Aspect Housing & Support Ltd

Aspect Housing

RESIDENTS NEWSLETTER

July 2026



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Hello Residents.

Hope you are well, and welcome to our July 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.



INFORMATION FOR OUR RESIDENTS



Aspect Housing

RESIDENT MOVING-ON & INDEPENDENCE REVIEW

ADDITIONAL SUPPORT TO HELP YOU MOVE ON SUCCESSFULLY

This review helps us work with you to plan for your next steps.

We will look at your money, benefits, housing options, documents, and the support you may need to move on successfully.

SUPPORT
We are here to help you.

PLAN
We will make a plan together.

MOVE ON
We will support you to achieve your goals.

STARTED IN MAY 2026 - FINISHING 10TH JULY 2026

Started in May 2026

This review started in May and will finish on 10th July 2026.

WHY IS THIS IMPORTANT?

- Helps you feel more prepared for the future
- Identifies the support you need
- Helps you find the right housing options
- Supports your independence and wellbeing

The review will take just **5 minutes** to complete.

THE REVIEW WILL COVER:

- Money, rent and bills
- Benefits and financial support
- Housing options and applications
- ID and important documents
- Identify what help needed to help you set up your new home for when you eventually move on
- Living independently and support needs

We are here to support you every step of the way.

Your views matter and will help shape the support you receive.

TOGETHER, WE CAN HELP YOU MOVE ON SUCCESSFULLY.

If you have any questions, speak to your Support Worker.

Your feedback helps us improve our services and plan the right support for you.

SAFE HOMES • STRONGER FUTURES • BETTER LIVES

Aspect Housing

Resident of the Month

You can nominate yourself if you have...

- Made positive progress
- Made recognised achievements from your goals
- Shown kindness and been mindful of others

Winner receives:

- Certificate of Achievement
- Gift Voucher of £40!

Nomination forms available from staff.
If interested please speak to your support worker for an entry form.

Please return entry forms to Aspect Housing office by **Friday 10th July 2026.**

Aspect Housing

Winner to be informed by **27th July 2026.**

For more information speak to your support worker.

£40

Celebrating our community • Inspiring success • Building futures

Aspect Housing

PLEASE KEEP US UPDATED ABOUT WORK AND UNIVERSAL CREDIT

If your work or benefit situation has changed, please tell your Support Worker as soon as possible.

Please tell your Support Worker if:

- You have started work or returned to work
- You have a JCP / Jobcentre Plus Work Coach
- Your Universal Credit work-related requirements or appointments have changed
- You are doing any cash-in-hand or casual work
- Your earnings or hours of work have changed

Universal Credit – Claimant Commitment

- As a benefit claimant, you are expected to follow your Universal Credit Claimant Commitment
- This may include work-related activities, attending appointments, and keeping your UC journal up to date
- If your circumstances change, your commitment and work-related requirements may need to be reviewed with your Work Coach

Why this is important

- To make sure you are getting the right support
- To help you avoid problems with your Universal Credit claim
- To make sure any earnings or casual work are properly declared
- To help prevent overpayments, sanctions, or missed appointments

If you are unsure, please speak to your Support Worker.
It is always better to tell us early.



Aspect Housing

Resident Room Inspections

Why Aspect Housing carries them out

Room inspections help us make sure your room and shared accommodation stay safe, clean, well maintained, and comfortable for everyone.

Why inspections matter:

- Check health and safety
- Identify repairs and maintenance issues early
- Help reduce the risk of pests
- Support a clean and comfortable living space
- Promote respect in supported and shared accommodation
- Offer support where extra help may be needed

Inspections are there to support residents and help maintain good standards for everyone.

Thank you for working with Aspect Housing to keep your room safe, clean, and in good condition.

BEFORE CONTACTING A SERVICE

Aspect Housing



Simple steps to get the right help

Taking a few simple steps first can help you get the right money or benefits support.

1. Speak to your support worker if you are worried about money, rent, debts, benefits, food, travel, bills or letters you do not understand.

2. Speak to your Jobcentre Plus work coach if you receive Universal Credit and need help with your claimant commitment, changes, work, earnings or deductions.

3. Do not ignore benefit letters, rent letters, debt letters, court letters or Universal Credit journal messages.

4. Ask for help early. Money problems can become harder if they are left too long.

5. If you are thinking about starting work or increasing hours, ask for a better-off-in-work calculation before making decisions.

6. If you are in immediate financial crisis, ask staff to help you contact the correct advice service, food support service, helpline or local council route.

Need support? Speak to your support worker or contact the right service as early as possible.

FREE ONE-TO-ONE WELLBEING SESSIONS FOR RESIDENTS



Book a private 1-hour session

Tuesday 16th June 2026
10am to 1pm
1hr per resident (Total 3)

Wednesday 24th June 2026
1pm to 4pm
1hr per resident (Total 3)

Tuesday 30th June 2026
10am to 1pm
1hr per resident (Total 3)

Wednesday 8th July 2026
10am to 1pm
1hr per resident (Total 3)

Tuesday 14th July 2026
10am to 1pm
1hr per resident (Total 3)

Wednesday 22nd July 2026
1pm to 4pm
1hr per resident (Total 3)

Venue: The Moseley Exchange, 149 -153 Alcester Road, B13 8JP

Residents need to contact Ways For Wellbeing CIC to book appointments

Delivered by Ways For Wellbeing CIC's wellbeing-coaching team

We are an NHS-accredited team of Personalised Care Institute (PCI) qualified Health and Wellbeing Coaches, dedicated to providing personalised health and wellbeing coaching services through tailored one-to-one or group sessions.

Appointment only

Limited spaces available

TO REGISTER:

Scan the QR code or visit the link below to complete the registration form provided by Ways For Wellbeing CIC.

Please ensure you select Aspect Housing as your referring organisation.

https://docs.google.com/forms/d/e/1FAIpQLSe7PtpuZpy6vOlD9sBNslhEitZZe5Ms2B36oe6o-AS4BhmLEg/viewform

Aspect

Supporting our residents and communities to live

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 for details of the next meeting.

Date:

Time:

A relaxed, welcoming lounge setting.

Everyone welcome. No pressure, just support.

You are welcome. You are not alone.

Aspect Housing

BEST RESIDENT'S ROOM

Your space, your style, your amazing!



Show off your space!

Everyone can enter!

Big or small, we want to see your amazing room!

ENTRIES OPEN

1st July to 24th July 2026

Let your personality shine and inspire others!

WHY TAKE PART?

- **Feel proud of your space**
  Celebrate your hard work!
- **Inspire others**
  Share your ideas and creativity!
- **Make a difference**
  Help create a positive community!
- **Great prizes**
  Amazing prizes up for grabs!

PLEASE SPEAK TO YOUR HOUSING SUPPORT WORKER FOR AN ENTRY FORM

HOW TO ENTER

1. **Take photos**
   Take clear photos of your room.
2. **Complete the entry form**
   Available from your Housing Support Worker or online.
3. **Submit your entry**
   Hand your form and photos to your Housing Support Worker by 24th July 2026.

Good luck!
We can't wait to see your amazing rooms!

JUDGING CRITERIA

- Creativity & Style
- Cleanliness & Tidiness
- Use of Space
- Personal Touch
- Overall Impact

QUESTIONS?

Speak to your Housing Support Worker for more information.

TOGETHER, WE CREATE HAPPY HOMES AND STRONGER COMMUNITIES

Good Neighbourhood

Respect • Responsibility • Community

National ASB Awareness Week



15th June – 6th July 2026

Take the ASB Pledge

A pledge activity with residents

Join us in standing together against anti-social behaviour and helping to create safer, more respectful neighbourhoods. Add your pledge and show your commitment to positive community living.

- Respect others
- Speak up about ASB
- Support your neighbours
- Help keep our community safe

Our Good Neighbourhood Pledge

Respect Our Home • Respect Our Community

We pledge to:

- Treat neighbours and the local community with respect
- Keep noise to a reasonable level, especially at night
- Not allow visitors or guests to cause nuisance or disturbance
- Dispose of rubbish properly and help keep the area clean and tidy
- Avoid abusive, threatening or intimidating behaviour
- Respect shared spaces and communal areas
- Report concerns appropriately
- Play our part in helping this property remain safe and welcoming



RESPECT • RESPONSIBILITY • COMMUNITY

Positive behaviour helps create safer, cleaner and more settled communities.

If you have any enquiries, please speak to your SEA provider.

Aspect Housing

SMART WORKS BIRMINGHAM

Dressing women for the future



You deserve the right support to move forward.

One-to-one employability sessions for unemployed women by Smart Works

Special tailored sessions during July
Location: Smart Works office, Digbeth, Birmingham

CHANGE AHEAD

First 20 participants will receive a SIM card from Change Ahead

Sessions supported by

Aspect Housing

PERSONALISED SUPPORT

Tailored one-to-one sessions focused on your strengths, goals and potential.

EMPLOYABILITY SKILLS

CV support, interview coaching, job search strategies and more.

CONFIDENCE BUILDING

Practical advice and encouragement to help you feel ready and empowered.

TAKE THE NEXT STEP

Support to help you move forward in work, training or education.

You don't have to do it alone.
We're here to help you succeed.

Sessions are free, confidential and open to all women.

Get in touch or refer today:
birmingham@smartworks.org.uk

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

Alcohol Awareness Week 2026

6 to 12 July 2026

Theme: Alcohol and me

This week is a chance to think about how alcohol may affect your life, health and wellbeing. It is not about judgement. It is about understanding yourself and making positive choices that feel right for you.



You may want to think about:

- sleep and energy
- mood and stress
- money
- physical health
- relationships
- daily routine

Small steps can make a difference

- have a few alcohol-free days
- cut down a little
- try an alcohol-free option
- talk to someone you trust
- ask for support if you need it

For Aspect Housing residents

Your wellbeing matters.

If you would like support, please speak to your support worker.

Aspect Housing | We're better, together.



COST OF LIVING SUPPORT & ADVICE



food justice network.

Birmingham, UK.

Scan this QR code to see the Food Justice Network Map

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

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

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

Each location shown on the FJN Map is an independent provider, requirements and access information may differ for each location. Please contact the location directly with any queries

Find FREE activities at: www.theaws.co.uk/our-activities

Search 'The Active Wellbeing Society' on social media

To add/edit your food provision on the map, or for further information, please contact: foodjusticenetwork@theaws.org

fjn. food justice network.

The Active Wellbeing Society

IMPACT PATHWAYS- ONLINE INFORMATION AND SIGNPOSTING DIRECTORY

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



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

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

Inbetweenies



Bereavement Cafe

Second Monday
of each month

10:30 – 12:30pm

Finding Friendship Through Loss

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

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

Location

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

Upcoming dates

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

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

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

REPAIR CAFE @ THE OLD PRINT WORKS

Give your broken items a second chance

Join us at our friendly Repair Café, held on the second Saturday of every alternate month as part of the Old Print Works Second Saturday mini-festivals.

Enjoy a welcoming community atmosphere with:

Repairs • Creative Activities • Local Craft Stalls

Repairs
Creative Activities
Local Craft Stalls

NEXT REPAIR CAFE DATES

SATURDAY | 9 MAY
SATURDAY | 11 JULY

12:30pm – 4:00pm

THE OLD PRINT WORKS
Moseley Road





WHAT CAN BE REPAIRED?

Our volunteer repairers can help with a range of items, including:

- Clothing
- Electricals
- Household Items

WHAT CAN BE REPAIRED?

Our volunteer repairers can help with a range of items, including:

- Clothing
- Electricals
- Household Items

CHECK BEFORE YOU COME

We post details of which repair volunteers will be available on our **Facebook and Instagram** pages in the days before each session, so it is worth checking to avoid disappointment.

VOLUNTEERS WELCOME

Do you have repair **skills** and want to get involved?

We are always looking for new volunteers and would love to hear from you.

@oldprint, worksrepaircafe

FOR FURTHER INFORMATION, CONTACT:
balsallheathrepaircafe@gmail.com

Chat: @oldprintworksrepaircafe

COMMUNITY REUSE BIRMINGHAM

WE'VE MOVED!



OUR REUSE SHOP HAS A NEW HOME!

REDUCE
REUSE
RELOVE

YOU'LL FIND US AT OUR NEW PREMISES!

We are still on the household waste recycling site on James Road Tyseley B11 2BA



BUT AS YOU DRIVE THROUGH THE RED GATES, WE ARE NOW IMMEDIATELY ON THE LEFT!

