBING**
10-11.30am meet at Ackers Ski Centre

SAT 21 JUNE **AXE THROWING**
10-11.30am meet at Ackers Ski Centre

SAT 5 JULY **CLIMB**
10-11.30am meet at Ackers Ski Centre

SAT 19 JULY **BELL BOAT**
10-11.30am meet at Ackers Ski Centre

TO BOOK:
<https://ackers.cinolla.com/ackers/course/send-2025>



SUMMER HOLS **2025**

SEND SESSION EVENTS SCHEDULE

SAT 2 AUG **SKIING**
10-11.30am meet at Ackers Ski Centre

SUNDAY 17 AUG **FAN DESCENDER**
10-11.30am meet at Ackers Ski Centre

SAT 30 AUG **TUBING**
10-11.30am meet at Ackers Ski Centre

TO BOOK:
<https://ackers.cinolla.com/ackers/course/send-2025>

SEND sessions starting March at Ackers Adventure running fortnightly. Each session is £10/person initially there will be 10 places for each session . Bookings in advance at:
<https://ackers.cinolla.com/ackers/course/send-2025>

SEND Support

autism
west midlands

NHS
Birmingham and Solihull



Rising to the challenge

Selly Oak

A 6 week programme for parents and carers of autistic children

The course will help attendees gain a more in depth knowledge of autism and how it impacts the person that you care for.

We will be looking at autism as a spectrum, communication, anxiety, sensory differences and much more.

Dates and times to be confirmed

Our Autism Specialist Advisers will deliver the training and support attendees to identify strategies to help support the autistic young person they are caring for.



To attend: Must live in Birmingham or Solihull. Course is for parents/Carers. Full address to be released when we have everyone registered

Dad's Group

March 27th 2025 6pm - 8pm
April 24th 2025 7pm - 9pm
May 29th 2025 7pm - 9pm



One of our autism specialist advisors will be on hand to provide support.

autism
west midlands

This is a great opportunity to meet other dads, access information and resources and find out what Autism West Midlands have to offer.



Refreshments provided

Langleys Rd, Selly Oak, Birmingham B29 6HT Room 3

Kings Heath Parent Carer Support Group



Join us for our Parent Support Group where you will be able to meet with other parents, share ideas, celebrate achievements, and offer support.

There will also be a focus each session, including the opportunity to benefit from guest speakers and a focus upon wellbeing and embracing neurodiversity.

autism
west midlands

Light refreshments will be provided, and a member of Autism West Midlands will be present to offer support, advice and guidance.

Thursdays 10am - 12pm

March 13th 2025
April 10th 2025
May 8th 2025

The Hub Hazelwell
318 Vicarage Road Birmingham B14 7NH

Holiday Activities

Bookings for Bring it on Brum! holiday clubs are now open!

BOOK NOW

Holiday clubs will run from Monday 14th-Friday 28th April 2025. Excluding bank holidays and weekends.

Reminder: You will need your BIOB/ FSM/ HAF code from your child's school to book.

If you need support with the booking process, please take a look at our **How to Book Guide** or read through our **Frequently Asked Questions**

A number of Bring it on Brum! providers also offer holiday clubs for children with special educational needs and/or disabilities. **View SEND Provision**



HOW TO BOOK

IMPORTANT: You will need a 'BIOB' code from your child's school to book. If you haven't received your code, please contact your school.

STEP 1

- Go to www.bringitonbrum.co.uk and click **BOOK NOW**
- Enter your criteria E.g. Location, participant age, date and click **SEARCH**
To view the session details click **MORE INFORMATION**
- Once you've found a holiday club you like, click **BOOK NOW** and choose a date and time that works for you
- Enter your child's details – you can add more than one child
You may need to add 'Supplementary Information'.
Please write 'None' in any fields that do not apply.

Repeat to add more sessions!

STEP 2

- Once you have chosen all your sessions, go to your cart and click **CHECKOUT**
- To complete your booking, you will need to create a log-in. You can then view/edit and add any additional bookings at any time by logging in.

Create a Log-in

- Add your details
- Sign up for session reminders
- Enter your child/children's details
- Sign up to our newsletter

STEP 3

- Click **COMPLETE BOOKING**

No longer able to attend your session?
Please contact the organiser if you are unable to attend one of your booked activities. Places are limited and the venue will be able to open up space for other children and young people.

Why not take a photo of these instructions?

bringitonbrum.co.uk

@BringitonBrum
@bringitonbrum
@bringitonbrum

 Birmingham City Council
 Department for Education

Health & Wellbeing



What's On

Blossom Balsall Heath

Part of the National Trust's Festival of Blossom

Cherry Blossoms Day
23rd March
12pm to 3pm
concert at 3pm
Oozells Square
Brindley Place

Blossom Picnic
in Cowley Park
26th April
1pm to 3pm
Cowley Park, Cowley Road,
Tyseley, Birmingham

Balsall Heath's
Blossom Neighbourhood Walk
From 31st March
Balsall Heath
Birmingham

Botanical Henna
Design Workshop
26th April
11am to 2pm
The Gap Café, The Old
Print Works, Balsall Heath
Booking Required

Sampad Presents:
Cherry Blossom Workshop
with Daya Bhatti
5th April
10am to 4pm
ISE - Women's Enterprise &
Community, 249a Ladypool Rd

Things to do
in March &
April 2025

Blossom Painting:
Wooden Incense Trays
17th April
5.30pm to 7.30pm
ISE - Women's Enterprise &
Community, 249a Ladypool Rd
Booking Required

Blossom Day
Willow Flowers & Paper
Petals Workshops
5th April
10am to 4pm
ISE - Women's Enterprise &
Community, 249a Ladypool Rd

Patch Perfect:
Blossom Indian
Woodblock Prints
12th April
11am to 2pm
The Old Print Works,
Moseley Road, Balsall Heath




For bookings, email Birmingham-Blossom@nationaltrust.org.uk
Blossom Balsall Heath is a project led by the National Trust
and funded by players of the People's Postcode Lottery.




