Aspect Housing & Support Ltd

Aspect Housing

RESIDENTS NEWSLETTER

August 2026



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Hope you are well, and welcome to our August 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.



INTERNAL INFORMATION FOR OUR RESIDENTS



GLMCC FOODBANK



At Green Lane Masjid, they are committed to supporting individuals and families facing financial hardship through their Food Bank and Pantry service.

They strive to provide a welcoming, respectful, and dignified environment where those in need can access essential food and household items.

OPENING TIMES

MONDAYS
10:00am – 1:15pm

WEDNESDAYS
10:00am – 1:00pm
2:00pm – 4:00pm

Please be mindful that they close for approximately 30 minutes during prayer times.

BRING YOUR OWN BAGS

To help serve everyone efficiently, users are kindly asked to bring their own bags when collecting items.

EVERY TWO WEEKS

To ensure fair access to the service, users are eligible to visit once every two weeks.

RESPECT AND DIGNITY

They are committed to providing a welcoming, respectful and dignified environment for all.

VOUCHER SUPPORT FOR ASPECT HOUSING RESIDENTS

To be considered for a voucher, your support worker must liaise with the Resident Engagement Officer. You may also be asked to complete a simple budget sheet explaining why you need the voucher.



+44 121 713 0080

20 Green Lane, Birmingham, B9 5DB

www.greenlanemasjid.org

RESIDENT MEETINGS

Aspect Housing

Food Donation & Community

Join us for a friendly resident meeting, connect with others, and take part in a community food donation activity.



What to expect

- Friendly chats with residents and staff
- Opportunity to receive food donation if available
- Find out how you feel about the support you are receiving
- Find out about future SEA activities by Aspect Housing
- Raise any questions or enquiries
- Receive feedback from any enquiries

Your voice matters. Help us shape the support you receive and the activities we plan together.

How to take part

Speak to your support worker or a member of staff if you are interested.

RESIDENT REPRESENTATIVES WANTED

Aspect Housing is looking for residents to become Resident Representatives. Help make sure residents' views are heard, share ideas, improve services and help shape future activities.

A relaxed, welcoming lounge setting.

Everyone welcome. No pressure, just support.

You are welcome. You are not alone.

NEW SUPPORT FROM KIKIT PROJECT

Aspect Housing is working in partnership with the KIKIT Project to provide additional support for residents.



KIKIT has more than 25 years of experience supporting people from different communities.

It provides friendly, confidential and non-judgmental help for people experiencing problems with drugs, alcohol, health or wellbeing.

KIKIT understands that people have different cultures, faiths and languages. Its culturally sensitive support is available in several languages and is open to anyone who needs help.

The KIKIT drug and alcohol programme provides:

- Six weeks of structured support
- Help to understand and address drug or alcohol use
- Guidance to improve health and wellbeing
- A further six weeks of aftercare
- Support to work towards recovery and greater independence

The partnership began with a meeting between KIKIT and Aspect Housing staff. This week, KIKIT representatives started accompanying Aspect Housing support workers to visit properties and speak with residents who may benefit from the programme.

Taking part is voluntary. Residents must be willing to engage with the programme and attend appointments at the KIKIT office.

If you would like more information or think KIKIT could help you, please speak to your support worker.

KIKIT

Pathways to Recovery

DON'T RISK LOSING YOUR HOUSING BENEFIT



We need to see your PROOF OF INCOME to make sure you get the right amount.

KEEP YOUR HOUSING BENEFIT SAFE

Why we ask

Your housing benefit is based on your current income. If we don't have up-to-date proof, your benefit could be **reduced or stopped.**

Please send it in as soon as you can

Send your proof of income straight away to avoid delays or any changes to your payments.

ACCEPTABLE PROOF OF INCOME INCLUDES:

- Payslips (most recent)
- Universal Credit award statement
- Pension or benefit award letter
- Self-employed accounts or P60 / tax return

Aspect Housing

WE'RE HERE TO HELP

If you're not sure what to send or need help, please contact us – we're here to support you.

A QUICK CHECK TODAY CAN PROTECT YOUR HOME

Aspect Housing

ASPECT HOUSING IS WORKING WITH SIFA SERVICES

Aspect Housing is currently engaging with the following services to explore support opportunities for residents.

SIFA SOCIAL NETWORKS

Guidance, advice and in-person support

- Building social networks
- Wellbeing activities
- Local services
- Community activities
- Travel support

SIFA FIRESIDE – HMO SUPPORT

- One-to-one support worker
- Tenancy support
- Health navigation
- Community engagement
- Building towards recovery
- Substance misuse assistance
- Psychologically informed, trauma-informed care
- Support to engage with services
- Monday to Friday service

INTERESTED IN FINDING OUT MORE?

Please speak to your Aspect Housing support worker.

Aspect Housing

WHY WE MAKE WELFARE CALLS & CHECKS

Your safety and wellbeing matter to us. Aspect Housing carries out welfare calls and checks to make sure you are safe, well and receiving the support you need.



WHY WE CONTACT YOU

- Check that you are safe and well
- Offer support if you are worried, unwell or struggling
- Identify any repairs, risks or safeguarding concerns
- Make sure you are receiving the right support
- Keep in touch if we have not seen or heard from you

WE ARE HERE TO SUPPORT YOU

Welfare checks are not about judging you or invading your privacy. Staff will always treat you with dignity and respect.

PLEASE RESPOND

Please answer welfare calls, reply to messages and let staff know if you will be away from your accommodation. If we cannot contact you and are concerned for your safety, further checks may be required.

Need help or have concerns?

Speak to your support worker or a member of Aspect Housing staff.

ANIMAL JOKES **TO MAKE YOU SMILE OR MOAN**!









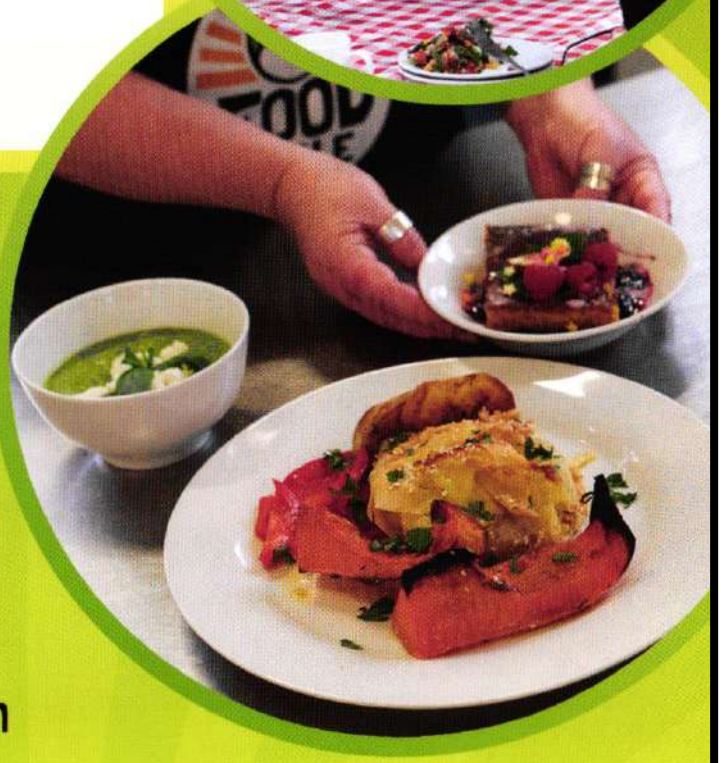

COST OF
LIVING
SUPPORT & ADVICE

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



KING EDWARD VI
BALAAM WOOD
ACADEMY
Educational excellence for our City

NORTHFIELD
Community Partnership
Community Development Trust

JOIN OUR TEAM AT FRANKLEY LIBRARY EVERY WEDNESDAY AND FRIDAY!

Wednesday:





- Laptop Lending Library

10am - 1pm

- Employment Support

9:30am - 11:30am:

- Family Wellbeing Team Drop-In

An opportunity to meet others, join in with activities and discuss any issues affecting your family. A variety of support available from the Family Wellbeing Team, such as:

- Financial Support
- Domestic Abuse Support
- SEND Support
- Migrant Support



LOCONOMY

www.northfieldcommunity.org info@northfieldcommunity.org

Funded by UK Government | Birmingham City Council | West Midlands Combined Authority | COMMUNITY FUND

Crisis & Resilience Fund

*The new name for the **Household Support Fund***

WHAT IS IT?

A grant of **up to £220** to help households facing financial hardship, especially with food, energy and water bills

ONLINE ENQUIRY FORM

WHO CAN APPLY?

Birmingham residents **ONLY**

ONE application per household

Your household must not have received a grant in the **last 12 months**

HOW TO APPLY

Complete the enquiry form at **apply.crfbirmingham.online/**

You may be asked to provide

- ✓ Proof of address
- ✓ Proof of benefits

Receiving a grant **will not** affect any other benefits you receive, and you **do not** have to pay the money back

If eligible, you will receive a confirmation email and a member of your local CRF team will phone you in the next 4-6 weeks to complete your application

crf@bvsc.org **0121 634 7100**

Department for Work & Pensions | Birmingham City Council | bvsc the centre for voluntary action | Green Square Accord

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

NORTHFIELD
Community Partnership
Community Development Trust

Funded by UK Government | Birmingham City Council | West Midlands Combined Authority | Community Fund

FAMILY WELLBEING TEAM



We support families across the Northfield constituency



FOOD BANK SUPPORT



WELLBEING SUPPORT



EMPLOYMENT SUPPORT



HOUSING & BENEFIT ADVICE



FINANCE SUPPORT, INFORMATION, ADVICE & GUIDANCE



LOCAL INFORMATION & SIGNPOSTING

Please contact us to see how we can help:

07859779506

familywellbeing@northfieldcommunity.org

Family Wellbeing Team - Northfield Community Partnership

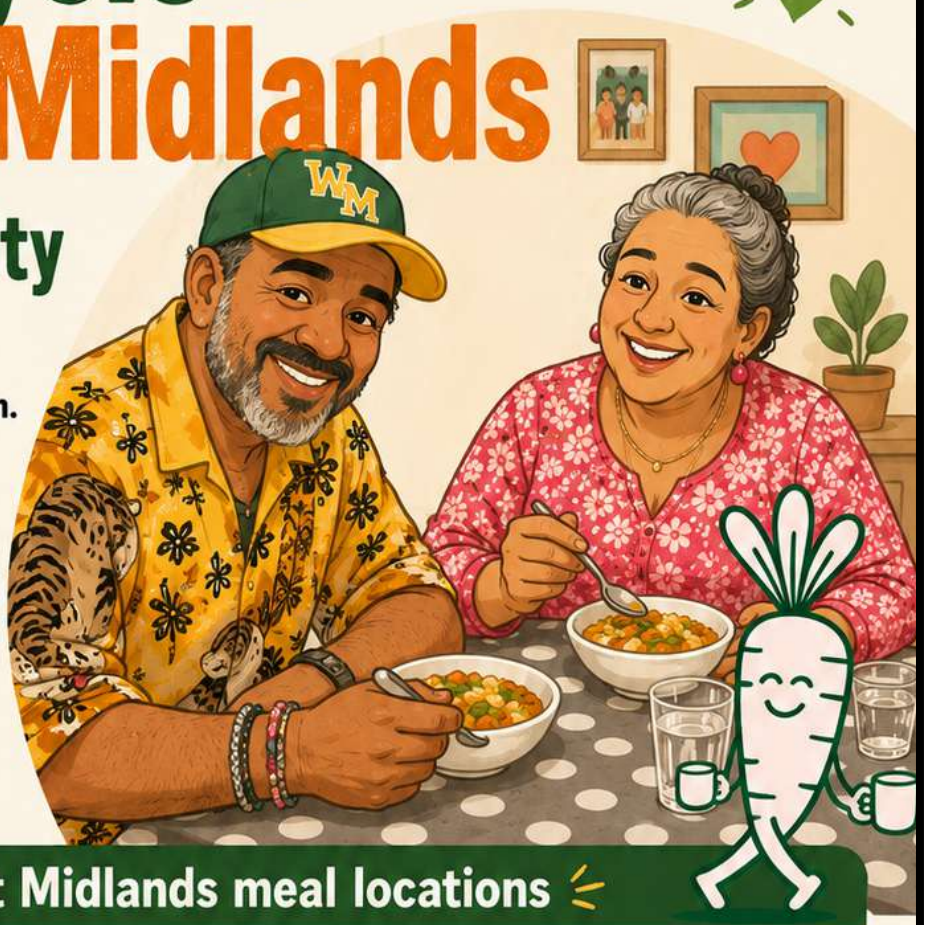
@familywellbeingnorthfield

FoodCycle West Midlands

Free community meals

Good food and conversation.
Everyone is welcome.

Join FoodCycle for free, wholesome, meat-free meals made from surplus food in a friendly community setting. Come for the food, company and warm welcome.



West Midlands meal locations

Monday

- Birmingham Falcon Lodge – 1:00 pm
- Birmingham Erdington – 3:30 pm
- Birmingham Longbridge – 7:15 pm

Tuesday

- Dudley – 1:00 pm
- Birmingham Schools Olympus – 4:30 pm

Wednesday

- Coventry – 1:30 pm
- Walsall Schools Goldsmith – 4:30 pm
- Wolverhampton – 5:00 pm

Thursday

- Birmingham Tindal (School) – 4:30 pm
- Worcester – 5:30 pm

Saturday

- Birmingham Quinton – 12:00 pm
- Birmingham Kingstanding – 1:00 pm

Free to attend

Open to everyone

Meat-free meals

Friendly volunteers

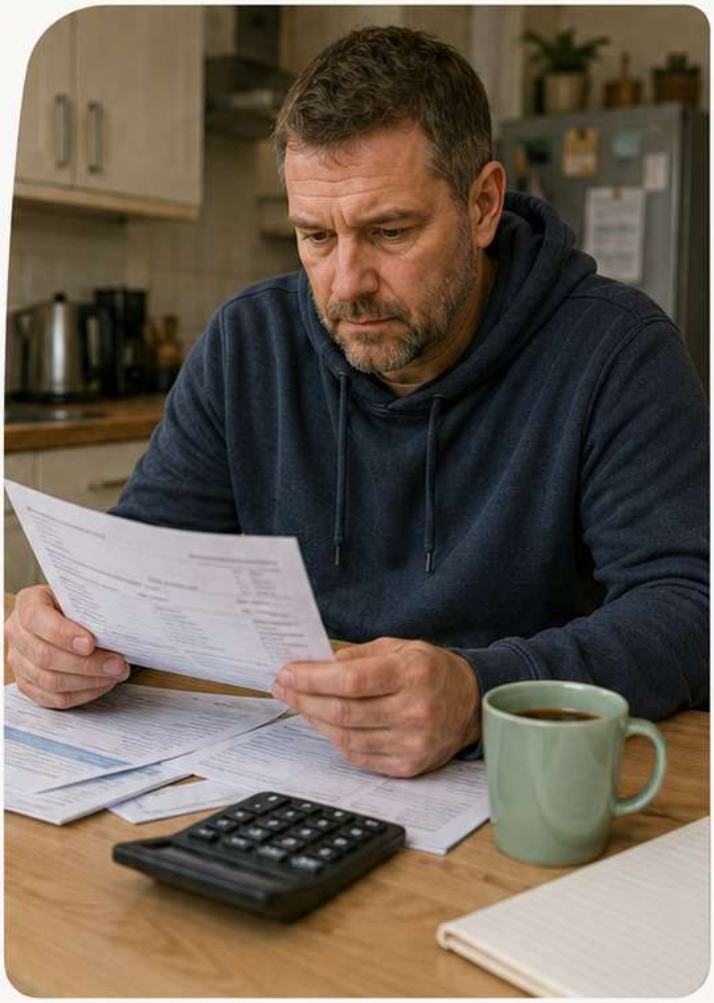
Over 18? Volunteer with FoodCycle too.

