Aspect Housing & Support Ltd

Aspect Housing

RESIDENTS NEWSLETTER

June 2026



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Hello Residents.

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

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

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



INFORMATION FOR OUR RESIDENTS



STILL AVAILABLE. PLEASE SPEAK TO YOUR SUPPORT WORKER.

CHANGE AHEAD

Aspect Housing & Support Ltd

Aspect Housing

FREE VODAFONE SIM CARDS AVAILABLE

For Aspect Housing Residents

(Limited Availability – First Come, First Served)

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

Each SIM card includes:

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

Who may benefit?

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

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

Important

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

How to ask for one

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

Provided by

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



Healthy & Low-Budget Cooking Competition

For Aspect Housing Residents

Show us your best healthy meal made on a budget!

How to enter

- Ask your Support Worker for the entry form
- They will help you complete the form
- Your Support Worker will enter the form on your behalf
- A photo of your dish must be included
- Please do not include a photo of yourself unless you have agreed

What we are looking for

- Healthy meal choices
- Low-cost ingredients
- Good cooking skills
- Budgeting and independent living progress

Winner receives

- Certificate of Achievement
- £30 Gift Voucher

Ask your Support Worker for the entry form today. They will help you complete it. ♡

Closing date for entry: 11th June 2026

Aspect HOUSING

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.**

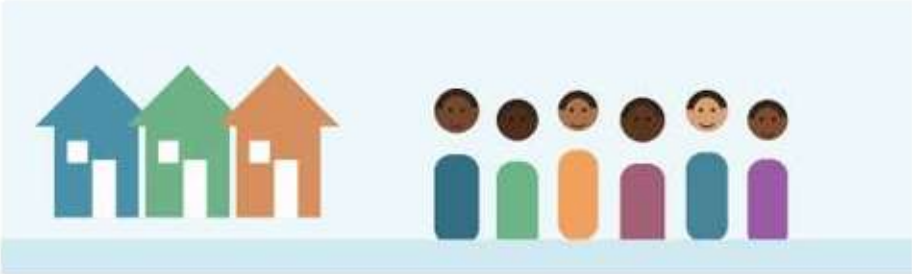
For more information speak to your support worker.

£40

Celebrating our community • Inspiring success • Building futures

Resident Information Booklets

Scan the QR codes to access helpful support, advice and community information.



COST OF LIVING / SUPPORT & ADVICE



Support with household costs, welfare, advice and practical guidance for residents.

Scan QR code or open online

Aspect Housing information booklet

REFUGEES AND MIGRANT SUPPORT SERVICES



Useful information for residents seeking refugee, migrant and integration support.

Scan QR code or open online

Aspect Housing information booklet

SUPPORT SERVICES DIRECTORY



A directory of local and specialist services that can provide help and guidance.

Scan QR code or open online

Aspect Housing information booklet

WELLBEING SUPPORT AND COMMUNITY PROVISION



Community and wellbeing services, activities and support available to residents.

Scan QR code or open online

Aspect Housing information booklet

Need help accessing a booklet? Please contact Aspect Housing for support.

YOU CAN WORK WHILE LIVING IN SUPPORTED EXEMPT ACCOMMODATION

Aspect Housing

This is your home. Your future. Your choice.

WORK CAN HELP YOU:

- Build confidence and self-esteem
- Earn money and become more independent
- Develop skills for your future
- Move on to your own place

Having a job will not automatically affect your tenancy. You can still receive support while you work.

✓ Let your housing support worker know when you start work.



SPEAK TO YOUR **JCP WORK COACH** ABOUT YOUR JOB SEARCH AGREEMENT AND ANY CHANGES TO YOUR CIRCUMSTANCES.

ASK YOUR HOUSING SUPPORT WORKER FOR HELP WITH:

BETTER OFF IN WORK CALCULATIONS

We can help you work out how a job could affect your benefits and Housing Benefit.

UNDERSTANDING HOW WORK AFFECTS YOUR BENEFITS & HOUSING BENEFIT

UPDATING YOUR DETAILS WITH DWP AND HOUSING BENEFIT

WE'RE HERE TO SUPPORT YOU

Everyone's situation is different. Get the right advice so you can make the best choices for you.

REMEMBER:

- Tell your JCP Work Coach about any changes.
- Let your housing support worker know.
- Get advice before you start work.
- We're here to help you succeed!

WORK TODAY. BUILD TOMORROW. CREATE YOUR FUTURE.

Good Neighbourhood
Respect • Responsibility • Community

National ASB Awareness Week

June 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

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.


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/





WALK-IN

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

DUJ ADVICE CENTRE

Address
861 Stratford Road
Birmingham
B28 8BH

0121 792 5442
07847661022

www.daaruljannah.co.uk

info@daaruljannah.co.uk

"Coffee & Chat"

(A weekly drop-in for men)