Refer a
family today



The FREE Beezee Families 12-week programme explores ways families can make healthy habits together in a supportive, non-judgemental space. With the expert guidance from our team, families can:


-  Discover the joy of movement
-  Learn about a balanced diet
-  Learn from the comfort of their own home.

[Refer a family to our services](#)



WILD BUNCH




FOREST SCHOOL



Weekly forest school adventures for home-educating families with children aged 4-12.

EVERY THURSDAY (TERM TIME & HOLIDAYS)
11.30AM-1.30PM WITH CAMPFIRE-COOKED LUNCH!
KNOWLE ROAD ALLOTMENTS
KNOWLE ROAD, SPARKHILL, B11 3AW

Book your PAY-AS-YOU-CAN places:
www.ecobirmingham.com/events



Health & Wellbeing

Community Network Support Team Overview

Community Network Support Officers (CNSO's) focus on...

- Building links within communities to connect people together
- Linking citizens to networks of support within their local area
- Offering information on community activities
- A city-wide service, which covers the whole of Birmingham

The CNST is a citywide service, covering all of Birmingham



Email us at
CNSOTeam@birmingham.gov.uk
or
View our Drop in centres at



Birmingham Connect to Support

The **Community Directory** includes over **1700 groups, organizations, and locations for free or low-cost support**. Scan the QR code for more information.



Additional Information

If you want to request support or inquire about social care services for yourself or a loved one, you can get in touch with the Adult Social Care Contact Centre

 0121 303 1234

 CSAdultSocialCare@birmingham.gov.uk

You can find more information on Birmingham City Council's Adult Social Care services, including

https://www.birmingham.gov.uk/info/20018/adult_social_care

Please see links to the below campaign launched this month to address the rise of a very concerning risk to teenage boys in particular which is resulting in high-risk behaviors and suicide. The call is to help raise awareness of this online child exploitation amongst young people, parents and schools and also how to use the report and remove service run by the [Internet Watch Foundation](#).

[National Crime Agency launches online campaign to tackle 'sexortion' among young teenage boys - National Crime Agency](#)

The National Crime Agency has launched a campaign to combat the threat posed to teenage boys by financially motivated sexual extortion - a type of online blackmail widely known as 'sexortion'.

[Surge in use of 'game-changing' Report Remove service](#)

Health & Wellbeing

Are you affected by someone else's gambling problems ?



This service is here to help you find ways of coping and dealing with the challenges you face.

Adfam can provide six one-to-one sessions where you can talk to us about any issues that you are experiencing.

Sessions are via Zoom video call or over the phone at a time to suit you.

Topics we may cover are listed below, but this will be led by you, the service is here to support you:



- Emotional support
- Understanding gambling addiction & recovery
- Healthy Relationships
- Positive Communication
- Boundaries
- Self-care
- Risk and Safety Planning

Also available is a facilitated peer support group. Community and peer support can be empowering and joining a group can help in reducing the sense of being 'the only one' dealing with your current challenges.

Follow the link below to find out more or speak to the Gambling Harm Clinic adfam.org.uk/MPFTgam

We will contact you and talk through the support available and then you can choose if you want to continue. There is no obligation, and this is a completely FREE service.



Gambling Harm Prevention Educational Workshop For Parents, Carers & Professionals



The Impact of Gambling for Young People

Young people show a higher probability and vulnerability in experiencing gambling related harm when they have become independent.

4% of all 11 to 17-year-olds lost sleep worrying about the gambling of a family member or the person responsible for them.

For every person experiencing gambling harms between 6 and 10 other people are usually impacted (citizens advice) usually in the family environment

Approximately 55,000 young people are identified as problematic gamblers aged between 11-16 years old in the UK. (The Gambling Commission, 2021).

What do our free workshops offer?

An opportunity for professionals, parents and carers to attain awareness and knowledge to support young people in making better decisions about gambling.

Professionals, parents and carers will recognise the detrimental impact of gambling, they will identify with the key signs and symptoms derived from gambling related harms.

Professionals parents and carers will know how to access resources and support if young people are suffering from gambling related harm.



BOOK YOUR WORKSHOP NOW!

Contact your local education and training lead now to arrange your free workshop:

niran.kahlon@aquarius.org.uk OR dan.packe@aquarius.org.uk

www.aquarius.org.uk



Gambling Harm Prevention Workshops for Young People



The Impact of Gambling for Young People

27% of young people aged 11-17 have spent their own money gambling in the last year.

4% of all 11 to 17-year-olds lost sleep worrying about the gambling of a family member or the person responsible for them.

Gambling harms can impact young people in the following ways; financially, socially and on their general wellbeing

6% of young people admitted they have gambled on licensed activities they are legally not allowed to access (such as online sports betting).

WHAT DO OUR FREE WORKSHOPS OFFER?

An opportunity for young people to attain awareness and knowledge to support them in making better decisions about gambling.

Young people will recognise the detrimental impact of gambling, they will identify with the key signs and symptoms derived from gambling related harms in others and oneself.

Young people will know how to access resources and support if they are suffering from gambling related harm.



BOOK YOUR WORKSHOP NOW!

Contact your local Education and Training Lead now to arrange your free workshop:

niran.kahlon@aquarius.org.uk OR dan.packe@aquarius.org.uk

www.aquarius.org.uk



Food

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/>



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 Society