Find your nearest meal or volunteer at
foodcycle.org.uk/area/west-midlands

COST OF LIVING SUPPORT & ADVICE

Practical help to manage money and reduce pressure

If money is tight, you are not alone. There is help available.



WE CAN HELP WITH

- Benefits and entitlement checks
- Budgeting and money advice
- Energy bills and support
- Food and essential items
- Managing rent and housing costs
- Accessing grants and local support

GET HELP WITH THE COST OF LIVING

Scan the QR code to find advice and support that can help.

www.aspecthousing.co.uk/s/AH-Cost-of-Living-Information.pdf

Aspect HOUSING

Stronger Minds
Stronger Communities

EMPORIUM FOOD BANK

CIC No: 16189386



Held upstairs at: 173-179
Tyburn Road,
Birmingham, B24 8NQ

Tuesdays 11am - 1pm
B35, B23 & B24 areas only

Proof of ID needed every visit

FoodBank

M.A.S.H

Mentoring & Advocacy Support Hub

COMMUNITY FUND

PRESENTS

Free Meet & Eat Sessions

GOOD FOOD. GREAT PEOPLE. UNFORGETTABLE CONNECTIONS

We offer free buffet meals at several restaurants across Birmingham.

Meet & Eat will help to alleviate isolation and loneliness.



Interested?

The sessions will be open to anyone with lived experience of mental health issues, their carers, friends, and support staff from a wide range of organisations and agencies.



Where will sessions take place?

The Meet & Eat events will take place monthly at various locations in Birmingham, trying out different foods from around the world including Caribbean, Chinese, Asian, African, Mediterranean, and more.

The MASH Programme is incubated by:

Catalyst 4 Change

African & Caribbean Mental Health Hub

Email Clive via: clive.coley@catalyst4change.org.uk

SO, WHAT IS MEET & EAT?

It is simply about enjoying relaxed evenings with good food and company, helping to alleviate isolation and loneliness, while sampling fine multicultural cuisine from around Birmingham, Sandwell and, eventually, the wider Black Country.



Meet & Eat Hardship Fund

Meal costs are free but for attendees experiencing financial difficulties the Hardship Fund will contribute towards local travel costs.

Contact our team to discuss travel needs

COMMUNITY FUND

WHO CAN ATTEND?

The sessions will be open to anyone with lived experience of mental health issues, their carers, friends, and support staff from a wide range of organisations and agencies.

Accompanying support staff, friends or family members will be asked to donate £10.00 toward the cost of their own meal.



HOW TO BOOK!

If you are interested in attending a meal session, please complete the Meet & Eat online booking form via our website: www.mashhub.org.uk/eatingout

Alternatively, contact Clive Coley at clive.coley@catalyst4change.org.uk or via mobile number 07599 295 265

Numbers at each session will be limited. This will be stated on the booking form.



The Active Wellbeing Society

Steps Forward at Stanhope

Warm and safe place to rest

Food available

Wednesdays - 1-4pm
Stanhope Wellbeing Hub, 6-7 Ketley Croft, Highgate, Birmingham, B12 0XG

Crisis · mind Birmingham · Change Grow Live · THE HEPATITIS C TRUST

info@theaws.org · www.theaws.co.uk · @theaws · @tawsociety

Community Cafe

Building Connections, Celebrating Diversity



EVERY THURSDAY
2:30-4:30PM



Join us for a complimetary free meal at our Community Cafe.

We also host a range of free activities each week for anyone to take part in including arts and crafts, cooking and signposting.
Be a part of your community, get to know your neighbours in a friendly and safe environment





OPEN TO ALL

No need to book, just come along

Children are welcome but must be supervised.

Car Parking Available

Bus Routes: 11a,11c, 4a



For further information including what's on visit us on Facebook

St Ambrose Barlow Church Hall

Lakey Lane

B28 8QU

info@communityengagecic.co.uk

PLACES OF WELCOME

WARM

Birmingham City Council



Need Help or Advice?

Free, Confidential Support
Every Saturday 10am-2pm

- Benefits & Universal Credit
- PIP & Attendance Allowance
- Housing & Council Tax
- Energy Bills & Cost of Living
- Blue Badge & Health Services
- Forms & Letter Filling
- Digital Support & IT Help
- Signposting & Referrals

Appointment Only !

Book Your Appointment!

Text: 07356 975595 Email: info@milacic.co.uk

150 Coventry Road, B10 0SE, Birmingham

Support in English, Polish & Ukrainian

MiLA

Birmingham City Council birmingham settlement LADYWOOD

BIRMINGHAM
CENTRAL MOSQUE

IF YOU NEED
A MEAL
COME & EAT

FREE HOT MEALS

EVERY THURSDAY



Hot food to takeaway served
by the Food Bank – open to all who need.

EVERY THURSDAY | **6:00PM – 7:00PM**

BIRMINGHAM CENTRAL MOSQUE FOOD BANK, B12 0XS

- EVERYONE WELCOME
- FREE OF CHARGE
- NO BOOKING NEEDED
- FIRST COME, FIRST SERVED

PLEASE SHARE WITH ANYONE *who may benefit*

FOR DONATIONS
The Birmingham Mosque Trust Ltd
Sort Code: 40-06-30
Account Number: 24029720
Ref: Hot Food
Email: foodbank@centralmosque.org.uk

IN PARTNERSHIP WITH
NORTH STAR HOUSING LTD

ONE MEAL. ONE HEART. ONE UMMAH.

The Good Food Club

Live Simply, Live Well

EVERY THURSDAY 2:30-4:15PM

Join our Good Food club for £1 annual membership and buy a food box for £5 worth betweeen £10 and £20 to help combat food waste - no referral needed, everyone is welcome to join.

We purchase food from Fareshare by the Kg. Our volunteers then sort and distribute the items into the boxes, with chilled or frozen items remaning in our fridge and freezers. You will then be asked if you would like a meat, halal* or vegetarian box and if there any allergies. Some of the items may be nearing their best before date or received an extension. It is perfectly safe to eat.

Come for the box, stay for cafe!

All our Good Food Club members are welcome to stay and take part in the activities at the Community Cafe, have a bite to eat or just a cuppa! More details overleaf

Please bring your own carrier bags.



Car Parking Available

Bus Routes: 11a,11c, 4a

St Ambrose Barlow Church Hall
Lakey Lane
B28 8QU

*Halal meat is not always available but is reserved for those who require a halal diet when we receive it.

For further information including what's on visit us on Facebook

info@communityengagecic.co.uk

FareShare Midlands | Birmingham City Council

Oasis Living Room
make yourself at home

Oasis hub :hobmoor

The Living Room



FREE



Monday-Friday 3.30-4.45



Hobmoor Community Centre



250 Wash Lane B25 8FD

All are welcome to come into the warmth to enjoy family time, a warm drink, and activities in a relaxing atmosphere.

Children under 11 to be accompanied by an adult.

Wifi, Phone charging, Microwave, Kettle
Washing machine,



SERVICES WE OFFER

DAAR UL JANNAH
CENTRE OF ADVICE AND EDUCATION

DUJ Advice Centre | Food Bank Centre
Education Centre | Nadra Card Services

Private & Confidential Service

Debt Advice	**Welfare Benefits**	**Housing Support**
Rent Arrears Budgeting Dealing with Creditors	UC, ESA, PIP, DLA, Carers Allowance Tribunal Support	Housing Related Support Landlord Disputes Private & Social Housing
Phone Support	**Food Bank**	**Nadra Card Services**
Health & Well-Being Support	Emergency Food Parcels Delivery & Collection	New Applications Renewals/Updates

Office: 0121-792-5442
Mobile/watsapp: 07847661022
info@daaruljannah.co.uk
@daaruljannahservices
www.daaruljannah.co.uk

Opening Times
10:00AM - 4:00PM
Monday-Friday

Address
861 Stratford Road
Birmingham B28 8BH

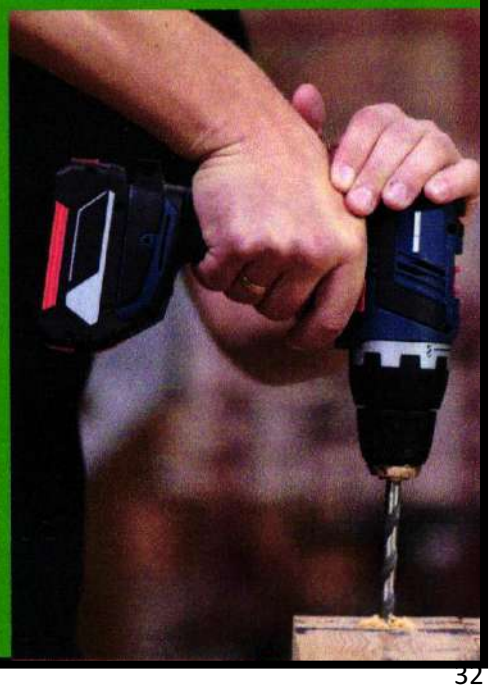
future proof

Building a brighter future for residents 50+ in the Northfield constituency



- Handyperson Service
- Garden clearance
- Safe and Well Check by WMFS
- Financial Health Check
- Debt, housing and benefit advice
- Employment and volunteering support
- Crisis support including food parcels and fuel vouchers
- Trusted Assessor Occupational Therapy Assessments
- Support accessing local community groups/services
- Warm Home checks





Call Hannah on:
07926387985
Email:
hannah@northfieldcommunity.org

Future Proof Project

www.northfieldcommunity.org

NORTHFIELD Community Partnership Community Development Trust

REDEEMER Church Birmingham

ASHIANA COMMUNITY PROJECT

ADVICE & GUIDANCE SERVICES



HOUSING ADVICE

ENERGY ADVICE



CARERS ASSESSMENTS

DISABILITY BENEFITS



DOMESTIC ABUSE

MENTAL HEALTH SUPPORT



WELFARE BENEFITS

MONEY ADVICE & GRANTS



0121 687 6767

info@acpgroup.org.uk

www.acpgroup.org.uk

21-25 Grantham Road, Birmingham, B11 1LU

matrix INVESTORS IN PEOPLE POhWER Birmingham and Solihull Integrated Care System Caring about healthier lives heart of england COMMUNITY FOUNDATION bvsc


One Stop Drop-In
INFORMATION & ADVICE
WITH COFFEE, TEA & BISCUITS
WHEN?
THU
Every Thursday
10:30 - 12:30
WHERE?
Northfield Library
77 Church Road, Northfield,
Birmingham, B31 2LB
Who is this for?
Anyone over 50
Younger adults with a disability
Who you'll meet
Northfield NNS Workers
Occupational Therapy
Social Workers
Other services & support
Also a Warm Welcome venue!
Warm Welcome Spaces
A friendly, warm space for everyone
Come for a cuppa, a chat and get the support you need
NORTHFIELD NEIGHBOURHOOD NETWORK SCHEME
NORTHFIELD Community Partnership Community Development Trust
Birmingham City Council

Kings Heath COMMUNITY KITCHEN

KHCK CIC

Good food.
Stronger community.
Brighter futures.

Providing free, nutritious meals and a warm welcome for everyone in our community.

OPEN TO ALL | STRONGER TOGETHER | RESPECT & KINDNESS | COMMUNITY FIRST | /KingsHeathCommunityKitchen

COMMUNITY SUPPORT DROP-IN!

EVERY WEDNESDAY

10:00 AM - 2:00 PM

Advice. Support. Signposting.

We're here to help!

NO APPOINTMENT NEEDED

JUST POP IN!

WE CAN HELP YOU

- Information & advice
- Signposting to local services
- Connect you to the right support
- A friendly, welcoming space to ask questions

FACE-TO-FACE SUPPORT

Each week, different organisations are here to offer one-to-one support on:

- HOUSING
- BENEFITS & FINANCES
- EMPLOYMENT & TRAINING
- HEALTH & WELLBEING
- MENTAL HEALTH
- FAMILY & COMMUNITY

EVERYONE WELCOME!

No judgement. No referral needed.
Just a warm welcome for all.

New Life Baptist Church,
Kings Heath High Street
Opposite Asda
B14 6JZ

KINGS HEATH COMMUNITY KITCHEN (KHCK CIC)
www.khck.co.uk
chris@khck.co.uk
/KingsHeathCommunityKitchen khck_cic

nishkam centre

COMMMUNITY SAFETY NET



The Community Safety Net freely delivers essential information, advice & and guidance within a 1-mile radius of the Nishkam Centre.

- **Welfare Benefits** - Income Maximisation, PIP, DLA, UC, Attendance Allowance
- **Housing** - Rent Arrears, Emergency Help, Housing Applications
- **Debt** - Negotiating & Disputing liability

The Community Safety Net project offers FREE independent, impartial advice open to all.

Register at our Weekly Drop-in:

Wednesdays | 9:30am - 12:30pm

THE ACCESS TO JUSTICE FOUNDATION

Contact Us:

0121-515-4229

www.ncauk.org

Nishkam Centre, 6 Soho Road, B21 9BH

ASHIANA COMMUNITY PROJECT

Family Wellbeing Centre

ADVICE & GUIDANCE

Building Visions, Shaping The Future!



We Offer :

Benefits Advice:
Help with Universal Credit, PIP, DLA, Council Tax, Housing Benefit, and much more!

Carers Support
Carers assessments, well-being checks, grants and signposting.

Energy Advice:
Tips to save energy and manage bills.

Additional Support:
Volunteering and skills building, and support given in community languages such as Urdu, Punjabi, Arabic, Bangla etc

0121 687 6767
www.acpgroup.org.uk
info@acpgroup.org.uk
21-25 Grantham Road, Birmingham, B11 1LU

Birmingham City Council
Green Square Accord
Funded through the Energy Industry Voluntary Redress Scheme
www.energyredress.org.uk
b:can ENERGY ADVICE
b:can MENTAL HEALTH ADVICE

National Energy Action's
BENEFITS ADVICE AND SUPPORT SERVICE
0800 138 8218

Our free and confidential benefits advice service helps you maximise your income by making sure you get the benefits you are entitled to. Open to anyone living in England and Wales we offer full support with:



BENEFIT ENTITLEMENT CHECKS

Not sure what you're eligible for? We'll help you find out.



GUIDANCE ON BENEFIT APPLICATIONS AND CLAIM SUPPORT

Struggling with forms? We can help you fill them out correctly.



ADVICE ON UNIVERSAL CREDIT

Get clear, straightforward information about Universal Credit.

With an estimated **£23 billion in benefits and social support going unclaimed in 2024**, make sure you are not the one missing out.

Our free advice and support is here to help you navigate the system. Our service is fully confidential and we provide a safe, welcoming and non-judgmental environment.

Web www.nea.org.uk/get-help
Email benefits@nea.org.uk
Signvideo https://neaadvice.signvideo.net

National Energy Action is the national fuel poverty charity, helping everyone have a warm, safe and healthy home. *National Energy Action is not licensed to give debt advice and therefore works in partnership with licensed UK debt agencies.Go to www.nea.org.uk. © National Energy Action 2024, independent charity registration number 290511. Company limited by guarantee. Registered in England and Wales No: 1853927.

