Aspect Housing & Support Ltd

Aspect Housing

RESIDENTS NEWSLETTER

APRIL 2026



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Hello Residents.

Hope you are well, and welcome to our April newsletter created especially for you.

Please refer to your accommodation noticeboard for further information on local community services, wellbeing support, leisure activities, employability training, move-on support, and job opportunities.

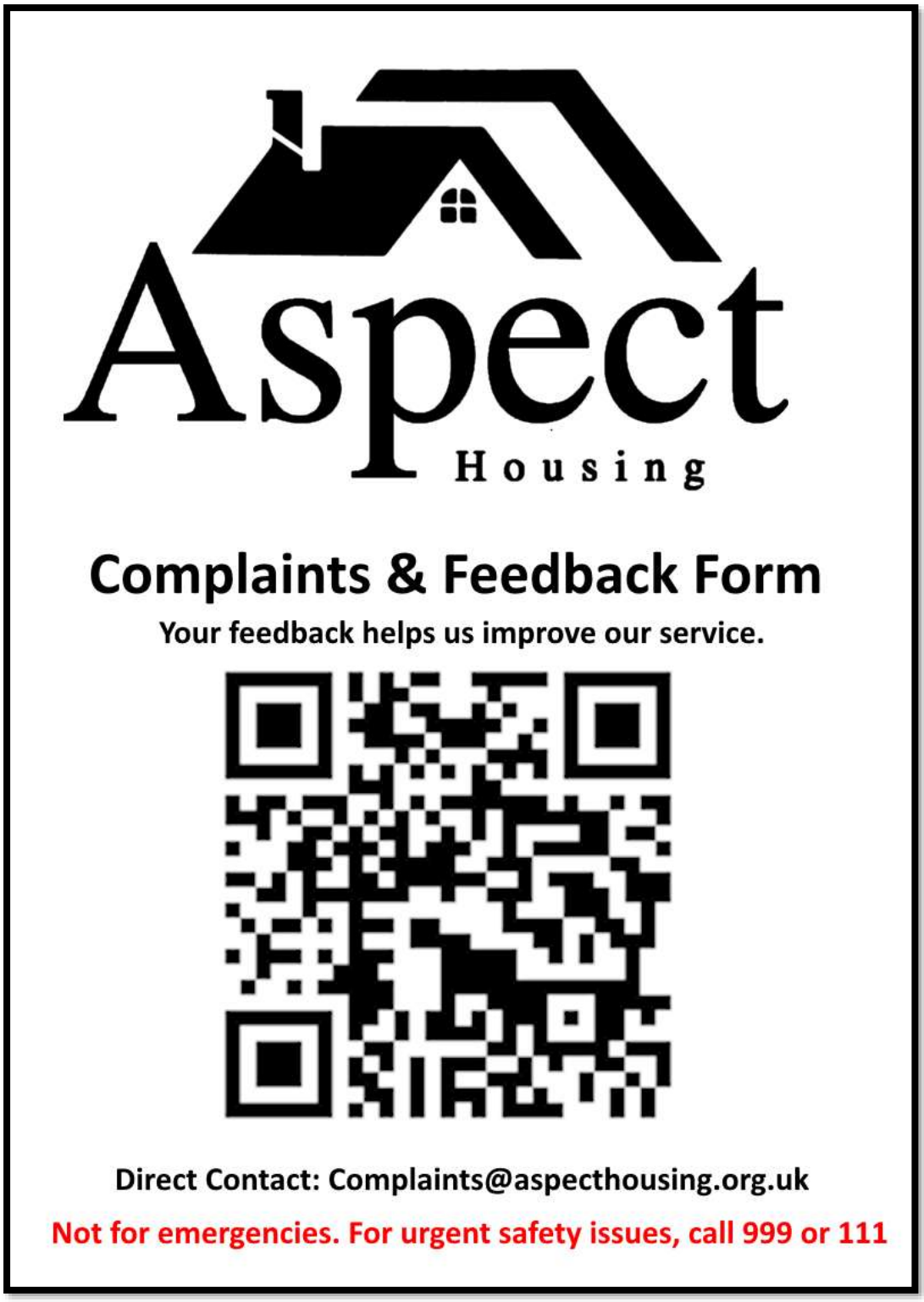
If you would like help with anything mentioned in this newsletter, please speak to your Housing Support Worker, especially if you can't access the internet.





REMINDER- RESIDENT'S COMPLAINT AND FEEDBACK ACTIVITY.

The following poster is now displayed at all our properties for residents' attention. If you have any concerns about your tenancy or engagement activities, please initially speak to your allocated Housing Support Worker. **Please be reassured that any complaints raised by residents will not affect their support or tenancy.**



NOW AVAILABLE. PLEASE SPEAK TO YOUR SUPPORT WORKER.

CHANGE AHEAD

Aspect Housing & Support Ltd

Aspect Housing

FREE VODAFONE SIM CARDS AVAILABLE

For Aspect Housing Residents

(Limited Availability – First Come, First Served)

Resulting from their collaboration with Vodafone, Change Ahead CIC has a limited number of Vodafone SIM cards available for people experiencing digital exclusion.

Each SIM card includes:

- ✅ **6 months of FREE data**
- ✅ **FREE calls**
- ✅ **FREE texts**

Who may benefit?

These SIM cards are for residents who may need extra support, especially if you:

- **Do not have reliable phone access**
- **Need to stay in contact with services or appointments**
- **Are seeking work or stability**
- **Are isolated or at risk**

Important

- **No cost to residents**
- **Limited number available**
- **Allocated on a first-come, first-served basis**
- **Residents could save approximately £200 over six months**

How to ask for one

Please speak to your Housing Support Worker to complete the necessary paperwork including a single budget sheet to be consider receiving a SIM.

Provided by

Change Ahead CIC in collaboration with Vodafone in partnership with Aspect Housing Ltd



MOVE-ON ACCOMMODATION OPPORTUNITY

Our residents who are ready to move forward from supported accommodation and who have entered paid employment may be interested in learning about Clarendon Housing's move-on accommodation.



This type of accommodation has been developed to support people who are making positive progress and are beginning to prepare for more independent living, while still being able to receive housing-related financial support. It is designed to help residents save money, build confidence, and develop the practical skills needed to manage and sustain their own accommodation in the future.

This can be an important next step for our residents who have secured paid employment and are ready for greater independence, while still benefiting from a stable housing option during that transition.

If you feel this may be relevant to you, **please speak to your Housing Support Worker** for further information. They can discuss whether this type of opportunity may be suitable for your circumstances and help you understand the next steps.

BIRMINGHAM'S CHARTER OF RIGHTS

Aspect Housing signed up to the Birmingham's Charter of Rights – in December 2023.

This is important because it shows Aspect Housing's commitment efforts in wanting their residents to be listened to, treated fairly, and included. It also shows a commitment to helping residents feel confident to speak up, join in, and take part in activities and opportunities.

The charter is based on three main areas.

The first is resident voice and participation. This means residents should have the chance to share their views, ideas, and concerns. It also means residents should be involved, where possible, in conversations about services and activities. Aspect Housing wants residents to know that their views matter and that their feedback can help improve services.

The second is equality, inclusion and accessibility. This means everyone should be treated with respect, no matter their background, personal circumstances, support needs, or abilities. It also means information and services should be clear and accessible so residents can understand them and take part.

The third is learning confidence and engagement. This means supporting residents to build confidence, learn new things, and get involved in positive opportunities that can help with wellbeing, independence, and personal growth.

Aspect Housing is also holding onsite residents' meetings linked to the charter and wider customer service activities. These meetings give residents the chance to share their views, raise concerns, make suggestions, and talk about ways services can be improved.

By signing up to the charter in 2022, Aspect Housing showed its commitment to creating a positive environment where residents are respected, included, and encouraged to have their say.



bvsc
the centre for voluntary action

Spring Housing Association

Birmingham City Council

Charter of Rights

For Residents in Supported "Exempt" Accommodation

This is to confirm that:

Aspect Housing Limited

Is committed to ensuring its residents have:

- ✓ A right to decent living conditions
- ✓ A right to security of property
- ✓ A right to clear information on your support entitlement
- ✓ A right to feel safe and protected
- ✓ A right to seek advice/assistance and to challenge

Signed

Eydritt Joensen

Charter of Rights Best Practise Lead For Birmingham

Dated 21st December 2023

CHARTER ADOPTER

Charter of Rights


COST OF
LIVING
SUPPORT & ADVICE

PERSONAL MONEY MANAGEMENT ADVICE

To help residents manage their money, especially in light of the current cost-of-living pressures and the challenges of living on welfare benefits and low income , the following advice may be useful when using a budget sheet to review income and spending.

Some tips and advice for our residents when budgeting:

Budgeting plays an important role in organising your personal finances. By using this template on a monthly basis, you can relieve yourself of the stress that goes behind money management.

1 - At the start of every month, write down your income and delegate this to all your monthly expenses in the 'Budget Cost' column. The trick is to not overspend on anything that might cause you to be out of pocket at the end of the month. It's also important to budget for any unexpected things that might pop, because 9/10 times there always is.

2 - Review what you actually spent on your budgeted expenses at the end of the month and write this down in the 'Actual Cost' column.

This exercise will help you realise what you overspent on. The questions to ask yourself here is ***'Did I need this or just want it? Was there an alternative cheaper way? Could this have waited until next month?'***.

This will also help you realise what you underspent your money on, so next time you make your budget you can adjust your figures accordingly.

Budgeting takes time to learn, and no one gets it right at first. There may be times when you cannot keep exactly to your budget, so do not feel bad. As you get more confident, it becomes easier to cut back on things that are not important.

Please speak to your housing support worker if you need any financial assistance.



Personal Monthly Budget

Monthly Income

Wages	
Benefits	
Other Income	
Total monthly income	

Expenses

	Budget Cost	Actual Cost	Difference
Rent			
Utilities			
Vehicle Expenses			
Fuel			
Transportation			
Insurance			
Phone			
Internet			
Loans			
Entertainment			
Food			
Pets			
Personal Care			
Subscriptions			
Other Expenses			
Subtotal			

Total Projected Cost	
Total Actual Cost	
Total Difference	



food justice network.

Birmingham, UK.

Scan this QR code to see the Food Justice Network Map

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

Or you can type this into your browser to open the FJN Map on a webpage: https://tinyurl.com/foodjusticemap

See the FJN LinkTree which hosts the map and links to other support by visiting: https://linktr.ee/foodjusticenetwork

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

AN ONLINE INFORMATION AND ADVICE MARKETPLACE FOR CITIZENS OF BIRMINGHAM

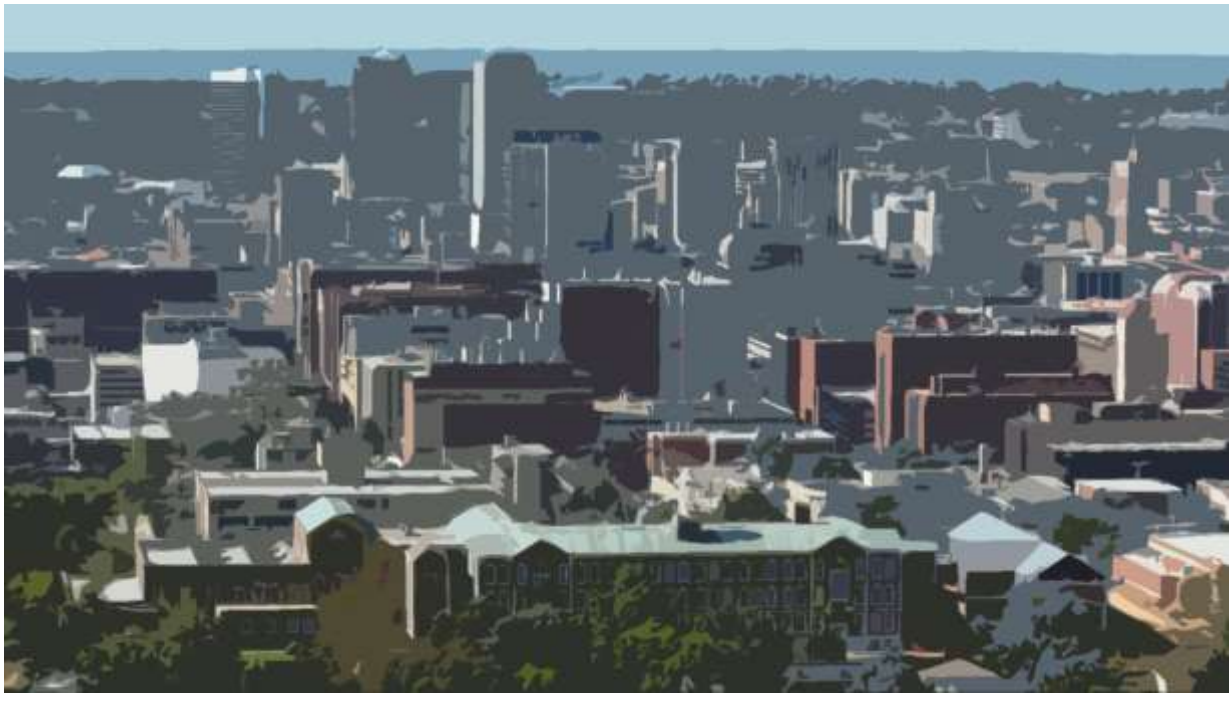
There is an excellent online **Birmingham Community Directory** that lists various help groups, organisations and activities that will support you to lead a happy, healthy life in your own home and community.

The Directory is managed by your local Neighbourhood Networks Scheme on behalf of the Council's Adult Social Care.

They can be accessed for free or at low cost.

Please visit the following website to access the directory.

https://birmingham.connecttosupport.org/



IMPACT PATHWAYS- ONLINE INFORMATION AND SIGNPOSTING DIRECTORY

Impact Pathways is a ‘map’ of provision designed to help individuals who live and work in the West Midlands access support they might need.



Please visit the following website to access this excellent directory on available support and community provision.

https://www.ipwm.org.uk/Help-and-Advice/

ONLINE FOOD DISCOUNT SUPERMARKET

Approved Food is an online supermarket which sells high-quality products either short dated or past their 'best before' date, that have been discontinued or had their packaging redesigned, at reduced prices.

To help customers fight the effects of rising food prices, Approved Food stocks family favourites – from Cadbury, Coca-Cola, and Haribo to Belvita, Pringles and Tilda – **at up to 70% off.**

Customers can also shop household items and beauty products through the Approved Food website, such as kitchen roll, laundry detergent, pet food, and even high-end cosmetics and toiletries like Olaplex.

Our residents may find this online discount supermarket useful in helping them manage the financial pressures caused by the current cost-of-living situation.

Please visit the following website for further information:-

https://store.approvedfood.co.uk/page?name=about_us

YOU SHOULDN'T BE HUNGRY

YOU HAVE OPTIONS

If you are in need and are experiencing hardship and poverty, food banks are located city wide and provide emergency provisions such as food and toiletries for approximately 3 days. Food banks can also provide some additional support such as debt advice, grant applications, signposting, mental health support and benefits guidance.

the trussell trust
Stop UK Hunger

Trussell Trust is a helpline who can provide a food bank voucher code over the phone - 0808 208 2138
Monday to Friday 9am to 5pm. Closed on public holidays.

Alternatively, you can access a Pantry, for a small weekly subscription, you will have access to food that you choose, including fresh fruit and vegetables, meat and store cupboard favourites, which will often be worth around £15-£20

You can find more details -
www.yourlocalpantry.co.uk

If you are unable to access a foodbank, we can help you explore foodbanks who deliver or please ask for some support from BSWA Foodbank to see how we can help.

BSWA
Birmingham & Solihull Women's Aid
www.bswaid.org

MONDAY
Life Cafe







Prayer	Community	Tea & Coffee

MONDAYS | 12 - 3PM
BIRMINGHAM CITY CHURCH
B1 3QQ



Emergency food bags available at Small Heath Baptist Church for anyone in need.

Drop in on a Wednesday or Sunday morning or call 07536 976370 or 0121 766 7803.