Every Tuesday afternoon from 2pm – 4pm

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









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











ALL MEN WELCOME

KARIS NEIGHBOUR SCHEME

MEN'S SPACE

Body Mind Spirit Partnership

THRIVE TOGETHER BIRMINGHAM

Contact David for more information 07873 328 928

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



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

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

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

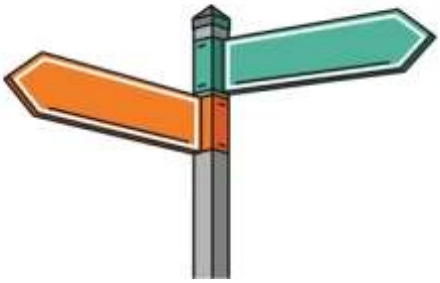
info@olivesmallheath.staracademies.org

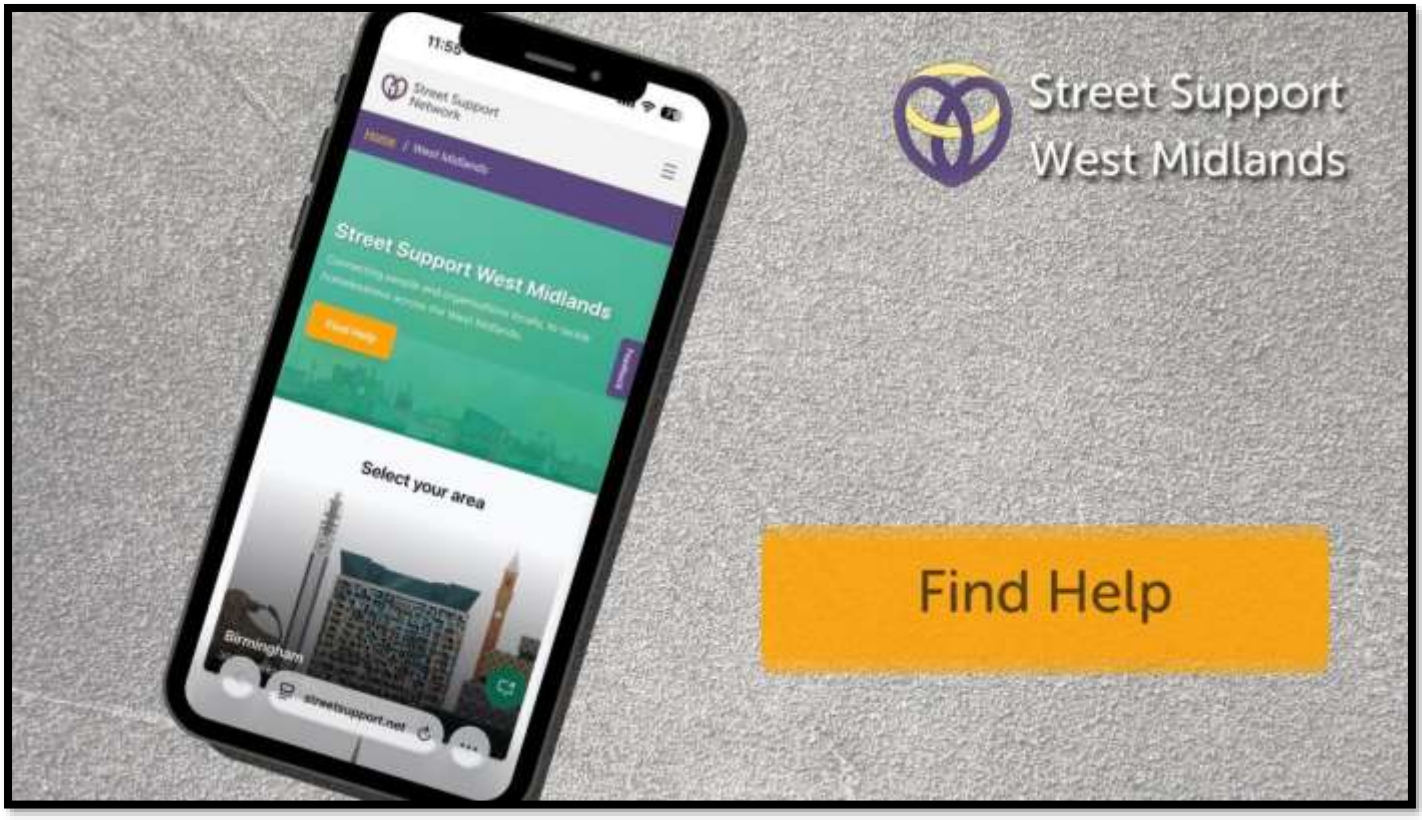


DONATIONS WELCOME
PLEASE CONTACT THE SCHOOL

EVERY FRIDAY
2:30PM TO 3:30PM



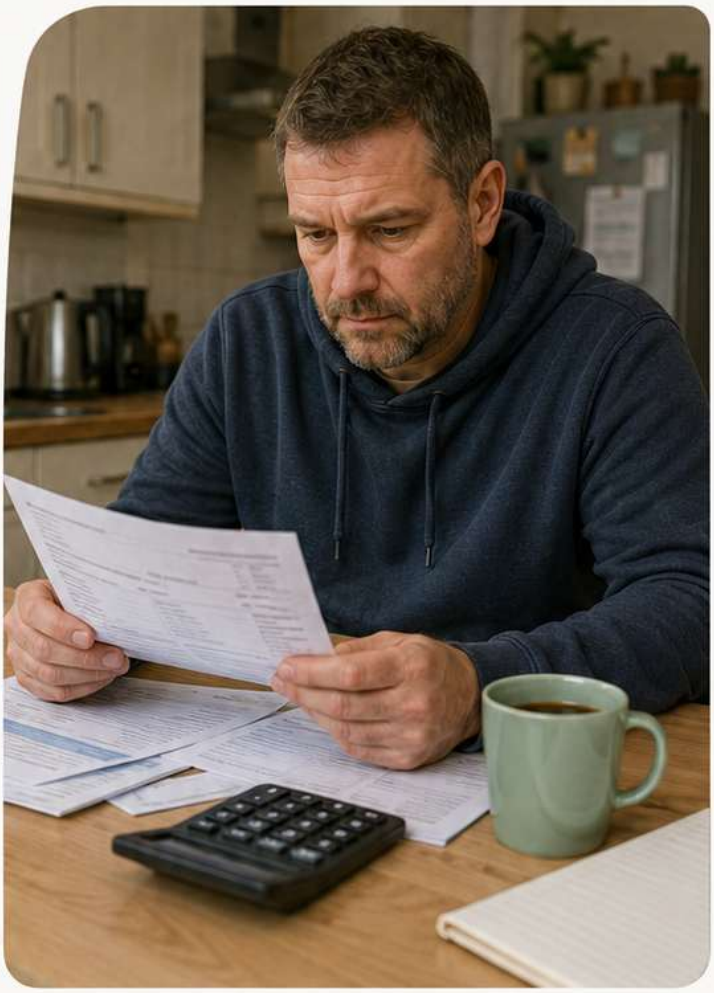




COST OF LIVING SUPPORT & ADVICE

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

FINANCIAL SPRING-CLEANING ADVICE FROM 'MONEY HELPER'

Dawn Cummins, **West Midlands Manager for the Money and Pensions Service (MaPS)**, offers the following helpful guidance to our residents on the help available from MoneyHelper, MaPS' government-backed money guidance service.

##

You may have used this time of year to give your home its annual once-over, mow the grass again, and finally wash the car. But have you given your finances a spring clean?

Website: www.moneyhelper.org.uk

Organise your income and expenses

An easy place to start is by knowing what's coming in and going out.

Check your bank account

If you haven't already, it is worth going through your bank account and checking your transactions, so you know exactly what you have to spend each month and where you could potentially cut back. Are you spending too much on coffee? Do you need that extra subscription? It is a small thing, but little cuts can make a big difference.

Get everything you're entitled to

Recent research suggests millions of households could be missing out on unclaimed benefits and social tariffs worth billions of pounds. Whether it is Child Benefit, Universal Credit or Pension Credit, you could be entitled to more.

MoneyHelper Benefits Calculator:

www.moneyhelper.org.uk/en/benefits/benefits-calculator

Make a clear budget

Once you know your income, you can make a budget that works for you. Start by calculating your essential expenses, and then you can plan for the things you enjoy.



If this sounds daunting, don't worry. **MoneyHelper** has a helpful Benefits Calculator and Budget Planner to help you make the most of your finances.

MoneyHelper Budget Planner:
www.moneyhelper.org.uk/en/everyday-money/budgeting/budget-planner

Your pension

It might seem like a lifetime away, but it's never too early to start saving for retirement. The earlier you start, the more you will have when the time comes. It sounds simple, and it is, but here are a few useful tips to keep you on the right track.

Check your statements

Our previous research shows only a third of people who pay into a pension actually engage with it. Check your statements annually, or log in online at any time, to see how your pension is doing.

Update your contact details

Ensure your contact details are up to date. If you've moved home or changed your name, it's hard for your provider to get in touch with you.

Get a Pension Wise appointment

If you're over 50 with a Defined Contribution pension, you can get a free Pension Wise appointment to discuss your pension options.

You can also visit **MoneyHelper.org.uk** for further support.

Pension Wise information:
www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise

Book a free Pension Wise appointment:
www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise/book-a-free-pension-wise-appointment

Futureproofing

When spring cleaning your finances, try to think further into the future if possible. It's not just about saving for a rainy day; in the shorter term, it could be covering a new car, or even helping towards your new home.

FINANCIAL SPRING-CLEANING ADVICE

Savings

There are a range of options when it comes to savings, and it is always worth shopping around to find the best interest rates. Stocks and Shares ISAs can offer higher returns than cash savings in the long term and are tax-free but always be aware of the risks.

MoneyHelper Savings guidance:

www.moneyhelper.org.uk/en/savings

MoneyHelper tools and calculators:

www.moneyhelper.org.uk/en/tools-and-calculators

Making your will

No one wants to think about it, but everyone should have a financial plan in place for when they die. However, just over half of adults aged between 50 and 64 do not have a will in place
. Setting out who gets what is good sense and ensures your nearest and dearest have some comfort when the time comes.
Don't worry, it is easier than it sounds, and before you speak to a solicitor, **MoneyHelper** has a step-by-step guide to help.