Get **free and confidential** help with:


Food and energy


Youth support


Domestic abuse


Grant support


Uniform and clothing


Money and debt advice


Parenting support


Special needs (SEND)


Housing advice


Mental health


Activities


Locality signposting


Under 5s support


Bereavement


Sexual health advice

We can work with education, health and community partners to support the whole family. Ask your school, health visitor, children's centre, GP, community or faith centre to complete a Family Connect Form.

GreenSquareAccord's Hall Green and Selly Oak Families Early Help team is part of Birmingham Children and Young People's Partnership.

For more information, please search 'Birmingham Children and Young People's Partnership' at **birmingham.gov.uk**

Green Square Accord

Hall Green Families

BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP

bvsc

Selly Oak Families



Feedo Needo Community Centre/ Food Bank

Feedo Needo

Here at Feedo Needo, we are driven by our mission to provide food and essentials to the most vulnerable members of our community

Our Food Distribution Locations

London

Lahori Darbar Restaurant
62 Ilford lane, London IG1 2JZ

Westlink House, 981 Great West Road,
Brentford TW8 9DN

Open Hours: 9am - 5pm
Monday to Friday

Birmingham

Smithfield House Digbeth
Birmingham B5 6BS

Open Hours:
9am - 5pm
Monday to Friday

Bradford

Woodroyd Centre
1st Floor, Bradford BD5 8EL

Open Hours:
9am - 2pm
Wednesday & Thursday
Every Friday street food distribution. (City centre)

Manchester

Droylsden Juniors Football Club
Lewis Road, Manchester M43 6NR

Open Hours:
9am - 3pm
Monday to Thursday
Every Friday street food distribution. (City centre)

Telephone Number:

03003111312 07484378821

Feedo Needo is a project of UKCAB established in 2006, charity registration No: 1153197

A Project of UKCAB
UK Curriculum and Accreditation Body

MOVING FORWARD TOGETHER
BRIDGE POINT
BRIDGE POINT

BRIDGE POINT HEALTHY KITCHEN

Eat Well • Cook Smart • Live Better

ST CYPRIAN'S CHURCH, YARDLEY

LAUNCHING SEPTEMBER

FREE 6-WEEK HEALTHY COOKING & WELLBEING PROGRAMME



WHAT TO EXPECT

- Hands-on healthy cooking sessions
- Learn simple, affordable recipes
- Nutrition tips for healthier living
- Cook, chat and make new friends
- Wellbeing conversations in a relaxed setting
- Practical food skills you can use at home
- Tea, refreshments and a welcoming atmosphere
- Supportive sessions for adults aged 60+



Cook together, Live better!

WHY JOIN?

- Learn new cooking skills
- Boost your confidence in the kitchen
- Improve your health and wellbeing
- Meet new people and reduce isolation
- Take home ideas to cook healthy meals on a budget

Good Food, Great Company, Better Health!

LIMITED PLACES – BOOK EARLY! | 07539 249206 | info@bridgepointwestmidlands.co.uk

NHS | Birmingham City Council | nacro changing lives reducing crime | JUMBO West Midlands | MOVING FORWARD TOGETHER BRIDGE POINT BRIDGE POINT

BUILDING HEALTHIER LIVES, ONE MEAL AT A TIME.

MORE ANIMAL JOKES **TO MAKE YOU SMILE OR MOAN!!**







EMPLOYABILITY AND CAREER GUIDANCE SUPPORT

1 BEFORE STARTING EMPLOYMENT

Aspect Housing

Important steps to take first

1. **Speak to your Jobcentre Plus work coach** before starting work, increasing hours, reducing hours, or accepting a new contract.
2. **Ask for a better-off-in-work calculation** from your support worker before making decisions about work, rent, benefits or move-on.
3. **Check how paid work may affect your Housing Benefit** and whether you may need to contribute more towards rent or service charges.
4. **If you are moving out of supported, sheltered or temporary housing and below State Pension age,** check if Housing Benefit will end and if Universal Credit housing costs may apply instead.
5. **Avoid cash-in-hand work.** Earnings must be declared. Not reporting work or income can lead to overpayments, penalties or benefit fraud action.
6. **Zero-hours contracts** can be legal, but hours and income may change. Ask for advice about how changing wages may affect benefits and rent before agreeing work.
7. **Keep your important documents safe –** payslips, job offers, contracts, work messages, UC journal updates and benefit letters.

WHY PLAN AHEAD?

- Helps you make the best financial decisions
- Prevents rent shortfalls or overpayments
- Supports a smooth move-on to independent living
- Keeps you compliant with benefit rules

Need support? Speak to your support worker or contact your team.


Supporting
Well-being for
Disabilities, Mental
Health & Neurodiversity
LIFE
SKILL
TAKING
REFERRALS
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

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

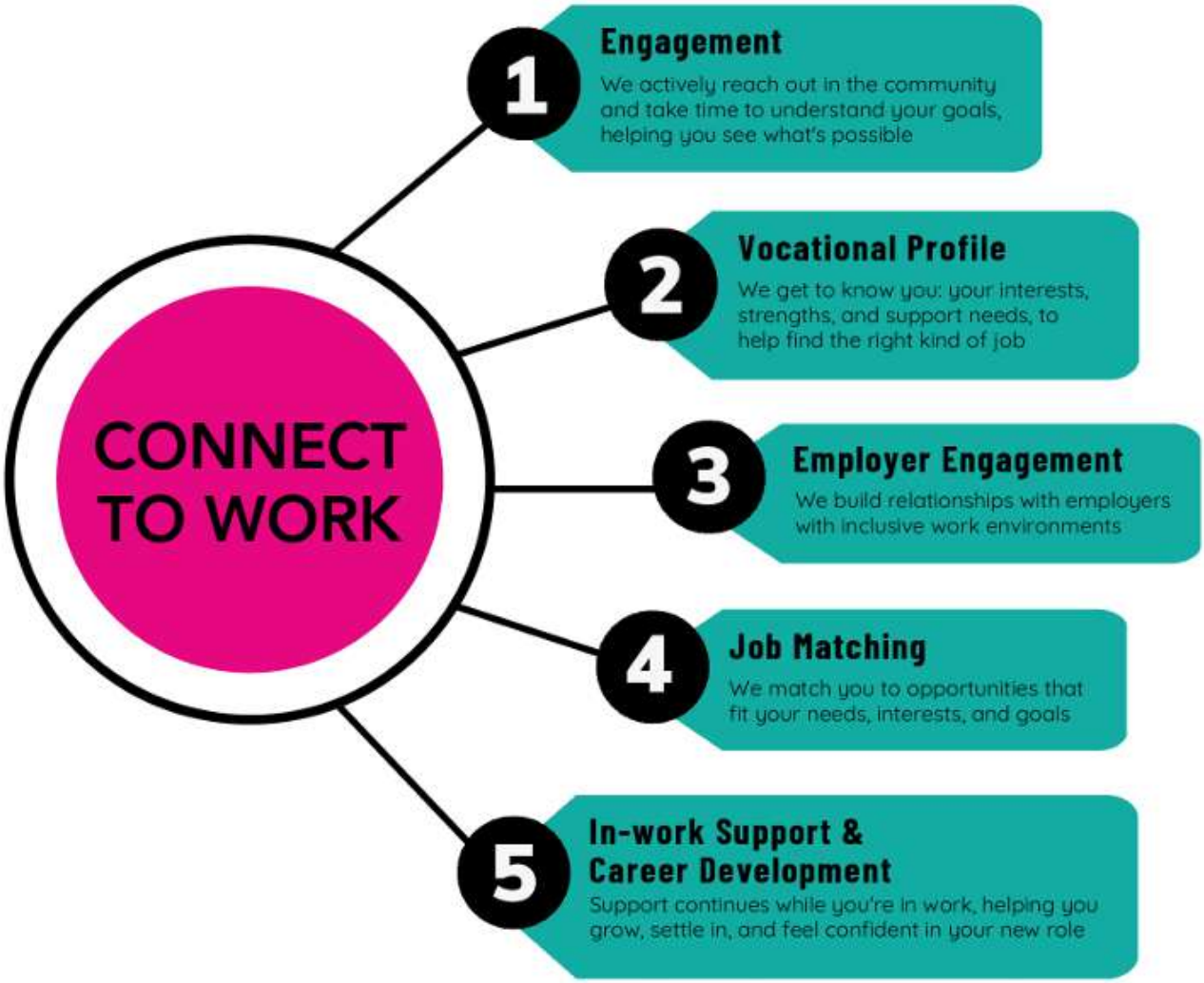
People who live in Birmingham, and are:

- 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

FOUNDATION



CATERING CLUB

FREE 12 WEEK COURSE

Level 2 Skills First in Catering and Hospitality qualification

Time: 9:30 - 3pm Wed & Thurs

Location: Villa Park, B6 6HE

Age: 19+

Register Interest:

Department for Work & Pensions

SOUTH & CITY COLLEGE BIRMINGHAM

West Midlands Combined Authority

Build Your Employability Skills

Aspect Housing



Take positive steps towards work, confidence and independence

- **Get support with CVs and applications**
- **Prepare for interviews**
- **Improve communication and confidence**
- **Explore training and volunteering opportunities**





Every small step counts. You can build skills for your future.

For Aspect Housing residents

Speak to your support worker to find out more

COMMUNITY FOUNDATION

'changing lives, creating opportunities'

THE SALVATION ARMY

Employability Skills & Support Service



How We Can Help:

- CV's & Interviews
- Qualifications
- Work Experience
- Wellbeing & Lifeskills
- Digital Skills
- Motivation



Every Wednesday
10am to 1pm

5th Floor, Quayside Tower
252-260 Broad St
Birmingham
B1 2HF

To book a 1-1 session go to https://tinyurl.com/2ky99v5k
Telephone: 0121 312 0135
Email: info@thecommunityfoundation.org.uk



Pertemps Network
catering recruitment

DOMESTIC & HOUSEKEEPING ROLES AVAILABLE!

Monday to Sunday | 8am - 2pm | 8am-4pm | 2pm-5pm | 3pm-6pm

At Pertemps Network Catering we have a number of cleaning & housekeeping roles available in schools, residential homes, hospitals and hotels.

These roles would suit candidates looking for their next role or candidates looking for part time work to fit around other commitments.

YOU MUST HAVE...

- Previous domestic or housekeeping experience
- Enhanced DBS certificate (most roles will require)

We can help you to process your Enhanced DBS.

If you are interested, please send your CV's to us at:

0121 632 6661

joel.steer@pertemps.co.uk

Pertemps Network Catering, Pertemps House, 117 Hagley Road, Edgbaston, Birmingham B16 8LB

www.pertempsnetworkcatering.co.uk

Volunteer Brum



Your gateway to volunteering in Birmingham

volunteerbrum.org

- Discover local volunteering opportunities
- Support causes you care about
- Build skills and experience
- Make a difference in your community

bvsc



The Prosper Project

One-to-one employability and hardship support

Please call Vicky on 07794 529 387 or email victoria.roy@jericho.org.uk to learn more.

Birmingham City Council

Jericho


Train with BMet
RAILWAY ENGINEERING
with PTS and TIC qualifications including small tools!
Department for Work & Pensions
jobcentreplus
BMet

BMet is offering a Railway Engineering course for those that are looking to pursue a career on the track. The training will include an accredited qualification in Railway Engineering Maintenance, a free Personal Track Safety (PTS) qualification & Track Induction course (TIC), and a guaranteed interview with a railway employer.

The railway sector is currently experiencing a severe skills shortage due to the demands of new projects, so now is the perfect time to start!

Start dates

TO BE OFFERED AFTER ASSESSMENT
IAG session - Every FRIDAY at 10am (except holidays)

Location

James Watt College, Aldridge Road, Great Barr, Birmingham, B44 8NE

Course details

- 5 week course including practical delivery at James Watt College (Monday-Thursday).
- Specialist teaching with skilled tutors from industry.
- BMet will provide full PPE, sponsorship from an industry partner and a drugs, alcohol & medical screening.
- Funded PTS (Personal Track Safety) and TIC (Track Induction Course) following completion of the 5 week course.
- Small Tools units NOW covered - Impact Wrench and Robel Tamper.
- Guaranteed sponsor following completion of PTS and TIC

Candidates must:

- Be unemployed and in receipt of a benefit such as JSA or UC
- Be 19+ as of 31st August 2025

In 2025, 91% of learners who completed the safety critical course were offered shifts in the sector.

To secure a place on the course

Call **0121 362 1174** or
Email **adultskills@bmet.ac.uk**

Department for Work & Pensions

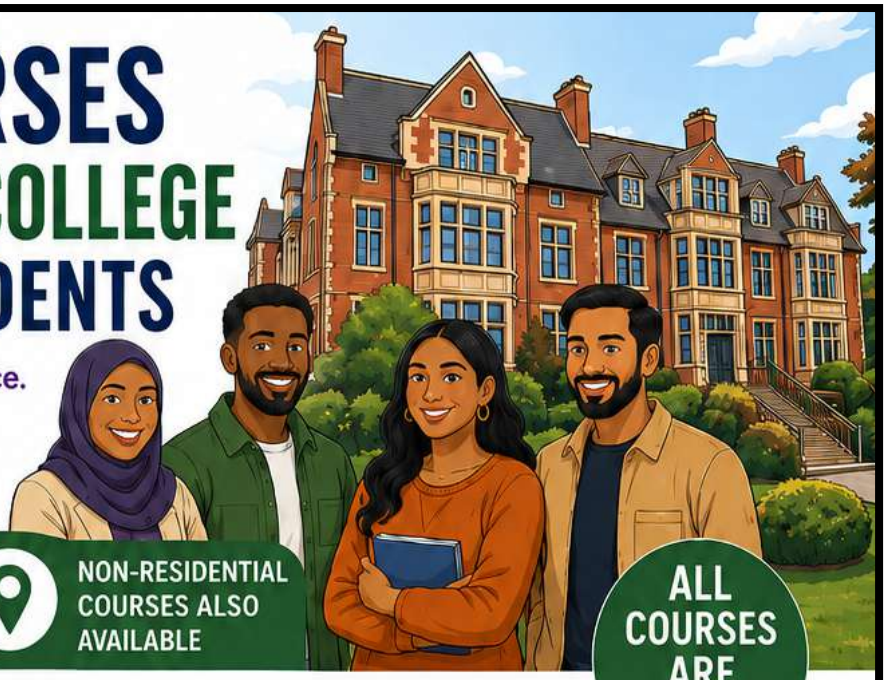
jobcentreplus

BMet

04725

FREE COURSES AT FIRCROFT COLLEGE FOR OUR RESIDENTS

Learn new skills. Build confidence.
Create better opportunities.



STARTING SEPTEMBER – DECEMBER 2026

NON-RESIDENTIAL COURSES ALSO AVAILABLE

ALL COURSES ARE FREE*

These courses are delivered by Fircroft College, an adult education college based in Birmingham.
Courses are funded by the West Midlands Combined Authority (WMCA).

COURSES THIS TERM – EXAMPLES

- **Access to Higher Education Diplomas**
  Progress to university and higher study
- **Pre-Access: Adult Skills Certificate**
  Build your confidence and study skills
- **ESOL (English for Speakers of Other Languages)**
  Improve your English for everyday life and work
- **Personal and Social Development**
  Build confidence, wellbeing and life skills
- **English, Maths and Digital Skills**
  Essential skills for work and daily life
- **Green Skills**
  Learn for a more sustainable future
- **Work Skills and Volunteering**
  Gain experience and boost your CV
- **Skills and Subjects for Academic Study**
  Prepare for further learning and careers

*Subject to eligibility criteria

HOW THESE COURSES CAN HELP YOU

ACHIEVE YOUR CAREER GOALS
Some courses include career goals and job searching activities.