WALK-IN

FOOD BANK OPEN
MONDAY 12-2PM
WEDNESDAY 12-2PM
SATURDAY 12-3PM

DUJ ADVICE CENTRE

Address
861 Stratford Road
Birmingham
B28 8BH

0121 792 5442
07847661022

www.daaruljannah.co.uk

info@daaruljannah.co.uk

MECC
TRUST

Working Together to Make Healthier, Safer and Fairer Communities

WE HELP WITH BENEFIT, PENSION, HOUSING, EMPLOYMENT AND ENERGY BILLS

Information Advice & Guidance Centre

Services are free and available to everyone but you will need to make an appointment

Please call: **0121 440 3500** or Email: **info@mecctrust.com**

YOU CAN VISIT US AT:

93 Court Road Balsall Heath, Birmingham, B12 9LQ

Open Monday to Thursday Between: 10am and 2pm
Friday 10am and 1pm

Welfare & Benefits, Housing, Council Tax, State Pension Claims, Energy Bills Advice, Debt Advice, Job Search, Employment & Training, CV Writing, Energy Saving Information, Green Home Grants, Social Prescribing Physical & Mental Health Awareness



Working in Partnership:

bvsc · acocks green · NHS · Utility Hubb · DWP Department for Work and Pensions · bcan · Birmingham City Council

Muslim Educational Consultative Committee, Registered Company No. 0374786, Charity No. 1083457

"Coffee & Chat"

(A weekly drop-in for men)

Every Tuesday afternoon from 2pm – 4pm

Balsall Heath Church Centre
Annex *(at top end of carpark)*
100 Mary Street
Balsall Heath
Birmingham
B12 9JU









Come join us for Food & Drink, Games & Friendly Conversation!











ALL MEN WELCOME

KARIS NEIGHBOUR SCHEME

MEN'S SPACE

Body Mind Spirit Partnership

THRIVE TOGETHER BIRMINGHAM

Contact David for more information 07873 328 928



CHALLENGE

Your Universal Credit Sanction

Have your benefits been stopped or reduced because of a sanction?

How can I get help?

Ask to be referred to Central England Law Centre for support

DON'T WAIT!
GET YOUR M£NEY BACK

Central England Law Centre

centralenglandlc.org.uk/contact-us
02476 223 053

Do you require support with form filling?

- PIP
- UC/UC-50
- ESA
- Blue Badge
- Benefits/Pension Check
- Housing Applications



The DRC can support you!

Our Information, Advice & Guidance service can support you. Our friendly, trained advisors are on hand to support you, free of charge!

Contact our team today

03030 402040 / drc@disability.co.uk

Disability Resource Centre
Unit 18, Ace Business Park,
Mackadown Lane, Birmingham, B33 0LD

disability resource centre
drc
30
supporting disabled people for over 30 years.



disability resource centre

drc

supporting disabled people for over 30 years.

30

NEW BENEFIT ADVICE SERVICE

24/7

NOW IN BIRMINGHAM

B9 & B10 POSTCODES

- Free Advice
- Face-to-Face Support
- Drop-In Service

Need advice about benefits?
Visit our drop-in service for support.
We're here to help.

Contact Lisa: 07407 503514

Visit www.disability.co.uk

Inbetweenies



Bereavement Cafe

Second Monday
of each month

10:30 – 12:30pm

Finding Friendship Through Loss

We're the Inbetweenies — a group of individuals, each navigating our own unique grief journeys and finding friends along the way.

Our meet-ups provide a warm, friendly space where you can talk, share memories, or simply connect with others who understand.

Location

The Sedgemere Club
21-25 Sedgemere Road
Yardley, Birmingham
B26 2AX

Upcoming dates

Monday 9th March
Monday 13th April
Monday 11th May
Monday 8th June
Monday 13th July

Get in touch with Tracey
E: traceyjayne@lastingmomentscelebrancy.co.uk
T: 07816 529397


TWR
THE WAITING ROOM
Birmingham & Solihull
Health & Wellbeing Services
at your fingertips
Abuse
Addictions
Leisure
Mens Health
Young People
Mental Health
Refugee Asylum Seeker
Provides links to local health & wellbeing services
Suicide Prevention
Supporting Families
Search for services to meet your needs
Translation tool that speaks your language
Straight forward & simple to use
The Waiting Room provides an effective approach to taking control of your own health & wellbeing
Select Page
Search
Abuse
Addictions
Carers
Looking After Our Diverse Communities
Welcome to The Wait Room.
Exit
www.the-waitingroom.org
Accessible on all devices
Share through
Download on the App Store
GET IT ON Google Play
SCAN ME!
For more information contact
connnect@the-waitingroom.org
Birmingham and Solihull Community Mental Health Transformation Programme
Forward for life
common unity
www.cuffl.org



For more information please email
thqdas@salvationarmy.org.uk

The Salvation Army registered charity number in England and Wales is 214779, in Scotland SC009359 and in the Republic of Ireland CHY6399

NEW!

FRESH PICKS PANTRY

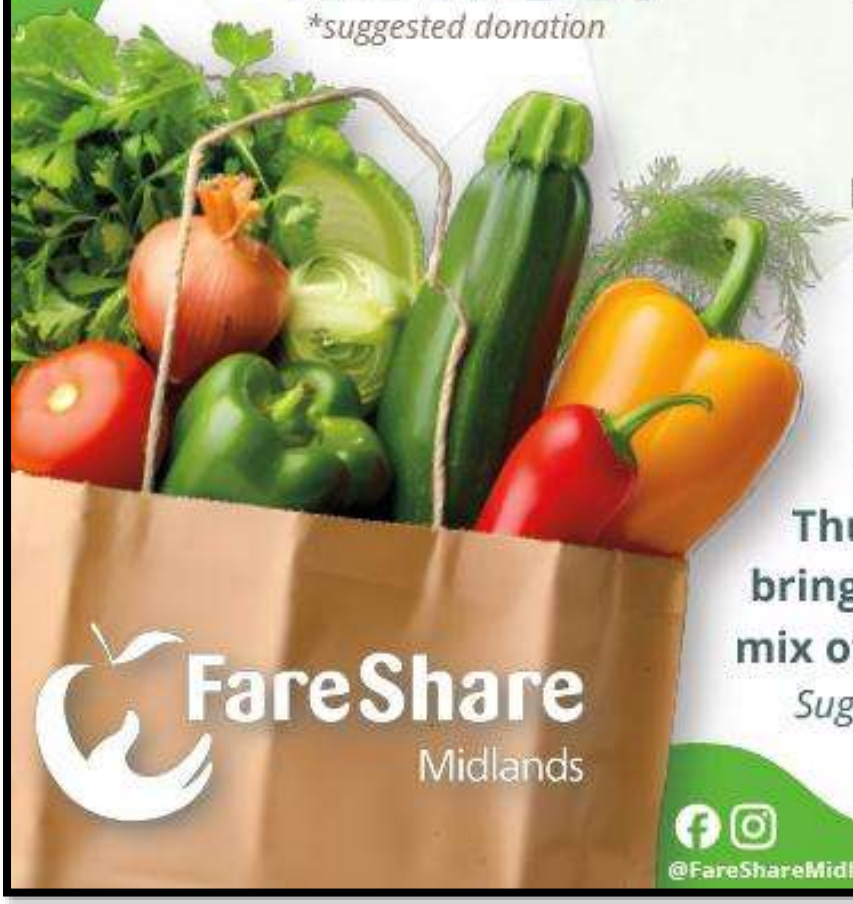
SHOP SURPLUS SAVE MORE HELP THE PLANET

THURSDAYS
1-3pm

THE SIR PETER RIGBY CORONATION FOOD HUB
Unit 30, Gravelly Industrial Park, B24 8TA

£2.50* fruit & veg boxes!

**suggested donation*



Did you know?
Food waste accounts for around 10% of greenhouse gas emissions!

Based in the Gravelly Industrial Park, local charity FareShare Midlands is fighting back by stopping good quality, surplus food from going to landfill!

Come along on Thursday afternoons, bring a bag and pick up a mix of fresh fruit and veg!
Suggested donation: £2.50

FareShare Midlands

@FareShareMidlands

FareShare Midlands is a Registered Charity (no:1146847)

MECC TRUST

Working Together to Make Healthier, Safer and Fairer Communities

WE HELP WITH BENEFIT, PENSION, HOUSING, EMPLOYMENT AND ENERGY BILLS

Information Advice & Guidance Centre

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Working in Partnership:

bvsc · acocks green · NHS · Utility Hubb · DWP Department for Work and Pensions · bcan · Birmingham City Council

Muslim Educational Consultative Committee, Registered Company No. 0374786, Charity No. 1063467



PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2026

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE
Kids under 8 eat FREE daily, 12pm to 5pm

ASDA
Kids eat for £1 daily, with no adult spend

ASK ITALIAN
2 Kids eat free from 27th March - 19th April 2026

BELLA ITALIA
Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE
2 Kids Eat Free Breakfast with one paying adult

BILLS
Kids eat free Mon 30th March – Fri 10th April

BREWDOG
Kids eat free 28th March - 12th April 2026

CAFE ROUGE
Kids Eat FREE 12-4pm every day of the week

COCONUT TREE
Kids eat free Mon 30th March - Sun 19th April

CHIQUITO
Kids eat free during all schoool holidays

DOBBIES GARDEN CENTRES
Kids eat for £1 with an adult breakfast or lunch

FARMHOUSE INNS
Kids eat FREE weekdays 30th March – 17th April

FRANKIE & BENNY'S
Kids eat FREE daily from 30th March - 17th April

FUTURE INNS
Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS
Kids under 10 eat FREE all day, every day

IKEA
Kids get a meal from 95p daily from 11am

LAS IGUANAS
Kids under 12 eat FREE with 'My Las Iguanas' App

MORRISONS
Kids Eat FREE all day, every day with a £5 spend

MARCO PIERRE WHITE
Kids under 12 Eat FREE daily with an adult spend

PAUSA CAFE @ DUNELM
Kids eat FREE with every £4 spend all day

PIZZA HUT
Kids Eat Free Every Day after 3pm

PREMIER INN
2 kids eat for free with 1 adult breakfast

PRETO
Kids up to age 10 eat free with 1 paying adult

PUREZZA
Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS
Kids eat for £1 on Wednesdays

SUBWAY
Kids eat Free from the 6th - 13th April

SIZZLING PUBS
Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE
2 Kids Eat free breakfast daily with 1 paying adult

TGI FRIDAYS
Kids Eat Free with any adult meal (Via App)

THE REAL GREEK
Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE
2 kids eat for free with 1 adult breakfast

TURTLE BAY
Kids eat free with every £15 adult spend

WHITBREAD INNS
2 kids eat for FREE with 1 adult breakfast

YO! SUSHI
Kids eat free all day (weekdays) in school holidays

Copyright of MONEY SAVING CENTRAL

Enjoy a hearty, cooked meal on us!

Join us for tasty food and great chat every week across Birmingham!

No need to book, just turn up!





(And it's free!)

More info about our meals in Birmingham

foodcycle.org.uk | 02077 292 775

Registered charity number 1134423

LIST OF ONLINE ADVISORY DIRECTORIES

Migrant Advice Portal

The Migrant Advice Portal is a hub to access support and to better connect asylum, refugee and migrant services across Birmingham and the West Midlands.

https://migrantadvice.org/

Birmingham Connect to Support

An online information and advice guide, community directory and marketplace for citizens of Birmingham.

https://birmingham.connecttosupport.org/





Active Birmingham

Find a sport or activity in Birmingham

https://activebirmingham.co.uk/



Route 2 Wellbeing Birmingham

Voluntary & Community Sector Health & Care Services in Birmingham

https://r2wbirmingham.info/home

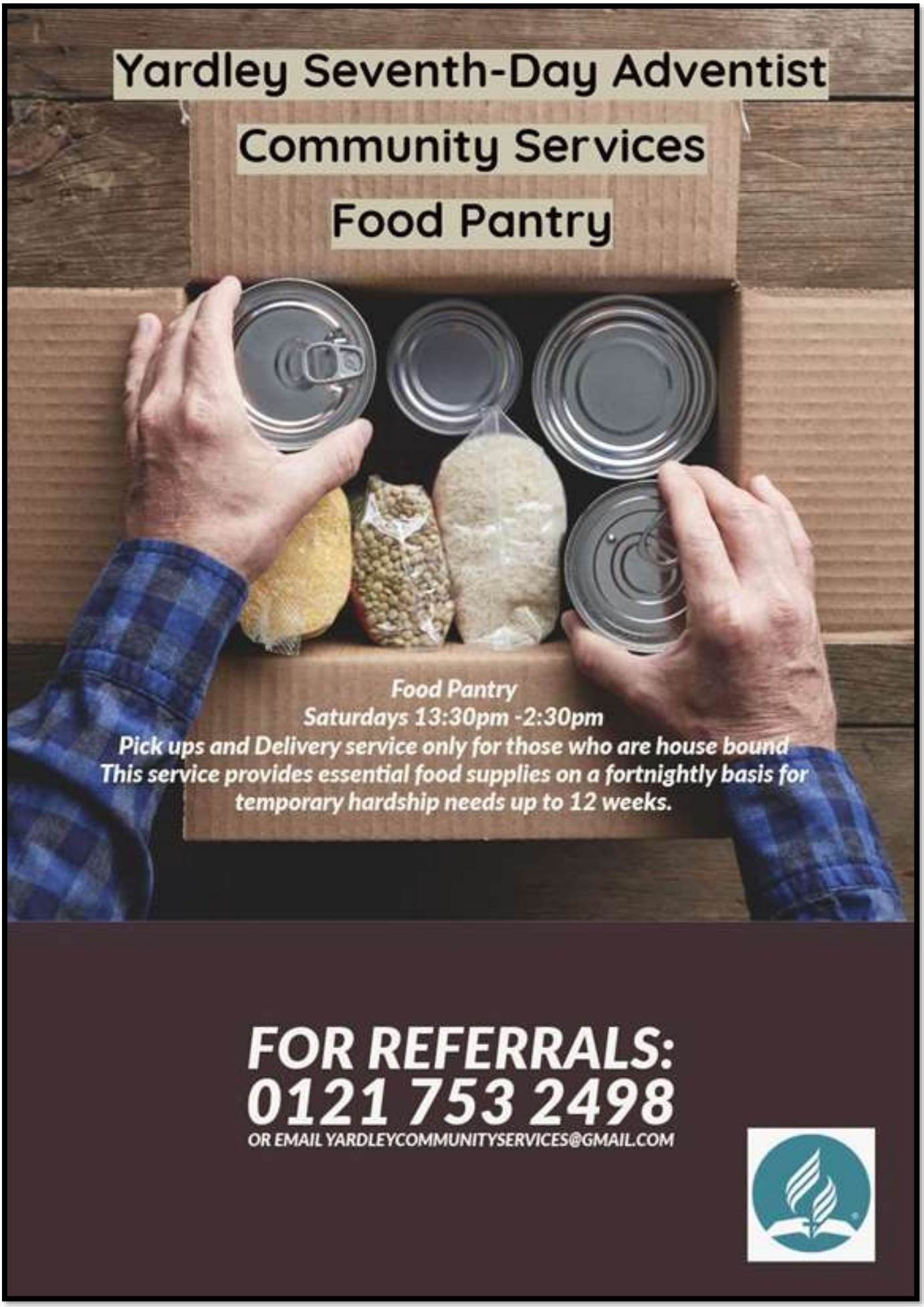
The Waiting Room

Birmingham & Solihull Health and Wellbeing Services

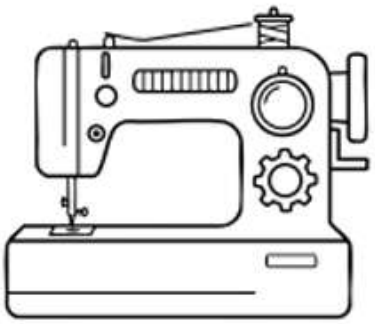
https://the-waitingroom.org/



Please contact your housing support worker if you would like to be referred to Armada FC, which is currently helping people across Birmingham to access food through home delivery of food parcels.