COME AND VISIT US!

Browse a fantastic range of affordable pre-loved items, including:

FURNITURE HOMEWARE TOYS & MUCH MORE!

All helping to reduce waste and give items a second life.

FIND US AT

The household waste recycling site
James Road
Tyseley B11 2BA

Pop in and see our new space and everything we have available!

OPENING HOURS

Monday – Friday
9:30am – 4:30pm

Saturday & Sunday
9:00am – 4:00pm

EVERY PURCHASE HELPS SUPPORT REUSE, RECYCLING, AND A MORE SUSTAINABLE COMMUNITY

We look forward to welcoming both familiar and new faces to our new home!

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

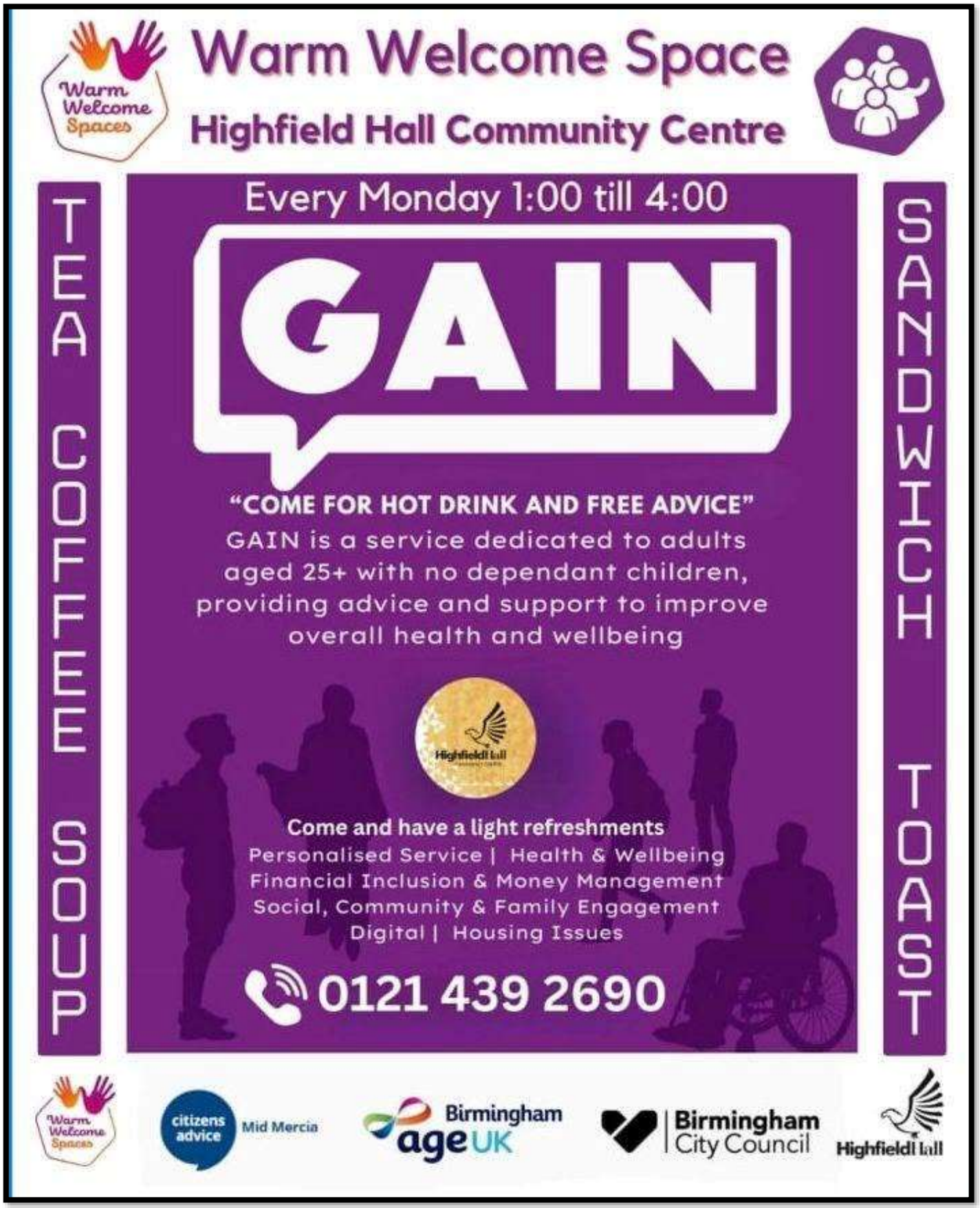
- ✓ Proof of address
- ✓ Proof of benefits

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


Warm Welcome Space
Highfield Hall Community Centre
Every Monday 1:00 till 4:00
GAIN
"COME FOR HOT DRINK AND FREE ADVICE"
GAIN is a service dedicated to adults aged 25+ with no dependant children, providing advice and support to improve overall health and wellbeing
Come and have a light refreshments
Personalised Service | Health & Wellbeing
Financial Inclusion & Money Management
Social, Community & Family Engagement
Digital | Housing Issues
0121 439 2690
TEA COFFEE SOUP
SANDWICH TOAST
Warm Welcome Spaces
citizens advice Mid Mercia
Birmingham age UK
Birmingham City Council
Highfield Hall

KINGS HEATH COMMUNITY KITCHEN

EVERY 2ND AND 4TH SUNDAY OF THE MONTH

3:00pm - 5:00 PM

New Life Baptist Church, Kings Heath, High Street, B14 (Opposite ASDA)

What We Offer:

- Nutritious Free Meals
- A Warm, Safe Space to Connect
- Support Services & Referrals
- Friendly Faces & a Listening Ear

Everyone is Welcome

December 2025 – 14 Dec 2025 (Sun) · 28 Dec 2025 (Sun)
January 2026 – 11 Jan 2026 (Sun) · 25 Jan 2026 (Sun)
February 2026 – 8 Feb 2026 (Sun) · 22 Feb 2026 (Sun)
March 2026 – 8 Mar 2026 (Sun) · 22 Mar 2026 (Sun)
April 2026 – 12 Apr 2026 (Sun) · 26 Apr 2026 (Sun)
May 2026 – 10 May 2026 (Sun) · 24 May 2026 (Sun)
June 2026 – 14 Jun 2026 (Sun) · 28 Jun 2026 (Sun)
July 2026 – 12 Jul 2026 (Sun) · 26 Jul 2026 (Sun)
August 2026 – 9 Aug 2026 (Sun) · 23 Aug 2026 (Sun)
September 2026 – 13 Sep 2026 (Sun) · 27 Sep 2026 (Sun)



Kings Heath COMMUNITY KITCHEN

JustGiving

Scan to visit Kings Heath Community Kitchen's JustGiving Page

For More Information, Contact Adam on 07570896218

Olive School Star

FOOD BANK

SERVICE TO COMMUNITIES

THE OLIVE SCHOOL,
SMALL HEATH, WAVERLEY ROAD,
BIRMINGHAM B10 0EG

0121 668 0510

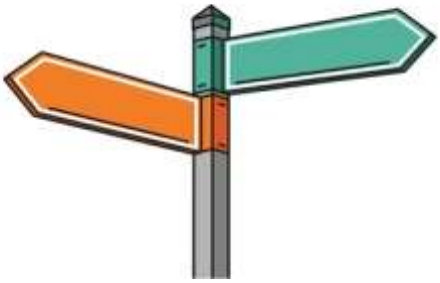
info@olivesmallheath.staracademies.org

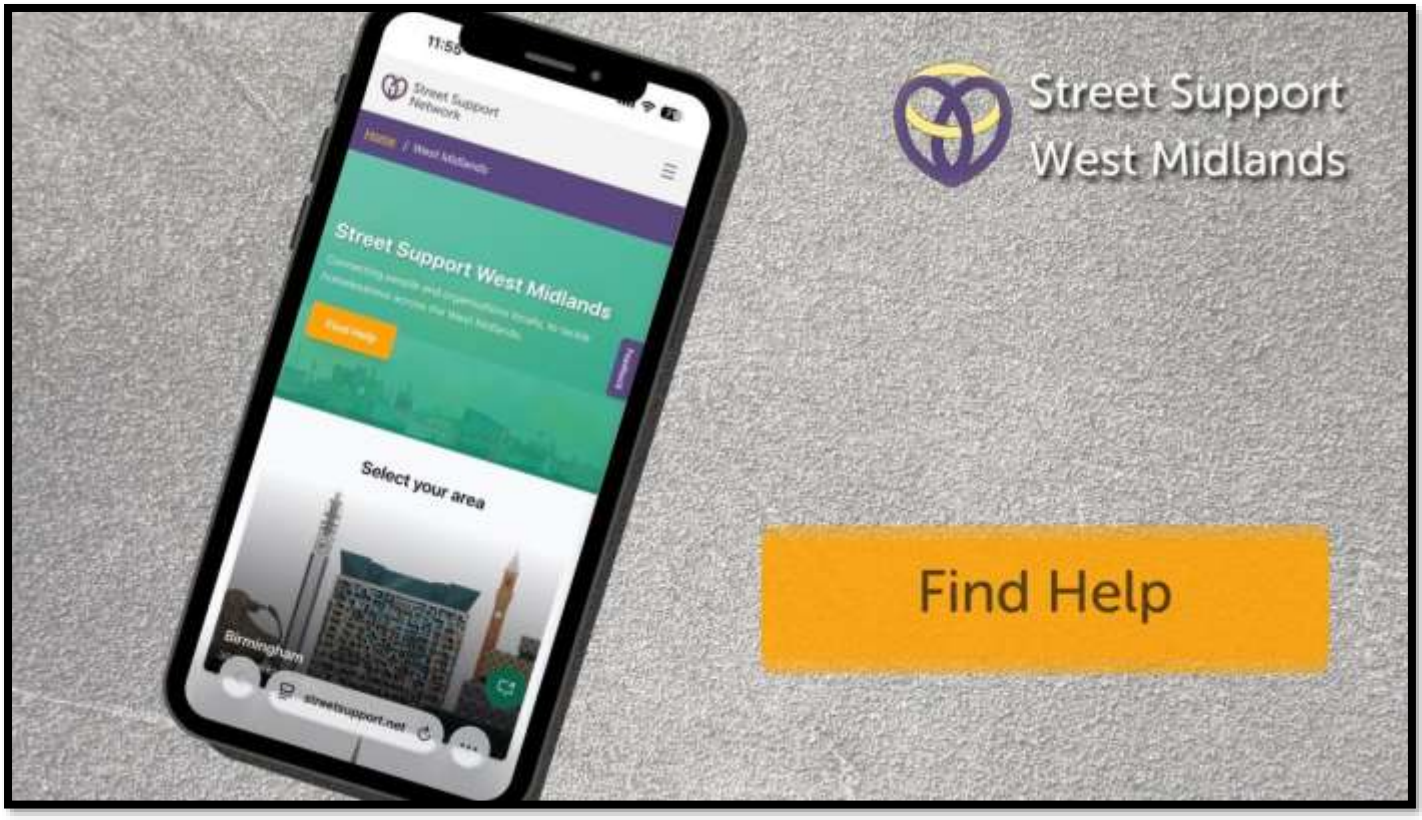


DONATIONS WELCOME
PLEASE CONTACT THE SCHOOL

EVERY FRIDAY
2:30PM TO 3:30PM



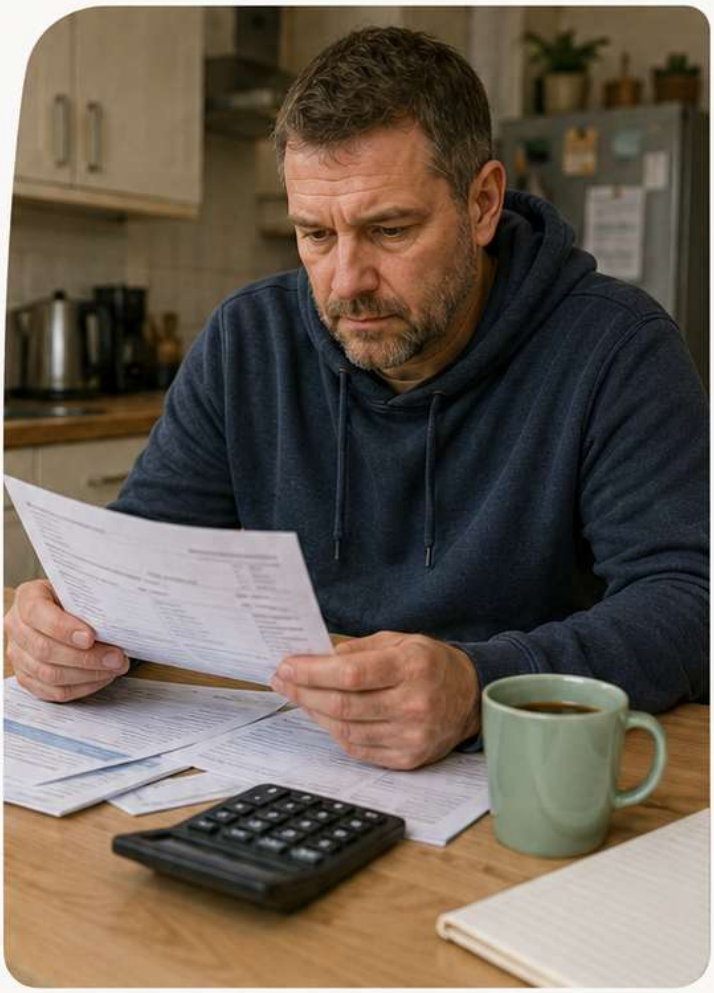




COST OF LIVING SUPPORT & ADVICE

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

BE ACTIVE MEMBERSHIP

Free leisure activities for Birmingham residents



Be active. Feel good. Belong.