SUPPORT YOUR MOVE-ON
Some courses will help with your moving-on activities and life skills.

BUILD CONFIDENCE & INDEPENDENCE
Develop your life skills and personal development.

BRIGHTER FUTURE
More skills, more opportunities for a better tomorrow.



WHO CAN APPLY?

Courses are funded by the West Midlands Combined Authority (WMCA) for people living in areas of the West Midlands.

People living in other areas of England may also apply – see inside for details.

WHAT YOU CAN GAIN

- Better job prospects
- More confidence
- New skills for life
- Supportive learning

0121 472 0116

TAKE THE NEXT STEP TODAY!
Invest in yourself and your future.
Apply now and start your journey.

NEED MORE INFORMATION?
We're here to help!

Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Functional Skills Maths	9 weeks	Level 2	30/09/2026	25/11/2026	Non-residential	Wednesday
Numbers for Everyday Life	3 days, 2 nights	Entry-Level 3	09/10/2026	11/10/2026	Residential	Friday – Sunday
Measure Up! Maths for Everyday Life	3 days, 2 nights	Entry-Level 3	23/10/2026	25/10/2026	Residential	Friday – Sunday
Breaking the Fear of Maths: Fractions, Decimals and Percentages	3 days, 2 nights	Entry-Level 3	25/11/2026	27/11/2026	Residential	Wednesday – Friday
ESOL (English for Speakers of Other Languages) These courses will help you to improve your English language skills.						
ESOL: Reading	10 weeks	Entry-Level 3	09/09/2026	25/11/2026	Non-residential	Wednesday – Friday
Fircroft Foundations for New Communities This course is for you if you are from a new community and have lived experience of modern slavery and trafficking, helping you to learn new skills that will help you to progress.						
Fircroft Foundations for New Communities	4 weeks	Entry-Level 3	30/09/2026	23/10/2026	Residential: 3 days, 2 nights each week at the college. See website for dates.	Wednesday
Green Skills Practical, hands-on courses using our 6 acres of grounds.						
Mother Garden Bootcamp	13 weeks	Level 2	11/09/2026	06/12/2026	Residential: 3 days, 2 nights one weekend per month, at the college. See website for dates.	Friday – Sunday
Cross Pollinator: Part 1	3 weeks	Level 2	18/09/2026	29/11/2026	Residential: 3 days, 2 nights each week at the college. See website for dates.	Friday – Sunday
Green Skills: Sustainable Communities	2 weeks	Level 2	02/10/2026	11/10/2026	Residential: 3 days, 2 nights each week at the college. See website for dates.	Friday – Sunday
Personal and Social Development These courses can help you to develop, focus on yourself and identify your next steps to achieve your life goals.						
Confidence Boosting						
Becoming Your Best Self	3 days, 2 nights	Level 1	02/09/2026	04/09/2026	Residential	Wednesday – Friday
Understanding People and Building Relationships	3 days, 2 nights	Level 1	14/09/2026	16/09/2026	Residential	Monday – Wednesday

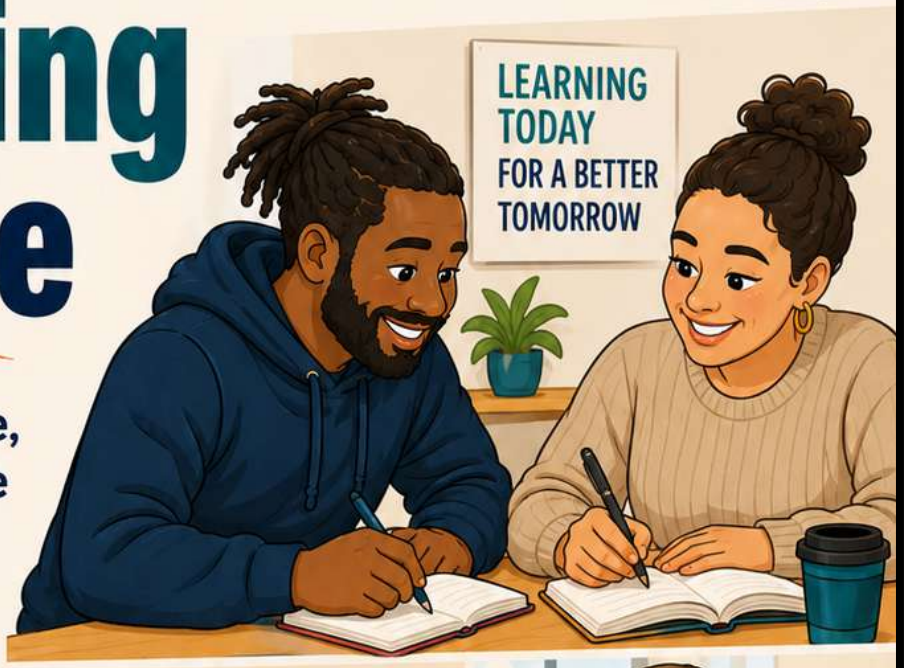
Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Finding Your Place in Society	3 days, 2 nights	Level 1	25/11/2026	27/11/2026	Residential	Wednesday – Friday
Stand Up and Be Counted	3 days, 2 nights	Level 1	09/12/2026	11/12/2026	Residential	Wednesday – Friday
Health & Wellbeing						
How to Juggle Life and Wellbeing	3 days, 2 nights	Level 1	04/09/2026	06/09/2026	Residential	Friday – Sunday
The Power and Psychology of Positivity	3 days, 2 nights	Level 1	07/09/2026	09/09/2026	Residential	Monday – Wednesday
Exploring the Outdoors for Wellbeing	3 days, 2 nights	Level 1	14/09/2026	16/09/2026	Residential	Monday – Wednesday
Physical Health and Nutrition for Happiness	3 days, 2 nights	Level 1	12/10/2026	14/10/2026	Residential	Monday – Wednesday
Get Creative and Feel Good	3 days, 2 nights	Level 1	04/11/2026	06/11/2026	Residential	Wednesday – Friday
Resilience, Coping Strategies and Non-Conventional Therapies	3 days, 2 nights	Level 1	16/11/2026	18/11/2026	Residential	Monday – Wednesday
Emotional Health for Wellbeing	3 days, 2 nights	Level 1	27/11/2026	29/11/2026	Residential	Friday – Sunday
PTSD, Stress & Anxiety						
Coping With Mental Health	3 days, 2 nights	Level 1	04/09/2026	06/09/2026	Residential	Friday – Sunday
Coping With Stress, Anxiety and Depression	3 days, 2 nights	Level 1	21/09/2026	23/09/2026	Residential	Monday – Wednesday
Coping With PTSD and Trauma	3 days, 2 nights	Level 1	05/10/2026	07/10/2026	Residential	Monday – Wednesday
Coping With Mental Health	3 days, 2 nights	Level 1	30/11/2026	02/12/2026	Residential	Monday – Wednesday
Coping With PTSD and Informed Care	3 days, 2 nights	Level 1	07/12/2026	09/12/2026	Residential	Monday – Wednesday
Specialist Personal & Social Development Courses						
Anger Management (Men)	3 days, 2 nights	Level 1	07/09/2026	09/09/2026	Residential	Monday – Wednesday
Anger Management (Women)	3 days, 2 nights	Level 1	09/09/2026	11/09/2026	Residential	Wednesday – Friday
Bereavement, Loss and Grief	3 days, 2 nights	Level 1	16/09/2026	18/09/2026	Residential	Wednesday – Friday
Love Shouldn't Hurt: Understanding Domestic Violence and Abuse	3 days, 2 nights	Level 1	21/09/2026	23/09/2026	Residential	Monday – Wednesday
Addiction: Physical Health and Recovery	3 days, 2 nights	Level 1	28/09/2026	30/09/2026	Residential	Monday – Wednesday

Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Understanding Addiction	3 days, 2 nights	Level 1	09/10/2026	11/10/2026	Residential	Friday – Sunday
Love Shouldn't Hurt: Understanding Domestic Violence and Abuse	3 days, 2 nights	Level 1	13/11/2026	15/11/2026	Residential	Friday – Sunday
Anger Management (Women)	3 days, 2 nights	Level 1	07/12/2026	09/12/2026	Residential	Monday – Wednesday
Skills & Subjects for Academic Study These are short, introductory courses and are particularly helpful if you are hoping to study our Access to Higher Education Diplomas or our Pre-Access: Adult Skills Certificate.						
Discovering Social Sciences	3 days, 2 nights	Level 2	02/09/2026	04/09/2026	Residential	Wednesday – Friday
Personal Study Management and Study Skills	3 days, 2 nights	Level 2	07/09/2026	09/09/2026	Residential	Monday – Wednesday
Working and Volunteering These courses are to help you with work and volunteering and can help you to progress in your chosen job or volunteering role.						
Introduction to Working in Health and Social Care	3 days, 2 nights	Level 2	02/09/2026	04/09/2026	Residential	Wednesday – Friday
Coaching and Mentoring Skills	3 days, 2 nights	Level 2	28/09/2026	30/09/2026	Residential	Monday – Wednesday
Working With Mental Health Needs and PTSD	3 days, 2 nights	Level 2	05/10/2026	07/10/2026	Residential	Monday – Wednesday
Working With Addiction and Recovery	3 days, 2 nights	Level 2	16/10/2026	18/10/2026	Residential	Friday – Sunday
Longer Courses						
Award In Education and Training	3 weeks	Level 3	02/10/2026	06/12/2026	*Residential: 3 days, 2 nights each week at the college See website for dates*	Friday – Sunday
Skills For Aspiring Support Workers	3 weeks	Level 2	04/11/2026	20/11/2026	*Residential: 3 days, 2 nights each week at the college See website for dates*	Wednesday – Friday

Fircroft College is mostly funded by the West Midlands Combined Authority and our courses are for people living in Birmingham, Wolverhampton, Dudley, Sandwell, Walsall, Solihull and Coventry. People living outside of those areas may be eligible to apply. Please contact our Admissions team to find out more.

Keep Learning for Life

Aspect Housing



Grow your knowledge, confidence and future opportunities

- Explore training and short courses
- Build confidence and new skills
- Improve reading, writing or digital skills
- Learn at your own pace





Learning can open doors at any stage of life.



For Aspect Housing residents

Speak to your support worker to find out more

Generation
UNITED KINGDOM

Kickstart your career as a

Trainee Healthcare Assistant

Open to young people aged **18-24**



This **4-week free online programme** starting on **14 September** equips you with essential knowledge and skills to become a Trainee Healthcare Assistant

SCAN ME

Apply by 14th Aug

ELIGIBILITY

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



CLARION
FUTURES

Looking for a job?

We can help with all things Employability!

- One to one tailored information, advice and guidance
- Help with CV's, job searching, job applications and much more!
- Access to free ELearning courses
- Interview preparation and clothing for your interview
- Small grants to help you when you start work
- In Work Support for the first 6 months of employment

Where: Northfield Community Partnership Hub, 693 Bristol Road South, Northfield
When: Every Wednesday

Find out more

Email: zoe.lee@clarionhg.com
Call: 07712 690510 or 0121 411 2157 to book an appointment
www.myclarionhousing.com

NORTHFIELD
Community Partnership

BOSNIA & HERZEGOVINA UK NETWORK

Birmingham City Council

8 weeks

- English
- Employment Skills
- AI support



JOB INTERVIEW



VOLUNTEERING OPPORTUNITIES



WORK EXPERIENCE

BUSINESS ENGLISH



English for career

FREE English for Employability course at Bosnia House.

Our intensive Business English course includes employer mentorship and **GUARANTEED** placement opportunities leading to potential employment.

Struggle to start a new career in the UK?
We will help you to find your employer.

Apply now

This course is for Ukrainians on **Homes 4 Ukraine** program with **Birmingham postcode** and **B1 Level of English** or higher.

Support with the travel cost for all students.

REGISTRATION

Start date - 2 March 2026

Bosnia House / 639 Stratford Road / Birmingham B11 4DY

More info - mirza@bosniauknetwork.org, +44 7826 857960

EMPOWERING FUTURES.
BUILDING STRONGER COMMUNITIES.

JOBS FAIR

OPPORTUNITIES FOR EVERYONE!

FREE ENTRY!
EVERYONE WELCOME!

EDGBASTON CRICKET GROUND
BIRMINGHAM

BANK HOLIDAY MONDAY
31 AUGUST 2026

11AM – 6PM



✓ FULL-TIME ✓ PART-TIME ✓ APPRENTICESHIPS ✓ TRAINING PROGRAMMES.

MEET EMPLOYERS
Connect directly with local businesses

DISCOVER CAREERS
Explore roles and industries that inspire you

TRAINING & DEVELOPMENT
Find courses and support to boost your skills

BUILD YOUR NETWORK
Make valuable connections for your future

BIRMINGHAM JOBS FAIR

Meet local employers face-to-face



FRIDAY 7 AUGUST 2026

10:00AM – 1:00PM

ST ANDREWS STADIUM
Cattell Road, Birmingham, B9 4RL

WHY ATTEND?

- Discover local job opportunities
- Speak directly with employers
- Get CV and career advice
- Ask questions and build confidence
- You may even have a mini interview



BOOK BEFORE YOU GO

You must register for a free ticket before the event. Tickets are not issued on the day. Bring your mobile or printed ticket for scanning at the entrance.

Register online:
thejobfairs.co.uk

Need help registering or preparing your CV?
Speak to your Aspect Housing support worker.