Yardley Seventh-Day Adventist
Community Services
Food Pantry
Food Pantry
Saturdays 13:30pm -2:30pm
Pick ups and Delivery service only for those who are house bound
This service provides essential food supplies on a fortnightly basis for temporary hardship needs up to 12 weeks.
FOR REFERRALS:
0121 753 2498
OR EMAIL YARDLEYCOMMUNITYSERVICES@GMAIL.COM

Share &Repair



Make Good Arts run Share & Repair sewing workshops in Sandwell and the wider West Midlands.





You can find out more here:
www.makegoodarts.com

Website

SCAN HERE

YouTube

SCAN HERE





West Midlands Combined Authority

make good arts 18

ANIMAL RELATED JOKES TO MAKE YOU SMILE!











REFUGEES AND MIGRANTS SUPPORT AND ADVISORY SERVICES

Free, specialist legal advice and representation Birmingham

Central England Law Centre



Central England Law Centre provides free specialist legal advice in seven areas of social welfare law to those most in need and uses legal processes to fight inequality

- Asylum & immigration law
- Child & family law
- Housing law
- Employment & discrimination law
- Health & social care law
- Public law
- Welfare rights law

Our mission is to embed rights in our communities to reduce inequalities, challenge unfair systems and advance social justice through specialist legal advice and education

Central England Law Centre:

- **Advocates for people**
- **Challenges unfair decisions**
- **Takes cases to the highest court**
- **Partners with other support services**



I was in a terrible state financially, had fallen behind on my rent, and felt like I had no one to turn to. Somebody suggested Central England Law Centre and I contacted them. I worked with different people and with their assistance was able to fix my problems. If I hadn't who knows where I would be now?

Housing client supported by the Law Centre to stay in her home

centralenglandlc.org.uk/birmingham | 0121 227 6540



IMMIGRATION CLINIC

Fridays 10.30am - 12.30pm

Free 30 minute consultations. Appointment Only.

Delivered by

QUICK IMMIGRATION SOLUTIONS

SPECIALIST IMMIGRATION LAWYERS

WARD END WELLBEING CENTRE

110 Sladefield Road, B8 2SX

0121 327 9166

FREE

Immigration, Housing and Welfare advice

Languages available:
English, Polish, Romanian, Slovak

People for People

Immigration advice - Level 1
Settled and pre-settled status
Joining Family Members
Visa advice

Benefits
Universal Credit and Pension credit
Benefits for disabled people and their carers
...and others

Housing
Advice regarding evictions
Applications for council housing
Problems with rent, Council Tax and bills

WHERE?
Six Ways Erdington Baptist Church
Wood End Road
B24 8AD

WHEN?
Every Thursday
11:30 - 14:30

Contact:

info@peopleforpeoplecic.org

enns
Erdington Neighbourhood Network Scheme
Independent and Connected Lives

Immigration Advice Authority

Birmingham City Council

Other Refugee, Asylum Seeker and Migrant Support and Advisory Services in Birmingham and West Midlands

St Chad's Sanctuary

Services offered:

- Essential support for asylum seekers and refugees, including food, clothing and toiletries.
- Advice on immigration matters and accessing local services.
- English classes and social activities to support integration.

Contact:

- Website: stchadssanctuary.com
- Phone: 0121 233 3127
- Location: 72–74 Shadwell Street, Birmingham, B4 6HA

British Red Cross

Services offered:

- Emergency support for refugees and asylum seekers, including cash assistance and help with basic needs.
- Family reunion services and refugee integration support.
- Health and wellbeing advice, including mental health support.

Contact:

- Website: redcross.org.uk
- Phone: 0344 871 1111
- Location: Operates through outreach hubs in Birmingham



ASIRT (Asylum Support and Immigration Resource Team)

Services offered:

- Legal advice and representation on asylum and immigration matters.
- Support for destitute asylum seekers, including people with No Recourse to Public Funds.

Contact:

- Website: asirt.org.uk
- Phone: 0121 213 5893
- Location: The Warehouse, 54–57 Allison Street, Birmingham

Refugee Action

Services offered:

- Help with asylum claims, appeals and access to legal advice.
- Destitution support and employment / ESOL guidance.

Contact:

- Website: **refugee-action.org.uk**
- Phone: 0121 201 3045
- Location: Birmingham-based with outreach services

British Red Cross Refugee Family Reunion Services

Services offered:

- Assistance with family reunification for refugees.
- Advice on legal processes and documentation for family reunion applications.

Contact:

- Website: **redcross.org.uk**
- Phone: 0344 871 1111

West Midlands Strategic Migration Partnership (WMSMP)

Services offered:

- Regional coordination and support for migration, asylum and refugee-related activity across the West Midlands.

Contact:

- Website: West Midlands Combined Authority
- Email: **migrationteam@wmca.org.uk**
- Phone: 0121 214 7093
- Address: West Midlands Combined Authority, 16 Summer Lane, Birmingham, B19 3SD

Refugee and Migrant Centre (RMC)

Services offered:

- Advice and support for refugees and migrants on immigration, housing, benefits, education, health and integration.
- Birmingham advice access through drop-in, phone and enquiry routes.

Contact:

- Website: rmcentre.org.uk
- Phone: 0800 0663 444
- Email: **info@rmcentre.org.uk**
- Location: Second Floor, Chamberlain Building, 36 Frederick Street, Birmingham, B1 3HN

Migrant Advice Portal

Services offered:

- A translatable, interactive information hub for asylum seekers, refugees and migrants.
- Helps people find support and services across Birmingham and the West Midlands.

Contact:

- Website: **https://migrantadvice.org/**

Migrant Help

Services offered:

- Independent advice and guidance for people seeking asylum, including access to asylum support information.

Contact:

- Website: **migranthelpuk.org**
- Phone: 0808 8010 503

Restore

Services offered:

- Support for refugees and people seeking sanctuary through befriending, social activities and training.

Contact:

- Website: **restore-uk.org**
- Phone: 0121 661 4275

Baobab Women's Project

Services offered:

- Advice and support for refugee, asylum seeker and migrant women living in the West Midlands.
- Help with immigration, health, money and housing issues, with priority for women affected by gender violence and trafficking.

Contact:

- Website: **https://baobabwomen.co.uk/**



EMPLOYABILITY AND CAREER GUIDANCE SUPPORT

FUTURE BIRMINGHAM JOB FAIR

There will be a Birmingham based Jobs Fair, which may be useful for our residents who is looking for work or wants to explore employability opportunities, especially to to assist with their job searching activities linked to their DWP Universal Credit's agreement



The event will take place on **Friday 17th April 2026**, from 10:00am to 1:00pm, **at St Andrew's Stadium, Birmingham**. It is a jobs fair where people can meet employers and find out about available vacancies.

Residents who are interested in attending may find it a useful opportunity to improve their awareness of current job openings in Birmingham.

If you are interested in attending, please vist the following website to book a free ticket.

https://www.eventbrite.co.uk/e/birmingham-jobs-fair-tickets-1650086125019?aff=website


Supporting Well-being for Disabilities, Mental Health & Neurodiversity
TAKING REFERRALS
LIFE SKILL
JOB SEARCH
FIND JOB
HELP
SUPPORT
ADVICE
GUIDANCE
Hall Green
Neighbourhood
Network Scheme
Practical Workshops & Tailored Support
DUJ ADVICE CENTRE
WE can help you:
Empowerment & Independence
Employment and Volunteering Support
Access YOUR Rights to Benefits & Services
Develop basic money management skills
Practical Workshops & Tailored support
Learn & Improve Life skills
Open
Mon-Thurs
10.00 AM - 14.00 PM
Saturday- 11AM-3PM
Address
861 Stratford Road
Birmingham B28 8BH
0121 792 5442
07847661022
www.daaruljannah.co.uk
info@daaruljannah.co.uk

maximus

West Midlands Combined Authority

Skills and qualifications for a brighter future









Our fully funded qualifications can help you to:

Develop your skills and knowledge

Build your confidence

Take your career to the next level

Can I apply?

We can support you if you are:

- Aged 19+
- Living in Birmingham
- Unemployed and not in education or training, and actively seeking work – **or** employed and want to improve your skills and qualifications.

Our courses

SUMMARY	WHO IS IT FOR?	DURATION
Working in Business Administration Learn common administrative tasks, how to use word processors and other software, data storage and teamwork skills.	Perfect if you want to get back into work	8-12 weeks
Working in Warehousing and Logistics Learn health, safety and security procedures, how to adapt to changing situations, how to work well under pressure and teamwork skills.	Perfect if you want to get back into work	8-12 weeks
Working in Customer Service Understand what good customer service is, how to respond to customer complaints and talk to customers.	Perfect if you want to get back into work or progress in work	8-12 weeks
Working in Hospitality Learn good hygiene and safety practices, how to deliver excellent customer service, get hands on at The Max Bistro and teamwork skills.	Perfect if you want to get back into work or progress in work	8-12 weeks
Principles in Team Leading Learn how to lead a team and manage conflict at work. Understand how to resolve problems and follow health and safety procedures.	Perfect if you want to progress in work	12-14 weeks

Find out more:

skillsbham@maximusuk.co.uk

skills.maximusuk.co.uk/birmingham

For alternative formats, email **marketing@maximusuk.co.uk** quoting **25-5655**

UK Government

TAKE YOUR NEXT STEP TOWARD WORK



Connect to Work is a supported employment programme that helps you secure a job quickly and stay in work with ongoing guidance for career development.

Delivered across Birmingham by;

BETTER PATHWAYS
Positive about mental health

The BUSY Group
where opportunities begin

SKILLSHARE

disability resource centre

colebridge trust

You will get support to:

- Find a job you want
- Apply with confidence
- Stay in work
- Train or get work experience
- Manage your health condition while in work
- Upskill and progress in your role

Who we support

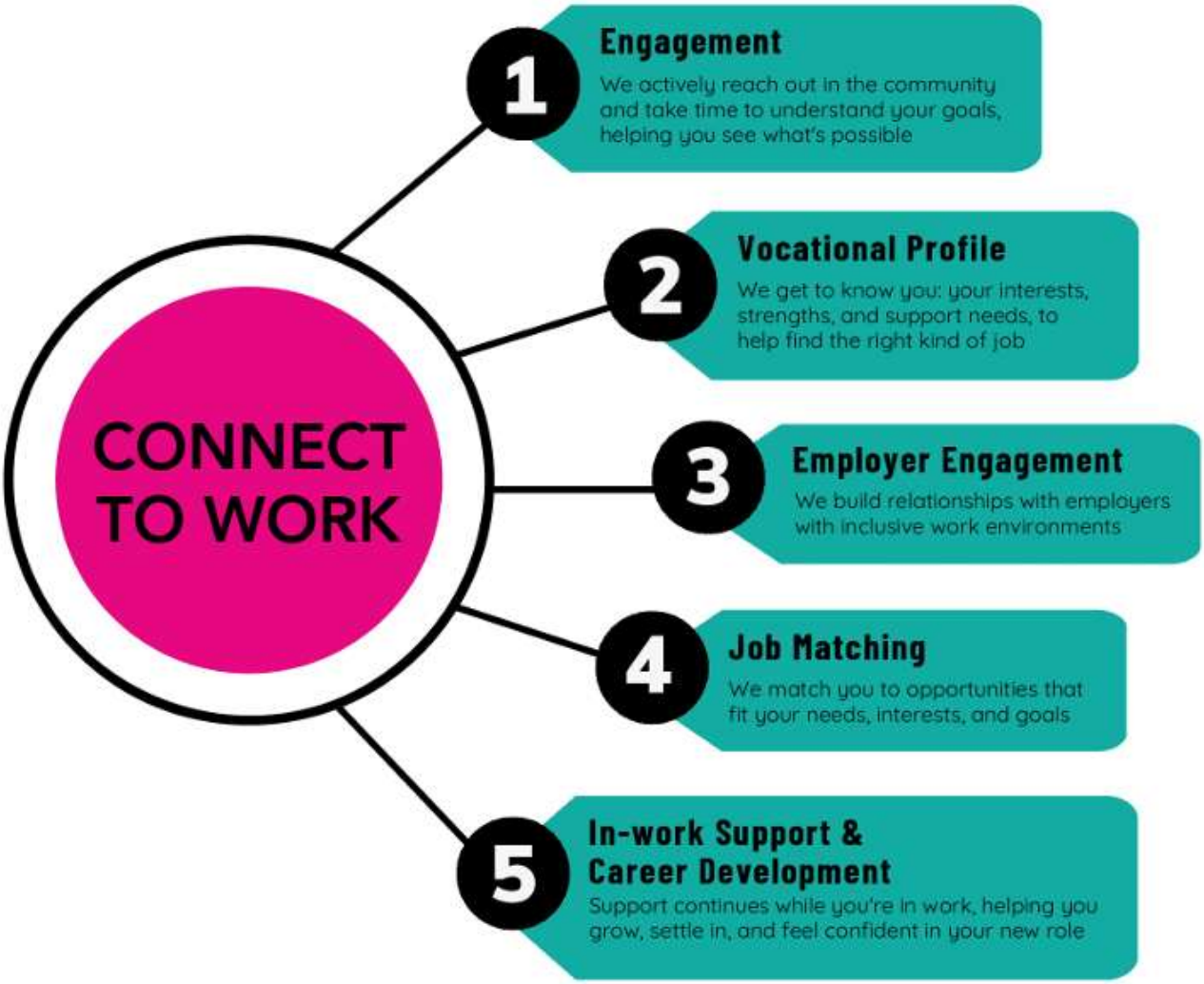
People who live in Birmingham, and are:

- Either in or out of work, education or training
- Living with a disability, learning disability, learning difficulty, health condition, mental health needs, neurodiverse conditions, or other barriers

CONNECT TO WORK

Funded by **UK Government**

Your route into work with ongoing support, in five steps:



For more info about Connect to Work, contact **connecttowork@betterpathways.org.uk** or call **0121 773 1455**

BETTER PATHWAYS
Positive about mental health

Birmingham City Council

Funded by UK Government

West Midlands Combined Authority

ANOTHER BIRMINGHAM CAREERS FAIR

There will be another Birmingham Careers Fair, which may be useful for any of our residents looking for work or employability training.

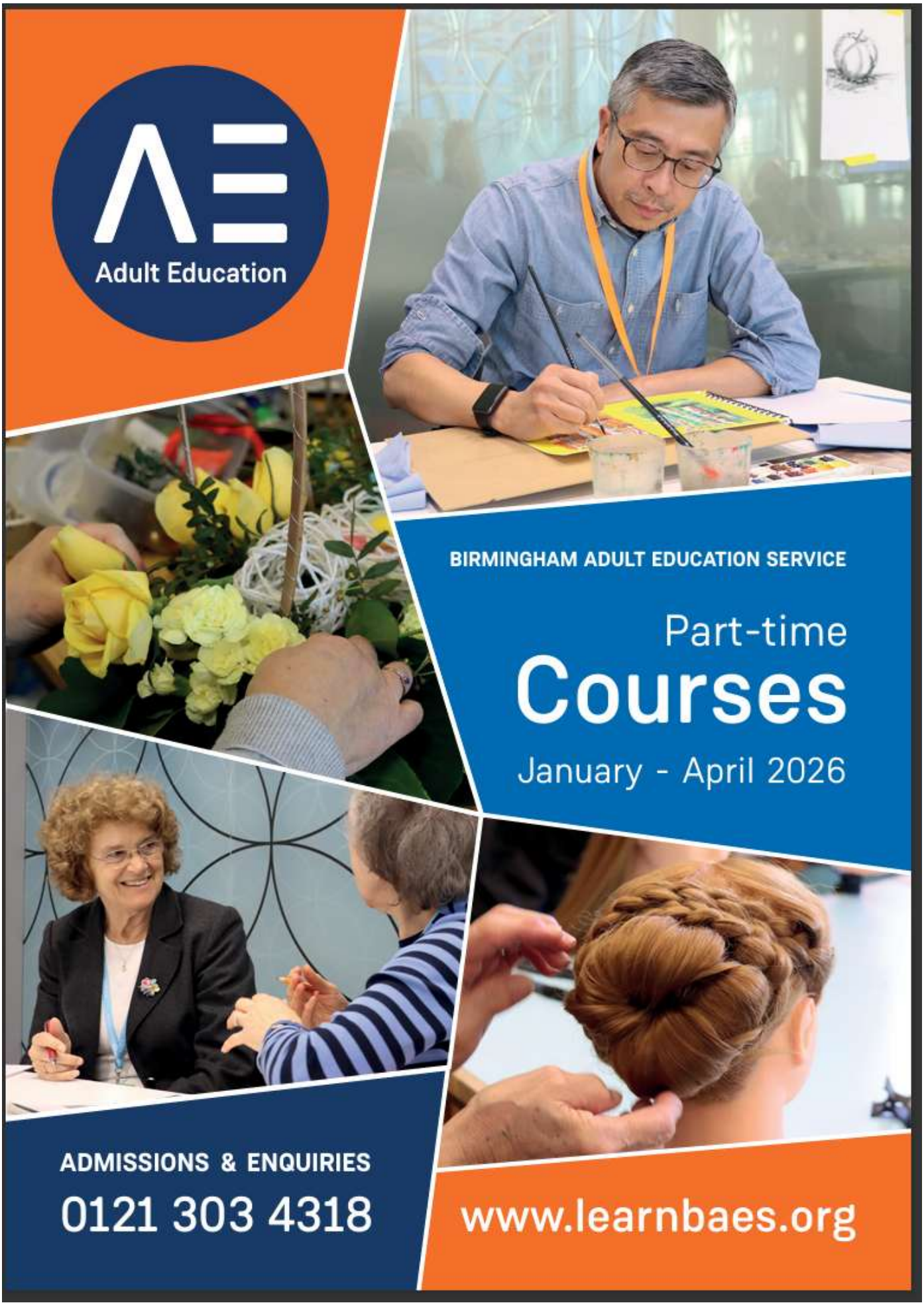


The event will take place on **Thursday 30TH April 2026**, from **10:00am to 2:00pm**, **at Millennium Point, Birmingham**.