BENEFITS

- Award-winning free membership scheme
- Enjoy **1 hour** of swimming
- Enjoy **1 hour** gym sessions
- Available at selected times during the day
- At participating Birmingham leisure centres

HOW TO APPLY

To join, bring **2 forms of ID** with your **name and address.**

Accepted ID may include: current leisure card, council tax bill, utility bill, tenancy agreement, driving licence, bank statement, benefit statement, or medical card.

Some residents in supported or communal accommodation may use an official residency letter.

FIND OUT MORE

Contact your local leisure centre to apply.

www.birminghamleisure.com/be-active-passport-to-leisure

Active for you. Stronger together.

A healthier, happier Birmingham

Activities and access times vary by centre.

ShowerBox Birmingham

Free, safe showers
Tuesdays and Thursdays

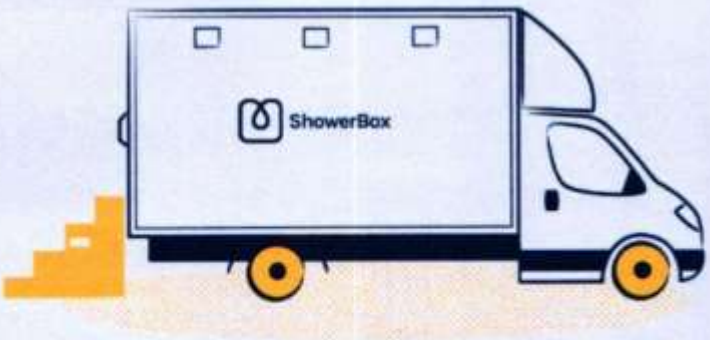
Drop-in showers for anyone experiencing homelessness

Tuesdays and Thursdays
9:30am - 12pm
St Philip's Cathedral (Pigeon Park), Birmingham, B3 2QB

For more information, email
brum@showerbox.org



Fresh towels to use, new underwear and hygiene essentials provided





www.showerbox.org

COMMUNITY FOUNDATION

'changing lives, creating opportunities'



DATA & UNLIMITED CALLS/TEXTS SIM CARD

REFERRALS ONLY - ORGANISATIONS CAN REFER ELIGIBLE INDIVIDUALS

Helping people get online for job searching, accessing services, and staying connected

info@thecommunityfoundation.org.uk

0121 312 0135

www.thecommunityfoundation.org.uk

EMPORIUM FOOD BANK

CIC No: 16189386



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

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

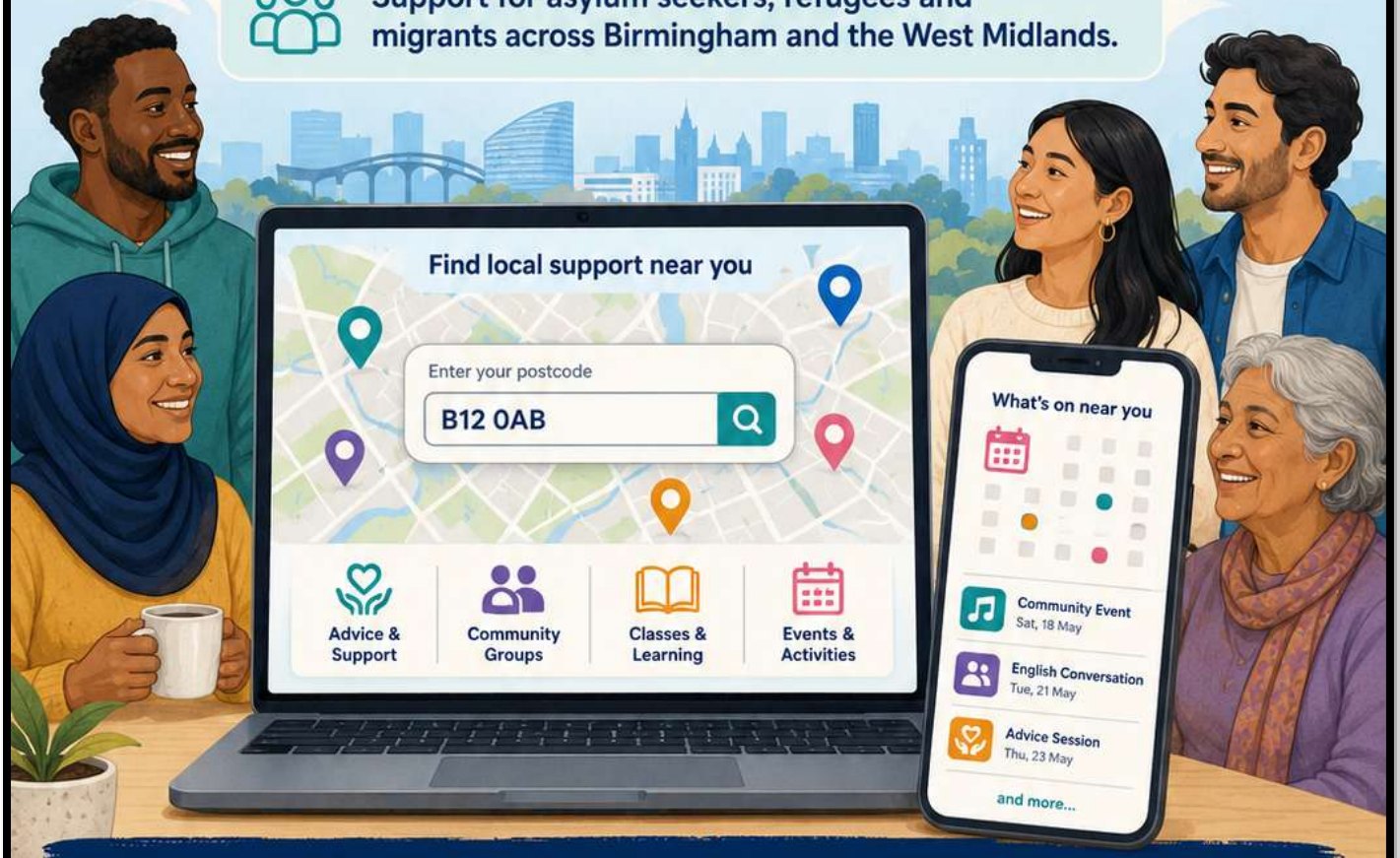
Proof of ID needed every visit

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.

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

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,



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

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

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

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

info@communityengagecic.co.uk

FareShare Midlands

Birmingham City Council

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.

Hall Green Neighbourhood Network Scheme

Birmingham City Council

Green Square Accord



COST OF LIVING EVENT

ARE YOU FEELING THE IMPACT OF THE COST-OF-LIVING CRISIS?

You're not alone!

Join us for a special Community Event dedicated to raising awareness about the support available to you and your loved ones. This event is designed to bring resources directly to you. Whether you need immediate assistance or want to plan for the future, our Cost - Of - Living - Event is here to empower you with the knowledge and connections you need.

The rising cost of living is affecting everyone, but there is help available. Let's come together to ensure everyone knows about the support available to them during these challenging times.

Together, we can build a stronger more resilient community...

Thursday 16th July 2026

11:00am-1:00pm

Bosnia House, Stratford Rd, Birmingham B11 4DY

Light Refreshments and limited freebies available



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



WARD END
WELLBEING CENTRE

SCAN ME



WHAT WE DO

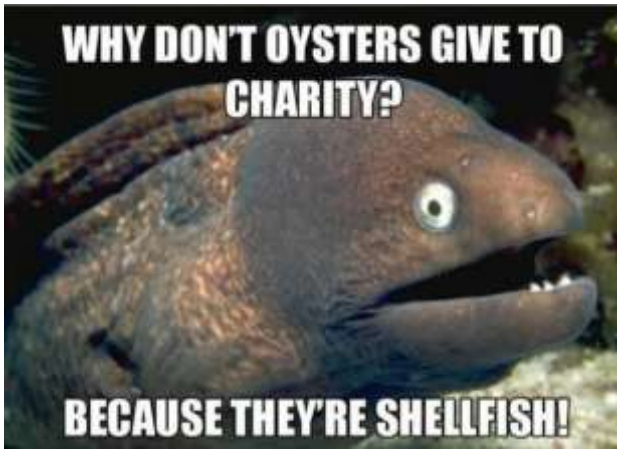
- Basic Skills Training — FREE
- Adult Exercise Classes — FREE
- Advice & Guidance — FREE
- Community Events — FREE
- Childrens Activities — FREE
- Lunch, Tea & Coffee — FREE
- Photocopying ✓
- Venue Hire ✓

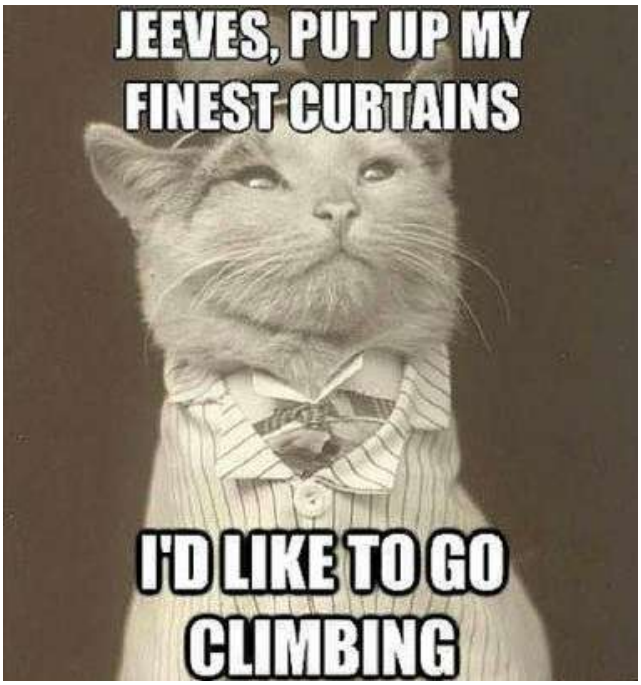
110 Sladefield Road, B8 2SX

0121 327 9166

SOME ANIMAL JOKES TO MAKE YOU SMILE (OR MOAN!)













EMPLOYABILITY AND CAREER GUIDANCE SUPPORT

Aspect Housing

WE CAN HELP WITH YOUR JOB SEARCH

- Search for jobs
- Fill in applications
- Prepare for interviews
- Build your skills
- Get one-to-one support



Speak to your Support Worker.
We're here to help.

Your home. Your future. Your choice.