Making a will and planning what to leave:
www.moneyhelper.org.uk/en/family-and-care/death-and-bereavement/planning-what-to-leave-in-your-will

How to write a will and how much it costs:
www.moneyhelper.org.uk/en/family-and-care/death-and-bereavement/how-to-write-a-will-and-how-much-does-it-cost





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

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

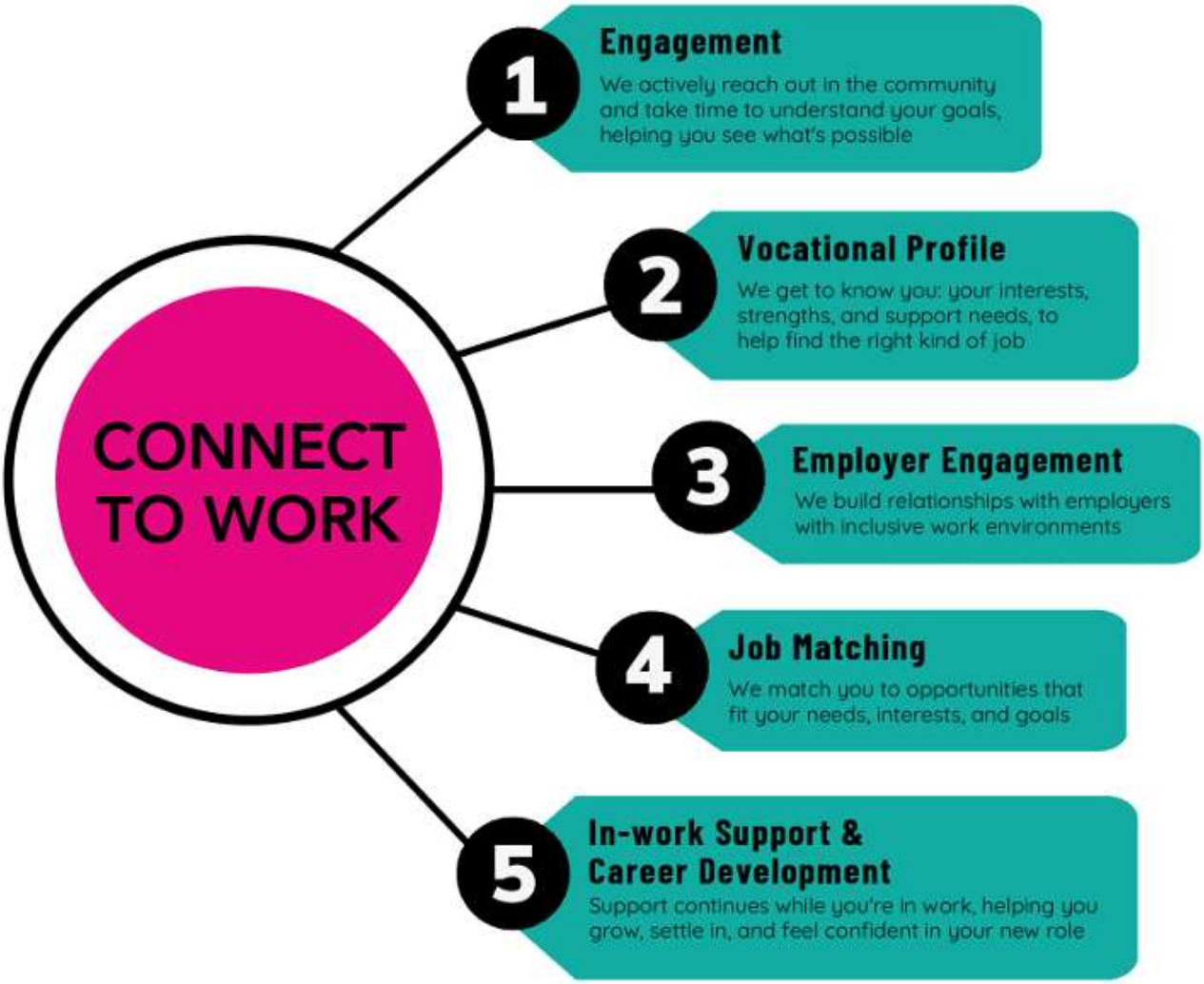
People who live in Birmingham, and are:

- 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

WITTON LODGE COMMUNITY ASSOCIATION

JOBS FAIR

Come and meet a range of employers and training organisations to discuss opportunities in your local area.

Tuesday 30th June 2026
10am - 2pm

St Barnabas Church,
152-156 High Street,
Erdington, B23 6RS



www.wittonlodge.org.uk

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.



*Available on selected tickets. Terms and conditions apply.

CONSTRUCTION GATEWAY

THE SKILLS CENTRE



SCREENING & ENROLMENT:

DATE: Wednesday 8th July2026

TIME: 8:30 AM

LOCATION: The Skills Centre, 7 Mill Street, Aston, Birmingham B6 4BS

TRAINING:

DATES: Monday 13th July - Friday 24th July

TIME: 8:30 AM - 4:00 PM

LOCATION: The Skills Centre, 7 Mill Street, Aston, Birmingham B6 4BS

ELIGIBILITY:

AGE: 19+ on or before the 31st August 2025

EMPLOYMENT: Unemployed or earning less than £34,194K per annum (this must be evidenced)

QUALIFICATIONS GAINED:

- Green Labourer CSCS Card
- Level 1 Award in Health and Safety in a Construction Environment
- Level 1 Certificate in Basic Construction
- Entry 3 Award in Introducting Environmental Awareness and Sustainability
- Mental Health Awareness
- Working at Height
- Asbestos Awareness

St George vgc MPB West Midlands Combined Authority

SKILLS GAINED:

- Construction-Focused Employability Skills
- Starting work in Construction
- CV Workshops & Interview Skills
- Career Talks

ELIGIBILITY:

Candidates must have valid photo ID, National Insurance Number, Proof of Address, Proof of Benefits, Proof of Visa/3 Years (if applicable) and Living in the West Midlands.

EMPLOYER:

We're working with major projects across the West Midlands.

This programme is by West Midlands Combined Authority to support learners to access sustainable employment opportunities.

For further information

referrals@theskillscentre.co.uk
0121 820 9858
theskillscentre.co.uk

CONSTRUCTION GATEWAY

THE SKILLS CENTRE



SCREENING & ENROLMENT:

DATE: Wednesday 1st July 2026

TIME: 8:30 AM

LOCATION: The Skills Centre, 7 Mill Street, Aston, Birmingham B6 4BS

TRAINING:

DATES: Monday 6th July - Friday 24th July

TIME: 8:30 AM - 4:00 PM

LOCATION: The Skills Centre, 7 Mill Street, Aston, Birmingham B6 4BS

ELIGIBILITY:

AGE: 19+ on or before the 31st August 2025

EMPLOYMENT: Unemployed or earning less than £34,194K per annum (this must be evidenced)

QUALIFICATIONS GAINED:

- Green Labourer CSCS Card
- Level 1 Award in Health and Safety in a Construction Environment
- Level 1 Certificate in Basic Construction
- Entry 3 Award in Introducting Environmental Awareness and Sustainability
- Mental Health Awareness
- Working at Height
- Asbestos Awareness

St George vgc MPB

SKILLS GAINED:

- Construction-Focused Employability Skills
- Starting work in Construction
- CV Workshops & Interview Skills
- Career Talks

ELIGIBILITY:

Candidates must have valid photo ID, National Insurance Number, Proof of Address, Proof of Benefits, Proof of Visa/3 Years (if applicable) and Living in the West Midlands.

EMPLOYER:

We're working with major projects across the West Midlands.

This programme is by West Midlands Combined Authority to support learners to access sustainable employment opportunities.

For further information

referrals@theskillscentre.co.uk
0121 820 8858
theskillscentre.co.uk

Driver & Vehicle Standards Agency

Become a traffic examiner!

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

Playing a vital role in road safety, you would:

- inspect drivers, operators and vehicles in a variety of locations to make sure they follow the law
- help to maintain and improve road safety standards
- carry out investigations and write reports on non-compliant businesses with fleet vehicles



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**



NHS
University Hospitals Birmingham
NHS Foundation Trust

Healthcare Careers & Development at University Hospitals Birmingham

I can

ACTIVATE – NHS Employment Focused Training at University Hospitals Birmingham

Course Contents

- Understanding NHS roles
- Job descriptions & personal specifications
- Navigating the NHS application process
- Exploring various job opportunities
- Application support & guidance
- Writing a compelling supporting statement
- Preparing strong job applications
- Interview techniques & confidence-building

Eligibility

To be eligible for this programme, clients must live within a **West Birmingham ward** (postcode specific) and meet one or more of the following criteria:

- Aged 30 or over, or
- Aged 18–29 and unemployed for 2yr+
- Care Experienced (not supported via Universal Family provision)
- Overseas Healthcare Professionals (with the legal right to work in the UK).

Why Join Activate?