The careers fair will give people the opportunity to meet employers face to face, find out about current job vacancies, and learn more about different types of work available across Birmingham and the wider area. It may be helpful for residents who are job searching, looking to build confidence with employers, or wanting to explore new opportunities.

Visit the following website to reserve a free ticket:

https://www.eventbrite.co.uk/e/birmingham-careers-fair-tickets-1752971628329?aff=aff0evvnt


Adult Education
BIRMINGHAM ADULT EDUCATION SERVICE
Part-time
Courses
January - April 2026
ADMISSIONS & ENQUIRIES
0121 303 4318
www.learnbaes.org

Our Centres

Aston Centre
99 Whitehead Road,
Aston, B6 6EJ
Tel: 0121 675 5921

Brasshouse Centre
1st floor, Library of Birmingham
Centenary Square, B1 2ND
Tel: 0121 303 0114

Erdington Centre
101 Sutton New Road,
Erdington, B23 6RE
Tel: 0121 464 6190

Northfield Centre
45 Church Road,
Northfield, B31 2LB
Tel: 0121 464 8272

Saltley Centre
80 Anthony Road,
Saltley, B8 3AA
Tel: 0121 303 9219

Selly Oak Centre
33b Hubert Road,
Selly Oak, B29 6DX
Tel: 0121 675 5933

Shard End Centre
Heathway Shopping Centre,
Shard End, B34 6QU
Tel: 0121 675 3485

Sparkhill Centre
477 Stratford Road,
Sparkhill, B11 4LE
Tel: 0121 464 1893



Funded by UK Government

West Midlands Combined Authority

Birmingham City Council

matrix

Ofsted Good Provider

Digital and Life Skills!





What you will study*

- Digital Skills
- Digital Skills for Work
- Finance for Life & Work
- Skills for Learning and Life

Why learn with us?

- **Support:** Access to your personal tutor for support in all tasks
- **Facilities:** Learn in the heart of Birmingham City Centre, in our recently renovated Matthew Boulton Campus
- **Career boost:** Add a recognised Highfield qualification to your CV. Highfield are a top 5 UK education awarding body

Regular starts throughout the year
Course duration: 4 weeks
Location: Matthew Boulton College

Get started today!

For more information or to enrol email **Adultskills@bmet.ac.uk**

*Non-accredited courses

Matthew Boulton College
part of BMet

Hospitality Skills



What will you learn?

- What is Hospitality?
- Food & Hygiene Awareness
- H&S Awareness
- Teamwork in Customer Service
- CV writing
- Job Search/Applying for Jobs within the hospitality sector

Why learn with us?

- Career boost - Gain great skills that can be added to your CV
- Facilities - Learn in the heart of Birmingham City Centre. At our recently renovated Matthew Boulton campus
- Support - Access to a tutor with experience from industry

Regular course start dates: ***Monthly***
Course duration: ***3 sessions***
Location: ***Classroom delivery***

Get started today!

For more information or to enrol email:

adultskills@bmet.ac.uk

BMet
Inspiring futures, realising dreams.

Matthew Boulton College
part of BMet

Level 2 Certificate: Plaster Skimming

Running for over two-months, our short course is ideal for aspiring professionals, home improvement enthusiasts or anyone looking to learn the art of plastering.



Locations:
Erdington Skills Centre
Edwards Road
Birmingham, B24 9EW

What will you learn?

- Health and safety level 1 (required for the precursor to sit the CSCS green card externally)
- Application of base coats and finishes
- Render application
- Skim coats and final finish/polish.

Duration:

- 3 days a week for 9 weeks

Why learn with us?

- Support: Access to a dedicated personal tutor with experience from industry
- Insider Knowledge: Gain practical insights from tutors who have industry experience
- Facilities: Learn in our state-of-the-art construction workshops at Erdington Skills Centre

Who can join?

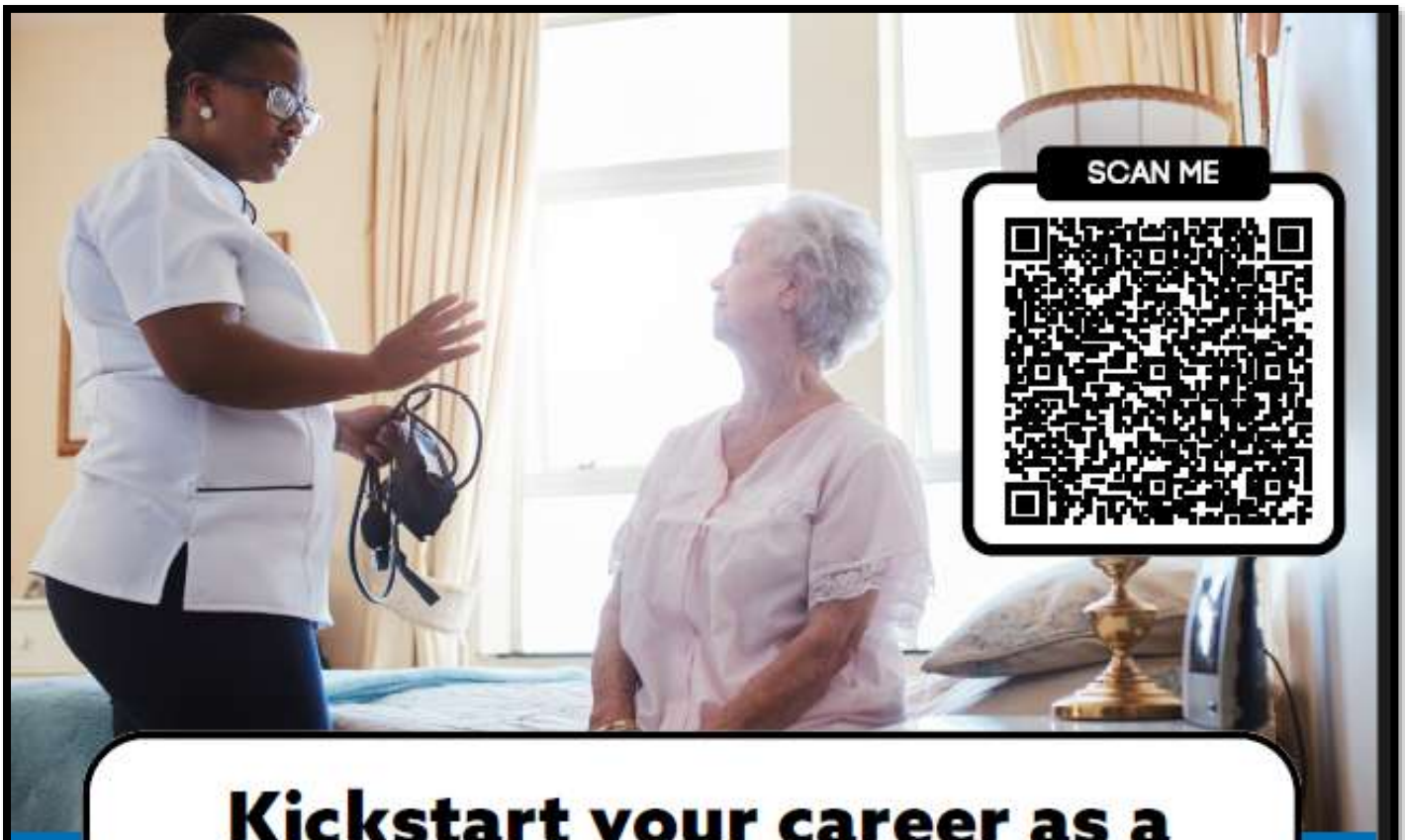
- Unemployed and in receipt of benefits (JSA or UC)
- Age 19+ (as of 31st August 2025)

All candidates are required to sit an initial assessment for Maths and English. They are online at our James Watt campus.

Get started today!

For more information or to enrol call:
0121 362 1174 or email:
adultskills@bmet.ac.uk

Erdington Skills Centre
part of BMet



SCAN ME

Kickstart your career as a Trainee Healthcare Assistant

This 4-week programme equips you with essential knowledge and skills to become a Trainee Healthcare Assistant across diverse health and care settings.

Confirmed employers after you finish the programme!

Generation

ELIGIBILITY

- Aged 18-24
- Have the right to work in the UK.
- Not currently employed, in education or training

Ofsted Outstanding Provider

Grace & Growth

From Burnout to Breakthrough

Spaces are limited
sign up today

A new 8-week programme for young adults (21–35) in the West Midlands designed to help you rebuild confidence and prepare for work or business.

WHAT YOU'LL GAIN

- Confidence and personal development
- Career direction and skills planning
- CV and LinkedIn development
- Interview preparation
- Connections with employers and professionals

PROGRAMME DETAILS

- 8-week structured programme
- Small supportive groups (10–12 participants)
- Mix of in-person and virtual sessions

WHO IT'S FOR

Young adults aged 21–35 who may be experiencing:

- Unemployment or underemployment
- Low confidence around work
- Burnout or emotional stress
- Uncertainty about career direction

https://forms.gle/Ztb824mJTBs6SF3PA - Sign up today

MORE ANIMAL RELATED JOKES TO MAKE YOU SMILE!







DWP EMPLOYABILITY ACTIVITIES, AND WELFARE BENEFIT INFORMATION



(PLEASE CONTACT YOUR JCP WORK COACH IF YOU ARE INTERESTED IN ATTENDING ANY OF THE MENTIONED CAREER & JOB FAIRS OR EMPLOYABILITY SUPPORT EVENTS)



Find a Job

GOV.UK

With an account you can:

⇒ Create **email alerts** to receive the most recent jobs.

⇒ **Save your favourite** jobs so you can apply for them later.

⇒ Keep track of your job search activity.

⇒ **Upload more than 5 CV's**, cover letters, and apply for jobs.

Registering and logging into your account

6. Access www.gov.uk/find-a-job
7. Select the Register option which will launch registration page.
8. It will ask for your email address and a password which you will be using to log in to your Find a job account.
9. Accept the terms and conditions.
10. Select the create account button at the end to complete action.

Apply for jobs

You can search for jobs without an account, but to apply you need to create an account or sign in.

Create account >

Already have an account? Sign in



If you already have an account with Find a Job

4. Access www.gov.uk/find-a-job
5. Select the login option to launch the log in page.
6. Enter your Email ID and Password and press Submit to log in to your account.

USEFUL QR CODES TO ACCESS JOBCENTRE'S WELL-BEING AND ADDITIONAL SUPPORT SERVICES

Use this QR Code to find out about

"Health Exchange"

Enabling people to have the capacity and confidence to choose positive health and wellbeing.

Use this QR Code to access

"Find A Job"

with Disability Confident Employers

Use this QR Code to access

"Mind"

for information and support

- Types of mental health problems
- Tips for everyday living - money, work, and more
- Find support through your local Mind
- Side by Side, our online community - connect with others
- Helplines
- and much more

Use this QR Code to access

"Personal Independence Payment (PIP) application"

1. What PIP is for
2. Eligibility
3. How much you'll get
4. How to claim
5. If your PIP claim is reviewed
6. Change of circumstances
7. Claiming PIP if you might have 6 months or less to live

USEFUL DWP ENQUIRY TELEPHONE NUMBERS

Tax Credits Enquires/Applications	0345 300 3900
National Insurance Number Applications	0800 141 2075
Council Customer Service Centre	0121 216 3030
Carer's Allowance Enquiries	0800 731 0297
Child Benefit Enquires	0300 200 3100
Pension Service – New Claims	0800 731 7898
Pension Service- Change of Circumstances	0800 731 0469
HMRC	0300 200 3300
Attendance Allowance Helpline	0800 731 0122
Citizens Advice	0344 477 1010
Social Fund Enquires	0800 169 1040
Bereavement Services	0800 151 2012
Disability Living Allowance Helpline	0800 121 4433
PIP New Claims	0800 917 2222
PIP Enquiries	0800 121 4433



CONFIDENCE & MOTIVATION WORKSHOP

BOOST YOUR SKILLS FOR SUCCESS!

Enhancing Confidence for Work - Empowering you to take the next step toward employment.



Location: *Selly Oak Jobcentre, Harborne Lane, Selly Oak, B29 6SP*

Time: *10:30 AM – 14:30 PM*

Delivered by experienced DWP Work Psychologists.