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

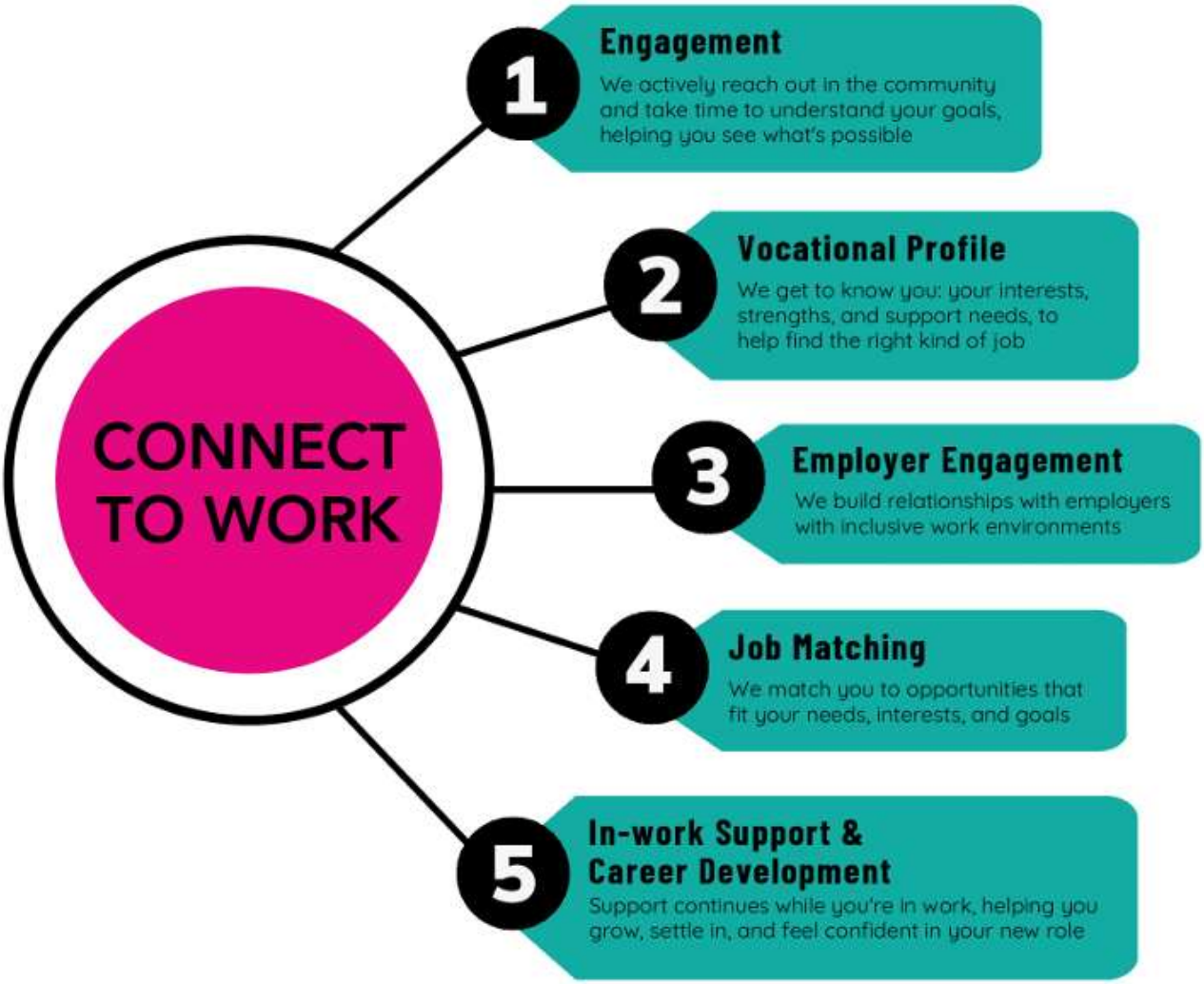
People who live in Birmingham, and are:

- 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


PRESENTED BY release potential
BIRMINGHAM
Jobfest
VENUE: YMCA ERDINGTON
RESERVOIR ROAD, ERDINGTON B23 6DA
7TH JULY
2PM - 4PM
Jobfest is an exclusive event for members of the Release Potential family to meet with tutors, speak to employers, apply for jobs and even win fantastic prizes!
West Midlands Combined Authority
Department for Work & Pensions
Interested?
Send your contact details with the word Jobfest to
courses@release-potential.co.uk

Driver & Vehicle Standards Agency

Become a driving examiner!

Join our team at the Driving and Vehicle Standards Agency as a driving examiner.

Playing a vital role in road safety, you would:

- carry out car driving tests
- have great customer service, helping to put candidates at ease
- use your excellent judgement to assess every driver, making sure they're safe on the road



Follow the code to find out more about DVSA, our roles, benefits and how to apply

https://careers.dft.gov.uk/dvsa/

Keeping **Britain** moving, **safely** and **sustainably**


Transport for West Midlands
workwise
tfwm.org.uk/workwise
Get FREE travel to work*
Workwise can help you on the way to your new job with incredible discounts.
swift
1234 5678 9101 1123
swift
*Available on selected tickets. Terms and conditions apply.

COMMUNITY FOUNDATION

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.

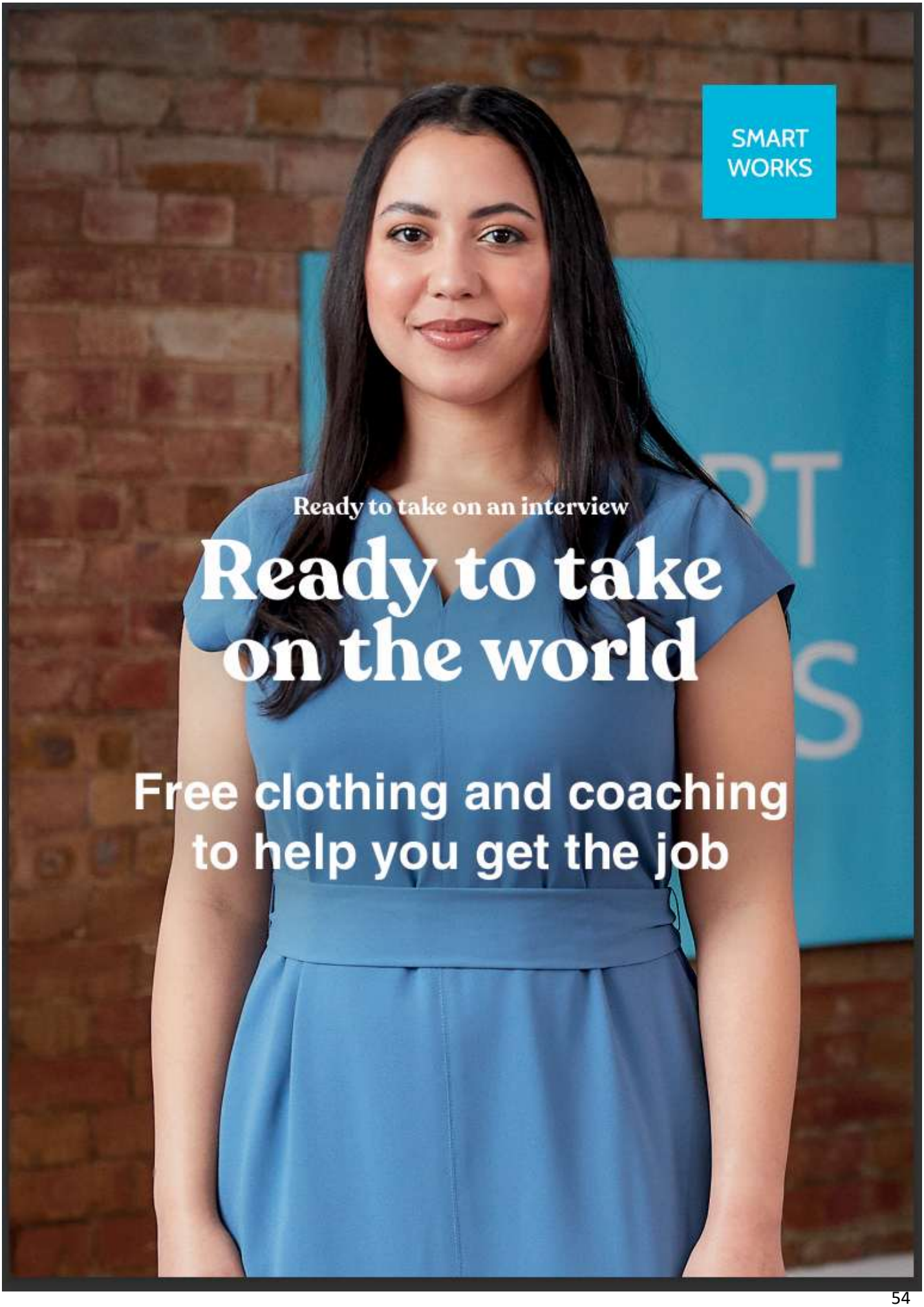
If you are interested, please send your CV's to us at:

0121 632 6661

joel.steer@pertemps.co.uk

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

www.pertempsnetworkcatering.co.uk


SMART
WORKS
Ready to take on an interview
Ready to take on the world
Free clothing and coaching to help you get the job

Are you a woman looking for work?
Smart Works gives you clothing and coaching to get the job

Do you have an interview coming up?

No

No problem.
Let's get you the interview.

Career Coaching

One hour with an expert providing **personalised, practical support** to help you get the interview you want.

Yes

Congratulations!
Let's get you the job.

Interview Clothing + Coaching

A **free high-quality interview outfit** that is yours to keep, and tailored coaching to present the best version of yourself at interview.

Smart Works is a charity run by women, for women. We exist to help you succeed.

69% of women who come to Smart Works get a job within a month. You can too.

Make your Smart Works appointment today

Tell someone supporting your employment journey to connect you with Smart Works via:

- smartworks.org.uk/refer
- 0121 643 8109
- birmingham@smartworks.org.uk

Your nearest centre is:
Smart Works, Birmingham, B5 6ET

Scan the QR code to find out more about your appointment

FUEL YOUR FUTURE FREE EMPLOYABILITY PROGRAMME



AGED BETWEEN 19 AND 29 AND LIVE IN A WEST MIDLANDS POSTCODE?

NOT IN EMPLOYMENT, EDUCATION OR TRAINING?

- CV WRITING AND INTERVIEW TECHNIQUES
- MEET EMPLOYERS WITH POSITIONS AVAILABLE
- EXPLORE OVER 100+ CAREERS/SECTORS ON THE SPRINGPOD VIRTUAL WORK EXPERIENCE PLATFORM.
- SET EMPLOYMENT GOALS AND GAIN SUPPORT TO ACHIEVE THEM
- FREE GO KARTING

WHEN
Dates throughout 2026
Click QR code For Full details

WHERE
Teamworks Hub
Halesowen B63 3NR
Teamworks Hub
Birmingham City B5 5SE

TEAMWORKS HUB



volunteerbrum.org

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

bvsc

ATTENDEE:

TALENT FINDERS DAY
WEST MIDLANDS JOB FAIR

FREE TO ATTEND

Meet employers. Explore opportunities. Find your future.



Tuesday 21st July 2026

9:30 AM – 1:00 PM

Teamworks Birmingham City:
Karting - Laser Tag - Simulator Racing

202 Fazeley Street,
Birmingham
B5 5SE,
United Kingdom

EVENT HIGHLIGHTS

- Meet top employers
- Explore live job opportunities
- Get career advice
- Make valuable connections

OPPORTUNITIES ACROSS MULTIPLE INDUSTRIES

- Retail Banking
- Event Management
- Social Care
- Security
- Retail Sales & Customer Service
- NHS roles
- Start-ups
- IT & Technology
- Facilities Management
- Construction & Housebuilding Trades
- Armed Forces Recruitment and more

National Careers Service on site

Free Springpod work-experience opportunities

GRAB YOUR FREE TICKET WHEN AVAILABLE

Tickets will be made available on **Eventbrite.**

Speak to your support worker if you need any further information.

BMet

Inspiring futures, realising dreams.

INVEST IN YOUR FUTURE, BUILD YOUR CAREER!

NOCN LEVEL 1 AWARD IN HEALTH & SAFETY IN A CONSTRUCTION ENVIRONMENT

NOCN ACCREDITED COURSE

nocn

PART OF NOCN GROUP



3 DAY COURSE

DELIVERED AT JAMES WATT COLLEGE

7th, 8th & 9th JULY

WHAT WILL YOU LEARN? 5 KEY LEARNING OUTCOMES

1. Know the principles of risk assessment for maintaining and improving health and safety at work.
2. Know the importance of safe manual handling in the workplace.
3. Know the importance of working safely at height in the workplace.
4. Know risks to health within a construction environment.
5. Know the importance of working around plant and equipment safely.

YOUR PATHWAY TO A CSCS CARD

This NOCN accredited qualification provides the Health & Safety knowledge required for individuals progressing towards CSCS card applications, including the **Labourer Card** and other relevant CSCS routes where this qualification is accepted.