This programme equips you with essential knowledge on NHS roles and application processes. You'll receive personalised career guidance to align your goals with NHS opportunities. Expert support is available for writing applications, crafting strong supporting statements and preparing for interviews with confidence.

matrix®
quality standard for information advice and guidance services
approved by the matrix Accreditation Body

To attend our official online information session, choose one of the following contact options below or scan the QR code.

Call: **0121 371 8600**

Email: **onefrontdoor@uhb.nhs.uk**

THE SKILLS CENTRE

BUILD YOUR FUTURE.
BUILD THE MIDLANDS.

GET QUALIFIED.
GET HIRED.



ALL COURSES LEAD TO
GUARANTEED JOB INTERVIEWS
WITH LOCAL CONSTRUCTION EMPLOYERS

COURSE TYPES – SUMMARY

1 WEEK CSCS COURSE
For people with past construction experience looking to get their CSCS Card straight away

2 WEEK CONSTRUCTION COURSE
For people with a CSCS Card already, includes lots of on-site Practical Work Experience/ training

3 WEEK CSCS COURSE
1 Week Classroom CSCS Training + 2 Week on-site Practical Work Experience/ training

4 WEEK CSCS COURSE
Mix of Classroom & Practical Training, For new entrants wanting to gain their Certs & practical experience

PATH2 APPRENTICESHIP
Birm & Solihull residents aged 19-29 – looking to gain Construction Quals & Practical Experience with Guaranteed Job Interviews with Companies looking to take on Apprentices

ALL COURSES LEAD TO **GUARANTEED JOB INTERVIEWS** WITH LOCAL CONSTRUCTION EMPLOYERS

ELIGIBILITY
- Must have Valid Photo ID
- Must attain minimum Entry 3 in initial Maths & English Assessment at Enrolment Day
- West Midlands Home Postcode
- Aged 19 as of 31st Aug 2025
- Lived in the UK 3+ years (exc. Refugees)

DOCUMENTS TO BRING TO ENROLMENT DAY
- Valid Photo ID
- Proof of Home Address (E.g. Household Bill, Bank Statement or Tenancy Agreement)
- Proof of Universal Credit or earning less than £32k per year (Jobs Centre Journal)
- NI Number
- Share Code (if necessary)

LOCATION
7 MILL STREET, BIRMINGHAM, B6 4BS

FOR ALL REFERRALS
Please send the following details to Referrals@theskillscentre.co.uk
- Name:
- Tel:
- Email:
- DOB:
- Postcode:

COURSE SCHEDULE

PROGRAMME	ENROLMENT DAY	START – CLASSROOM	END – CLASSROOM	AGE CRITERIA
6 weeks CSCS Path2Apprenticeship (4-week delivery, 2 weeks wrap around support)	28/05/2026, 8.30am	01/06/2026	26/06/2026	Aged 19-29
1 Week CSCS Course	03/06/2026, 8.30am	08/06/2026	12/06/2026	19+ as of 31st Aug 2025
1 Week CSCS Course	17/06/2026, 8.30am	22/06/2026	26/06/2026	19+ as of 31st Aug 2025
2 week new – For People with a CSCS Card	23/06/2026, 8.30am	29/06/2026	10/07/2026	19+ as of 31st Aug 2025
4 Week CSCS Course Construction Gateway	25/06/2026, 8.30am	29/06/2026	24/07/2026	19+ as of 31st Aug 2025
3 Week CSCS Course	01/07/2026, 8.30am	06/07/2026	24/07/2026	19+ as of 31st Aug 2025
2 week new – For People with a CSCS Card	08/07/2026, 8.30am	13/07/2026	24/07/2026	19+ as of 31st Aug 2025

GET QUALIFIED. GET EXPERIENCE. GET HIRED.

YOUR FUTURE IN CONSTRUCTION STARTS HERE.

EBCF

West Midlands Combined Authority

FREE COURSES
TO BUILD A BRIGHTER FUTURE

FREE Training | Flexible Courses | Endless Career Options

EBCF OFSTED GRADING NOVEMBER 2025

Graded STRONG across all areas

Inclusion	STRONG STANDARD
Curriculum and Teaching	STRONG STANDARD
Achievement	STRONG STANDARD
Participation and Development	STRONG STANDARD
Leadership and Governance	STRONG STANDARD

Safeguarding Standard - MET

Ofsted

Read our report

OUR COURSES



FUNCTIONAL SKILLS
- Covers Maths and English and IT Skills for Life from Entry Level 2
- Apply skills to everyday life tasks
- Accredited through NCFE
- Duration: Included with Vocational Courses



ESOL
- Enhance English speaking, reading, and writing skills
- Covers Level 1 with progression to Level 2
- Optional 'AI for Work' unit included
- Accredited through Pearson
- Duration: 9 Weeks



HAIR AND BEAUTY LEVEL 1 & COSMETIC MAKE-UP AND BEAUTY CONSULTANCY LEVEL 2
- Learn hair styling, make-up, and much more
- Gain professional salon presentation skills
- Includes Functional Skills and IT Skills for Life
- Optional 'AI for Work' unit included
- Accredited through VTCT
- Duration: 7 Weeks



HEALTH AND SOCIAL CARE LEVEL 1 & 2
- Understand key roles and values in care
- Learn communication and health & safety basics
- Includes Functional Skills and IT Skills for Life
- Optional 'AI for Work' unit included
- Accredited through Pearson
- Duration: 9 Weeks

CUSTOMER SERVICE LEVEL 1 & 2
- Build customer communication and problem-solving skills
- Includes Functional Skills and IT Skills for Life
- Optional 'AI for Work' unit included
- Accredited through NCFE & Pearson
- Duration: 6 Weeks



WAREHOUSING AND STORAGE LEVEL 1 & 2
- Learn safe handling, storage, and movement of goods
- Includes Functional Skills and IT Skills for Life
- Optional 'AI for Work' unit included
- Accredited through NCFE
- Duration: 9 Weeks



LEAN MANAGEMENT TECHNIQUES LEVEL 2
- Learn lean organisation techniques and improvement tools
- Includes Functional Skills and IT Skills for Life
- Optional 'AI for Work' unit included
- Accredited through NCFE
- Duration: 5 Weeks



DIGITAL SKILLS LEVEL 1 & 2
- Learn essential digital literacy skills for work and everyday tasks
- Includes Functional Skills and IT Skills for Life
- Optional 'AI for Work' unit included
- Accredited through NCFE
- Duration: 6 Weeks



TEAM LEADING LEVEL 2
- Gain knowledge and understanding to successfully lead a team.
- Includes Functional Skills and IT Skills for Life
- Optional 'AI for Work' unit included
- Accredited through NCFE
- Duration: 6 Weeks



WHY CHOOSE EBCF?

- Flexible Learning Hours
- WOMEN-ONLY Classes (ON REQUEST)
- Information Advice & Guidance
- Employability Support
- Career Mapping & Planning
- CV Support
- Support with Job Search & Application
- Access to Weekly Job Club
- Interview Preparation

ABOUT EBCF

EBCF has supported job seekers and career builders across the Midlands for over 30 years. Our mission is to help individuals enhance their skills and access expert guidance to secure employment. We are a one-stop shop for information, advice and guidance on education, employment and training.

SCAN to Enquire

EBCF

Eligibility

Candidates must be aged 19+, a West Midlands resident, living in the UK for over 3 years, or have Indefinite Leave to Remain in the UK. Individuals under the Ukrainian settlement or similar scheme are also eligible.