Join us for an interactive workshop ***designed to help you identify your strengths, build self-belief, and boost confidence for your next career move.***

- *Connect with others in a positive, supportive environment.*
- *Learn how to demonstrate confidence in job interviews.*
- *Discover your current confidence level and ways to improve.*
- *Understand factors that impact confidence.*
- *Gain techniques to manage anxiety and boost self-confidence.*

Booking information: speak to your Work Coach or Disability Employment Advisor to book your place. *Spaces are limited.*

Department for Work & Pensions

"Bridging the gap to build a better future for everyone"

Community Outreach Work Coach

- **Support ethnic minority groups and all other groups furthest from the labour market**
- **Build trust and confidence**
- **Homelessness support**
- **Provide benefit related support and advice**
- **Help to claim benefits**
- **Refer to suitable training and opportunities**
- **Working in the community, building strong connections with existing community hubs, and forging new relationships, to support those people who are hard to reach**
- **Domestic abuse support**
- **Work with partners and stakeholders to provide a range of support**
- **CV and job matching support**

Abdul Hasib
abdul.hasib@dwp.gov.uk
****Book by appointment, at the organisation****

Outreach at:
- Refugee & Migrant Centre
- Lozells Methodist Church
- Handsworth Library
- Nishkam Centre
- Legacy Went Midlands
- Aspire & Succeed
- Birmingham Settlement

Mashrur Bin-Selim
mashrur.bin-selim@dwp.gov.uk
****Book by appointment, at the organisation****

Outreach at:
- Shirley Baptist Church
- Sunflower House - Shirley
- Dream Chaser
- Ward End Wellbeing Centre
- Solihull Recruitment & Training Centre

Anita Chouhan
anita.chouhan@dwp.gov.uk
****Book by appointment, at the organisation****

Outreach at:
- Dolphin Women's Centre

David Anderton - Homelessness Lead
david.anderton@dwp.gov.uk
****Book by appointment, at the organisation****

Outreach at:
- St. Basils
- SIFA Fireside
- Birmingham City Mission

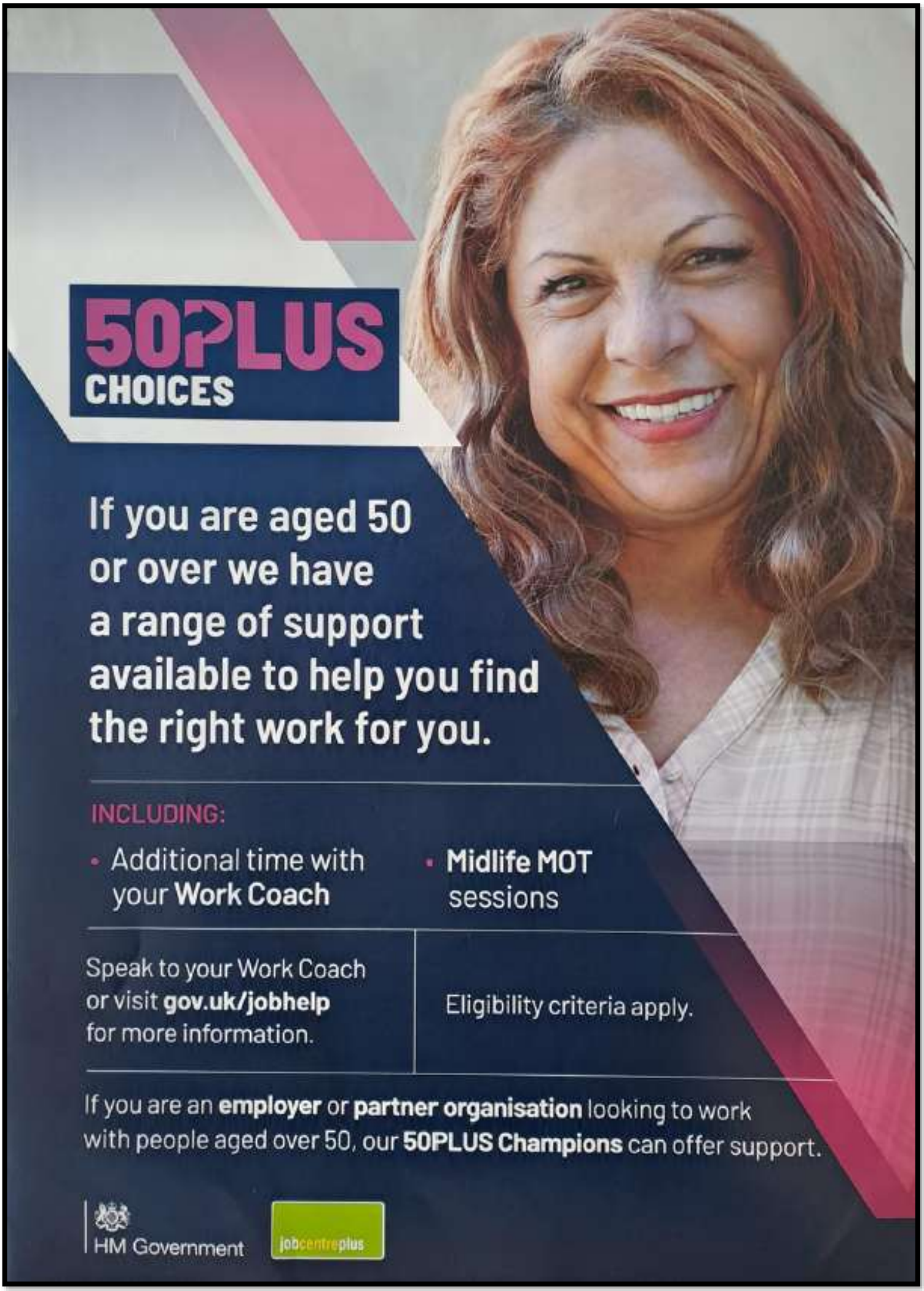
Help our communities



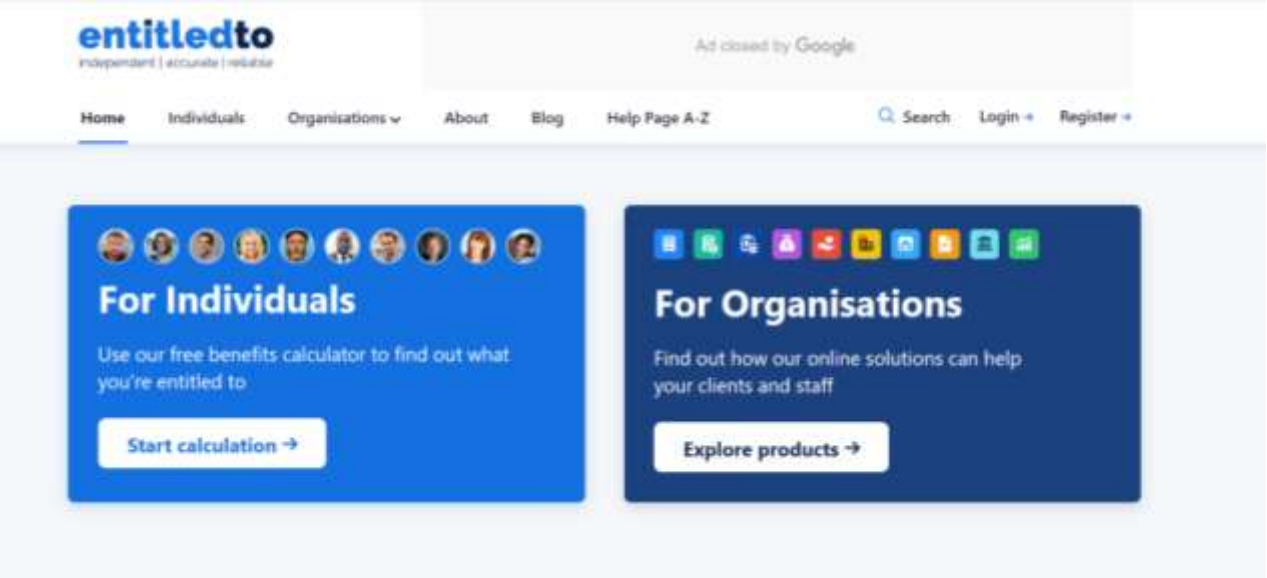
USEFUL DWP JOB SEARCHING QR CODES

UNOFFICIAL DOCUMENT

GOV.UK	https://www.gov.uk/apply-apprenticeship	
GetMyFirstJob Where it all starts.	https://www.getmyfirstjob.co.uk/	
UCAS	https://www.ucas.com/apprenticeships/how-find-apprenticeship	
FIND APPRENTICESHIPS	https://www.findapprenticeships.co.uk/	
National Careers Service Helping you take the next step	https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices/apprenticeship	
jobsite .co.uk	https://www.jobsite.co.uk/jobs/apprenticeship/in-birmingham	
Totaljobs	https://www.totaljobs.com/jobs/apprenticeship/in-birmingham	
CV Library	https://www.cv-library.co.uk/apprenticeship-jobs-in-birmingham?q=apprenticeship	


50PLUS
CHOICES
If you are aged 50 or over we have a range of support available to help you find the right work for you.
INCLUDING:
• Additional time with your Work Coach
• Midlife MOT sessions
Speak to your Work Coach or visit gov.uk/jobhelp for more information.
Eligibility criteria apply.
If you are an employer or partner organisation looking to work with people aged over 50, our 50PLUS Champions can offer support.
HM Government
jobcentreplus

FREE ONLINE BENEFIT CALCULATOR



www.entitledto.co.uk/

This website has got an excellent free benefits calculator to help you to estimate of your entitlement to benefits. Please speak to your support worker if you need any assistance.



MORE ANIMAL RELATED JOKES TO MAKE YOU SMILE!









GOOD NEWS STORIES OF OUR TENANCY ENGAGEMENT ACTIVITIES & ACHIEVEMENTS WITH RESIDENTS





The following four good news stories gives examples of positive outcomes achieved through regular support and engagement with residents. It shows how supported accommodation can help people improve their wellbeing, rebuild relationships, access work, and move towards independent living.

The mentioned individuals were supported by Idman, a valued Housing Support Worker, who has worked for Aspect Housing for 4 years. His practical support, steady encouragement, and lived experience have helped residents make positive progress.



Good News – Adam

Adam, a 28-year-old man, moved into supported accommodation after a period of instability and negative influences. At first, he was withdrawn and did not want to engage. He was also struggling emotionally and with his daily wellbeing.

Idman focused on building trust and helping with his immediate needs. Over time, Adam explained that he had been mixing with the wrong crowd and using cannabis, which had damaged his relationship with his family.

Adam said he wanted to rebuild his relationship with his mother. Idman contacted the family and discussed what progress would need to be seen before contact could improve.

With regular support, Adam made positive changes. His self-care and appearance improved, and communication with his family restarted. He has now returned to live with his mother and has started helping his father in the family business.



"Success is walking from failure to failure with no loss of enthusiasm."

Winston S. Churchill

Good News – Aisha

Aisha entered our supported accommodation after experiencing domestic abuse following her move to the UK after marriage. She had suffered abuse from her husband and extended family. When she arrived, she was very fearful and worried about leaving the house in case family members found her.

Support first focused on safety, reassurance, and rebuilding confidence. Idman helped her register with a GP, attend a local leisure centre, and begin taking short walks outside.

He also supported Aisha to access English language learning and other activities to build her confidence. As she grew in confidence, support moved towards employment and independence.

She then secured full-time work at McDonald's, working around 40 to 48 hours per week. Within one month, she was promoted from a drive-through role to team leader.

Idman also helped her prepare to move into private rented accommodation. Aspect Housing gave her some extra time in the accommodation while she settled into work. Through local contacts, suitable private rented housing was found at an affordable rent.

Aisha has now moved on and is planning a stable home for herself and her two children. Over the six months, her confidence, wellbeing, and health improved greatly.





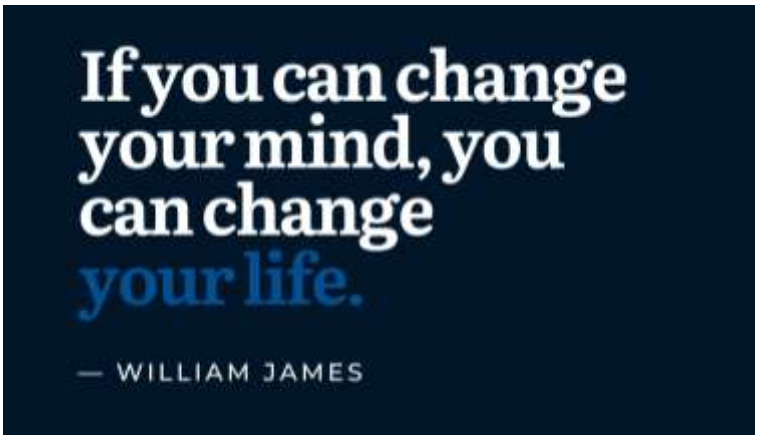
Good News – Jayden

Jayden, a 19-year-old male from London, entered supported accommodation after leaving the family home because of concerns about gang involvement and criminal activity.

Support focused on helping him reflect on his situation and work towards a more positive future. Idman helped him search for jobs and complete applications through Indeed. As a result, Jayden secured work with JD Sports in London.

At the same time, Idman stayed in contact with Jayden's mother to help rebuild trust. These conversations reassured the family that he was engaging with support, focusing on work, and making positive changes.

As progress continued, family relationships improved and he was welcomed back to live with his parents.





Good News – Daniel

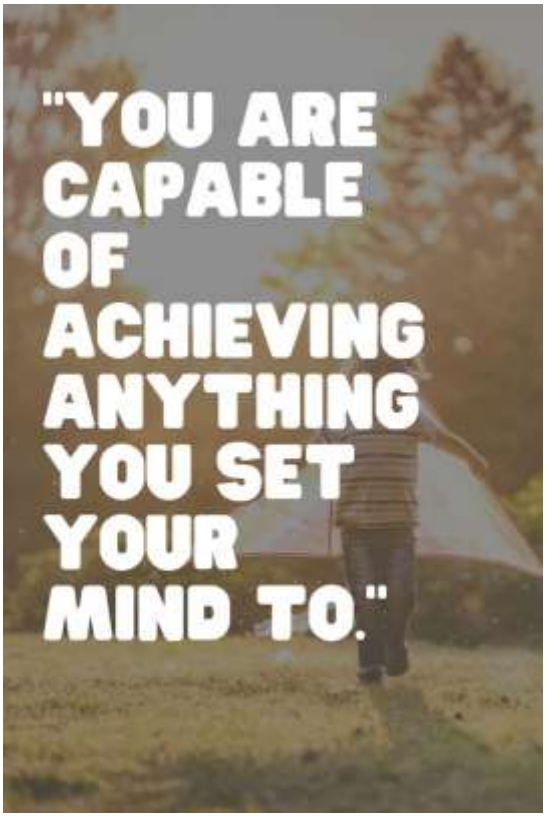
Daniel had become very isolated and did not want to leave his room. He had low confidence and avoided going out into the community.

To help him take small steps, Idman encouraged him to visit the café at a local leisure centre. During one visit, a member of staff recognised him as an old school friend and spoke positively about him, saying he had been popular at school and had great potential.

This had a positive effect on Daniel and helped rebuild his confidence. Since then, his wellbeing has improved and he looks healthier and more willing to go out.

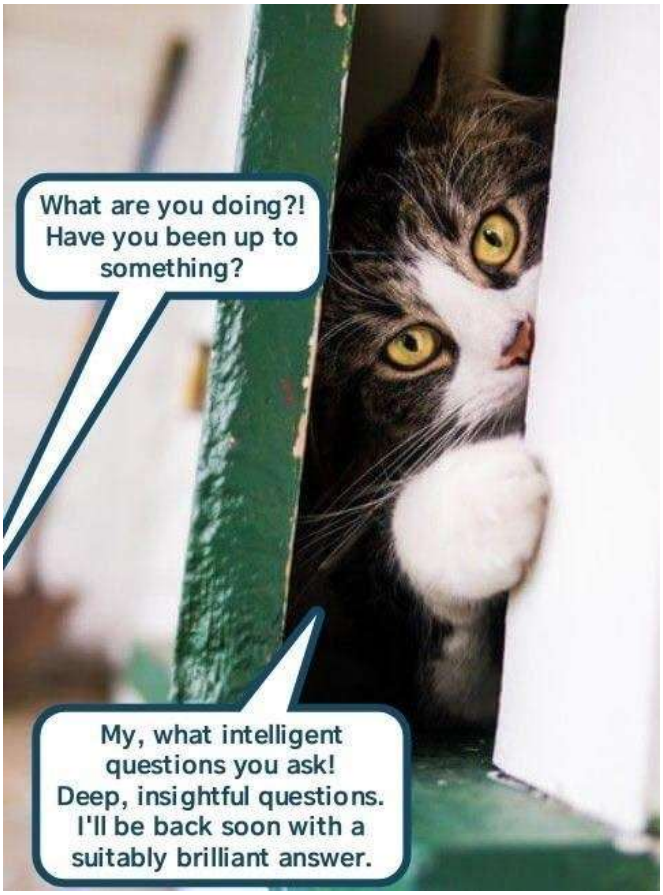
The next step is to encourage him to use the local library to continue building confidence and independence.





MORE ANIMAL RELATED JOKES TO MAKE YOU SMILE!









WELLBEING AND COMMUNITY SUPPORT SERVICES/PROVISION





The *Muslim Community Helpline* has been in operation since March 2007 and aims to provide a listening and emotional support service for members of the community in the United Kingdom. Prior to its launch, members of the group worked for 19 years founding and running the *Muslim Women's Helpline*. Referral and signposting to statutory bodies where appropriate. Confidential and anonymous.

Emotional Support and Listening service for everyone:

Marital difficulties	**Relationship problems**
Abuse	**Mental Health**
Inter-generational issues	**Domestic Violence**
Social isolation	**Well-being**
Forced Marriage	**Miscellaneous**

The service operates Monday to Friday 10 am to 1 pm (core). There is usually an extended service on Fridays.