Successful completion enables learners to progress to the CITB Health, Safety & Environment Test as part of the CSCS application process.



PRACTICAL & RELEVANT
Real-world knowledge you can use.

SUITABLE FOR 16+ LEARNERS
No previous experience needed.

3 DAYS
Focused learning over 3 days.

ASSESSMENT
Assessed by multiple choice test or portfolio.

BOOK YOUR PLACE TODAY!

Email: adultskills@bmet.ac.uk

Call: 0121 362 1174

- GET THE KNOWLEDGE.
- GET THE CARD.
- GET ON SITE.



ARMY





UK ARMED FORCES CAREERS

ONLINE RECRUITMENT EVENT

Thursday 16th July

Start a Career with Purpose

Gain recognised qualifications, structured training, and a competitive salary from day one.

Live Online Sessions

Army – 10:00am | Navy – 11:00am | RAF – 12:00pm
Join serving personnel for insights and Q&A.

Eligibility

Aged 16–36 (role dependent), meet UK requirements, basic education, physically fit, no serious convictions.

Speak to your Work Coach today

"It's more than a job – it's a career with purpose."

Kafel كافل

FAST TRACK YOUR CAREER & EMPLOYMENT IN THE UK



Practical advice.
Real opportunities.
A stronger future.

FREE EVENT

OPEN TO MEN AND WOMEN

This event is designed for **recent migrants, refugees, and newcomers** to the UK.

FULLY FUNDED TRAINING OPPORTUNITIES

A limited number of fully funded training opportunities are available for eligible attendees.

- CCNA (Cisco Networking)
- SIA Security Licence
- CSCS Card
- Care Sector Training
- And more

TRAVEL SUPPORT

We can cover travel expenses up to £30 for eligible attendees travelling from outside Birmingham.

LANGUAGE SUPPORT AVAILABLE

العربية (Arabic) ትግርኛ (Tigrinya)

EVENT DETAILS

Sunday, 5 July 2026

12:00 PM – 4:00 PM

The Wisdom Cultural Islamic Centre
Nechells, Birmingham
B7 5QD

REGISTRATION REQUIRED

REGISTER NOW

SCAN TO REGISTER

CONTACT & REGISTRATION

07586 596 200

info@kafelaid.org

www.kafel.org.uk



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

Scan Me to Apply

Miss Macaroon

BAKING A BRIGHTER FUTURE

"Since MacsMAD my life has changed a lot. I've learned lots of skills, and I've got a good support network around me so I'm not facing my challenges alone".

Former MacsMAD Trainee

WHAT IS MACSMAD?

MacsMAD (Macaroons That Make a Difference) is a 10 week training programme for long-term unemployed young people (18-35 yrs)

Throughout the programme, MacsMAD trainees:

Develop transferable skills and personal confidence	Develop skills in catering, teamwork and resilience	**Gain work experience in a professional kitchen, retail store or office environment**	Attend "welcome to work" tours, where they can develop CV skills, interview techniques and be a part of inspiration talks	**Gain industry qualifications including a Food Hygiene Level 2 certificate and BTEC Level 1 Work Skills qualifications**	Are able to focus on wellbeing, with access to a psychotherapist, counsellor and mentor

We produce luxurious handmade french macaroons, reinvesting 100% of our profits into helping unemployed young people gain skills that will help to change their lives.

We are on a mission to bake a brighter future

CONTACT US

If you're interested in attending an induction session for our next MacsMAD cohort, or have any questions, please contact us at:

Programmeleader@missmacaroon.co.uk

0121 3590700 Or WhatsApp on 07539 842 381


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

JOB FAIR

Please call or email us today to book your spot

Join us on 02 July 2026, from 11:00 am to 2:00 pm, for an exciting opportunity to connect with leading employers and recruiters from across the construction industry.
This event is designed to support learners in transitioning from training into employment, offering direct access to companies actively recruiting for a variety of construction trade roles.

02 July 2026

Infra Skills Ltd
Tech Block, Gee Business Centre
Holborn Hill Birmingham B7 5JR

WHAT TO EXPECT

- Meet employers and recruitment agencies with live job opportunities
- Explore career pathways across multiple construction trades
- Network with industry professionals
- Gain valuable insight into employer expectations



WHO SHOULD ATTEND

- Students completing or who have recently completed construction training
- Individuals seeking employment within the construction sector

Refreshments, including tea and coffee, will be provided.
This is a fantastic opportunity to bridge the gap between study completion and employment, helping you take the next step in your construction career.

RMF TRAINING ACADEMY

Our email id
Enquiries@rmftraining.co.uk

Our contact number
0121 446 4785

Definition of self motivation: Ability to do what needs to be done, without influence from other people or situation...



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.

Aspect Housing

SPEAK TO YOUR JCP WORK COACH

Your Work Coach can help you with:

- Finding work
- Training opportunities
- Support with money and benefits
- Planning your next steps



- Update your Universal Credit journal regularly.
- Ask your Support Worker to help with your job search activities.

Work together. Move forward.
We're here to support you.

Your home. Your future. Your choice.

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

Help our communities



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



USEFUL WEBSITES FOR JOB SEARCHING



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

CONSTRUCTION

- www.fortem.co.uk/opportunities
- www.goconstruct.org
- www.careersinconstruction.com
- www.theconstructionindex.co.uk

GRADUATE

- www.milkround.com
- www.graduate-jobs.com
- www.gradjobs.co.uk
- www.eurograduate.com/job-search/

HOSPITALITY

- www.barcats.co.uk
- www.hotelcareer.com
- www.instituteofhospitality.org
- www.recruiter.com

AGENCIES

- www.agencycentral.co.uk — Accounting, Finance, Admin, Call Centre, Customer Service, Catering, Hospitality, Construction, Driving, Education, Engineering, Food & Drink, Health Care, IT, Media, Retail, Industrial
- www.gms-group.co.uk — Security
- www.hays.co.uk — Construction, Admin, Customer Support, Education & more
- www.brookstreet.co.uk — Admin, secretarial, IT, social care, warehouse, finance, customer service, public sector, engineering & more
- www.bluearrow.co.uk — Warehouse Operatives, Forklift Truck Drivers, Chefs, Waitresses, General Assistants, Administrators, Personal Assistants and Call Centre staff

IT / DIGITAL

- www.and.digital
- www.bubble-jobs.co.uk
- www.onlydigitaljobs.com
- www.technojobs.co.uk
- www.itjobswatch.co.uk
- itjobvacancies.com

OTHER

- www.totaljobs.com
- www.wmjobs.co.uk
- uk.indeed.com
- www.monster.co.uk
- www.cv-library.co.uk
- careers.linkedin.com
- Facebook
- www.gumtree.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

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

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





Aspect Housing Support Worker Organises Residents' Meetings Across Two Accommodations



Idnan, a Support Worker at Aspect Housing, recently organised residents' meetings at two supported accommodation settings where his residents are living. Idnan has worked with Aspect Housing for four years and has developed positive working relationships with residents through his ongoing support, consistency and understanding of their individual needs.

The meetings provided residents with an opportunity to come together, share their views, and discuss matters linked to their accommodation, wellbeing and day-to-day living. They also created an informal and supportive space for residents to speak with Idnan, raise any concerns, and receive helpful reminders about tenancy engagement, property expectations, safety, positive behaviour and available support.

Arranging residents' meetings in supported accommodation can sometimes be challenging. Residents may feel uncertain, anxious, reluctant to take part, or unsure out what will be discussed. Some residents may also need encouragement and reassurance before they feel comfortable attending. Idnan's ability to bring residents together across two accommodations therefore reflects his patience, persistence and positive engagement approach.





Residents' meetings are an important part of good, supported housing practice, as they help residents feel listened to and included. They also give staff useful feedback about residents' experiences, any emerging issues, and areas where further support, advice or signposting may be needed.

By arranging these meetings, Idnan demonstrated a proactive approach to resident engagement and positive tenancy support. This reflects Aspect Housing's commitment to encouraging resident involvement, strengthening support relationships, and helping residents take an active role in their accommodation and wider independence journey.

WELL DONE IDNAN! KEEP UP THE GOOD WORK!

Residents' Good News Stories

Real stories. Real progress. Brighter futures.



MUSFIRA

Age 30 | Supported by Bayar | 4 months

Background: Musfira wanted support to move on and progress as a divorce from her previous partner.

Support Provided: Bayar supported Musfira with the advocacy process, including help with a solicitor to ensure her rights being always and supported her to register with the council as part of her move-on pathway.

Positive Outcome: The divorce-related application and court fee support were accepted. Musfira also successfully moved on and engaged well with the care and support offered throughout.

Agencies / Organisations Involved:

South Housing

Resident Feedback:

Musfira was very happy with the support and the advice and very eager as more agencies can thank you guys.



MUHAMMED

Age 32 | Supported by Bayar | 3 months

Background: Muhammed was experiencing medical issues, family difficulties, and had no updated medical information on his allocated contact.

Support Provided: Bayar provided active listening, advice and regular welfare calls. Bayar also supported Muhammed to update his medical information with Wolverhampton Council.

Positive Outcome: Muhammed was awarded Band 1 priority by Wolverhampton Council. His family difficulties improved, and he successfully moved on to a reduction. Before moving on, Bayar also showed him how to complete immigration-related application to support ongoing regularisation.

Agencies / Organisations Involved:

Wolverhampton Council

Resident Feedback:

Muhammed was very happy with the positive actions taken in his and deeply appreciated the support he received.



HAYAT

Supported by Ruhela | 6 months

Background: Hayat came from Dubai in 2024 and initially spoke very limited English, which affected her confidence, independence and ability to manage daily communication.

Support Provided: Ruhela supported Hayat to enrol at South City College for ESOL English classes.

Positive Outcome: Hayat is now speaking English with much more confidence. She can read documents, understands 95% in stage coach translation where English practice is the next level to achieve ESOL certificates.

Agencies / Organisations Involved:

South City College

Resident Feedback:

Hayat said she has improved a lot and is much more confident now.

Celebrating progress, resilience and positive change in supported accommodation.

Residents' Good News Stories

Small steps today. Stronger tomorrow.

ANDREW

Age 54 | Supported by Alim | 2 months



Background: Andrew was living in supported accommodation and needed support to improve his independence and engagement with services. He was finding it difficult to manage important documents and maintain communication with professionals because he did not have access to a mobile phone.

Challenges: Andrew needed help obtaining and organising proof of income documentation. He also needed better communication with support services and wanted to address alcohol misuse, which was affecting his wellbeing and stability.

Support Provided: Alim worked closely with Andrew to obtain and organise proof of income documents dating back to January. He also supported Andrew to obtain a mobile phone, which helped him communicate more effectively with support workers and external agencies. Alim also discussed and reviewed all available support support options, and helped him engage with the KIK Alcohol Misuse Service.

Positive Outcome: Andrew has now organised his proof of income documentation, which will help with tenancy and benefit-related matters. He has also received a mobile phone, improving his ability to stay in contact with support services, healthcare providers and other agencies. Most importantly, Andrew has agreed to engage with the KIK Alcohol Misuse Course. These are positive steps towards improved independence, confidence and wellbeing.

Agencies / Organisations Involved:

- Department for Work and Pensions
- KIK Alcohol Misuse Service
- Mobile Phone Support / Donation Scheme
- GP Surgery

Resident Feedback:

"I appreciate all the help I've received. Having a phone has made a big mismatch so I can now talk in more convenient knowing I can stay in contact with get organised and take positive steps towards improving my situation."

Closing Statement: Andrew continues to engage positively with support and is motivated to keep building his independence.

Celebrating progress, resilience and positive change in supported accommodation.

Residents' Good News Stories

Real people. Real support. Real change.



KIRANDEEP

Age 42 | Supported by Bayar | 7 weeks



Background: Kirandeep had separated from his wife and the children. He was feeling low, used substances, especially because he misses his daughters.

Support Provided: Bayar provided harm reduction support, helped Kirandeep reflect on the relationship difficulties, Bayar encouraged him to communicate with his wife so that problems could be discussed and addressed constructively.

Positive Outcome: Kirandeep later contacted Bayar to say that he had reunited with his wife and daughters. He was very happy that the difficulties had been resolved and that he was back with his family.

Agencies / Organisations Involved:

No external agencies were recorded.