GET IN TOUCH

The JET Shop (Head Office)
73 Alum Rock Road,
Birmingham, B8 1LY
Tel: 0121 328 4998
Email: enquiries@ebcf.org.uk

Summerfield Community Centre
Winson Green Road,
Birmingham, B18 4EJ
Tel: 0121 454 9133
Email: enquiries@ebcf.org.uk

www.ebcf.org.uk



Career Zone

NHS
Queen Elizabeth Hospital Birmingham
Part of University Hospitals Birmingham NHS Foundation Trust

I can

Healthcare Careers & Development at
University Hospitals Birmingham

BUILDING HEALTH – Healthcare Assistant Employment Focused Training at University Hospitals Birmingham

Course Contents:

Gain the essential skills and knowledge needed to become a Healthcare Assistant (HCA)

- Support patients with daily activities (washing, dressing and feeding)
- Assist patients with mobility needs, ensuring comfort and dignity
- Maintain hygiene and cleanliness in healthcare settings
- Monitor patient conditions (temperature, pulse and weight)
- Build essential communication and observation skills

Eligibility:

This course is open to individuals who meet the following criteria:

- Age 19+
- Living in Birmingham or Solihull
- Unemployed
- Not a student in Further or Higher Education
- Level 1 or above in Literacy & Numeracy required (But don't worry-we carry out our own assessments as part of the induction process. If you need further assistance in these areas, we can help!)

Why Join this Programme?

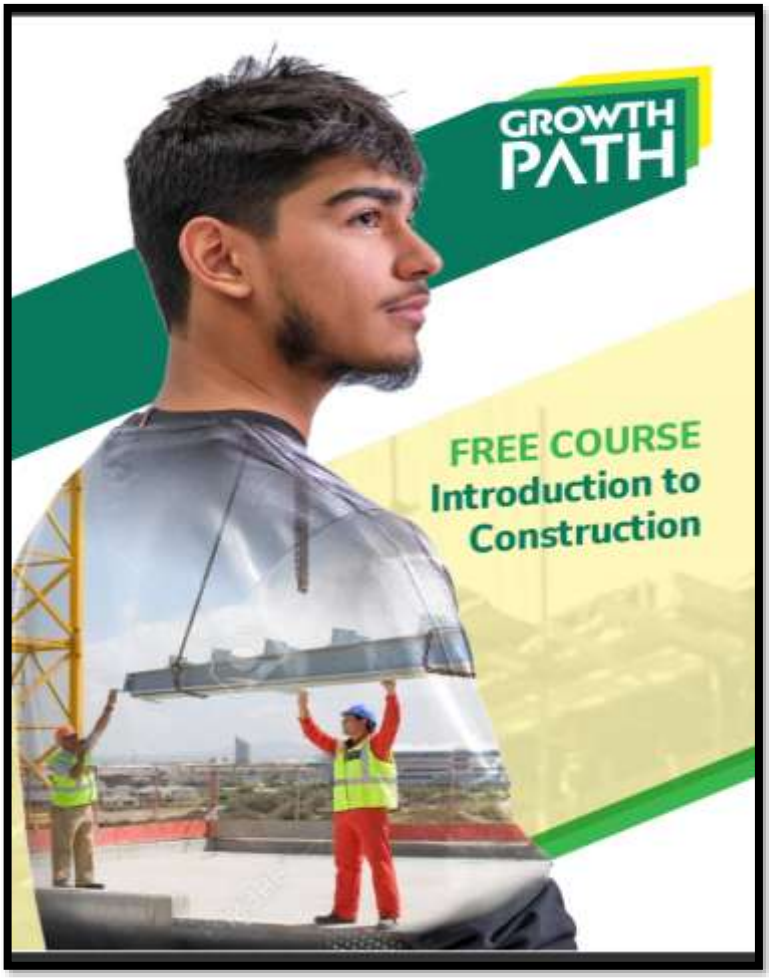
This FREE course equips you with practical skills and prepares you for a career in healthcare. As a bonus, you will have the opportunity to attend a job interview for a Healthcare Assistant role at University Hospitals Birmingham on the final day of the course!

matrix®
quality standard for information advice and guidance services
approved by the matrix Accreditation Body

To attend our official online information session, choose one of the following contact options below or scan the QR code.

Call: **0121 371 8600**
Email: **onefrontdoor@uhb.nhs.uk**

QEHB


GROWTH PATH
FREE COURSE
Introduction to Construction


Who
Anyone aged 16-29
You'll get
Site Safety Plus qualification Level 1
CSCS Green Card
(Construction Skills Certification Scheme)
Routes into employment, training and apprenticeships
Work experience on real jobs
Employability skills, CV and reference
When
4 week course
New courses start every month
Go for it !
Call 0121 439 6780 or
email hello@growthpath.org.uk
www.growthpath.org.uk
Growth Path Services
1 Brookvale Park, Erdington,
Birmingham B23 7AG


Funded Level 3
Cybersecurity course
CYBER SECURITY BOOTCAMP
Understand Cyber Security Principles
Gain an understanding of cyber security and the consequences and implications of inadequate cyber security. Learners will understand key terminology and the motivations of good and bad actors. Additionally investigate the advantages and disadvantages of security by design.
Part-time & Full-time routes available
Guaranteed job interview
Upon achievement of the qualification a guaranteed job interview will be offered in the following sectors:
Paid IT apprenticeships
Business administration and office based roles
Customer Service or Call Centre roles
Data Entry or Analyst roles
IT entry level roles
Imran: 0121 773 3410
i.younis@enterkeytraining.com
ENTERKEY
West Midlands Combined Authority
SKILLS FOR LIFE
SKILLS BOOTCAMPS


Funded Level 3
Cybersecurity course
CYBER SECURITY BOOTCAMP
NCFE Level 3 Certificate in Cyber Security Practices.
This qualification is for learners who want to start or continue their career in Cyber Security by increasing their knowledge, skills and understanding of cyber security practices.
ENTRY CRITERIA
Age: 19 +
Minimum L1 English language skills
Must not hold an equivalent qualification at the same or higher level
Must not be enrolled on the same, or equivalent programme elsewhere
Located in the West Midlands
Imran: 0121 773 3410
i.younis@enterkeytraining.com
ENTERKEY
West Midlands Combined Authority
SKILLS FOR LIFE
SKILLS BOOTCAMPS







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.

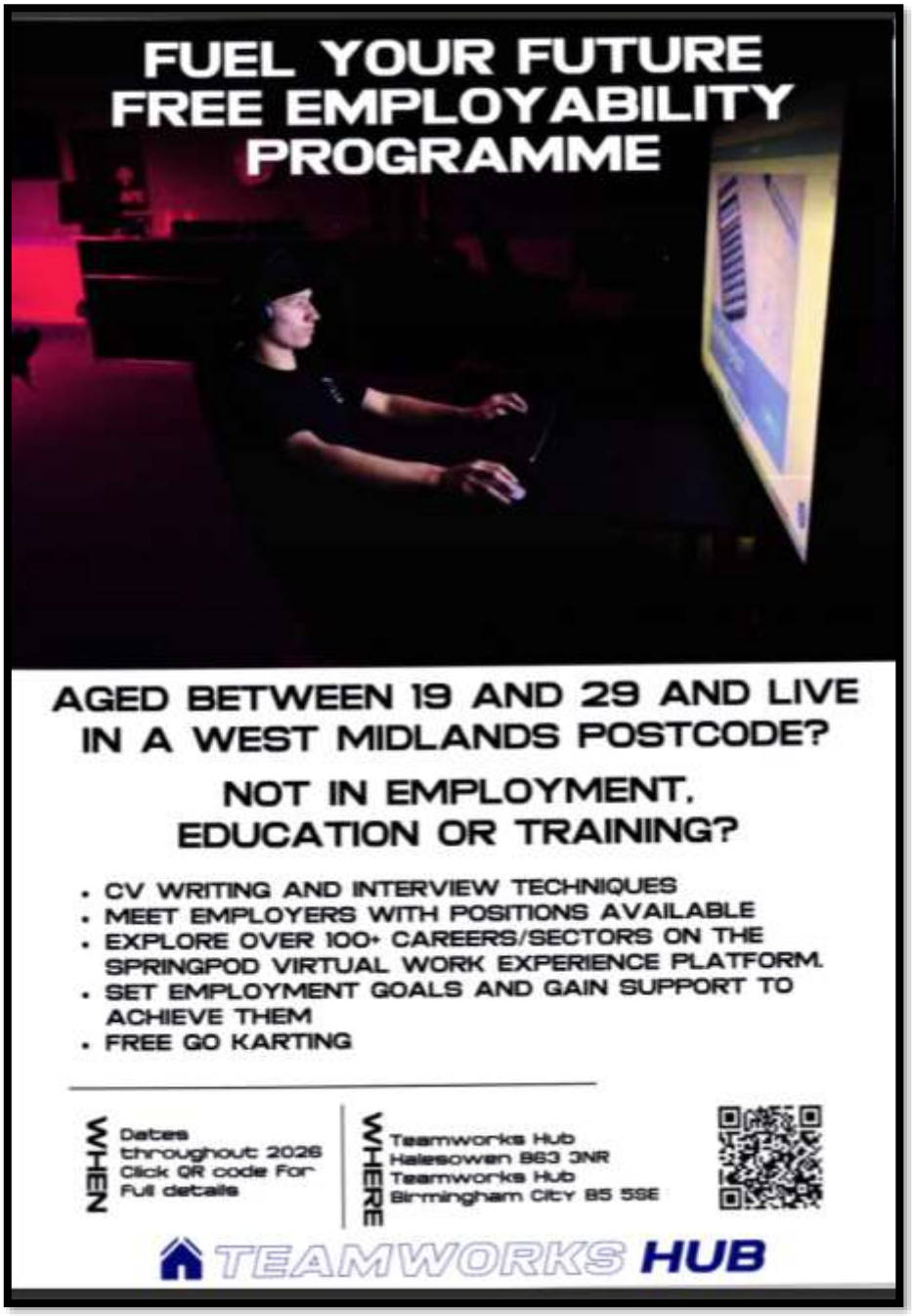
If you are interested, please send your CV's to us at:

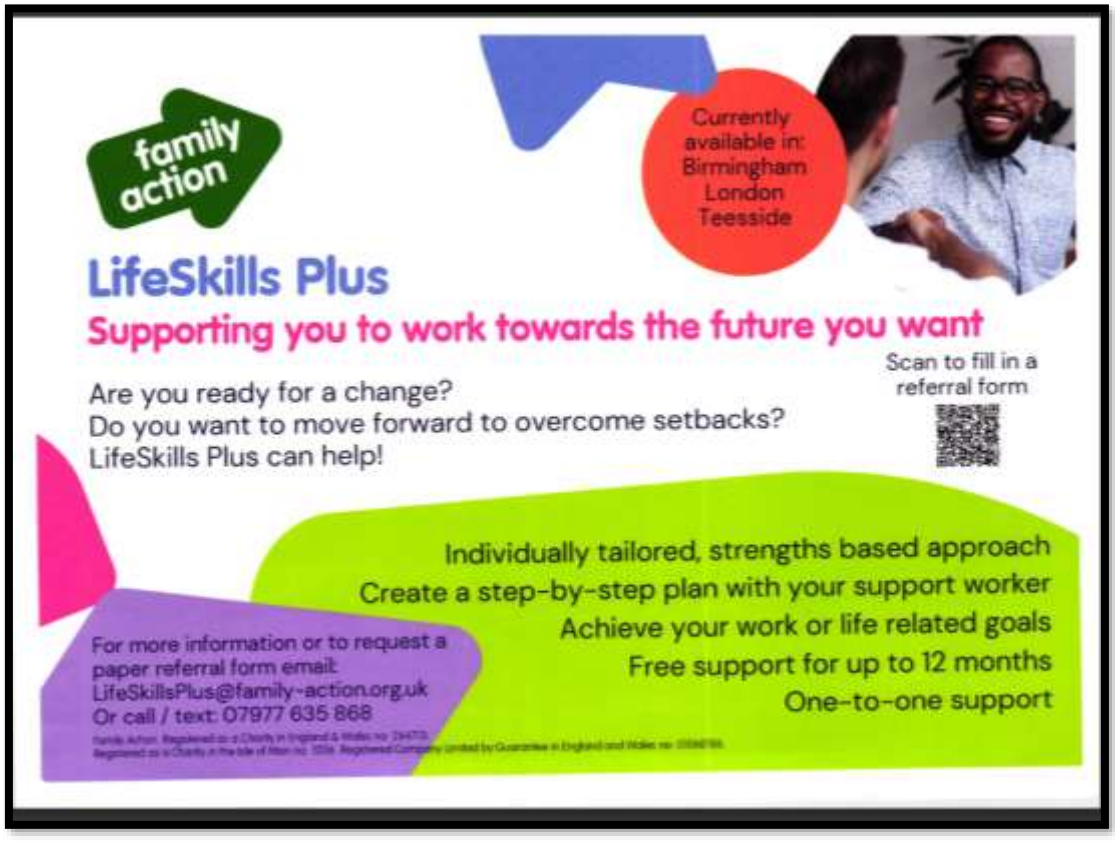
0121 632 6661

joel.steer@pertemps.co.uk

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

www.pertempsnetworkcatering.co.uk


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


family action
Currently available in:
Birmingham
London
Teesside
LifeSkills Plus
Supporting you to work towards the future you want
Scan to fill in a referral form
Are you ready for a change?
Do you want to move forward to overcome setbacks?
LifeSkills Plus can help!
Individually tailored, strengths based approach
Create a step-by-step plan with your support worker
Achieve your work or life related goals
Free support for up to 12 months
One-to-one support
For more information or to request a paper referral form email:
LifeSkillsPlus@family-action.org.uk
Or call / text: 07977 635 868



volunteerbrum.org

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

bvsc

STREET LEAGUE



JOIN OUR FREE JOB CLUB

Discover new career opportunities

EVERY SECOND THURSDAY STARTING 21ST MAY

- Take part in activities.
- Get help with CV writing and interview techniques.
- Set your goals and let us help you achieve them.
- Apply for jobs.

3 - 4 PM
DROP INS WELCOME
FOR AGES 16-30

Xcelerate at Edgbaston
Edgbaston Cricket Ground
Edgbaston Rd
B5 7QU

Contact Ryan Price
07887530336 Ryan.Price@streetleague.co.uk

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.

A COUPLE OF ANIMAL JOKES TO MAKE YOU SMILE!









DWP EMPLOYABILITY ACTIVITIES, AND WELFARE BENEFIT INFORMATION



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



Find a Job

GOV.UK

With an account you can:

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

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

⇒ Keep track of your job search activity.

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

Registering and logging into your account

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

Apply for jobs

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

Create account >

Already have an account? Sign in



If you already have an account with Find a Job

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

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

Use this QR Code to find out about

"Health Exchange"

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

Use this QR Code to access

"Find A Job"

with Disability Confident Employers

Use this QR Code to access

"Mind"

for information and support

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

Use this QR Code to access

"Personal Independence Payment (PIP) application"

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

USEFUL DWP ENQUIRY TELEPHONE NUMBERS

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



Department for Work & Pensions

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

Community Outreach Work Coach

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

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

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

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

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

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

Outreach at:
- Dolphin Women's Centre

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

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

Help our communities



USEFUL DWP JOB SEARCHING QR CODES

UNOFFICIAL DOCUMENT

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

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.

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





Aspect Housing

GOOD NEWS STORIES

Pathways to independence



Sherry, aged 39

Ready for work

Sherry wanted to return to employment but needed more skills and confidence. She completed a digital skills course and became more confident using apps and online tools. She now feels job-ready and motivated to take the next step into work.



Moses, aged 28

Housing journey started

After three weeks of support, Moses began the social housing bidding process. With guidance from his support worker, he has started taking practical steps toward stable accommodation and feels hopeful and excited about the future.



Sherry, aged 41

Growing independence

Over three months, Sherry received support to understand and manage her service charges. This has improved her confidence and independence, and she continues working towards stable employment and a more secure future.

All names, ages and portraits are fictional for illustration purposes.

Aspect Housing

GOOD NEWS STORIES

Wellbeing, routines and positive progress



David, aged 36

Mental health support accessed

David was experiencing depression, anxiety, emotional distress and a short temper. His support worker helped him access Birmingham Mind and medication support. Since engaging with services, he feels more relaxed, is more open in conversation and continues to do well.