Next Birmingham event: Friday 6 November 2026, 10:00am – 1:00pm

BIRMINGHAM CAREERS FAIR

Your next opportunity could start here



FRIDAY
30 OCTOBER 2026

10:00AM – 2:00PM

BIRMINGHAM

MEET EMPLOYERS FACE-TO-FACE

- Explore local and national opportunities
- Entry-level and experienced roles
- Apprenticeships and graduate opportunities
- Speak directly with employers
- Build confidence and make connections

FREE FOR JOBSEEKERS



GET READY

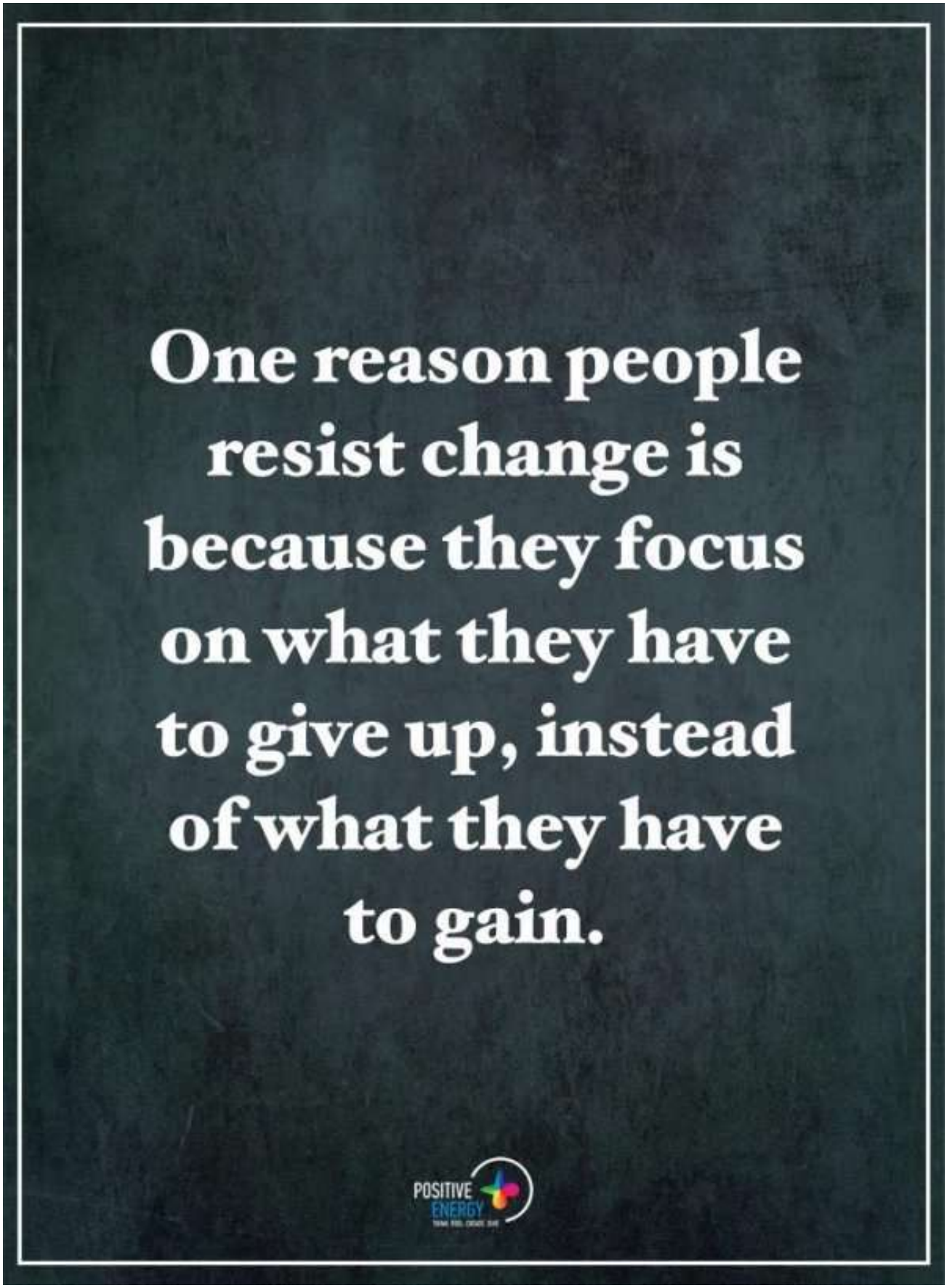
Bring copies of your CV, dress smartly and prepare a short introduction about your skills and experience. Arrive before 12:30pm to make the most of every stand.

REGISTER FOR FREE ON EVENTBRITE

Search: Birmingham Careers Fair – 30 October 2026

Check your Eventbrite ticket for confirmed venue details before travelling.

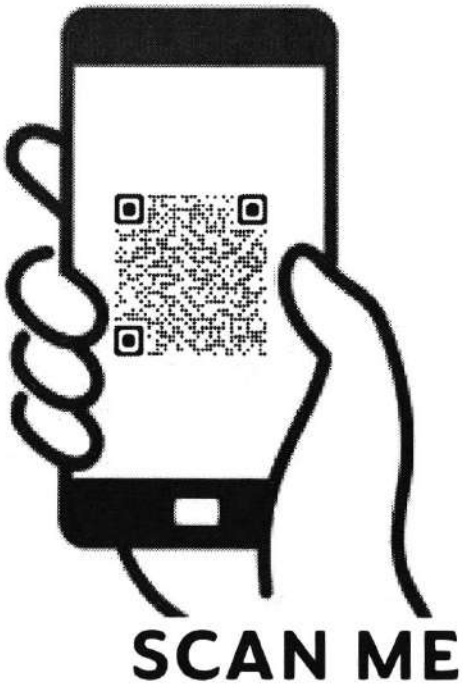
Need help registering or preparing your CV?
Speak to your support worker.


One reason people resist change is because they focus on what they have to give up, instead of what they have to gain.
POSITIVE ENERGY

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 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



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



Information for interested participants

SWAP | SECTOR-BASED WORK ACADEMY PROGRAMME

What is a sector-based **Work Academy?**

They are designed to meet your current and future recruitment needs and support those receiving unemployment step into the job market by offering:

- Pre-employment training
- Work experience placement
- Guaranteed job interview

Participants will continue to receive benefits whilst taking part in a SWAP, and if you need to travel to employer's place of work or to where the training is held, you may be able to receive help covering the cost of public transport or appropriate childcare.

The programme is designed to help improve job prospects, help employers fill jobs, as each SWAP is linked to one or more genuine job vacancy. While you're not guaranteed to get a job from completing a SWAP, it does help you improve your chances of gaining employment in that sector.

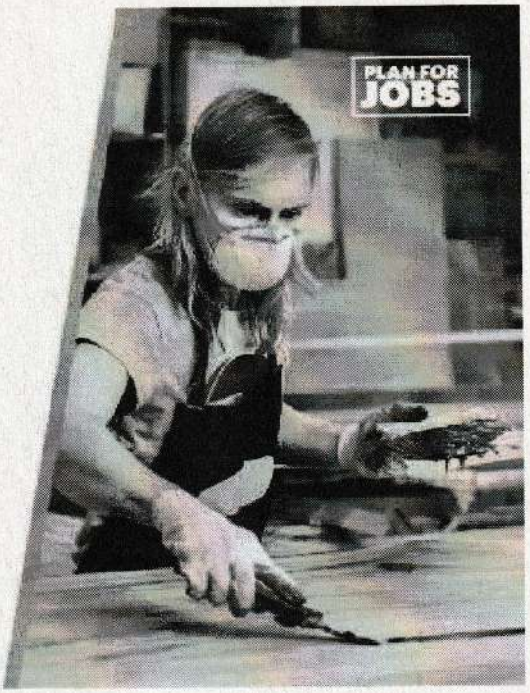
You can find out more information, including eligibility and requirements on the gov.uk website.

SWAP | SECTOR-BASED WORK ACADEMY PROGRAMME

On average, more than

1,200

people a week are starting a new career thanks to our Sector-based Work Academy Programme



Changes you need to report include:

- moving in with a partner
- inheriting or receiving money
- taking on more hours or clients.



Telling DWP ensures you receive the right amount of financial support and helps you avoid overpayments or penalties.



Scan to learn more

UK Government

USEFUL WEBSITES FOR JOB SEARCHING

Featured site: www.findajob.dwp.gov.uk



CARE & NHS

- www.jobs.nhs.uk
- www.nationwidecare.org/jobs
- www.uniquecare.co.uk
- www.jobsmedical.co.uk
- careers.bupa.co.uk
- www.trac.jobs
- jobs.priorygroup.com
- www.homeinstead.co.uk

EDUCATION

- www.smile-education.co.uk
- www.monarcheducation.co.uk
- www.flourisheducation.co.uk
- www.birmingham.ac.uk/jobs
- www.aston.ac.uk/stafff-blic/hr/jobs

GENERAL

- www.workingmums.co.uk
- www.diversejobsmatter.co.uk
- www.thejobfairs.co.uk
- www.bvsc.org/listing/category/vacancies
- www.charityjob.co.uk
- www.bcfc.com/more/club/vacancies
- www.birminghamairport.co.uk/careers
- careers.avfc.co.uk
- www.fish4.co.uk/jobs/birmingham/
- www.greenjobs.co.uk
- www.wmjobs.co.uk
- recruit4good.co.uk/jobs
- totally-recruitment.co.uk
- www.civil-service-careers.gov.uk
- www.birmingham.gov.uk/jobs

RETAIL

- www.simplyhired.co.uk
- www.retailchoice.com
- www.glassdoor.co.uk
- www.leisurejobs.com

LEGAL

- www.simplylawjobs.com
- www.britishlegaljobs.co.uk
- www.lawjobsuk.co.uk
- jobs.thelawyer.com

You can also go directly to employers' websites and search for vacancies.

Apprenticeship roles are open to any age: www.gov.uk/apply-apprenticeship



Aspect Housing

MENTAL HEALTH & WORK SUPPORT

If your mental health is affecting your job searching or employability goals, extra support is available.

What is a DEA?

A Disability Employment Advisor (DEA) works with Jobcentre Plus to support people whose health condition or disability is affecting their ability to work or move towards employment.

A DEA can help with:

- Job searching and work preparation
- Confidence building
- CVs, applications and interview coaching
- Training and new skills
- Advice on Access to Work and other support
- Finding disability-friendly employers

You may want support if:

- You feel anxious, stressed or overwhelmed about job searching
- Your mental health is affecting your confidence or motivation
- You are worried about interviews or starting work
- You are unsure what support or adjustments you may need

What should you do next?

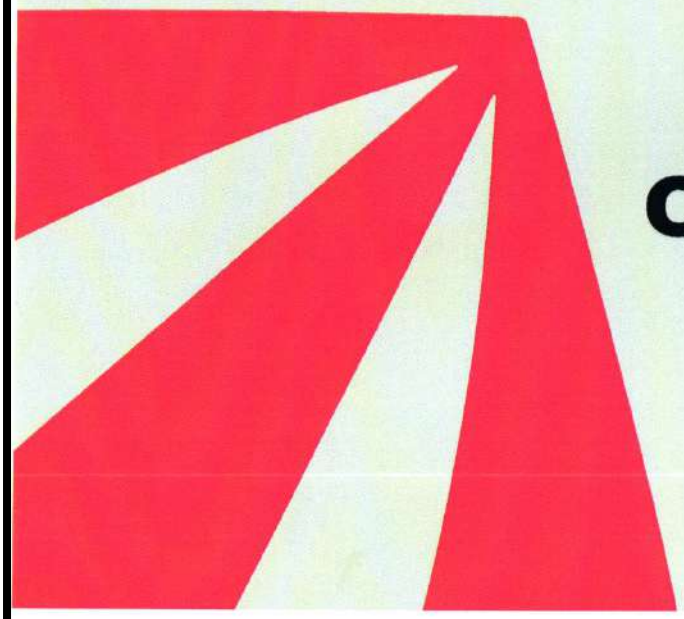
Speak to your Jobcentre Plus Work Coach and ask about a referral to a Disability Employment Advisor (DEA). You can also speak to your Support Worker if you would like help with this.

You do not have to do this on your own.

We're here to listen, support and help you take the next step.

Aspect Housing

Supporting residents towards employment, independence and wellbeing.



advice
work skills
careers
opportunities
support

WE CAN HELP WITH:

- Local job opportunities
- CV support
- Training and courses
- Career change
- Interview preparation
- Options when leaving education
- Apprenticeships
- Working with a health condition
- Work search guidance
- Job application assistance

gov.uk/jobhelp

jobcentreplus

KINGS HEATH JOBCENTRE PRESENTS

STEP FORWARD PLUS

DROP-IN SUPPORT EVENT

Support for people with health conditions or disabilities



Do you have a health problem or disability?
Have you been out of the job market for a while?

YES?
We're here to help.

DATE & TIME

Tuesday
11 August 2026
10:00am – 1:15pm

VENUE

Cambridge Road Methodist Church
Cambridge Road (off Poplar Road)
Kings Heath, Birmingham B13 9UE

COME ALONG AND MEET LOCAL ORGANISATIONS OFFERING PRACTICAL SUPPORT

Organisations attending

mind Birmingham

shaw trust

Aspect Housing

OUR ROOTS

aquarius

FREE DROP-IN EVENT • NO APPOINTMENT NEEDED

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





GARDENING ACTIVITY BY RESIDENT

Aspect Housing resident Alan has been doing very well after being encouraged to stay active through gardening.

Alan has started growing tomatoes, cucumbers and beans, which has helped him keep busy, stay motivated and focus his mind in a positive way. Gardening has given Alan a useful activity to take part in and has supported his wellbeing by helping to keep his mind diverted.

This is a positive example of how simple resident engagement activities can encourage healthy routines, build confidence and support residents to take pride in what they are achieving.

Alan should be recognised for his efforts and for the progress he is making through this activity.





Residents'

Good News Stories

Real stories. Real progress. Brighter futures.



DANIEL

Supported by Alim Azam

Background: Daniel experiences epilepsy, depression, mental health difficulties and persistent back pain. These conditions were affecting his everyday wellbeing and required an appropriate medical review.

Support Provided: Alim worked alongside Daniel to complete an online appointment request for his GP practice. Together they clearly described his physical and mental health concerns so the practice could assess his needs properly.

Positive Outcome: The request was received and confirmed, and Daniel is awaiting contact from the surgery. This is an important first step towards suitable treatment, further assessment and ongoing medical support.

Agency / Organisation

Dr Bhalla & Partners

Resident feedback

I am glad the GP request has been sent.



NORMAN

Supported by Alim Azam

Background: Norman is blind in one eye and has deteriorating vision in the other. He needed continuing help to manage medical appointments, access healthcare and progress his long-term housing options.

Support Provided: Alim supported Norman with GP and blood-test appointments, helped him register with an NHS dentist and assisted him in progressing his Birmingham Choice housing application.

Positive Outcome: Norman is actively engaging with health services and has arranged important appointments concerning his eyesight and general health. He is also more confident organising appointments and accessing support.

Agency / Organisation

NHS and Birmingham Choice

Resident feedback

The support has made things much easier.



ANDREW

Supported by Alim Azam

Background: Andrew required intensive support to improve his wellbeing, reduce harmful street-based behaviour and connect with suitable health and community services. Having no phone also created a major communication barrier.

Support Provided: Alim referred Andrew to Cranstoun's Birmingham Navigators, arranged a mobile phone and SIM, helped him obtain proof of income and encouraged engagement with healthcare and other agencies.

Positive Outcome: Andrew is now better connected with professionals who can provide ongoing assistance. Access to a phone has improved his ability to communicate, arrange appointments and remain engaged with support.

Agency / Organisation

Cranstoun Birmingham Navigators

Resident feedback

It is much easier to keep in touch and move forward.

Celebrating progress, resilience and positive change in supported accommodation.

RESIDENTS PARTICIPING IN REFUGEE FOOTBALL SESSION

Several Aspect Housing residents took part in a Refugee Football Session on Tuesday 7th July 2026 at the Ark Victoria Academy in Small Heath.

The session was organised by Birmingham City Football Club Foundation and delivered by Steve Davies, the Foundation's Premier League Kicks Coordinator.



Residents enjoyed a friendly kick-about in a safe, relaxed and welcoming environment.

Andy Heywood from Show Racism the Red Card also attended. He helped promote an important message about equality, inclusion and standing against racism.





One participant received a golden football in recognition of their effort, positive attitude and contribution to the session.

Aspect Housing was pleased to promote the opportunity and support residents to take part. The event brought together residents from different supported accommodation providers and demonstrated how football can encourage friendship, inclusion and positive community involvement.

It is hoped that the Refugee Football Programme will restart after the summer holidays. A football tournament and anti-racism workshop may also take place in October 2026, with further details to be confirmed.

Well done to all the residents who participated and represented Aspect Housing positively.

Residents'

Good News Stories

Real stories. Real progress. Brighter futures.



ROBERT

Supported by Idnan

Background: Following a relationship breakdown, Robert experienced alcohol problems and anxiety about going out. He worried about seeing his former partner and found it difficult to leave his accommodation or discuss his feelings.

Support Provided: Idnan developed a trusting relationship with Robert and introduced regular walks to rebuild his confidence gradually. He also referred Robert to Change Grow Live for specialist alcohol support.

Positive Outcome: Robert has remained alcohol-free for two months, confirmed by Change Grow Live. He is more comfortable going out, interacting with others and has now been referred to Jericho for employment support.

Agency / Organisation

Change Grow Live and Jericho

Resident feedback

I am proud to achieve goals that once felt out of reach.