MUSLIM COMMUNITY HELPLINE
https://muslimcommunityhelpline.org.uk/
(Check out our resources!)
Helplines: 0208904 8193/ 0208908 6715
(National call rate)
Mon-Fri 10 am to 1 pm (core hours)
(Wednesday and Friday – extended hours)

BIRMINGHAM'S PUBLIC HEALTH- HELP AND SUPPORT FOR YOU

Public Health helps people stay healthy and safe.

It looks at ways to support people with their health and wellbeing and also works to protect people from things that may harm their health.

Sometimes Public Health helps individual people directly. Other times, it works on bigger issues that affect lots of people in Birmingham, such as certain age groups, communities, or neighbourhoods.

Public Health also plays an important role by helping to prevent ill health and improve wellbeing before problems become worse.

Birmingham City Council has Public Health teams that provide advice, support, and services to help local people live healthier lives.

You can visit the following website to find out mpre about some of the Public Health services and support available in Birmingham that you may find useful.

https://birmingham.connecttosupport.org/keeping-active-well-and-your-health/public-health-what-they-can-do-for-you/

Healthy Brum

Birmingham City Council

THERE IS ALWAYS HOPE

INSTEAD OF	TRY THIS
1 I will never be able to do this	1 I am doing the best I can right now
2 I am not very good at this and am going to fail	2 I have accomplished so much already
3 This is too hard for me	3 I know I am capable of doing this
4 Others will think I am terrible	4 I will figure this out

Need Help? Call us today

Sikh Helpline
03000 3000 63
07999 0043 63

Having A Difficult Day?

mind Birmingham

Get the support you need

Across Birmingham and Solihull







MENTAL HEALTH & EMOTIONAL SUPPORT

HELPLINE

0121 262 3555

Freephone 0800 915 9292

9:00am - 11:00pm

Everyday

LiveChat at birminghammind.org

10:00am - 9:00pm

Email

help@birminghammind.org

Scan me

NHS

Member

Registered Charity No 1003906

Company Limited by Guarantee No 0202437

Are You Ok?

Bengali

মেন্টাল হেলথ অ্যান্ড ইমোশনাল সাপোর্ট হেল্পলাইন

0121 262 3555 নম্বরে কল করুন

প্রতিদিন সকাল 9 টা থেকে রাত 11 টা পর্যন্ত পাওয়া যায়

কথ্য অনুবাদ পরিষেবা পাওয়া যায়

Devanagiri - Hindi

मानसिक स्वास्थ्य और भावनात्मक सहायता हेल्पलाइन

0121 262 3555 पर कॉल करें

हर दिन सुबह 9 बजे से रात 11 बजे तक उपलब्ध

मौखिक अनुवाद सेवा उपलब्ध है

Kurdish Kurmanji

Xeta Alîkariya Derûnduristî û Piştgiriya Sozdarî

Telefon bike ser 0121 262 3555

Her roj di navbera saet 9ê sibê û 11ê şevê de heye

Xizmeta wergêrê bi devkî heye

Polish

Infolinia ds. zdrowia psychicznego i wsparcia emocjonalnego

Zadzwoń pod numer 0121 262 3555

Otwarta codziennie między 9:00 a 23:00

Dostępna usługa tłumaczenia ustnego

Romanian

Linia de asistență și sprijin pentru persoane
cu probleme de sănătate mintală și emoțională

Telefonați la 0121 262 3555

Deschisă zilnic între orele 9:00 și 23:00

Serviciu de traducere orală disponibil

Somali

Khadka Caawinta Caafimaadka Maskaxda iyo Dareenka

Ka wac lambarkan 0121 262 3555

Waxaa la heli karaa maalin kasta inta u dhaxaysa

9 subaxnimo – 11 haweennimo

Adeegyada turjumaada ayaa la heli karaa

Tigriniya

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Arabic

خط المساعدة لدعم الصحة النفسية

رقم الاتصال: 0121 262 3555

متاح كل يوم من 09 ص - 11 م

متاح خدمة الترجمة الشفوية

Farsi

خط کمک سلامت روان و حمایت عاطفی

تماس بگیرید 0121 262 3555

هر روز از ساعت 9 صبح تا 11 شب در دسترس است

خدمات ترجمه شفاهی موجود است

Kurdish Sorani

هێڵی یارمەتی دەروونددروستی و پشتگیری سۆزداری

پەیوەندی بکە بە 0121 262 3555

هەموو ڕۆژێک لە کاتژمێر 9ی بەیانییەوە تا 11ی شەو بەردەستە

خزمەتی وەرگێڕانی زارەکی دابین دەکرێت

Pashto

د رواني روغتيا او احساساتي ملاتر ټيليفوني لیکه

په 0121 262 3555 شمیره زنګ ووهئ

چې هره ورځ د سهار له 9 بجو د شپې تر 11 بجو فعاله ده، زنګ ووهئ.

د شفاهي ژباړې خدمتونه هم موجوده دي

Chinese

心理健康与情感支持热线

拨打 0121 262 3555

服务时间：每日上午 9 点至夜间 11 点

提供口语翻译服务

Urdu

ذہنی صحت اور جذباتی معاونت کی ہیلپ لائن

0121 262 3555 پر کال کریں

روزانہ صبح 9 بجے – رات 11 بجے تک دستیاب ہے

زبانی ترجمے کی سروس دستیاب ہے

Ukranian

Гаряча лінія з питань ментального здоров'я та емоційної підтримки

Зателефонуйте за номером 0121 262 3555

Доступно щодня з 9:00 до 23:00

Доступні послуги усного перекладу

It's okay...

... not to feel okay. If you're worried, anxious, or just a little down, you can talk to us.



Call our helpline, open 24/7:
0121 262 3555



Talk to us online via Live Chat (10am-9pm):
birminghammind.org



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -

NHS

LivingWell UK

mind for better mental health Birmingham

Birmingham City Council

Quit SMOKING
Start Saving



We're here to help you

WITH THE RIGHT SUPPORT, QUITTING CAN BE EASIER THAN YOU THINK..

Get free support from DUJ Advice Centre stop smoking service

We provide both group and one-to-one sessions to support you in quitting, along with free nicotine replacement therapy and other treatment options.

Birmingham City Council

DUJ ADVICE CENTRE

Contact for more information

DUJ Advice Centre
861 Stratford Road
Birmingham, B28 8BH
Whatsapp: 07847661022
Email: Info@daarulJannah.co.uk
www.daaruljannah.co.uk

"Kinmos works with people with lived experience of mental health to be the best person they can

KINMOS



Our Aim

Based in Kings Heath and Moseley, Birmingham since 1979 Kinmos is a charity committed to the social inclusion of those with a lived experience of mental health. Our aim is to support our members in the community, enabling them to self-manage their lives.

Many of our members can feel cut off from society, which can lead to increased depression and anxiety. Kinmos is a stepping stone enabling our members to integrate into the community, and offers a hand of friendship, social connection and support. We do this by offering a range of services in the community, including:

- **Community Based Activities**
- **Signposting**
- **Members Events & Forums**
- **Group Outings**

For more information about Kinmos and for our monthly activities timetable please contact us on 0121 444 8333 or e-mail: info@kinmos.com

@KinmosCharity

Our approaches

We deliver a range of interventions that are tailored to the needs of the client.

- NHS Talking Therapies
- Cognitive behavioural therapy (CBT)
- Group therapy
- Culturally sensitive support
- Community wellbeing
- Employment support
- Walking therapies
- Personal training and therapy
- Young people's services
- Counselling for depression
- Long Term Health (LTHC) condition
- Couples counselling for depression
- Healing Circles
- Listening service

All our interventions are available online, in person or by telephone.

Improving your quality of life





Call us...

0121 663 1217

or Visit our chat box

livingwellconsortium.com

Call us on 0121 663 1217 or contact our providers directly.

Cognitive Wellness CIC
Mental health and wellbeing support
info@cognitivewellnesscic.com 0121 663 6590

Citizen Coaching and Counselling
Counselling and anger management services
hello@citizencoaching.com 0121 314 7075

Disability Resource Centre
Health and wellbeing for disabled people
iapt@disability.co.uk 0303 040 2040

Health Exchange
Mental health and wellbeing support
mhadminandtriage@healthexchange.org.uk
0121 663 1559

MyTime
Mental Health and Domestic Abuse Services
mytimeinfo@richmondfellowship.org.uk
0121 766 6699

Newman Health & Wellbeing
Counselling services
counselling@newman.ac.uk 0121 387 4580

Our Roots CIC
Strengthening the roots to wellbeing
info@ourrootscic.com 0121 439 9045

Pattigift Therapy
Raising the bar of culturally competent therapy
admin@pattigifttherapy.com 0121 236 3551

St Martin's Counselling & Psychotherapy
Counselling services
counselling@smchh.co.uk 0121 600 6025

Women's Consortium
Strengthening valuable lives
therapy@womensconsortium.org.uk

Spring to Life CIC
Growing Well-being
info@springlife.org.uk 07856 277 028

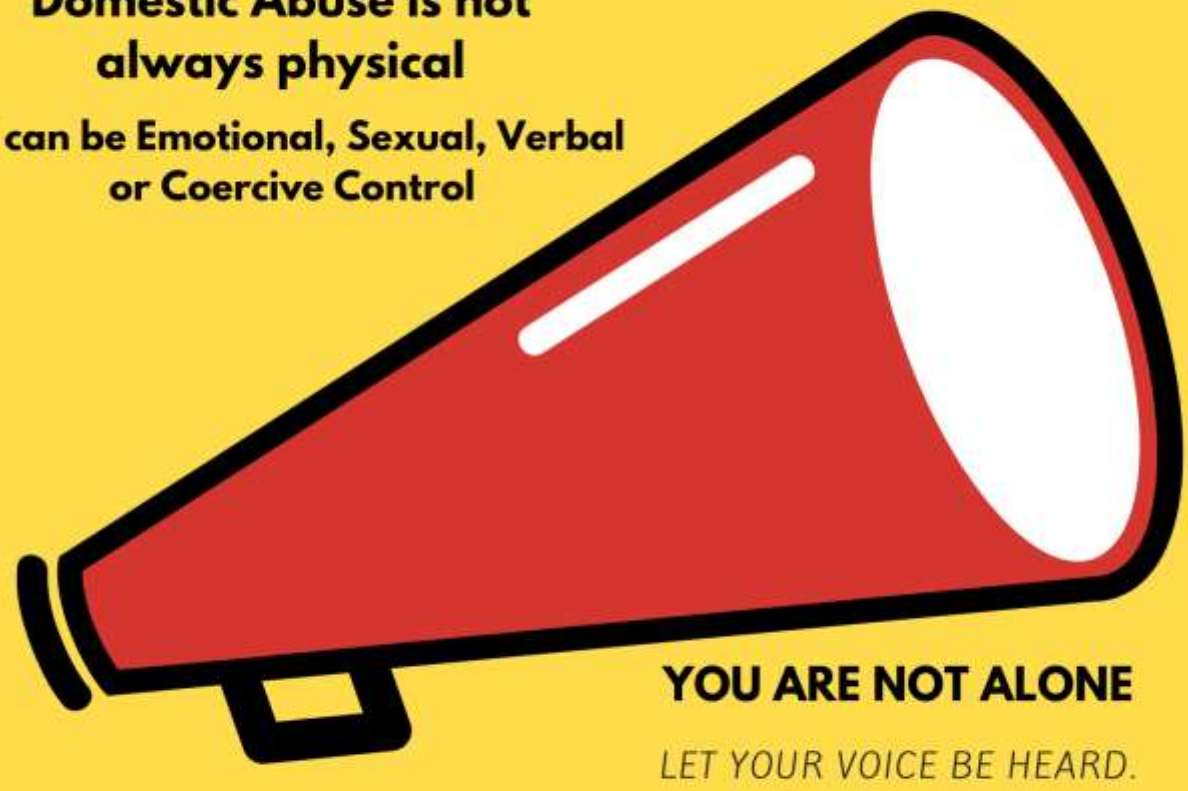
0121 663 1217 info@livingwellconsortium.com
www.livingwellconsortium.com

Living Well Consortium is the trading subsidiary of Living Well UK, part of the Living Well Group.

BREAK THE SILENCE

Domestic Abuse is not always physical

It can be Emotional, Sexual, Verbal or Coercive Control



YOU ARE NOT ALONE

LET YOUR VOICE BE HEARD.

WE ARE HERE TO LISTEN & HELP

**SERVICE AVAILABLE FOR MALE & FEMALE VICTIMS*

The Family Wellbeing Centre
21-25 Grantham Road
Birmingham
B11 1LU

CALL: 07579764469/ 01216876767 EXT 218
EMAIL: ALKUMA@ACPGROUP.ORG.UK

Company limited by guarantee No. 3251512
Reg Charity No. 1060789

Mental Health & Wellbeing Hubs

Creative Support
Yardley Hub
195-197 Church Road
Birmingham
B25 8UR
0121 389 0213

Open Afternoon

For new and existing service users, likeminded organisations and professionals



Wednesday
12.30pm - 2.00pm

4th February
4th March
1st April



- Find out what support we offer / refer yourself
- Get to know our staff and volunteers
- Share your feedback about the service
- Have a cuppa in a safe space

www.birminghammentalhealth.org.uk

mind Birmingham

Our service is free of charge for adults over the age of 18 experiencing long term mental health difficulties

Creative Support WE CARE


SANE
Need to talk about your mental health?
SANE
0300 304 7000
Open 4-10pm, every day
SAMARITANS
116 123
Open all day every day
mind
0300 102 1234
Open 9am-6pm, weekdays
NHS
111, press option 2
Open all day, every day
For anyone under 35:
PAPYRUS
PREVENTION OF YOUNG SUICIDE
0800 068 4141
Open all day, every day
Share this for anyone who might need it.

YOUR VISA SHOULDN'T STOP YOU FROM LEAVING

YOU HAVE OPTIONS

No Recourse to Public Funds (NRPF) means you are on a visa that prevents you from accessing welfare benefits.
BSWA can support you if you are NRPF and destitute.

WHAT ARE YOUR OPTIONS?

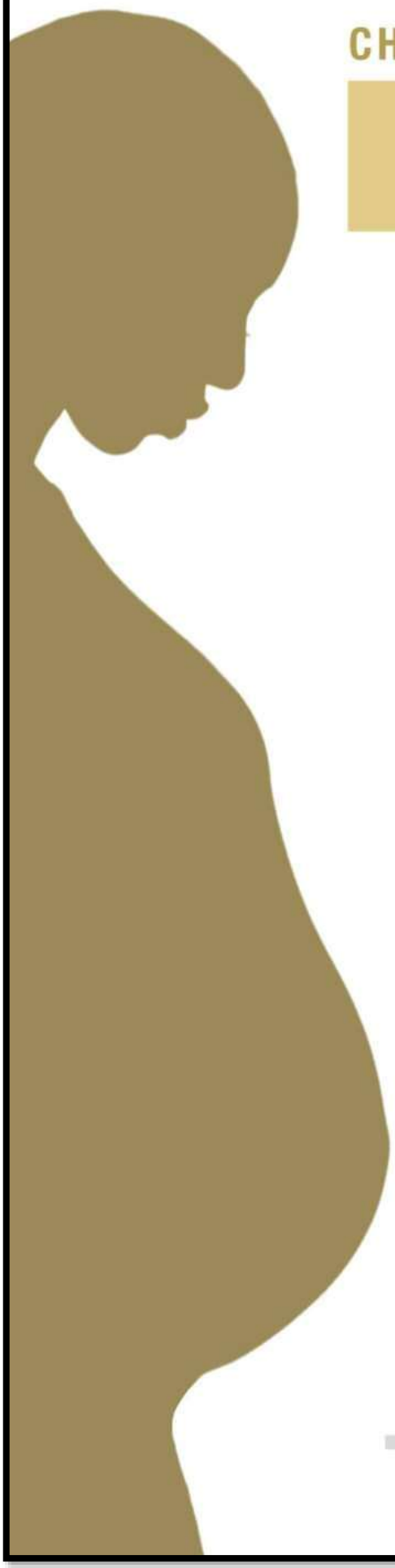
If you are a woman fleeing domestic abuse with child(ren) we can advocate for you to access financial and accommodation support through children's services

If you are a single woman fleeing domestic abuse we may be able to support you through a specialist funding, which will provide accommodation and subsistence through one of our trusted housing providers.