James, aged 44

Positive lifestyle changes

James was struggling with hygiene, cleaning, bedding, showering and alcohol use. With regular encouragement and practical advice from his support worker, he has improved his hygiene, keeps his room cleaner, wears clean clothes and has stopped drinking alcohol for the past two weeks.



Matthew, aged 33

Building better habits

When Matthew arrived, there were concerns about his room, substance use, unemployment and managing money. Regular support helped him build healthier routines. He is keeping his room cleaner, reducing substance use, saving small amounts of money and engaging more positively.

All names, ages and portraits are fictional for illustration purposes.

Aspect Housing

GOOD NEWS STORIES

Housing, wellbeing and positive change



Daniel, aged 42

Move-on confirmed

During his first week, Daniel felt distressed about moving into council accommodation and struggled with the housing paperwork. With help from his support worker to complete forms and understand the process, he was accepted for a council flat and is now excited about moving into his new home.



Marcus, aged 38

Health and confidence improving

When Marcus arrived, he was dealing with alcohol misuse, depression, anxiety, physical health concerns and unemployment. Support included referrals to Birmingham CGL and NHS services. He has reduced his daily drinking, feels more hopeful, and is engaging positively with ongoing support.



Ali, aged 29

Stronger communication skills

Ali joined the service with limited English, which made communication difficult at first. Through translation apps, non-verbal support and signposting to learning resources, he has made strong progress in English and remains motivated to keep developing his skills.



Steven, aged 51

Successful move-on

Steven needed support to move on after six months in the service. His worker helped him complete a Birmingham Choice application, submit bids, request a mobility assessment and attend a pre-tenancy workshop. He has now moved on successfully and feels ready for the next stage.

All names, ages and portraits are fictional for illustration purposes.

Aspect Housing

GOOD NEWS STORIES

Independence, stability and brighter futures



Leon, aged 40

Confidence and stability gained

With support, Leon secured full-time employment at a recycling warehouse and was able to settle his housing situation. This positive progress has improved his confidence and helped him move toward greater stability and independence.

REAL PEOPLE. REAL PROGRESS. BETTER LIVES. BRIGHTER FUTURES.

Every day, our support helps people overcome challenges, build confidence and create positive change.

We're proud to be part of their journey.

Nadia, aged 32

Language barriers overcome

At first, Nadia faced communication barriers. With support from her worker and the use of AI tools, she grew in confidence and overcame those barriers. She is now moving into her own home and feels grateful for the help she received.



Patricia, aged 47

Support now in place

After a year of support, Patricia's care package has now been completed. She is receiving the support she needs in day-to-day life and says she feels more secure, settled and stable as a result.



Ryan, aged 34

Relationships improving

Ryan worked closely with his support worker on anger management. Through regular support and encouragement, he has become more positive and improved his relationships within shared housing, helping him live more comfortably with others.



All names, ages and portraits are fictional for illustration purposes.

Aspect Housing

GOOD NEWS STORIES

Confidence, skills and employment

1 David, aged 38

Full-time job secured

In less than two months, David secured full-time employment at a recycling warehouse. Support included help with a housing application through Wolverhampton Homes and a DBS application. He later returned to personally thank his worker and is moving forward with greater independence.



2 Asmar, aged 27

Job and driving success

Asmar initially felt anxious about job applications and his driving theory test. With encouragement and practical support, he built his confidence, secured a part-time job and passed his theory test. These achievements have given him strong momentum for the future.



3 Hassan, aged 31

Daily routine improved

Hassan needed help with his daily routine, personal hygiene and keeping his room tidy. Through regular encouragement, structure and guidance, he has improved his routine, taken better care of himself and is keeping his room in much better condition.



4 Harry, aged 35

Healthier home habits

Harry needed support to build a washing routine and keep his room tidy. With encouragement from his support worker, he developed better home habits and now maintains a cleaner space. He says these changes have helped him feel better in himself.



Supporting people to build brighter futures

All names, ages and portraits are fictional for illustration purposes.



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

Drug and Alcohol Service
Birmingham
Change Grow Live

MEN'S MENTAL HEALTH WEEK

AT EAST HUB
11AM - 3PM

11TH JUNE 2026



FOR MORE INFORMATION, GET IN CONTACT BY CALLING
0121 227 5890 OR EMAIL BIRMINGHAM.INFO@CGL.ORG.UK

IN UNITY WE RISE C.I.C

COME PLANT, GROW & SOCIALISE

Francis Road Allotment
in Stechford, Birmingham



What to Expect:

- Plant Seeds & Grow Vegetables
- Learn New Gardening Skills
- Friendly, Relaxed Social Space
- Take Part in Maintaining the Space

MEN'S ONLY SESSION

For Men Only

Supportive & Relaxing Environment

EVERY MONDAY
10:00am – 12:30pm

EVERY FRIDAY
10:00am – 12:30pm

Open to All Men!

Booking Required:
inunitywerise@gmail.com

Please include your name and preferred session
(Monday 10am - 12:30pm or Friday 10am - 12:30pm)

Birmingham City Council

Ladywood



Stay Well Stay Independent

Your local guide to prevention & support to help you stay healthy, independent and connected to your community

Why this matters

For some of the most common health conditions affecting people in Ladywood, West Birmingham. Support is available.

Obesity, Depression, High blood pressure, Asthma, Kidney Disease, Schizophrenia, Heart Disease and Cancer

Prevent

Staying healthy and **active** can **prevent** conditions like **depression, obesity and high blood pressure** from developing. **Smoke free environments and healthier communities** can help prevent **chronic obstructive lung disease (COPD), asthma and heart disease**. Early checks can prevent problems from getting worse.

Community Support list

- Birmingham and Solihull Support Page
- Public Health

Reduce

Slowing progression & staying independent by using local support services, groups, and activities can **reduce** the impact of **depression, obesity and long-term breathing conditions**. Community health checks and local wellbeing programmes help **reduce the risks**. Making **healthy options** easier helps reduce the development of **long-term conditions**.

Community Support list

- Occupational Therapy

Delay

Living well for longer and spotting issues early through **routine community checks** can delay conditions from becoming more serious. Local support programmes, wellbeing support and **staying independent can delay complications**.

Community Support list

- Birmingham City Council Support page
- Community Support list

Did you know that you can drop into an Occupational Therapy Clinic for an assessment, advice and support? No appointment required.

To find your nearest Occupational Therapy Clinic, hold your phone camera over the Occupational Therapy QR code or click the link.

To explore the wide range of support for your wellbeing, visit Public Health services prospectus or follow the QR code.

Produced by Occupational Therapy, Birmingham City Council


THE BOYS
THE BOYS – WALK & TALK
First Sunday of every month
11:00 AM
Upcoming dates:
Sunday 3rd May
Sunday 7th June
Sunday 5 July
Sheldon Country Park
Meet at the main gates
near the farm / café
Walk & Talk
Coffee & Chat after
THE BOYS – Men's Wellbeing & Community Group
A relaxed space to get out, meet people and have a chat if you want to.
No pressure, just good people and a good walk.
We also run monthly socials and activities – bowling, golf, skating, mindfulness days and more
Lads, everyone's welcome.
JUST TURN UP