KYLE

Supported by Idnan

Background: Kyle became homeless after family and relationship breakdowns. When he moved into supported accommodation, he felt uncertain about his abilities and lacked a clear direction for his future.

Support Provided: Idnan spent time discussing Kyle's interests, strengths and possible opportunities. Recognising that structured training could build confidence and employment prospects, he referred Kyle to Jericho.

Positive Outcome: Kyle has been invited to meet Jericho to discuss suitable training opportunities. He is pleased to be taking constructive steps and is eager to show what he can achieve.

Agency / Organisation

Jericho

Resident feedback

I am ready to explore training and move forward.



CHRISTOPHER

Supported by Alim Azam

Background: After moving into supported accommodation, Christopher needed help registering with a local GP and accessing healthcare services close to his new home.

Support Provided: Alim supported Christopher to register with Kirpal Medical Practice, liaised with the surgery and explained every stage. He also ensured Christopher attended an initial NHS health assessment at Aylesbury Surgery.

Positive Outcome: Christopher received routine blood tests, a weight check and a general health review. His records can now be transferred to his registered GP, giving him reliable ongoing access to local primary healthcare.

Agency / Organisation

Kirpal Medical Practice and NHS

Resident feedback

Accessing healthcare is now much easier.

Celebrating progress, resilience and positive change in supported accommodation.

ASB AWARENESS WEEK 2026



Thank you to all our residents who took part in Aspect Housing's Anti-Social Behaviour Awareness activities and supported our Resident ASB Pledge.

The activities helped residents understand anti-social behaviour (ASB), take responsibility for their actions and help make their homes and local communities safer.

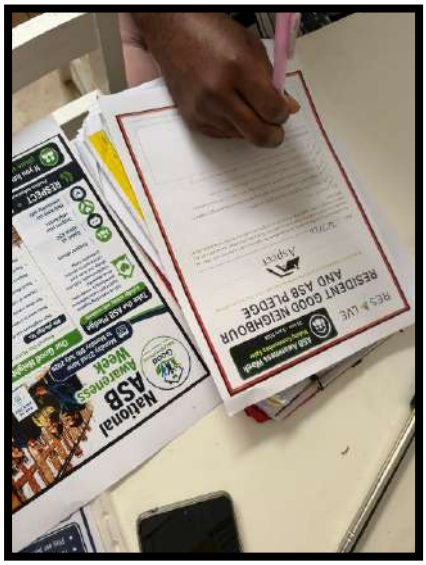


Residents discussed ASB matters with our Housing Support Workers and were encouraged to respect their housemates and neighbours, behave responsibly, look after their homes and communal areas, report safety concerns and understand their tenancy responsibilities.

ASB newsletters and posters were also shared with residents. These resources explain how inappropriate behaviour can affect other people and where residents can get help before a problem becomes more serious.







Aspect Housing has strengthened its partnership work with West Midlands Police, Birmingham City Council, the Erdington Get-Connected Group, Cranstoun Street Navigators, Soho Road BID and other local organisations. This partnership work will help residents who may need additional advice or support.

By behaving responsibly, respecting other people and speaking to staff when help is needed, residents can contribute to safer homes and stronger communities. These skills can also help residents maintain successful tenancies and prepare for future independent living.

If you are worried about anti-social behaviour, exploitation or your personal safety, please speak to your Housing Support Worker.



Residents'
Good News Stories

Real stories. Real progress. Brighter futures.



HAJER

Supported by Hussain

Background: Hearing loss created communication barriers that made it difficult for Hajer to continue studying English and Maths. She felt stressed and discouraged but remained determined to improve her skills.

Support Provided: Hussain listened carefully to Hajer's concerns and educational goals. Working with an Aspect Housing colleague, he researched suitable provision, explained the free BSL course and supported her to contact the Royal Association for Deaf People.

Positive Outcome: Hajer was delighted to find an accessible learning opportunity. With Hussain's encouragement and practical help, she now feels more confident about communication, continuing her education and becoming increasingly independent.

Agency / Organisation

Royal Association for Deaf People

Resident feedback

I feel more positive about continuing my education.



HAYAT

Supported by Ruhela

Background: After arriving in the UK, Hayat had limited confidence speaking English. This affected her ability to read documents, check emails, communicate with services and manage everyday tasks independently.

Support Provided: Ruhela helped Hayat enrol on an English-language course at South and City College Birmingham. She provided regular encouragement, checked her progress and helped her remain focused on improving her communication skills.

Positive Outcome: Hayat can now speak English with much more confidence, read documents and manage her emails. She is proud of her improvement and is looking forward to receiving her English course certificate.

Agency / Organisation

South and City College Birmingham

Resident feedback

I have improved a lot and feel much more confident.



JOHN

Supported by Ruhela

Background: John had been struggling to stop smoking and lacked confidence in making healthier lifestyle changes. He also needed positive activities that would help him remain active, occupied and focused.

Support Provided: Ruhela maintained regular contact through telephone calls and visits, encouraged healthier choices and linked John with additional stop-smoking support. She also encouraged his interest in gardening and growing vegetables.

Positive Outcome: John is using vaping products and nicotine patches as part of his efforts to stop smoking. Gardening has helped him stay motivated, and he now feels happier and proud of the positive changes he has made.

Agency / Organisation

Clare Clinic, Ladywood

Resident feedback

I am proud of the positive changes I have made.

Celebrating progress, resilience and positive change in supported accommodation.

Residents'
Good News Stories

Real stories. Real progress. Brighter futures.



ARSH

Supported by Bayar

Background: After receiving refugee status, Arsh had to leave his previous accommodation. Limited English, unemployment and the urgent need for a permanent home created several barriers to independence.

Support Provided: Bayar helped Arsh register with a GP, explore job opportunities and submit a housing application to Dudley Council. He explained important messages and emails and supported Arsh to attend an online housing workshop.

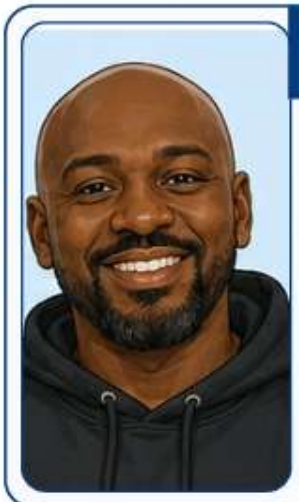
Positive Outcome: Arsh has secured part-time employment and obtained a council home. These achievements have provided greater security and represent major steps towards independence, stability and a positive future.

Agency / Organisation

Dudley Council

Resident feedback

I now have work, a home and a more positive future.



JAMES

Supported by Bayar Ghafoori

Background: James was experiencing serious alcohol dependency, poor physical and mental health, self-neglect and isolation. During a welfare check, Bayar found him extremely unwell and in need of urgent assistance.

Support Provided: Bayar immediately contacted NHS 111, remained with James until the ambulance arrived and encouraged him to accept hospital treatment. He visited James, provided essential items and helped him reconnect with his sister.

Positive Outcome: Following discharge, James received food and essential items and was referred to SIFA Fireside. Supported by Bayar, health professionals and family, he is committed to eating regularly, improving self-care and making healthier choices.

Agency / Organisation

NHS and SIFA Fireside

Resident feedback

This time I will look after myself.



MERIWAN

Supported by Alim Azam

Background: Meriwan wanted to move from supported accommodation into stable, long-term housing. He needed help understanding the options available and completing the application process correctly.

Support Provided: Alim met with Meriwan to discuss his housing needs, explain the available routes and complete a Clarendon Housing application. Together they checked that all required information was accurate before submission.

Positive Outcome: Meriwan successfully submitted the application within only one week. This practical achievement has increased his hope and represents an important step towards securing a permanent home and greater independence.

Agency / Organisation

Clarendon Housing

Resident feedback

I feel much more hopeful about the future.

Celebrating progress, resilience and positive change in supported accommodation.

Residents'
Good News Stories

Real stories. Real progress. Brighter futures.



LONDON

Supported by Alim Azam

Background: London wanted to improve his physical health and mental wellbeing but needed support to access affordable fitness and leisure facilities in his community.

Support Provided: Alim contacted Handsworth Leisure Centre, confirmed the registration requirements and explained the documents required. He then guided London carefully through every stage of the application process.

Positive Outcome: London successfully obtained a Birmingham Leisure Card and registered with Handsworth Leisure Centre. This removed a financial barrier and has given him affordable access to exercise and wellbeing facilities.

Agency / Organisation

Handsworth Leisure Centre

Resident feedback

I am looking forward to using the gym.



KULBIR

Supported by Alim Azam

Background: Kulbir was experiencing mobility difficulties caused by an ongoing leg condition. He also needed help accessing digital NHS services, dental care and employment support.

Support Provided: Alim helped Kulbir locate his NHS number, register and verify the NHS App, join the HAPI Dental waiting list and engage with the Restart employment programme.

Positive Outcome: Kulbir has a hospital appointment to investigate his leg condition and follow-up employment support. He now feels much more confident managing healthcare, appointments and digital services independently.

Agency / Organisation

NHS, HAPI Dental and Restart

Resident feedback

I feel much more confident sorting out my appointments.



BARRY

Supported by Alim Azam

Background: Barry needed support to manage his health, arrange an important medical investigation and travel to NHS appointments more independently.

Support Provided: Alim helped Barry obtain his NHS number and arrange a chest X-ray with Sandwell Hospital Radiology. He explained the appointment details and used maps to show the route and public transport options.

Positive Outcome: Barry understands where and when he needs to attend and feels confident travelling independently. This support has ensured that an important investigation into his health can now progress.

Agency / Organisation

Sandwell Hospital Radiology

Resident feedback

I feel confident about attending my appointment.

Celebrating progress, resilience and positive change in supported accommodation.

Residents'
Good News Stories

Real stories. Real progress. Brighter futures.



BELUL

Supported by Alim Azam

Background: During her pregnancy, Belul needed support to access maternity services. She also wanted to improve her English so she could communicate confidently, use services and prepare for parenthood.

Support Provided: Alim helped Belul complete and submit her Badger Notes self-referral, prepared her for the first maternity appointment and explained the support available. He also helped her explore ESOL provision.

Positive Outcome: Belul is registered with maternity services and has secured her first appointment. She has also been signposted to Birmingham Ethnic Education and Advisory Service for English-language development.

Agency / Organisation

Badger Notes and BEEAS

Resident feedback

I feel happier knowing my appointments are arranged.



PAWIOS

Supported by Alim Azam

Background: Pawios wanted to improve his English for communication, employment and community participation. He also needed medical assistance with an ongoing fungal skin condition.

Support Provided: Alim arranged an English assessment with Birmingham Ethnic Education and Advisory Service and contacted Victoria Road Medical Centre. He explained both processes and ensured Pawios understood how to access support.

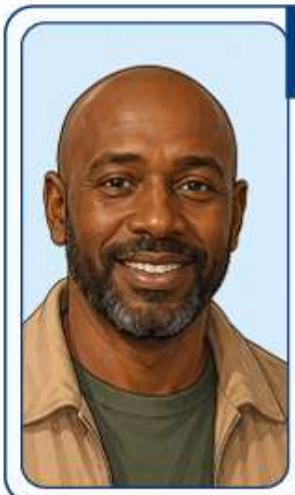
Positive Outcome: Pawios has secured his English assessment and is engaging with healthcare regarding his condition. These positive steps are increasing his confidence and supporting greater independence.

Agency / Organisation

BEEAS and Victoria Road Medical Centre

Resident feedback

I feel more confident about improving my English.



NATALE

Supported by Alim Azam

Background: Natale needed support to obtain legal advice about family proceedings and contact with his children. He was unsure how to find appropriate representation and approach professional services.

Support Provided: Alim contacted the Law Society on Natale's behalf, explained his circumstances and ensured the enquiry was recorded for referral to a suitable solicitor. He continued to provide wellbeing support and encouragement.

Positive Outcome: Natale now has a clearer understanding of the next steps and feels more confident accessing professional legal support. Knowing that the correct enquiry has been made has reduced some of his uncertainty.

Agency / Organisation

The Law Society

Resident feedback

I feel better knowing I have found the right people.

Celebrating progress, resilience and positive change in supported accommodation.



WELLBEING AND COMMUNITY SUPPORT SERVICES/PROVISION



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

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

CITYWIDE Support

From Birmingham with Love
Plus other FREE & CONFIDENTIAL Support

Mental health support:

11-25 years online support www.Kooth.com
Pause 0-25 years 0207 841 4470 | Askbeam@childrensociety.org.uk
Adults can get support from www.mind.org.uk | 0121 262 3555.
For urgent help - www.forwardthinkingbirmingham.nhs.uk or 0300 300 0099.

Food and energy support:

There are food banks across Birmingham that are here to help you. More information can be found at - www.findfoodbanksbrum.org.uk/
LEAP Energy Advice Service Freephone 0800 060 7567 www.applyforleap.org.uk
Groundwork West Midlands Green Doctor 0121 530 5516.

Financial help:

Local Welfare Provision – www.birmingham.gov.uk/lwp.
Citizens Advice Bureau 0800 144 8848 | www.citizensadvice.org.uk/
Turn2Us for grants, advice and benefit checks – www.turn2us.org.uk/

Problems with drugs or alcohol:

Change Grow Live support adults 0121 227 5890 or visit www.changegrowlive.org/
Download 'Staying Free' for free on your device using the code **"birmingham11"**
Under 18s Aquarius Support 0121 622 7780 or youngpeople@aquarius.org.uk
BAME Specialist Support from Kikit 07392729046 or info@kikitproject.org

Domestic abuse:

For women and children affected by domestic abuse www.bswaid.org/
or 0808 800 0028.
For Men, please go to www.mensadviceline.org.uk or 0808 801 0327.

Early help for families:

If anyone in your family needs more help, please complete a Family Connect form with as much information as possible, call 07570 953519 or contact your voluntary sector Locality Leads (information on www.birmingham.gov.uk/).

Bereavement and wellbeing support:

Contact Cruse 0121 687 8010 or go to www.cruse.org.uk/get-support/.

Routes 2 Wellbeing can connect you to lots of good health and wellbeing activities, care and support locally www.r2wbirmingham.info/home

Contact us or find more details online www.hallgreencommunities.org.uk
hallgreen.families@greensquareaccord.co.uk | 07570 953519 | @hallgreenfam

bvsc | Birmingham Children's Partnership | Green Square Accord | Hall Green Families | Birmingham City Council

MOVE YOUR BODY.
CLEAR YOUR HEAD.

WALK, JOG OR RUN AT
YOUR OWN PACE.

FOR MEN AGES 18-49
SMALL HEATH PARK

Sunday 19th July at 10am
Sunday 26th July at 10am
Sunday 2nd August at 10am
Sunday 9th August at 10am

MEN'S RUN CLUB.

GET IN TOUCH:
0 7715 307360
info@wellbeingwithemil.co.uk

Wellbeing with emil

Birmingham City Council

YNNS Yardley Neighbourhood Network Scheme
Connecting People. Improving Lives

BETTER PATHWAYS

Positive about mental health



Are you looking to improve your mental, physical, and social health and wellbeing?

If so, then the Better Pathways 'Better Health 4 Life' programme offers free, personalised mental health support alongside regular and varied physical activities tailored to you.

Our holistic programme promotes a healthier lifestyle while helping you to maintain positive mental health and reducing isolation.

Our 8-Week Programme

- Delivered through one-to-one support sessions and/or in group workshops
- Explores how to maintain good physical and mental health, incorporating low-intensity exercises, other activities and healthy eating tips
- Offers a range of mental health topics and resources to support ongoing learning, personal growth, and social well-being activities tailored to your unique plan.