OUR SUPPORT

- We will refer you to get FREE advice from a specialist immigration solicitor
- We will offer you ongoing emotional and practical support.
- We will refer/signpost to other specialist agencies according to your needs.
- We can provide emergency donations so you dont go without.

BSWA
Birmingham & Solihull Women's Aid
www.bswaid.org



CHURCHES TOGETHER SMALL HEATH

BABY BANK

Help for expectant mothers and parents of babies.

DO YOU NEED SOME HELP?

VISIT US ONLINE ON FACEBOOK

www.facebook.com/BabyBank.SmallHeath

VISIT US AT ANY OF OUR PARTICIPATING CHURCHES

- All Saints | 172 Herbert Rd B10 0PR
- Bethel United Church | 759 Coventry Rd B10 0JD
- Church of God of Prophecy | 146 Cattell Rd B9 4RL
- Connect Church | Coventry Road | Small Heath
- New Testament Church of God | 17 Muntz St B10 9SN
- Small Heath Baptist Church | 14 Jenkins St B10 0QH

Quinton Methodist Church

Warm Welcome Thursday

10:30am to 2pm:

12th February

12th March

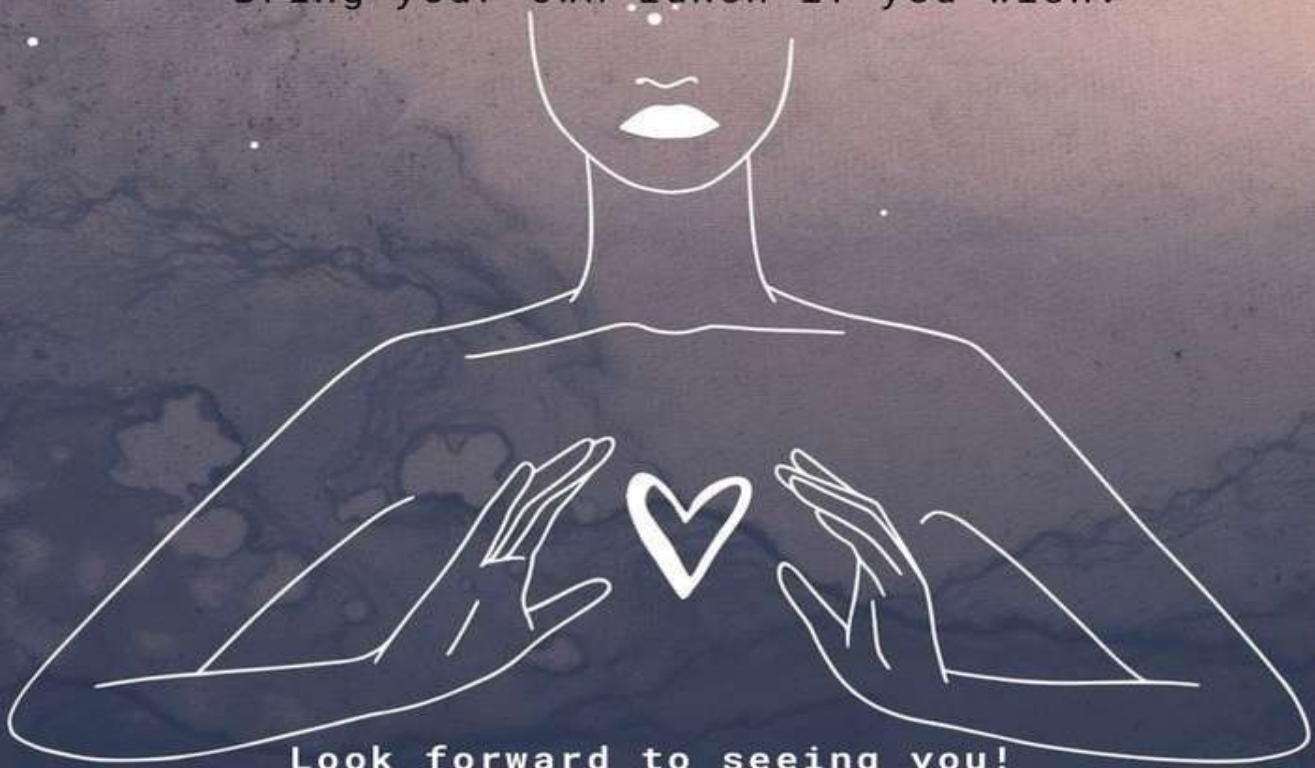
9th April

Drop in for tea and coffee, a chat and fun activities.

Household Support Fund - during the morning - information about possible help that may be available to help with household costs.

Come along and keep warm, have a drink and a chat

Bring your own lunch if you wish.



Look forward to seeing you!

FLIP DA SCRIPT CIC

ADVICE HUB

Weekly Drop-in Centre Offering Free, Independent, and Impartial Advice And Guidance

- HOUSING SUPPORT
- WELLFARE SUPPORT
- FORM FILLING
- EMPLOYMENT SUPPORT

Wednesday 11am - 2pm
93 Alcester Road, Birmingham, B13 8DD

MOSELEY HIVE

no appointment needed
just pop in!
07398797099

www.flipdascript.co.uk

FLIP DA SCRIPT
OWN YOUR STORY

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.

Birmingham City Council
Adult Social Care

Living Well Consortium

NHS
Living Well Consortium
Talking Therapies Service
part of NHS Talking Therapies
for Anxiety and Depression



Free NHS Talking Therapies & Wellbeing Services

Living Well Consortium supports individuals and groups to improve their mental health and wellbeing through personal and community friendly interventions.

Our approaches

We deliver a range of interventions that are tailored to the needs of the client.

- NHS Talking Therapies
- Cognitive behavioural therapy (CBT)
- Group therapy
- Culturally sensitive support
- Community wellbeing
- Employment support
- Walking therapies
- Personal training and therapy
- Young people's services
- Counselling for depression
- Long Term Health (LTHC) condition
- Couples counselling for depression
- Healing Circles
- Listening service

All our interventions are available online, in person or by telephone.

Improving your quality of life





Call us...

0121 663 1217

or Visit our chat box

livingwellconsortium.com

BREAK THE HABIT CAMPAIGN

Free Stop Smoking & Vape Support



Do you need help managing your smoking or vaping habit?

Support is available — and it's COMPLETELY FREE!

FREE VAPE STARTER KITS

available for eligible participants trying to quit smoking



What We Offer:

- Free consultation & Advice
- Help to quit smoking or vaping
- Free **vape support** to help transtiion away from cigarettes
- Ongoing support programmes
- Friendly guidance

Who Is It For:

- Residents of Erdington (B23 & B24)
- Anyone wanting to quit
- Friends & family Who need support

Starting End of March 2026

Bridge Point West Midlands CIC

Break THE HABIT
Your partner in the community

Witton Lodge COMMUNITY ASSOCIATION

Recommend a Friend

Know someone who wants to stop smoking?
Refer them for free support today.

0121 382 1930

07843 584516 WhatsApp

*Vape support provided as part of a stop-smokinng harm-reduction programme.

Birmingham age UK
Let's change how we age

Sunday chat

Every Sunday
11:30 - 12:30pm



Sometimes, a simple chat makes all the difference.

Our Sunday chat service is a free, phone-based support group open to anyone aged 50+ where you can see chat with others, share about your day and make new friendships.

To join or for more information, call 0121 437 0033 or email wellbeing@ageukbirmingham.org.uk

Age UK Birmingham Limited is a registered charity (1138240) and company limited by guarantee. Registered in England and Wales number 7334392. Registered office is Age UK Birmingham, Stratford House, Stratford Place, Birmingham, B12 0HT.

Age UK Charity Quality Standard SGS

Change Grow Live

Drug and Alcohol Service

Birmingham

If someone's drinking or drug use has affected you, we're here to help.



It's not your fault and it's okay to talk to someone about how you're feeling.

You can speak to our team on **0121 227 5890 or email** birmingham.info@cgl.org.uk

Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number 1079327 (England and Wales)

Change your relationships for the better

If your behaviour is damaging your family and friendships, **we're here to help.** We can help you regain control and build better relationships with the people who matter most.

To chat privately, get in touch with us on:

T: 0121 227 5890

E: safeguarding.birmingham@cgl.org.uk

W: www.changegrowlive.org/birmingham

Change Grow Live

Drug and Alcohol Service

Birmingham

Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR.
Registered Charity Number 1079327 (England and Wales) and SC039861 (Scotland).
Company Registration Number 3861209 (England and Wales).

NHS

Birmingham and Solihull

Community Mental Health and Wellbeing Service



If you're experiencing problems with your mental health, mood, or wellbeing this service is here to support you.

Birmingham and Solihull Community Mental Health and Wellbeing Service

What is the Community Mental Health and Wellbeing Service?

This service will help and support you with your mental health and wellbeing.

We offer appointments with our specialist team of mental health care professionals, called the Neighbourhood Mental Health Team via your GP practice.

This new service makes it quicker and easier for people to get the right support by bringing together a range of services available in the NHS and in your community.

How can the service help me?

We help people by providing support, advice, and treatment.

We can help you with your mental and physical health, as well as helping you resolve issues affecting your wellbeing such as money, work, housing, relationships, trauma, abuse, or addiction.

I need help right now.

If you need emergency support with your mental health, there is always someone to talk to.

You can call the **Birmingham and Solihull Urgent Mental Health Helpline** (managed by Birmingham Mind) 24 hours 7 days a week for advice and support on

0121 262 3565 or **0800 915 9292**

You can speak to **Samaritans** right now, or any time day or night by calling **116 123**

Or send an email to **jo@samaritans.org** for a response within 24 hours.

If you are an immediate danger to yourself or others **call 999** or go to your nearest A&E.



Ask your GP surgery for more information, or visit **www.bsmhft.nhs.uk**

v06.06.22

Who can access the service?

We welcome anyone aged 18 or over who is experiencing new or ongoing mental health symptoms, as well as people who have an existing mental health diagnosis such as Bipolar, Personality Disorder, Schizophrenia etc.

Who are the Neighbourhood Mental Health Team?

We are a group of mental health care professionals based at local GP practices across Birmingham and Solihull.

The service is provided in partnership with Birmingham and Solihull Mental Health NHS Foundation Trust and Birmingham Women's and Children's NHS Foundation Trust and is part of the Birmingham and Solihull Integrated Care System (ICS).

NHS Birmingham and Solihull Mental Health NHS Foundation Trust

NHS Birmingham Women's and Children's NHS Foundation Trust

Birmingham and Solihull Integrated Care System
Caring about healthier lives

What will happen in my appointment?

Appointments take place at your GP practice or over the phone or video call with a mental health care professional. Occasionally our team may also visit you in your home depending on your circumstances.

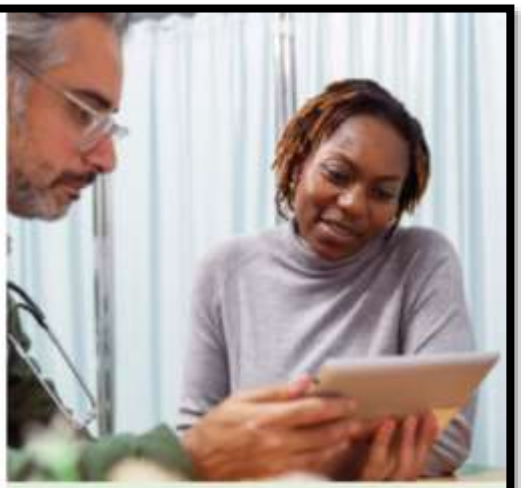
In your first appointment we'll ask you to talk about how you're feeling, the symptoms you are experiencing and what is happening in your life.

We will listen to you and your experiences and will recommend options to help you to manage your situation and take the next steps to getting further treatment and support.

This may include things like:

- **getting a therapy or counselling appointment**
- **being prescribed medication**
- **helping you connect with services available in your local community to get support with any issues affecting your wellbeing such as housing, money, or relationships.**

The Community Mental Health and Wellbeing Service does not replace an appointment with your doctor, so you'll still be able to see your GP or Psychiatrist if you need to.



How do I make an appointment?

To book an appointment contact your GP surgery and ask about the Community Mental Health and Wellbeing Service.

Please note: this service is not appropriate for everyone. The receptionist may recommend you speak with a care navigator first to find out if it's right for you.

Community Worker Service



Connecting with communities!

The Community Development Service engages with communities across Birmingham and Solihull.

We are a bridge between communities and the commissioners who pay for services. The team can help to improve physical and mental health and wellbeing in communities.

- We offer signposting to individuals and a large range of organisations
- We network throughout Birmingham and Solihull and support local events
- We offer mental health and wellbeing sessions
- Scan the code overleaf for more information
- Get in touch with us by email.

Better Mental Health For All

mind Birmingham

Community Development Worker Service

Women's Health

Empowering women to understand their mental health and wellbeing. Providing supportive spaces to learn self-awareness and coping strategies and skills. **Call Fatema 07801130657**

Supporting Families

Supporting families to have greater understanding of their mental health and wellbeing. Offering signposting, family focused information events and wellbeing sessions for families in Birmingham and Solihull. **Call Zahida 07801130655**

Men's Health

Support, information and understanding of mental health and wellbeing. De-stigmatising and encouraging men to talk about how they feel and to find the help they need to be physically and mentally well. **Call Owen 07801130656**

Newly Arrived communities

Support for asylum seekers and refugees to gain local knowledge of services. Offering signposting, wellbeing events and sessions to promote understanding of mental health and wellbeing. **Call Ibrar on 07801130526**

Criminal Justice

Identifying barriers to accessing mental health services upon release from prison. Providing group mental health and wellbeing sessions for people with a history of offending. **Call Steve on 07801130658**

African Caribbean Communities

Supporting the African Caribbean community to maintain their cultural identity. Providing signposting, wellbeing events and capacity building to promote mental health and wellbeing. **Call Uroy on 07801130660**

LGBTQ+

Addressing the barriers faced by the LGBTQ+ community. Support to capacity build and offer signposting and information about mental health and wellbeing. **Call William 07734 961 483**

For more information on the Birmingham Mind Community Development Worker Service contact us

mind Birmingham

Community Development Worker Service

SCAN ME

e: cdw@birminghammind.org

w: birminghammind.org

Registered Charity No. 1003906 & Company Limited by Guarantee No. 2024372

BIRMINGHAM & SOLIHULL MENTAL HEALTH & WELLBEING HUBS

Mental Health & Wellbeing Hubs

GATEWAY TO ACCESS:

- STRUCTURED RECOVERY COURSES
- THERAPEUTIC ACTIVITIES AND SOCIAL OPPORTUNITIES
- COACHING AND MENTORING
- PEER SUPPORT
- COMMUNITY SIGNPOSTING TO A WIDE RANGE OF ORGANISATIONS

ACCESSIBLE VIA OUR 4 HUBS OR AT OUR COMMUNITY VENUES

Erdington | Yardley | Handsworth | Northfield | Sparkhill | Solihull

OPEN TO ALL BIRMINGHAM & SOLIHULL RESIDENTS UNDER SECONDARY CARE OR ANYONE WITH A DIAGNOSED OR LONG TERM MENTAL HEALTH CONDITION

To find out more call our Helpline on 0121 262 3555 or email mhwh@birminghammind.org



ACCESS OUR HUB TIMETABLE AND ONLINE REFERRAL FORM

SCAN ME

creative SUPPORT

BIRMINGHAM MIND, 17 GRAHAM STREET, HOCKLEY BIRMINGHAM B1 3JR
TEL: 0121 608 8001
REGISTERED CHARITY NUMBER: 1005906 COMPANY LIMITED BY GUARANTEE NO. 02024372

mind Birmingham

"Coffee & Chat"

(A weekly drop-in for men)

Every Tuesday afternoon from 2pm – 4pm

Balsall Heath Church Centre
Annex *(at top end of carpark)*
100 Mary Street
Balsall Heath
Birmingham
B12 9JU









Come join us for Food & Drink, Games & Friendly Conversation!