Resident Feedback:
Kirandeep shared openly with Bayar because he saw her life in a better side he was happy that things had improved with his family.

ROBERT

Age 37 | Supported by Omer | 1 month



Background: Robert had been smoking for many years. This was affecting both his physical health and finances, causing a huge burden on daily life.

Support Provided: Omer provided emotional support, provided time proved his relevant emotional support, encouragement and motivation. He spoke with Robert about the benefits of quitting smoking, supported him to stop difficult periods and encouraged healthier routines.

Positive Outcome: Robert stopped smoking two weeks before the story was ended. Since quitting, he has had better sleeping, more focus on goals, a healthier has more money available for essential items and savings.

Agencies / Organisations Involved:

No external agencies were involved.

Resident Feedback:
Robert said he feels happier and healthier since stopping smoking. He is proud of himself for quitting and pleased that he changes in his life to more positive way.

ABDULLAH

Age 36 | Supported by Mariyah | 2 months



Background: Abdullah moved into supported accommodation following a difficult time. He was withdrawn, lacked self-confidence, and unsure about his future, despite having potential, with a cricket training qualification.

Support Provided: Mariyah supported Abdillah with access to training, built his confidence, arranged practice, built opportunities, self-esteem training, boosted motivation, set realistis activities, fostering support and ongoing encouragement.

Positive Outcome: Abdillah reach his skills build from daily training and cricket career, he works as a coach supporting others and gain purpose, he feels more confident, and place on an A5 further course and is actively engaging with regaining his socialising groups. He is motivated, working towards his goals.

Agencies / Organisations Involved:

Bayar
SLA (relevant training provider)
Employment and training services
ESOL and sports centre (cricket club)

Resident Feedback:
"Mariyah is the best support worker."

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

Birmingham City Council

ADULT SOCIAL CARE

Come and Talk to Us

Community Conversations Near You

- ☑ **Staying** independent.
- ☑ **Finding** support early.
- ☑ **Connecting** with what's already around you.



Learn about local support and get connected!

- Have open, friendly conversations,
- Ask questions and discover local support
- Meet community groups and organisations
- Explore social, wellbeing and activity providers

No appointment needed – just drop in!

In local community venues such as:

Community centres

Libraries

Faith buildings

Sheltered housing

Aged 18 or over? All are welcome!

Date: **Wednesday 1st July**

Time: **9.00 – 10.30am**

Location: **Oasis Academy Woodview**
Woodview Drive, Edgbaston B15 2HU

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

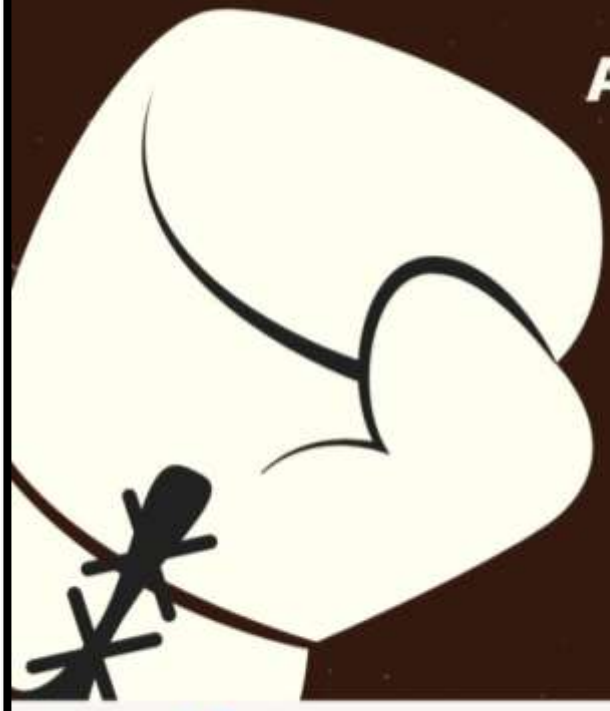
in partnership with SPORT 4 LIFE UK

Funded by Birmingham City Council

BOX & self™



A counselling-informed boxing and wellbeing programme that combines non-contact boxing, reflective group work and practical wellbeing tools to help people build confidence, resilience, self-awareness and connection.



FREE TO ATTEND
A SPACE FOR MEN 18+

Every Thursday, 9.30 -11am
Pat Benson Boxing Academy,
Irish Centre, 205 Wheelers Ln,
B13 0ST

info@wellbeingwithemil.co.uk
wellbeingwithemil.co.uk
07715307360

Hall Green Neighbourhood Network Scheme | Birmingham City Council | Wellbeing with emil | Pat Benson Boxing Academy

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

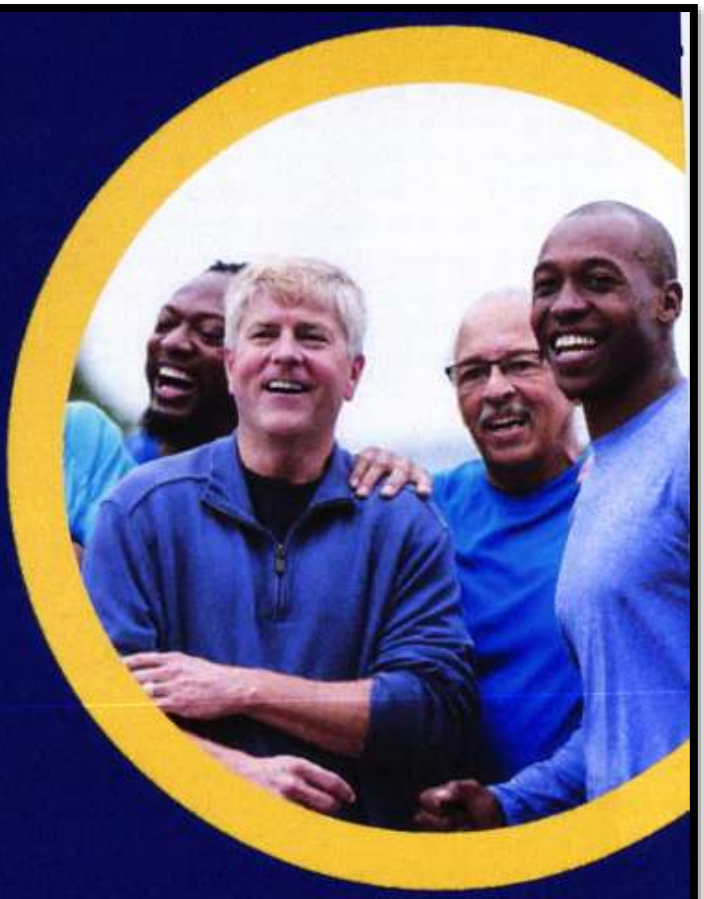
16TH MAY
20TH JUNE
18TH JULY
22ND AUGUST
19TH SEPTEMBER
17TH OCTOBER

MOSELEY HIVE
93 A ALCESTER ROAD, B13 8DD

10AM-1PM

FUNDED BY CYCLING UK

JOIN THE MEN'S HEALTH & WELLBEING GROUP



Fourth Tuesday of Every Month

7:15pm-9:15pm

Safe & Supportive Space

A non-judgmental environment where men can connect, share and support each other

Social Activities & Networking

Engage in fun games, discussions, group outings and events that promote connection and personal growth

Health & Wellbeing Experts

Monthly guest talks and specialised events covering mental, physical and emotional wellbeing

Specialised Health Events

Interactive sessions focused on key health topics, providing practical advice and support

Visit our website

"Men's Health Matters"

Highcroft Community Centre,
485 Slade Road, Erdington,
Birmingham, B23 7JG

07493 397272

info@menshealth-wellbeing.co.uk

www.menshealth-wellbeing.co.uk

Birmingham City Council

COMMUNITY FUND

THE HEALTH BRIDGE

Connecting Community to Care

FREE Nurse-Led Health Support

No appointment needed – just drop in

- Nurse-led clinics
- Clinical triage
- Basic physiological monitoring:
  - Blood pressure
  - Heart rate
  - Temperature
- Urinalysis (urine dip test)



Important Notice

This service does **not** replace your GP or other primary care services.

It is intended to support you and help guide you towards appropriate healthcare when needed.

Drop-In Sessions

Wednesdays – 10:00am–2:00pm

Fridays – 10:00am–2:00pm

Everyone is Welcome

46 Nineveh Road · Handsworth · Birmingham **B21 0TT**

info@thehealthbridge.care

07395 927770

Warm Welcome Spaces

Friendly • Confidential • Community-Focused

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!

Quit Smoking Clinics

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.

BOSNIA & HERZEGOVINA UK NETWORK

Birmingham City Council

Men's Health & Wellbeing

ALL MEN WELCOME

Come as you are bring your joy, creativity, and community spirit!

CONNECT | GROW | THRIVE



Join us every Friday
7.30pm To 9.30pm
Open to 18+ pop in and say hello 👋



MISSION

To foster a warm, encouraging environment where men aged 18+ come together to connect, develop, and flourish.



VISION

A dynamic brotherhood of men who are confident to lead, free to express themselves, and committed to lifting each other up.

GOALS

- Cultivate authentic friendships and reciprocal support
- Promote creativity, self-assurance, and overall wellness
- Honor culture, diversity, and the bonds of brotherhood
- Create opportunities for growth, enjoyment, and shared learning.



FREE ACTIVITIES

*TABLE TENNIS *POOL TABLE
*CAROM BOARD *DARTS

Refreshments Provided

BOSNIA HOUSE 639-641 STRATFORD RD BIRMINGHAM B11 4EA

ENTRANCE VIA COURT ROAD

FOR MORE INFORMATION CONTACT: 07415 778161

WalkSafe

GET HOMESAFE WITH WALKSAFE

SAFETY AT YOUR FINGERTIPS

FEATURES

FRIENDS

Your trusted circle of friends are people who you can count on to over see your journey.

WALKSAFE

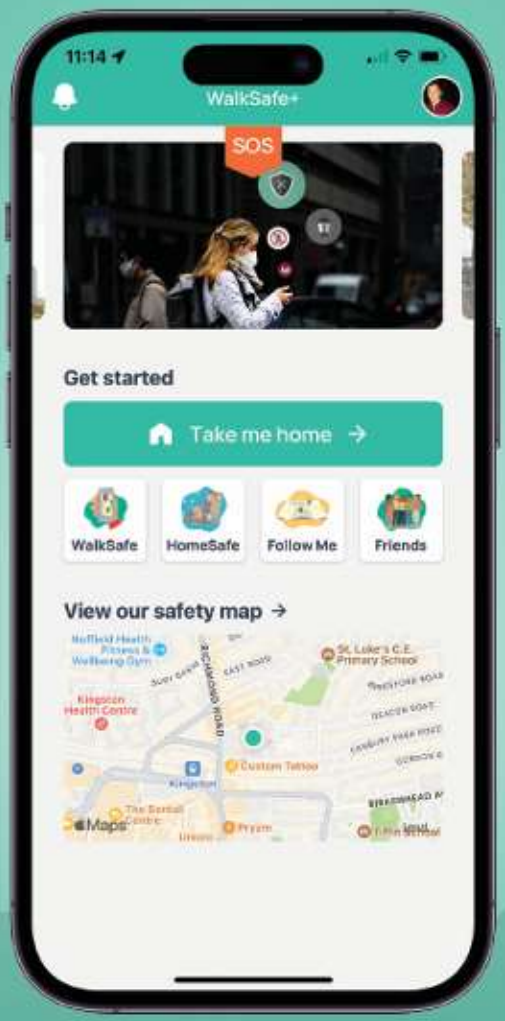
Type in your destination and share your route with trusted friends. This includes an estimated time of arrival.

HOMESAFE

This allows you to share your route and estimated time of arrival with friends and will automatically alert your trusted circle if you fail to arrive at your destination on time.

FOLLOW ME

Gives you the option to share your location if you have no destination in mind for however long you choose.



SCAN QR CODE TO DOWNLOAD

www.walksafe.io support@walksafe.io







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



www.streetleague.co.uk

ARE YOU AGED 16-30 AND LOOKING FOR AN INCLUSIVE SPACE TO PLAY SPORTS AND MEET NEW PEOPLE? JOIN US FOR FREE!