You will have access to one-to-one mentoring with a qualified Personal Wellbeing Champion, and 30-minute check-in session after each workshop.

BETTER PATHWAYS

Positive about mental health

in partnership with SPORT 4 LIFE UK

Funded by Birmingham City Council

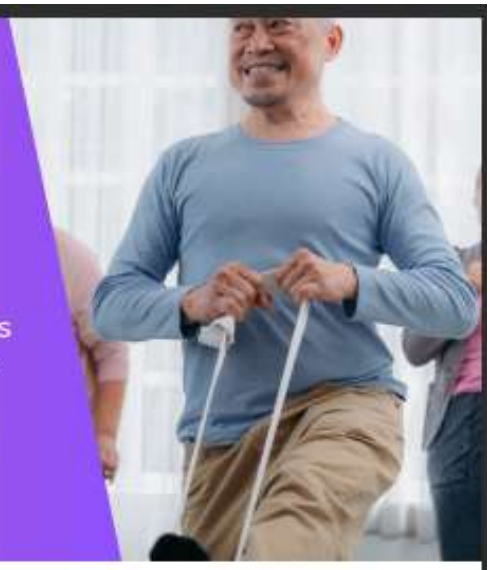
Activities

Physical Activities may include:

- Resistance band stretches
- Seated cycling/exercise
- Keep Fit Sessions
- Running
- Walking groups
- Boxing
- Football
- Martial arts

Social Activities may include:

- Mindfulness Walks
- Arts and Crafts
- Coffee mornings
- Hobby related groups
- Peer Support Groups
- Volunteering
- Digital Skills groups
- Social games



In addition, we can run workshops covering men's and women's mental health, and design and deliver other activities to meet identified needs.

Eligibility

This programme is for Birmingham residents, aged 18+ who:

- need help to improve their mental health and wellbeing
- have learning difficulties, learning disabilities, other neurodiverse conditions, or long-term health conditions
- are caring for people with the above conditions

Benefits

- Opportunities to be with like-minded peers
- Reduced social isolation
- Access to volunteering and employment opportunities
- Opportunities to be more involved in your local community

FREE 3 month bus pass for unlimited travel across the West Midlands, anytime, on any bus!

To sign up, visit **betterpathways.org.uk/pandc-registration**

0121 773 1455 **betterhealth@betterpathways.org.uk**

BETTER PATHWAYS
Positive about mental health

in partnership with SPORT 4 LIFE UK

Funded by Birmingham City Council


Drug and Alcohol Service
Change Grow Live
Birmingham
EAST HUB
SUMMER EVENT
&
OVERDOSE AWARENESS MONTH
11PM - 3PM
THURSDAY 27TH AUGUST
111 CHURCH LANE,
STECHFORD, B33 9EJ

COMMUNITY FOUNDATION

ENGLISH CLASSES



- LEARN NEW VOCABULARY
- GAIN CONFIDENCE
- BOOK TRANSPORT
- MEET NEW PEOPLE

IT'S FREE!

QUAYSIDE TOWER, 15TH FLOOR
252-260 BROAD STREET
B1 2HF

To register, simply scan the QR code on the poster or visit: http://bit.ly/4l78end

More information:

0121 312 0135

www.thecommunityfoundation.org.uk

info@thecommunityfoundation.org.uk

Follow us:

community.foundation

comm_foundation

communityfoundationuk

Connect More

digital skills programme

Join our FREE digital drop in session

Please bring your own device and we'll show you how to:

- Use your phone, tablet or laptop
- Shop online
- Chat and message online
- And much more

When?

First Wednesday of every month
10:30 – 12:30

Where?

Soft seating area, South Yardley Library
Yardley Road
Birmingham
B25 8LT

Virgin media O2 Business

Birmingham City Council

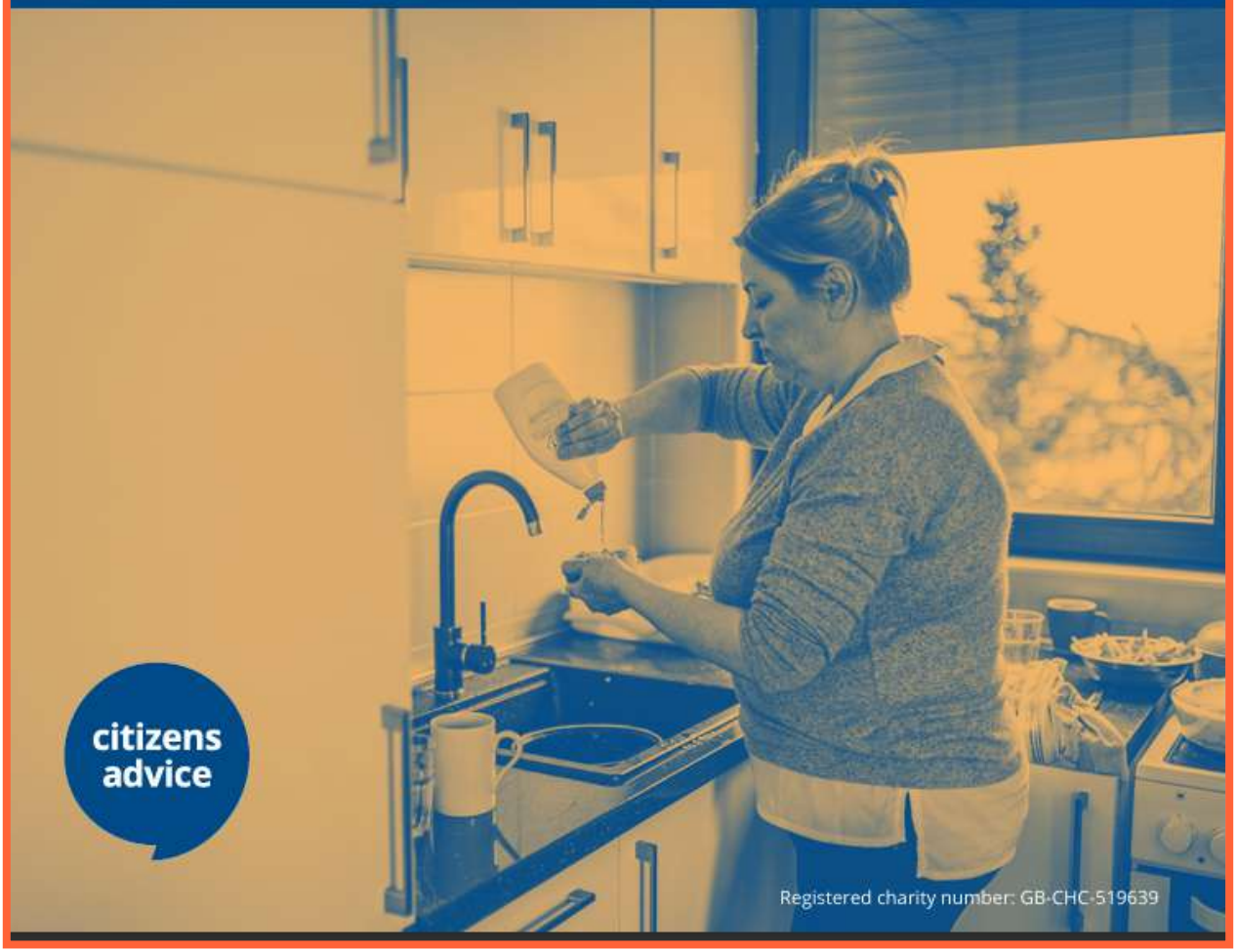
Womens Service Project

A Citizens Advice project delivered by female only advisers, to support women who may struggle to access our mainstream service.

Our Women's project is here to support women facing difficult or uncertain circumstances. We provide free, confidential and non-judgmental advice on finances, benefits, safety and well being. If you are facing hardship or feeling overwhelmed or are unsure where to turn our advisors are ready to listen and help you explore your options.

Call us on:
08082787990

Visit our website
https://www.bcabs.org.uk



citizens advice

Registered charity number: GB-CHC-519639

CyclingUK

The Big Bike Revival

DR BIKE

FREE



BIKE CHECK UPS AND MINOR REPAIRS

16TH MAY
20TH JUNE
18TH JULY
22ND AUGUST
19TH SEPTEMBER
17TH OCTOBER

MOSELEY HIVE
93 A ALCESTER ROAD, B13 8DD

10AM-1PM

FUNDED BY CYCLING UK

YOU'RE INVITED TO OUR

COMMUNITY

Coffee Morning

CONNECT • LEARN • RELAX

ALL WOMEN ARE WELCOME

EVERY
2ND & 4TH
THURSDAY
OF THE MONTH

11:00AM
— TO —
2:00PM

The Algerian House UK
19 George St.
B12 9RG

Let's build a warm, supportive community where we can connect, learn, and grow together.
Bring a friend- We can't wait to meet you!

QuitSmokingClinics

Support for Aspect Housing service users

Working in Partnership with Birmingham City Council

Take the first step to a smoke-free life

We're here to support you with practical help, expert advice and the right products to help you quit for good.



FREE Nicotine Replacement Products available, including vapes, to help support your quit smoking journey

1 Ladywood Clinic

Mondays 9:30-1:30
Wednesdays 1:00-5:00
Thursdays 9:30-1:30

212 St Vincent Street West
Ladywood
B16 8RP

2 St Boniface Church

Wednesdays 10:00-12:00

48 Quinton Road West
B32 2QD

3 Stockland Green Methodist Church

Tuesdays 10:00-11:30

Slade Road
B23 7JH

4 Erdington Wellbeing Centre

Every other Monday
1st, 15th & 29th June

196 High Street, Erdington
B23 6SJ

Please mention that you are from Aspect Housing when attending any of the above clinics.

Can't attend a clinic?

Scan the QR code to register your interest and Clare McKay will respond as soon as possible.

Referrals welcome

Referrals can be sent by WhatsApp or email. Please include the person's name, address and telephone number so an initial assessment can be completed and NRT products agreed for supply.

Clare McKay

Tel / WhatsApp: 07874 911 292

If you need any further information, please do not hesitate to get in touch.

We look forward to working alongside you.







Birmingham Uprising Community Club

Friendship, fun and wellbeing for over 50's!

Birmingham Uprising Community Club offers a safe, inclusive space for over 50's to socialise and take part in a varied range of activities including **games, exercise, celebrations, trips, food, workshops and more!**

A **hot, cooked lunch** is provided at each session, available to purchase for just **£5.**

Every Thursday 11am – 3pm

VENUE

NTCG Handsworth
240 - 244 Lozells Road
Birmingham, B19 1NP

Annual registration fee:
£25 per year

FOR INFORMATION & REGISTRATION:

07704 706957

Email: info@uprisingcommunityclub.org
Web: uprisingcommunityclub.org/birmingham

FOLLOW US

Birmingham Uprising Community Club CIC • Company Number 16285924

LEARN TO RIDE FOR ADULTS!



IF ACCOMPANIED WITH CHILDREN:
ADULT MUST BE ON BIKE AND
CHILDREN ARE YOUR RESPONSIBILITY

PRESENTED BY THE SIKH HELPLINE AND CYCLING UK!
FREE AND LIMITED BIKES AVAIBLE FOR USE

CyclingUK | Sikh Helpline 03000 3000 63 07999 0043 63

WHATSAPP GROUP FOR ALL UPDATES

DATES:

LEARN TO RIDE:
EVERY SATURDAY 1PM TO 2PM
STARTING ON 08/08/2026
UNTIL 26/09/2026

MEETUP LOCATION:
GURU HAR RAI
GURDWARA
LOWER CAR PARK,
126 HIGH STREET,
WEST BROMWICH,
B70 6JW

LEARN TO FIX:
12:30PM TO 2:30PM ON 15/08/2026
8AM TO 10AM ON 04/10/2026 –
SAME DAY AS
LOCAL 20 MILES BIKE RIDE

THE SIKH HELPLINE IS HERE FOR YOU
We provide free, confidential support and a listening ear for anyone who needs help. You are not alone.

COMPLETE BEGINNER FRIENDLY | FREE BIKE AVAILABLE | ADULTS 18+ WELCOME | NO EXPERIENCE NEEDED

BUILD CONFIDENCE. STAY ACTIVE. ENJOY FREEDOM ON TWO WHEELS.
LEARN. PRACTICE. RIDE. YOU'VE GOT THIS!

www.sikhhelpline.com

Family Wellbeing Zone

Formally: Sparkbrook Children's Zone

Join Us for a Coffee & Chat

Join us this summer to talk about women's health. Enjoy free refreshments and good company!

Women's Enterprise Hub,
249a Ladypool Road, B12 8LF

Mondays at 10am to 12pm on:
20th, 27th July
3rd, 10th, 17th August





Birmingham and Solihull Integrated Care System
Caring about healthier lives

Green Square Accord

NHS

Contact us
W: familywellbeingzone.org.uk
E: familywellbeingzone@greensquareaccord.co.uk

WEEKLY ADULT SOCIAL CARE DROP-IN SESSIONS

• LOCAL SUPPORT. REAL PEOPLE. HERE FOR YOU. •



TUESDAYS

- **Edgbaston / Quinton: Kenrick Centre** — 10:00 AM – 2:00 PM
  (Mill Farm Road, B17 0QX) — **Age UK** is also present here to offer benefit advice.
- **Hodge Hill: Sandham Grange** — 10:00 AM – 2:00 PM
  (165 Health Way, Shard End, B34 6LE)
- **Sutton Coldfield: United Reformed Church** — 10:00 AM – 1:00 PM
  (1 Brassington Avenue, B73 6AA)

WEDNESDAYS

- **Hodge Hill / Shard End: Shard End Library** — 9:30 AM – 1:00 PM
  (The Shard, All Saints Square, B34 7AQ)
- **Yardley: Anne Marie Howes Centre** — 10:00 AM – 4:00 PM
  (20 Platt Brook Way, Sheldon, B26 2DU)

THURSDAYS

- **Hall Green: The Springfield Project** — 1:15 PM – 4:00 PM
  (Springfield Road, B13 9NY)
- **Northfield: Ashgrove Sheltered Housing** — 10:00 AM – 12:00 PM
  (793 Bristol Road, B31 2NQ)
- **Sutton Coldfield: Age Concern Communitea Cafe** — 10:00 AM – 1:00 PM
  (76 Boldmere Road, B73 5TJ)
- **Yardley / Garretts Green: St Thomas' Church** — 1:00 PM – 2:30 PM
  (First Thursday of each month only,
  239 Garretts Green Lane, B26 2SA)

WHAT YOU CAN TALK TO THEM ABOUT:

Just like the community conversation on your flyer, these sessions are informal, pressure-free, and designed to help you or a loved one:

- Get early support with physical disabilities, learning difficulties, or mental health.
- Find assistance with dementia care, aids, and specialized home equipment.
- Connect with local neighborhood network schemes to combat social isolation.
- Access support directories and advice for carers.

WE'RE HERE TO LISTEN. WE'RE HERE TO HELP.
Drop in – everyone is welcome.

Your community. Your support.

TEA, CAKE & MAKE!

ARTS & CRAFTS WORKSHOPS!

JUST £1 INCLUDING A DRINK & BISCUITS!

Craft. Connect. Unwind.