ALL MEN WELCOME

KARIS NEIGHBOUR SCHEME

MEN'S SPACE

Body Mind Spirit Partnership

THRIVE TOGETHER BIRMINGHAM

Contact David for more information 07873 328 928

ACTIVE BIRMINGHAM

Activity Finder

Find your next activity at

activebirmingham.co.uk



The Active Wellbeing Society

Birmingham City Council

Canal & River Trust

Sport Birmingham



PERSONAL SAFETY AND CRIME PREVENTION INFORMATION



CRIME PREVENTION INFORMATION- PERSONAL ACCOUNTS HACKING

Recent data from 'Action Fraud' which is the national fraud and cybercrime reporting service, shows that **22,530 people** reported that their online accounts had been hacked in 2023, with victims losing a total of £1.3 million.



How are personal accounts hacked?

On-platform chain hacking

This is when a fraudster gains control of an account and begins to impersonate the legitimate owner. The goal is to convince people to reveal authentication codes that are sent to them via text. Many victims of this type of hacking believe it's a friend messaging them. However, the shared code was associated with their own account, and the impersonator can now use it to access their account.

Usually when an account is taken over, fraudsters control of the account with the promotion of various fraudulent schemes, while impersonating the original account owner.

Leaked passwords and phishing

Another common way hackers breach security is by using leaked information from data breaches. These breaches often involve sensitive data like passwords or account details.

A big problem arises when people reuse passwords across multiple accounts. If a password gets leaked from one website, it can put many other online accounts at risk of being hacked. This happens because many people use the same password for different sites.

Additionally, phishing scams contribute to this problem by tricking people into giving away their login details.

To stay safe, it's essential to use unique passwords for each account and be cautious of phishing attempts.





Use a strong and different password for your email and social media accounts. Your email and social media passwords should be strong and different from all your other passwords.

Combining **three random words** that each mean something to you is a great way to create a password that is easy to remember but hard to crack.

Turn on 2-Step Verification (2SV) for your email and social media accounts. **2-Step Verification (2SV)** gives you twice the protection so even if cyber criminals have your password, they can't access your email or social media account. 2SV works by asking for more information to prove your identity.

For example, getting a code sent to your phone when you sign in using a new device or change settings such as your password. You won't be asked for this every time you check your email or social media.

If you live in England, Wales and Northern Ireland and have been a victim of fraud or cybercrime, report it at **www.actionfraud.police.uk** or by calling 0300 123 2040. In Scotland, victims of fraud and cybercrime should report to Police Scotland on 101.

If you receive a suspicious email, you can report it by forwarding the email to: **report@phishing.gov.uk.**

The following website will give you further information of how to protect yourself from fraud:

https://stopthinkfraud.campaign.gov.uk/



CRIME PREVENTION- PERSONAL MOBILE PHONE THEFT

Protect Your Phone, Tablets and Gadgets

Install a tracker application on your phone and tablet devices, which could help trace them in the event of a theft.

Stay alert and aware of what's going on around you when using your phone in public.

Register your gadgets at the Immoibilise website - **http://www.immobilise.com/**

Keep a record of the unique reference number (IMEI) on your phone or tablet. To get this on your phone, dial *#06#. For tablets, check your settings or consult your user manual.

Always use your phone's security lock or PIN number.

Use an ultraviolet property marker to write your post code and house number on valuable possessions.



CRIME PREVENTION INFORMATION -WEST MIDLANDS POLICE

The following is the West Midlands Police's website which features various topics on how you can keep you and your personal valuables safe, including the excellent WMP Crime Prevention Handbook that you can download.

https://www.west-midlands.police.uk/crime-prevention





INFORMATION ON FUTURE RECREATIONAL AND LEISURE ACTIVITIES, INCLUDING RELIGIOUS CELEBRATIONS



FUTURE SOCIAL AWARENESS DAYS/CAMPAIGNS

***Stress Awareness Month.**
(April 2026)
https://www.stress.org.uk/

***National Walking Month.**
(May 2026)
https://www.livingstreets.org.uk/get-involved/national-walking-month/

***Mental Health Awareness Week.**
(May 2026)
https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week

***Neighbourhood Watch Week.**
(June 2026)
https://www.ourwatch.org.uk/nwweek

***Men's Health Week.**
(June 2026)
https://www.menshealthforum.org.uk/mhw

***Healthy Eating Awareness week.**
(June 2026)
https://www.nutrition.org.uk/healthy-eating-week/

***Refugees Week**
(June 2026)
https://refugeeweek.org/



CHRISTIAN FAITH FESTIVAL- EASTER 2026

Easter is the most important festival in the Christian calendar. It celebrates **Jesus** rising from the dead, three days after he was executed.



Good Friday will be on **3rd April 2026**, Easter Saturday will be **4th April 2026**, and Easter Sunday will be **on 5th April 2026**.
The week leading up to Easter is called **Holy Week**.

Holy Week' Celebrational Activities

Palm Sunday

This is the Sunday before Easter Sunday.

It is the first day of Holy Week and celebrates Jesus's arrival in Jerusalem riding on a donkey. Crowds of people came out of the city to greet him, throwing down palm branches on the road. Anglican and Roman Catholic churches give out small crosses made from palm leaves, as a reminder of Jesus's entrance into Jerusalem and his death on the cross. Some Christians keep these in their homes all year as a symbol of their faith.

Maundy Thursday

This is the Thursday before Easter Day.
On Maundy Thursday, Christians remember when Jesus ate the Passover meal with his disciples, breaking bread and drinking wine. Christians refer to this meal as the Last Supper.
Many Christians remember the Last Supper by sharing bread and wine together in a church service called Holy Communion, Eucharist, or Mass. It is a reminder that Jesus sacrificed his life for humankind.

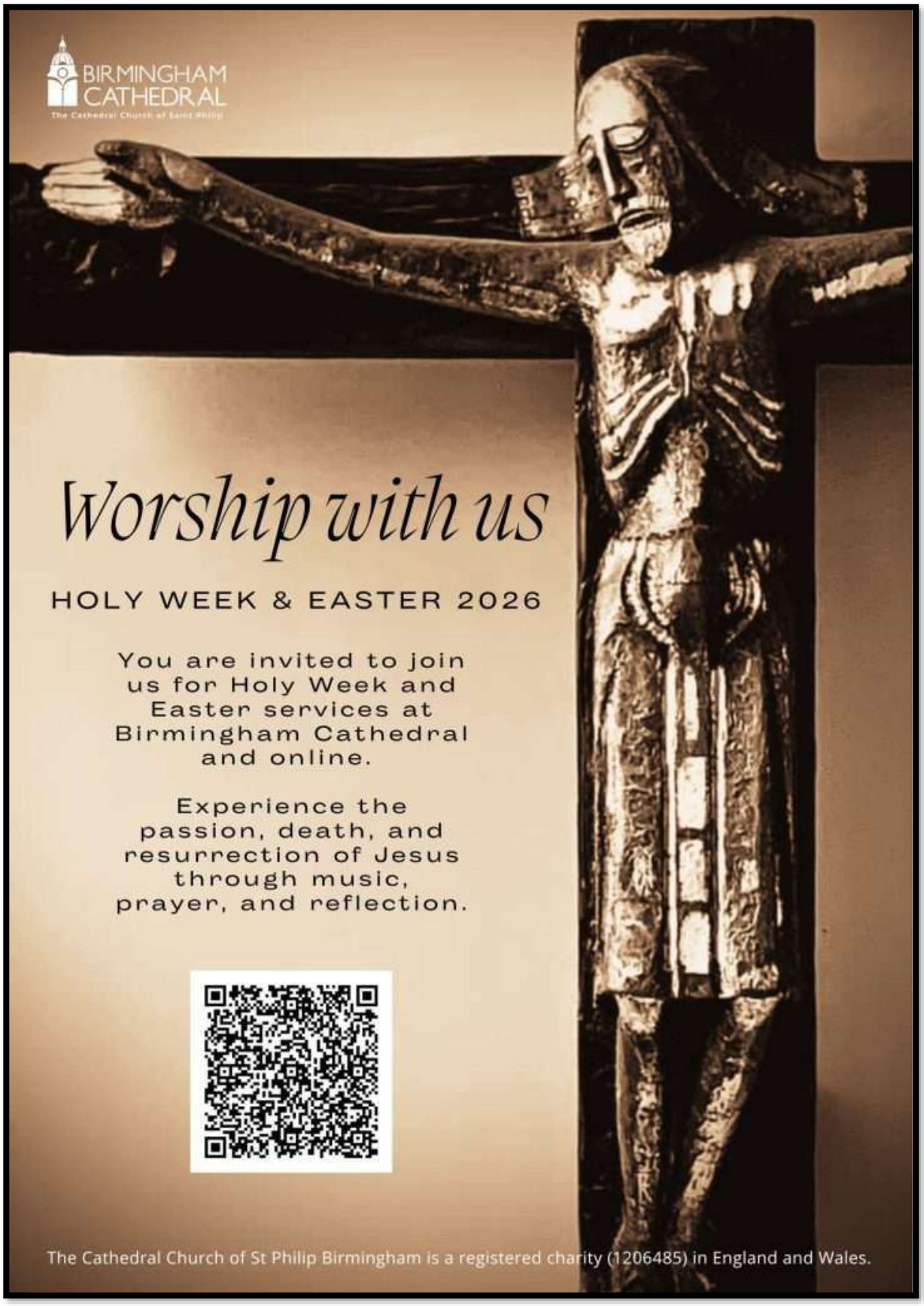
Good Friday

Good Friday is the Friday before Easter Sunday. It commemorates the execution of Jesus by crucifixion.
Good Friday is a day of mourning in church. During special Good Friday services Christians remember Jesus's suffering and death on the cross, and what this means for their faith. In some countries, there are special Good Friday processions, or re-enactments of the Crucifixion.

Easter Sunday

Easter Sunday marks Jesus's resurrection. After Jesus was crucified on the Friday his body was taken down from the cross and buried in a cave tomb. The tomb was guarded by Roman soldiers, and an enormous stone was put over the entrance.
On Sunday Mary Magdalene and some of Jesus's disciples visited the tomb. They found the stone had been moved and

that Jesus's body had gone. Jesus was seen later that day by Mary and the disciples, and for forty days afterwards by many people. His followers realised that God had raised Jesus from the dead. Christians call this the ‘Resurrection.’




CHURCHES TOGETHER
SPARKBROOK
GREATER WALK OF WITNESS
2026
SMALL HEATH PARK
LIVE MUSIC ■ CHOIR
TESTIMONIES ■ FUN
You're Invited!
BRING THE WHOLE FAMILY
FOR A LIFE CHANGING EXPERIENCE!
THIS IS A COMMUNITY EVENT & EVERYONE IS WELCOME!
FRIDAY 3RD APRIL
12PM - 3PM

WELLBEING THEMED CAMPAIGN-THE STRESS AWARENESS MONTH 2026

(The following is taken from the Stress Management Society's website)

Stress and poor mental health are major public health issues that are often overlooked and wrongly separated from physical health, even though they are closely connected.



Stress can cause both physical illnesses and serious mental health disorders.

Stress Awareness Month, observed every April since 1992, aims to highlight the causes and solutions to stress.

The following website features various tips and valuable advice on personal stress management techniques which you can learn about.

https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/stress

You can speak to your support worker to find out about your local health and wellbeing community groups you can attend to get some additional assistance and help.

30 DAY

#LEADWITHLOVE CHALLENGE

This Stress Awareness Month we invite you to take part in The 30 Day #LeadWithLove challenge to spread the message of Unconditional Positive Regard. Visit our website www.stress.org.uk for more information and resources.

☐ Smile at a stranger	☐ Write 3 things you like about yourself	☐ Hold the door for someone	☐ Listen to someone without interrupting	☐ Take a break without feeling guilty
☐ Compliment someone sincerely	☐ Assume the best in others today	☐ Speak to yourself with kindness	☐ Acknowledge someone who often goes unnoticed	☐ Be present for someone who is struggling
☐ Let go of self-criticism for today	☐ Treat yourself to something small	☐ Replace a negative thought about someone with a positive one	☐ Reflect on a mistake and forgive yourself	☐ Say "thank you" with genuine appreication
☐ Read or watch something that broadens your perspective	☐ Encourage someone who is having a tough time	☐ Stretch for a few minutes and focus on how your body feels	☐ Celebrate someone's achievement without comparing	☐ Acknowledge someone's feelings without giving a solution
☐ Share an uplifting post or message	☐ Give someone your full attention when they speak	☐ Do something kind anonymously	☐ Think about a time someone showed you kindness and pass it on	☐ Compliment yourself in the mirror
☐ Thank someone from your past who made a difference	☐ Set boundaries to protect your energy	☐ Send a kind message to a friend	☐ Wave or nod at someone you pass by today	☐ Reflect on what you have learnt from this challenge

Small Actions To Make Big Changes



CONNECT WITH SOMEONE

Are they okay? · Are you okay? · Check in with your support network · Connect with someone new · A sense of belonging and community can help reduce feelings of loneliness.

PRIORITISE SLEEP

Take small steps to improve your bedtime routine.
Wind down before bed by minimizing your screen time · Make your bedroom a 'tech-free' zone · Create a clean and restful sleep environment · Jot down what's on your mind and set it aside for tomorrow · Avoid caffeine after 4pm.





MOVE IN YOUR OWN WAY

Get moving the way you want to. This could be walking, running, yoga, stretches, doing some gardening. Move in a way you'll enjoy, get those endorphins flowing and let off some steam.

SPEND TIME IN NATURE

Take some time out of your day to step outside, get some fresh air and spend time in nature. This could be eating your lunch outside, or taking a short work after work. Simulate your senses and look at the beauty of nature





BREATHE DEEP

Your breath is a powerful tool to help with stress reduction and relaxation. Short, shallow breaths can heighten anxiety so being conscious and taking time to breathe deep helps us shift into a relaxation mode.

PRACTICE MINDFULNESS

Practicing mindfulness allows you to focus on the here and now. It aids self-awareness, helps you practice emotional regulation and control. You can actively practice during a designated mindfulness session or be mindful of your all five of your sense whilst participating in an activity, such as a nature walk.



#LittleByLittle

24/7 MENTAL HEALTH TEXT SERVICE FOR BIRMINGHAM AND SOLIHULL

Struggling with stress, anxiety, or feeling overwhelmed? Help is now just a text away.

There is a round-the-clock mental health text service for people living in **Birmingham and Solihull**, offering **free, confidential support**—anytime, anywhere.

A partnership between Birmingham and Solihull Mental Health NHS Foundation Trust and Shout, the UK's first 24/7 text messaging support service, this new service is designed to be discreet, accessible, and immediate.

To start a conversation, simply text 'Space' to 85258.

Whether you're dealing with anxiety, loneliness, depression, or just need someone to talk to, trained mental health professionals are ready to listen and support you—day or night.

The service, which is available to people of all ages with a mobile phone, is especially helpful for those who may not feel ready to speak on the phone or in person.

How it works:

- Text **'Space'** to **85258**
- You'll receive a few automated messages before being connected to a trained mental health professional
- The conversation is free, anonymous, and won't appear on your phone bill
- You don't need to register, download an app, or use mobile data

In addition to 'in-the-moment' support, texters can be signposted to local services such as **Talking Therapies**, **Crisis Cafés**, and **NHS 111 Option 2**.

FUTURE BIRMINGHAM PRIDE- MAY 2026





VAISAKHI AT TALLY HO!

Saturday April 11th 2026
10am - 5pm

Tally Ho!, Pershore Road, Edgbaston B5 7RN









Join WMPSA for a community fun day celebrating Vaisakhi

- Gatka
- Sports
- Police Demo
- Langar
- Bouncy Castle
- Stalls

No alcohol/No smoking

Selected charities Punjab Floods, Child ALS & COPS

Scan here for more details:

wmpsikhas
wmpsikhassociation
@wmp_sikh

For enquiries contact:
SIKH_ASSOCIATION@
westmidlands.police.uk

ANIMAL RELATED JOKES TO MAKE YOU SMILE!