LOCATION: DUNCAN EDWARDS LEISURE CENTRE, NEW MILL ST, DY2 8PB

EVERY WEDNESDAY 3 PM - 5PM (STARTING 17TH JUNE)

CONTACT US NOW TO JOIN - or SCAN THE QR CODE TO REGISTER

Jaidyn Kelly-Taitt
07590 408 915
Jaidyn.Kelly@streetleague.co.uk

STREET
LEAGUE

Green Square Accord

The Muath

REAL TALK

Men's wellbeing sessions

On saturdays, from April to August 2026

6:30PM - 9PM

at Muath Trust

BOOK YOUR SPOT!

FREE TO ATTEND 18+

For men carrying too much.

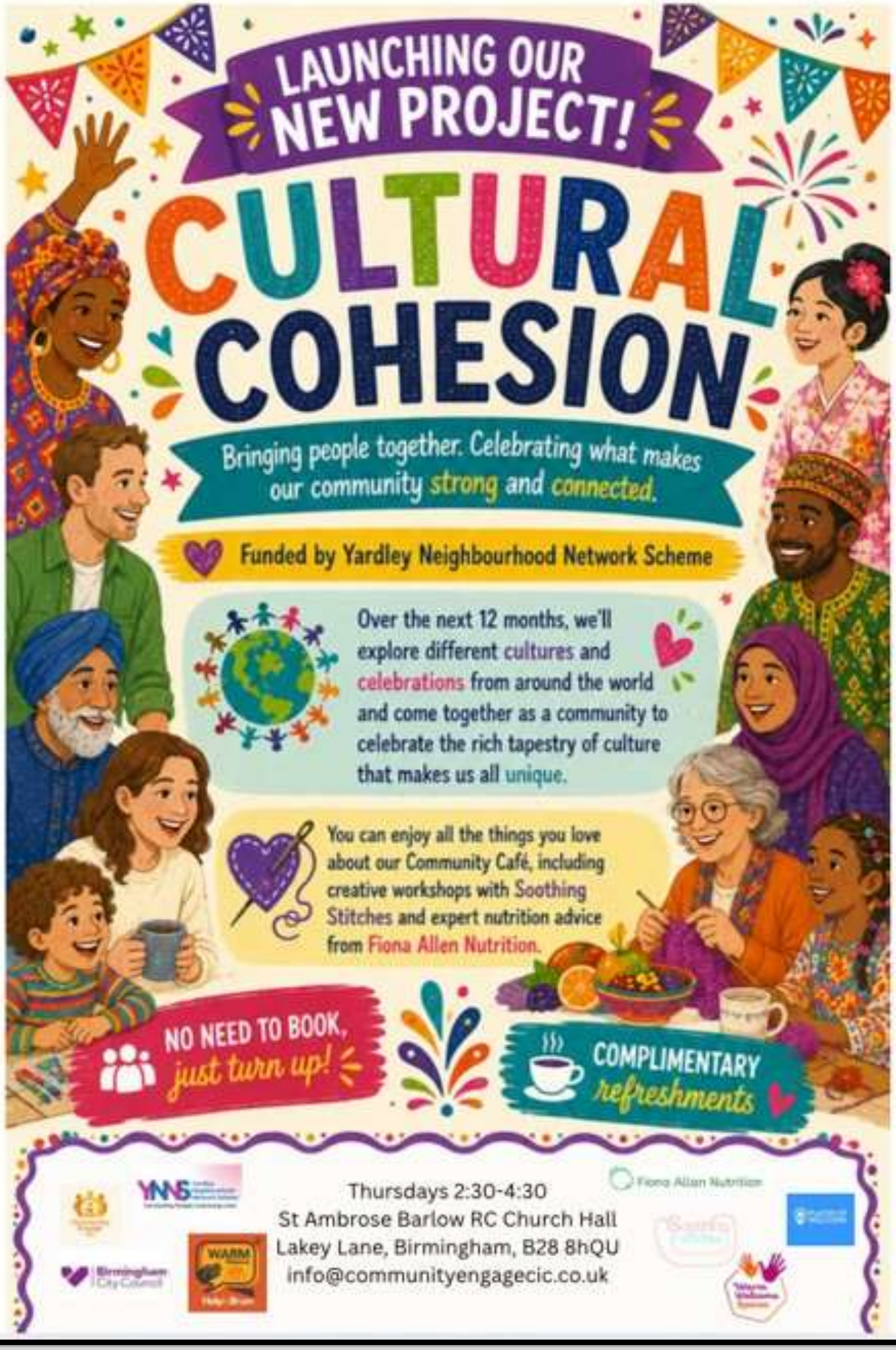
A space to reset, self-reflect and connect with people who get you.

Facilitated by Emil Taswar, counsellor and wellbeing coach.

Sign up here:

This is not therapy & not a crisis service.




LAUNCHING OUR NEW PROJECT!
CULTURAL COHESION
Bringing people together. Celebrating what makes our community strong and connected.
Funded by Yardley Neighbourhood Network Scheme
Over the next 12 months, we'll explore different cultures and celebrations from around the world and come together as a community to celebrate the rich tapestry of culture that makes us all unique.
You can enjoy all the things you love about our Community Café, including creative workshops with Soothing Stitches and expert nutrition advice from Fiona Allen Nutrition.
NO NEED TO BOOK, just turn up!
COMPLIMENTARY refreshments
Thursdays 2:30-4:30
St Ambrose Barlow RC Church Hall
Lakey Lane, Birmingham, B28 8hQU
info@communityengagecic.co.uk

Birmingham age UK
Let's change how we age

YNNS Yardley Neighbourhood Network Scheme
Connecting People. Improving Lives

Birmingham City Council



GENTS GAMES & SOCIAL



PLAY, SOCIALISE, MEET NEW PEOPLE
A MEN ONLY GROUP FOR THE OVER 50'S

Every other Friday starting from 8th May, 11AM - 1PM

following dates; 22nd May 29th May, 12th June 26th June & 10th July

at **SHELDON HEATH SOCIAL CLUB**

Brays Road Birmingham B26 2RJ

- **Male led group**
- **Free Refreshments**
- **Safe & welcoming space**

Call our Wellbeing Team on 0121 437 0033 to find out more and book your place or email activities@ageukbirmingham.org.uk for further information





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

Age UK Charity Quality Standard certified by SGS

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.

HIMAYA HAVEN
Empowering Communities

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





18+

Ladies Coffee Morning

10am - 12pm,
Monday's on June 22 & 29 +
July 6 & 13

PROMOTING WELLBEING, SAFETY AND CONFIDENCE



CONTACT NUMBER:
07596864617

: @himayahavencic
: @himayahaven
: @himayahaven

ISLAMIC RELIEF

Birmingham City Council

ELITE ACTIVE CIC

YNNS Yardley Neighbourhood Network Scheme
Connecting People Improving Lives

FREE COOKING CLASSES

FOR MEN



START DATE: SAT 17TH JAN 2026

BRING A FRIEND!

BRING YOUR CARER!

★ AGES 18 - 50+ ★

Calling all food enthusiasts! Join us for an unforgettable culinary experience that will elevate your cooking skills to new heights.

BRING YOUR TUPPERWARE!

1ST & 3RD SATURDAY EVERY MONTH 2 PM - 4 PM

Haymillscc 164 Waterloo road, B25 8LD

eliteactivecic@outlook.com

www.eliteactivecic.com

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

2ND JUNE, 16TH JUNE, 30TH JUNE, 14TH JULY, 28TH JULY, 11TH AUGUST, 25TH AUGUST

HAYMILLS CC, WATERLOO ROAD, YARDLEY, B25 8LD



FRIDAYS 2:30 PM - 4:00 PM

12TH JUNE, 26TH JUNE, 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

acp

Birmingham and Solihull Integrated Care System
Caring about healthier lives

heart of england COMMUNITY FOUNDATION

Let's talk about Women's Health

Empowering women. Supporting health. Building stronger communities.

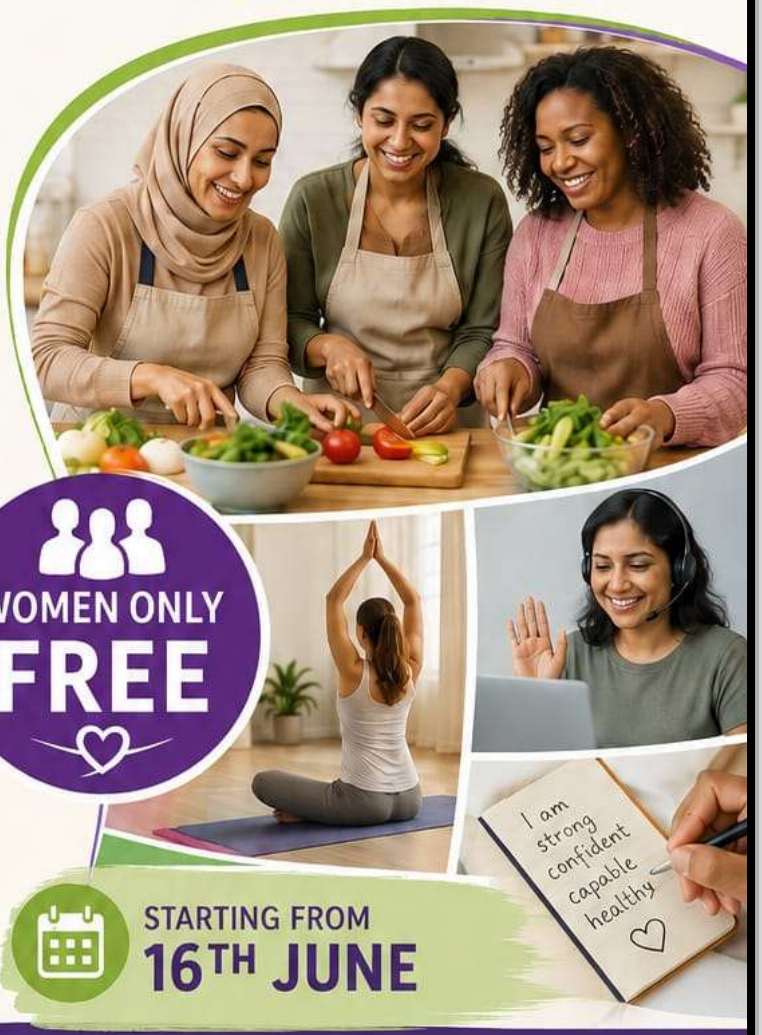
Healthy Cooking Sessions
Learn, cook and enjoy healthy meals together.

With Health Professional Online Sessions
Expert advice and support from the comfort of your home.

Yoga
Relax, recharge and improve your wellbeing.

Creative English
Build confidence, learn new skills and express yourself.

Tackling Health Inequalities
Working together for fairer and healthier lives.



WOMEN ONLY FREE

STARTING FROM **16TH JUNE**

FOR FURTHER INFORMATION AND BOOK YOUR SPACE

Please call on **0121 687 6767**

or WhatsApp Mamona ok **07458034194**

Email **mamoona@acpgroup.org.uk**

Together for healthier, happier women

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.

Migrant Advice Portal
west midlands

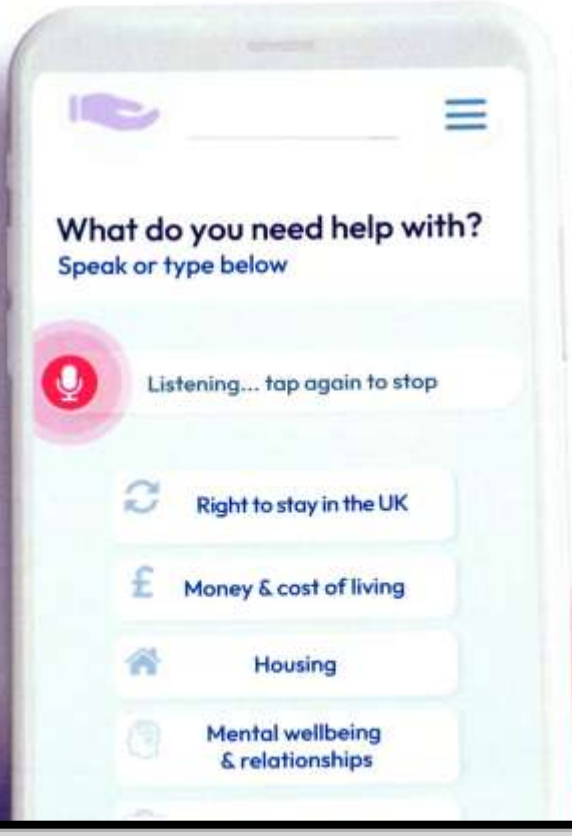
The Migrant Advice Portal is a website and app that can tell you what free support options are there for you, and give you simple information on living in the UK, in your own language.