18+
OPEN TO ALL AGES 18+

NO EXPERIENCE REQUIRED

FRIENDLY, RELAXED & CREATIVE

TUESDAYS
12:00 PM – 1:30 PM

14TH JULY • 28TH JULY
11TH AUGUST • 25TH AUGUST

HAYMILLS CC,
WATERLOO ROAD,
YARDLEY, B25 8LD

FRIDAYS
2:30 PM – 4:00 PM

10TH JULY • 24TH JULY
7TH AUGUST • 21ST AUGUST

FOX HOLLIES FORUM,
GREENWOOD AVENUE,
BIRMINGHAM, B27 7RA

FOR FURTHER DETAILS:
KATE 07941 767 367 | AMY 07904 242 379

COME ALONG, GET CREATIVE & MAKE NEW FRIENDS!

YNNS Yardley Neighbourhood Network Scheme
Connecting People. Improving Lives.

GLUE AND GLITTERED FOR WELLNESS

Birmingham City Council

A CUPPA. A CAKE. SOMETHING YOU MAKE. SOMETHING GOOD FOR YOU!

Daylight Discos

@ St Giles Church, Sheldon

Date	Time
Friday 17th October	**14:00–16:30**
Thursday 18th December	13:00–15:30
Friday 30th January	14:00–16:30
Friday 27th March	14:00–16:30
Friday 22nd May	14:00–16:30
Friday 10th July	14:00–16:30
Friday 25th September	14:00–16:30

Advance booking is essential!
Visit: WWW.XPRESS-YOURSELF.CO.UK/DANCE-CLASSES

YNNS Yardley Neighbourhood Network Scheme
Connecting People. Improving Lives

Birmingham City Council

Xpress-yourself

BIRMINGHAM HEALTH MINDS

NHS
Birmingham
Healthy Minds
Talking therapies service

Language support when you need it



No appointment needed
Just pop in and speak to one of our team.

Our Amman Walk-In Service provides **choice and support** in your language.

We can speak to you in:

ਪੰਜਾਬੀ Punjabi | اردو Urdu | বাংলা Bengali

We provide interpreters to help you talk to our workers about any problems you are currently experiencing.

We can help with:

Emotional wellbeing
Help with stress, anxiety, low mood and depression.

Personal support
Support with confidence, self-esteem and day-to-day challenges.

Family & relationships
Talk about family, relationships and personal problems in a safe space.

Confidential and caring
We aim to make you feel supported in a caring and confidential environment.

WALK-IN VENUES & OPENING TIMES

Sparkhill Primary Care Centre
856 Stratford Road, Sparkhill, Birmingham B11 4BW
Tuesdays, 9:00 am – 11:00 am

Soho Road Health Centre
Ground floor, 247–251 Soho Road, Birmingham B21 9RY
Wednesdays, 9:00 am – 11:00 am

South Birmingham GP Walk In Centre
15 Katie Road, Selly Oak, Birmingham B29 6JG
Mondays, 10:00 am – 11:00 am

Warren Farm Road Health Centre
Warren Farm Road, Kingstanding, Birmingham B44 0PU
Mondays, 9:30 am – 11:30 am

West Heath Medical Centre
194–196 West Heath Road, Northfield, Birmingham B31 3HB
Thursdays, 1:00 pm – 3:00 pm

NEW! **Amman Walk-In Service (Birmingham Healthy Minds)**
101 Alum Rock Road, Birmingham B8 1RT
Mondays to Fridays, 10:00 am – 4:00 pm

HOW IT WORKS

- ✓ Walk in – no appointment needed.
- ✓ You will be seen on a first come, first served basis. Sometimes you may need to wait.
- ✓ You can be screened on the same day.
- ✓ We will advise on the best support for you.

FOR MORE INFORMATION

Speak to your GP or call
0121 301 2525

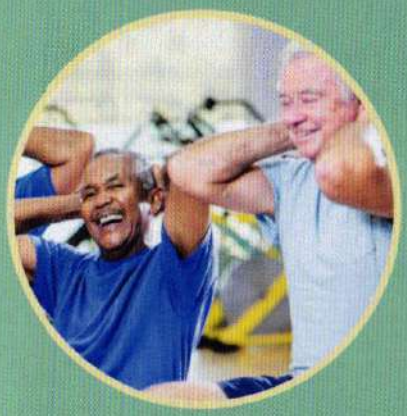
Here to listen. Here to support.

Your views matter to us. We welcome your feedback to help us improve our service.

INSPIRE2GETHER

INSPIRATION IN EVERY CONNECTION.

WELLBEING / FITNESS • ARTS / CRAFTS • FUN / ACTIVITIES







"Gentle wellbeing and fitness for body and mind"

"Craft and creative workshops spark joy and connection"

"Every chat and cuppa connects our community"

Join us each week to stay active and connected through gentle fitness, arts, crafts, and activities or simply come for a cuppa together with a smile.

Always free and welcoming for senior citizens.
Open to all seniors over 50.

Every Thursday, 12pm – 2pm

Highfield Hall Community Centre
127–129 Highfield Road, B28 0HS

Open to all seniors over 50 – Free, Inclusive & Accessible

0750 8693159

INSPIRE2GETHER1@OUTLOOK.COM

acp · Bartley Green Community Hub · Birmingham City Council · Hall Green Neighbourhood Network Scheme · Highfield Hall Community Centre · HOPE 4 ALL

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.

STERLING
IMMIGRATION LTD.

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

Bringing you a Free and Confidential Service!

Free 30 min slots

Bilingual staff available

CITIZENCARD

Citizen Card – UK Proof of Age & ID **Recognised Nationwide**

- Displays the PASS hologram (Proof of Age Standards Scheme)
- Accepted widely across the UK
- Safer alternative to carrying your passport or driving licence

Application Options & Costs

Standard Application

- Cost: £18 (Free for under-16s)
- Processing Time: Up to 21 days
- Delivery: Royal Mail 2nd Class (2–3 working days)

Urgent Application

- Cost: £35 (£17 for under-16s)
- Processing Time: 1–2 working days (after verification)
- Delivery: Royal Mail 1st Class (aimed for next working day; express available)



BOSNIA &
HERZEGOVINA
UK NETWORK

JOIN US FOR A MORNING OF EMPOWERMENT OVER COFFEE, CONVERSATION AND COMMUNITY!

"WOMEN SUPPORTING WOMEN"

Our Mission

To foster a supportive where women connect, grow, and flourish together.

Our Vision

A world where every woman is empowered to lead a creative,confident life, uplifted by a vibrant and diverse community.

Our Goals

- Forge authentic friendships and a strong support network.
- Nurture creativity, boost confidence, and promote well-being.
- Honor the diverse expressions of womanhood and culture.
- Create engaging opportunities for learning and enjoyment.



BOSNIA HOUSE
639-641 STRATFORD RD
BIRMINGHAM B11 4EA

EVERY
WEDNESDAYS
10.30am - 12.30pm

FREE TO ATTEND! REFRESHMENTS PROVIDED

Swan Coffee Morning



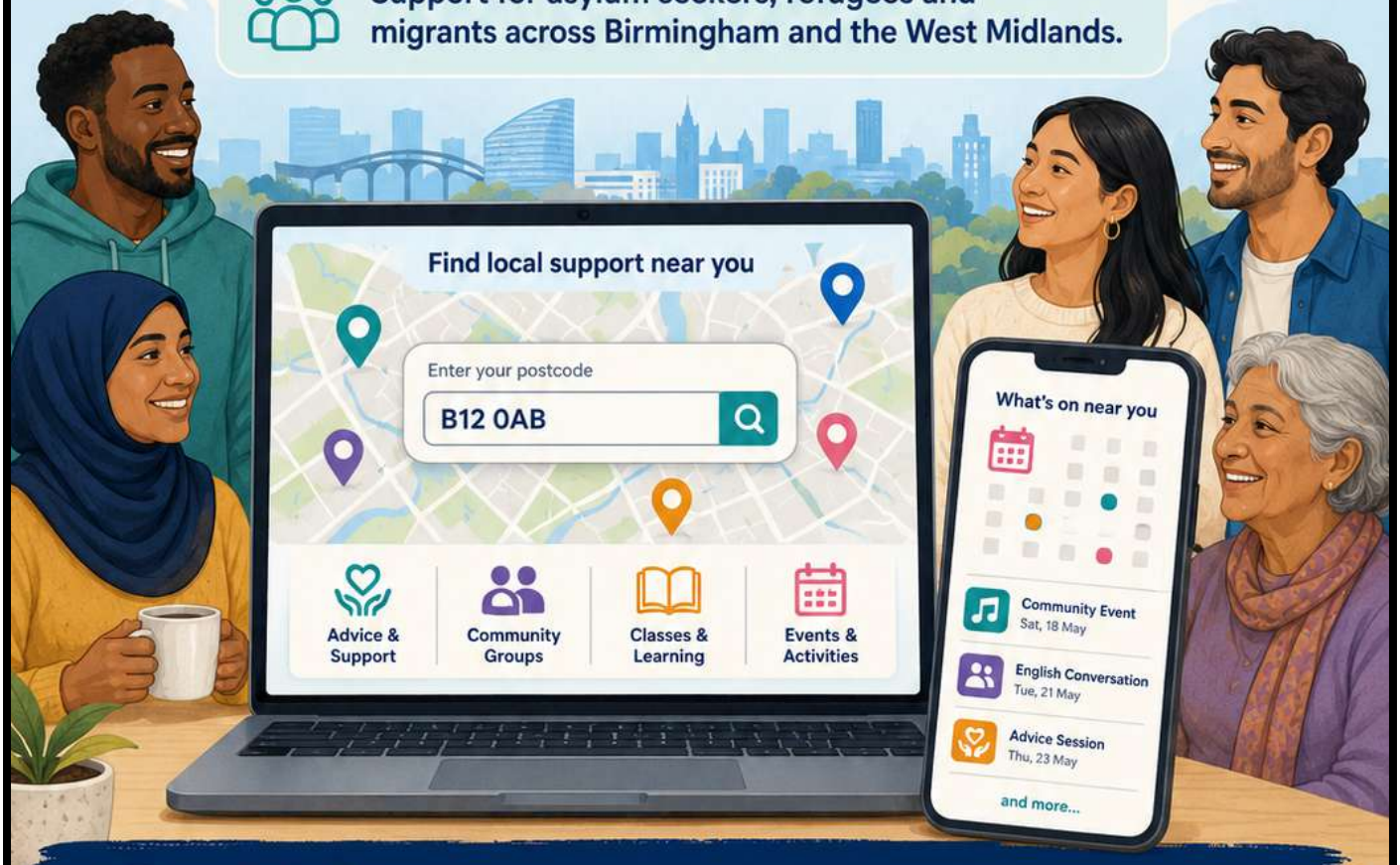
EVERY MONDAY MORNING
10 AM UNTIL 12 NOON
AT SOUTH YARDLEY LIBRARY

Find Support Near You

Simply enter your postcode to discover local support services and what's on in your area.

Migrant Advice Portal: West Midlands

Support for asylum seekers, refugees and migrants across Birmingham and the West Midlands.



Visit:
migrantadvice.org/interact/calendar

Quick. Easy. Local support.

Kings Heath COMMUNITY KITCHEN

KHCK CIC

15 AMAZING ORGANISATIONS Already Registered!

Stronger Together, Stronger Communities

BIRMINGHAM CIC & COMMUNITY GROUP NETWORKING EVENT

CONNECT • COLLABORATE • GROW

We're delighted to announce that **15 amazing CICs, charities, and community groups** have already signed up for our event this August!



THIS IS A FANTASTIC OPPORTUNITY TO:

- Meet local organisations making a difference
- Build new partnerships and collaborations
- Share ideas, challenges, and best practice
- Discover opportunities across Birmingham's community sector
- Grow your network and community impact

THERE IS STILL PLENTY OF TIME TO REGISTER!
We'd love to welcome even more organisations to join us.

August 8th

NEW LIFE BAPTIST CHURCH, KINGS HEATH

FREE TO ATTEND




Healing doesn't mean
the damage never existed.
It means the damage no
longer controls our lives.

OTHER FUTURE ADULT COMMUNITY PROVISION AND EVENTS








MAC Birmingham presents
SPIRIT OF PAKISTAN
2026
Pakistani and British Pakistani arts and culture
A vibrant celebration of Qawwali, theatre, film, comedy, talks, dance and creative workshops, honouring the legacy of festival co-founder, the late Councillor Waseem Zaffar.
EVENT DATES
3, 6, 7, 8, 9, 11 & 12 August 2026
VENUE
MAC Birmingham
Cannon Hill Park, Birmingham B12 9QH
FESTIVAL HIGHLIGHTS
Qawwali and live music
Theatre and dance
Film screenings and Q&A
Stand-up comedy
Talks and conversations
Free creative workshops
Everyone Welcome
VIEW DETAILS AND BOOK ONLINE
macbirmingham.co.uk/spirit-of-pakistan-2026
0121 446 3232
mac birmingham
MAC Birmingham – at the heart of arts, culture and community.

More Details to follow

IRISH CENTRE BIRMINGHAM

SPORTS & COMMUNITY OPEN DAY

SUNDAY 9TH AUGUST 2026

FROM 12PM

FREE ENTRY • EVERYONE WELCOME

Discover sport, community and family fun at the Irish Centre



PAIRC HOUSE HOTEL

PAT BENSON BOXING ACADEMY

McCARRON SCHOOL OF IRISH DANCE

ST BRENDANS GAA EST 1958 BIRMINGHAM

www.irishcentrebirmingham.co.uk


STYLE
CITY GUIDE
Birmingham
FOOD & DRINK | THEATRE
MUSEUMS | SHOPPING | NIGHTLIFE
Summer
Read the full Style City Guide Birmingham – Summer Edition here:
https://issuu.com/stylecityguides/docs/style_city_guide_issue_2?fr=xKAE9_zMzMw


BIRMINGHAM
BEACH
MEGA
FAIRGROUND!
FUN FOR THE WHOLE FAMILY!
FREE ENTRY!
THE ULTIMATE
SUMMER
DESTINATION!
APPLE COASTER
FREE BEACH
MEGA FAIRGROUND
THRILL & FAMILY RIDES
GAMES & PRIZES
SEASIDE FOOD & TREATS
BUMP, SPIN, SMILE!
17TH JULY – 31ST AUGUST
OPEN EVERY DAY!
1PM TILL LATE*
*OPENING TIMES SUBJECT TO CHANGE PLEASE CHECK OUR FACEBOOK PAGE FOR UPDATES
DON'T MISS
BIRMINGHAM'S BIGGEST SUMMER EVENT!
DIGBETH HIGH STREET
B12 0LL
FOLLOW US ON FACEBOOK
BIRMINGHAM BEACH
BTD


WEDNESDAY 26TH AUGUST | 10AM TO 3PM
JOIN US FOR A
COMMUNITY DAY
FUN FOR THE WHOLE FAMILY!
FIRE SERVICE | ST JOHNS AMBULANCE | WEST MIDLANDS POLICE
HOUSING | HORSES | DRESS UP | DRONES | TRAFFIC
AND MUCH MORE!!
LOCATION: OAKLANDS RECREATIONAL GROUNDS,
B25 8UB
WEST MIDLANDS POLICE

COPE
EMPOWERING PEOPLE

For the 4th year running

Come and join us at...

BBQ & Sports Day

2nd August 2026 | 1pm - 5pm

At Oasis Hub Hobmoor, 250 Wash Lane, B25 8FD



Races



Animal Man



BBQ



Stalls • 5-A-Side • Ice Cream Van • Face Painting • Relaxing Picnic Area • Sports Day Races For All

Free Entry

Contact 07850138971



MORE ANIMAL JOKES **TO MAKE YOU SMILE OR MOAN!!**