1. Go to migrantadvice.org or scan this QR code. You can follow the links to download the app, or use it in your browser.

2. To find help, tap

   Find support

3. It will then ask you what you need help with. You can type in your own words, or press the button to speak.





STREET WATCH

- **Make a difference in the area you live**
- **Help prevent crime and antisocial behaviour**
- **Keep fit and meet local people**

StreetWatch is a community-led project. It's made up of groups of volunteers who are at least 18 years old.

The groups go out and patrol their area. The presence of StreetWatch patrols helps to prevent crime and anti-social behaviour. They also help people in the area get to know each other.

As a StreetWatch member, you'll patrol your local area alongside another StreetWatch member for at least two hours every month, at times which suit you.

You'll talk to people you meet and encourage them to take an active interest in keeping your area safe. So your neighbours know what you're there for, you wear a high-visibility StreetWatch jacket.

You'll be supported by:
- the local StreetWatch coordinator
- your local police

@StreetWatchWM

Interested?
Email streetwatch@westmidlands.police.uk with your name, postcode and phone number to learn more.

Working in partnership, making communities safer
westmidlands.police.uk

110225DP

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

SOME MORE ANIMAL JOKES TO MAKE YOU SMILE (OR MOAN!)













INFORMATION ON FUTURE RECREATIONAL AND LEISURE ACTIVITIES, INCLUDING RELIGIOUS CELEBRATIONS



UPCOMING SOCIAL AWARENESS DAYS & CAMPAIGNS

Important dates to help promote wellbeing, support and community connection.



1 Alcohol Awareness Week



6 to 12 July 2026

UK-wide (Led by Alcohol Change UK)

www.alcoholchange.org.uk

A week to help people think about alcohol, understand its impact, and explore healthier choices. It is especially relevant for people affected by homelessness, recovery journeys, and wellbeing needs.

THEME 2026:

'Alcohol and me'

A chance to reflect on how alcohol affects your health, mood, relationships and everyday life.



2. Samaritans' Talk to Us Month

All of July

www.samaritans.org

A reminder that talking and listening can make a big difference. It encourages people to check in with others, speak up, and reach out for support when they need it.

A chat can change someone's day.



3. International Day of Friendship

30 July 2026

Global (UN)

www.un.org/en/observances/friendship-day

A day to celebrate friendship, kindness and belonging. It is a great opportunity to promote connection, reduce loneliness, and bring people together.

Stronger together. Better together.

We're here for you

If you need support or someone to talk to, our team is here to help.

0121 222 1234

customerservice@aspecthousing.co.uk

www.aspecthousing.co.uk

Respect each other.

Look out for each other.

Keep our community a great place to live.



RESPECT | COMMUNICATE | TOGETHER

Building homes. Improving lives.

MENTAL HEALTH AWARENESS 2026 CAMPAIGN- SAMARITANS CHARITY

Throughout July 2026, Samaritans will be running its annual awareness-raising campaign, **Talk to Us**. The campaign aims to let people know that Samaritans volunteers are here 24/7 for anyone who is struggling to cope.

In 2021, Samaritans volunteers spent over one million hours responding to calls for help.

When life is difficult, Samaritans are here – day or night, 365 days a year. You can call them for free on 116 123, email them at **jo@samaritans.org**, or visit **www.samaritans.org** to find your nearest branch.



ALCOHOL AWARENESS WEEK 2026



Alcohol Awareness Week is a national campaign led by Alcohol Change UK to raise awareness of the impact alcohol can have on our health, wellbeing, families, and communities.

Alcohol Awareness Week 2026: “Alcohol and me”

Alcohol Awareness Week is not about judging anyone. It is about taking a small, honest look at how alcohol may affect your life.

This year's theme, **"Alcohol and me",** encourages people to think about questions such as:

How does alcohol affect my sleep, mood, money, health, relationships or daily routine? For some people, alcohol may feel like part of everyday life. It can be linked to relaxing, socialising, stress, boredom, loneliness or coping with difficult feelings. But alcohol can also affect people in ways they may not always notice, including low energy, poor sleep, anxiety, arguments, money worries, health problems or feeling less in control.

You do not have to make a big change straight away. Even taking two minutes to think about your drinking, check your risk level, learn more, cut down a little, or speak to someone can be a positive first step.

Alcohol Change UK says there is no “one size fits all” approach. Some people may want to cut down, some may want to try alcohol-free options, some may want advice, and others may simply want to understand more about alcohol and their wellbeing



Any one of us can find ourselves drinking too much alcohol at some point in our lives.

ALCOHOL CHANGE UK








And millions of us could benefit from cutting down.

If you're worried about your drinking, talk to your GP or local alcohol service, and find out more on our website.

alcoholchange.org.uk

Alcohol Change UK is the operating name of Alcohol Research UK. Registered as a Charity No. 1140267
Company Limited by Guarantee in England and Wales No. 7402805

Alcohol myth:

ALCOHOL CHANGE UK

Alcohol helps you sleep

Spoiler alert! Alcohol does not help you sleep.

Although we might initially drop off to sleep after drinking alcohol, we spend less time in the deep sleep we need to feel well-rested which leaves us feeling more tired.

The truth is that most of us who cut down on alcohol sleep better, lose weight, have more energy and generally feel better.

It's time we were told the truth about alcohol so we can make informed choices for ourselves.

Debunk more myths.
alcoholchange.org.uk

Alcohol Change UK is the operating name of Alcohol Research UK. Registered as a Charity No. 1140287 Company Limited by Guarantee in England and Wales No. 7482605

ALCOHOL CHANGE UK

Alcohol myth:

Alcohol harm only affects a few heavy drinkers

That's not the full story!

From poor sleep to headaches, alcohol is having a big impact on our own health as well as rippling out to our families, friends, communities and broader society.

But by finding ways to better manage our drinking, we can feel revitalised, improve our mood, strengthen our relationships, reduce anxiety and so much more.

It's time we were told the truth about alcohol so we can make informed choices for ourselves.

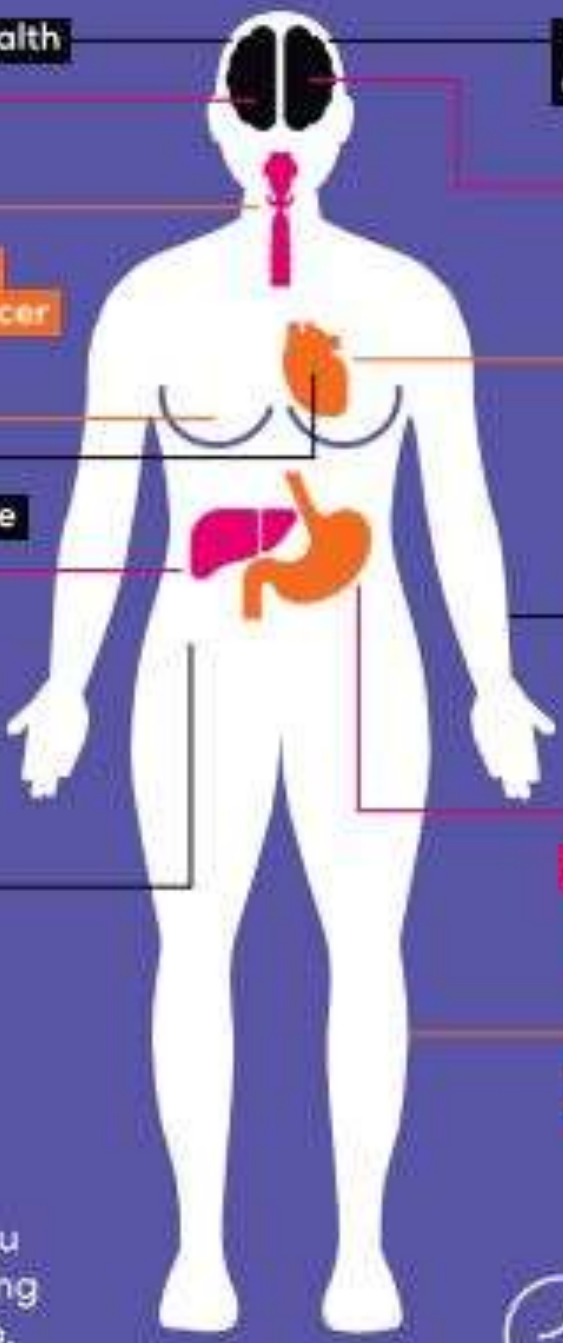
Debunk more myths.
alcoholchange.org.uk

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Company Limited by Guarantee in England and Wales No. 7462605

Drink less, feel better

Drinking less alcohol, can make a big difference to our health and wellbeing. Making even small changes to our drinking can help us feel better.

ALCOHOL CHANGE UK



Improved mental health

Improved memory and concentration

Lower risk of stroke

Better sleep

Lower risk of cancer including throat cancer and breast cancer

Lower risk of heart disease

Lower blood pressure

Healthier skin

Lower risk of liver disease

Reduced irritation of stomach and digestive system

Better weight management

Improved energy

Change the way you drink by downloading the free Try Dry app.

alcoholchange.org.uk/app

Alcohol Change UK is the operating name of Alcohol Research UK. Registered as a Charity No. 1140507
Company limited by Guarantee in England and Wales No. 7455001

10 TOP TIPS FOR REDUCING YOUR ALCOHOL INTAKE

1. OPT FOR THE SMALLEST SERVING SIZE



2. ALTERNATE DRINKS!



3. DILUTE ALCOHOLIC DRINKS



4. AVOID SALTY SNACKS



5. DON'T STOCK UP ON ALCOHOL



6. DRINK WATER FIRST



7. SIP SLOWLY



8. PLAN AHEAD AND KEEP TRACK



9. CHANGE YOUR DRINKING HABITS



10. BUY LOW-ALCOHOL OR ALCOHOL-FREE ALTERNATIVES



World Cancer Research Fund

If you're concerned about your or someone else's drinking, you can call Drinkline – the national alcohol helpline – for free, in complete confidence. Call 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm).

> The NHS also has more information on support for alcohol misuse

wcrf-uk.org/alcohol-calorie-calculator

Looking for Things to Do in Birmingham?

Residents can explore local events, activities and community opportunities online.

Visit Birmingham City Council's events page to find:

- Local community events
- Walks, activities and exhibitions
- Family-friendly opportunities
- What's happening across Birmingham



Discover events in your community





Take a look today:

www.birmingham.gov.uk/events

A useful resource for residents to discover what's happening in the city.

BIRMINGHAM JAZZ and BLUES FESTIVAL

Returns to Colmore!

24 JULY – 2 AUGUST 2026

Live music across Colmore's iconic venues, squares and cultural spaces

FESTIVAL HIGHLIGHTS

- Free daytime performances in central locations
- After-work sessions in popular bars and restaurants
- Ten days of jazz, blues, rhythm and soul

FEATURED COLMORE VENUES

- Chamberlain Square
- Regina's Bar & Restaurant
- The Wellington
- Old Joint Stock
- Dishoom
- Cow & Sow
- La Bellezza
- Vagabond
- The Queen's Head
- Birmingham School of Art
- Birmingham Museum & Art Gallery
- The Alchemist

Plan your visit and *join the celebration* in Colmore this summer.

Inspired by information published by Colmore Life

BALSALL HEATH COMMUNITY FESTIVAL

3RD TO 13TH JULY 2026

3RD JULY — ANAWIM 40TH PARTY
RETROFIT BH AT PICKWICK

EAST WEST PROCESSION
SEVEN STREETS PARK
CARNIVAL EXHIBITION — 5TH JULY

6TH–8TH JULY — FAITH TRAIL

#BHCFEST26

MOSELEY RD BATHS TOUR
CARNIVAL EXHIBITION — 9TH JULY

10TH JULY — FOREST SOUND GARDEN

SECOND SATURDAY
SAHELI FUN DAY
ST PAUL'S SUMMER CELEBS — 11TH JULY

SAHELI FAMILY FUN — 13TH JULY

Full details and events at
BALSALLHEATHAN.ORG

TOGETHER ST PAULS
BELIEVE IN Balsall Heath

BELIEVEINBALSALLHEATH@GMAIL.COM

BALSALL HEATH COMMUNITY FESTIVAL

ONE MORE ANIMAL JOKE TO MAKE YOU SMILE (OR MOAN