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

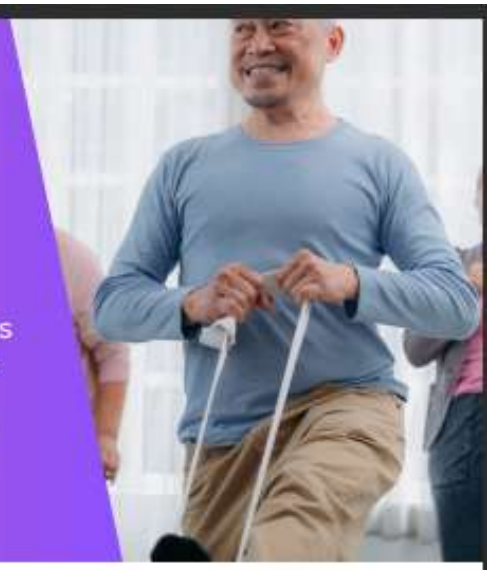
Activities

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

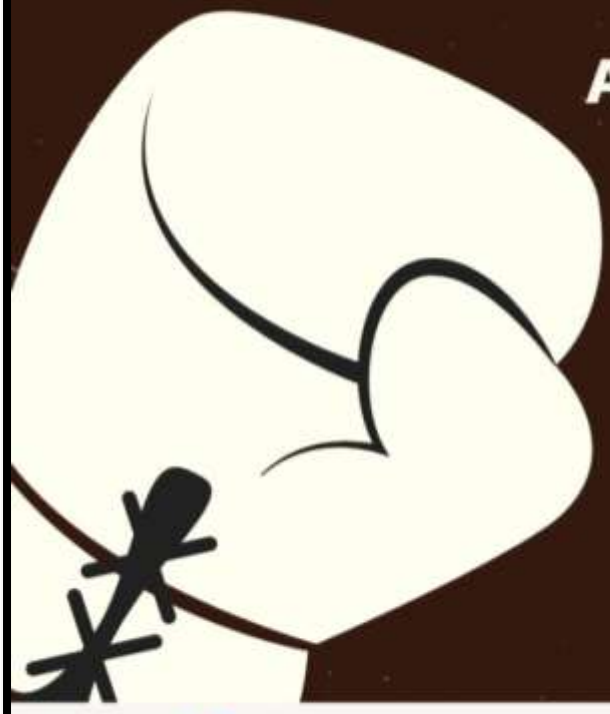
Funded by Birmingham City Council


BIRMINGHAM CITY FOUNDATION
MORE THAN FOOTBALL
REFUGEE FOOTBALL PROGRAMME
REGISTER YOUR INTEREST USING THE QR CODE BELOW:
WEEKLY COACHING SESSIONS
HOSTED IN SMALL HEATH
SOCIALISE THROUGH THE POWER OF FOOTBALL AT OUR FREE TO ATTEND FOOTBALL SESSIONS HOSTED BY FOUNDATION COACHES IN THE HEART OF BIRMINGHAM.
IF YOU WOULD LIKE TO KNOW MORE INFORMATION REGARDING THE SESSIONS, PLEASE CONTACT STEVEN.DAVIES@BCFC.COM OR CALL 07540 114809

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

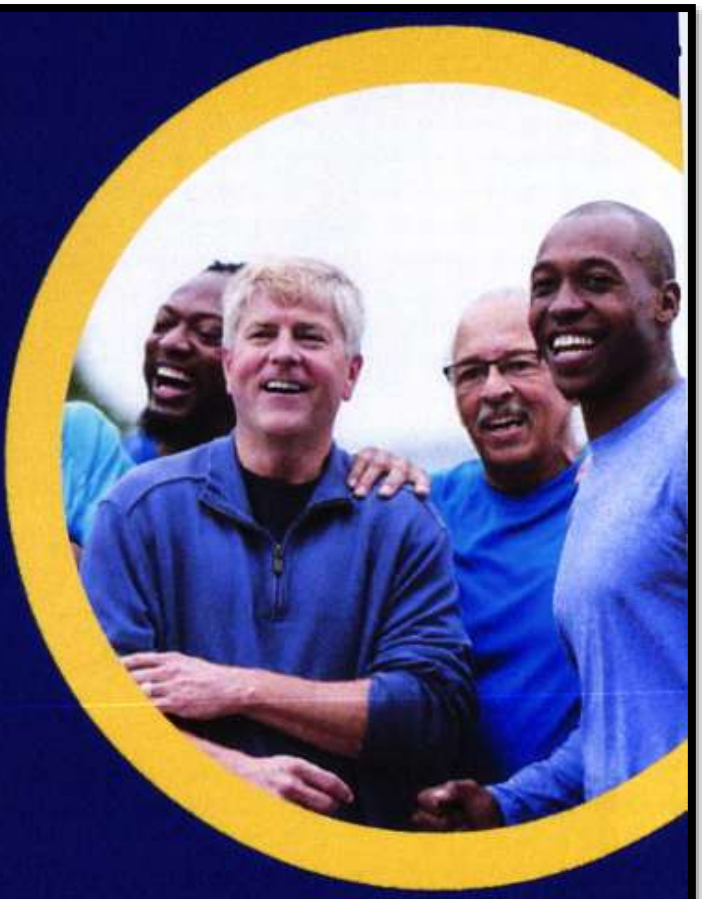
16TH MAY
20TH JUNE
18TH JULY
22ND AUGUST
19TH SEPTEMBER
17TH OCTOBER

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

SUMMER HEALTH, DISABILITY, EMPLOYMENT & WELLBEING EVENT

Birmingham Central Library –3rd floor





Thursday 4th June 2026
11.00am – 14.00pm

You will get the opportunity to meet and talk with providers such as:
Better Pathways, BID, Midland Mencap, Embark Training, Fareshare, Birmingham Rathbone, Healthy Minds and more.

All welcome – Please speak to a Workcoach

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

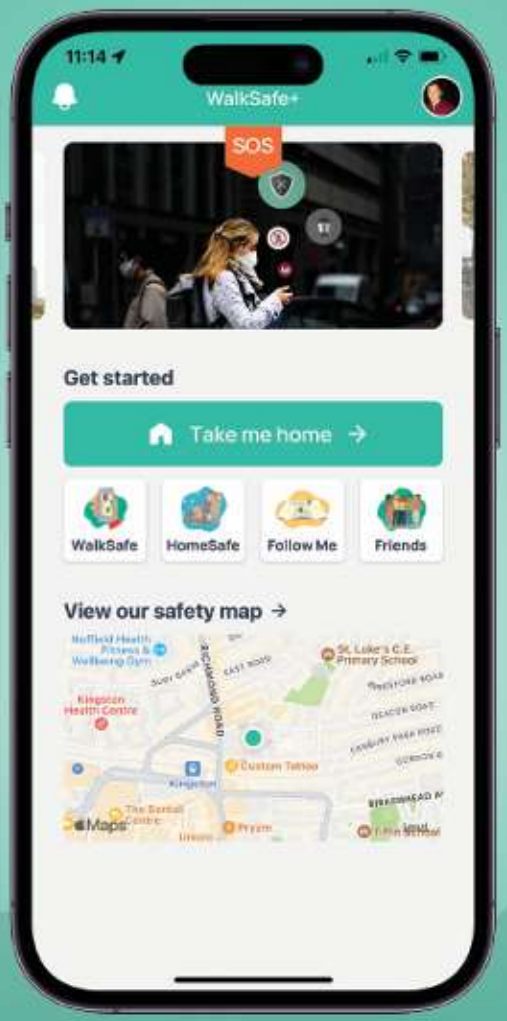
Type in your destination and share your route with trusted friends. This includes an estimated time of arrival.

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

QuitSmokingClinic Ladywood

Working in Partnership with Birmingham City Council



Live a Healthier Life

*FREE Nicotine Replacement Products Available Including Disposable Vapes

*T&C Apply

20 Minutes After Quitting
The heart rate and blood pressure drop back to normal

2 Weeks After Quitting
Circulation and lung function improve

1 Year After Quitting
The risk of heart disease is reduced to 50%

Tel: 07874 911 292

212 St Vincent Street West, Ladywood, Birmingham B16 8RP

NEURO DIVAS

Women's ADHD Support Group



All neurodivergent are women welcome

- Empowering Women with **ADHD**
- A safe space to connect
- Share experiences
- Peer support
- We listen we don't judge
- Come as you are



Join us for a cuppa and a chat

Drop-in Thursdays
9:30 - 11:30 am
For women diagnosed with or exploring **ADHD & AUDHD**

The Sanctuary
200 Tangmere Dr
Birmingham B35 6EE

Neurodivas@outlook.com
Follow us on Facebook
Scan QR code

Community Development Workers Team
African and Caribbean Communities

We are committed to supporting better mental health outcomes for the African and Caribbean communities across Birmingham and Solihull.



We challenge stigma and raise awareness of the inequalities in both mental and physical health that exist within African and Caribbean communities. Part of our remit is to report inequalities to our funders.

By working in partnership with local services, we create supportive and inclusive environments to develop better understanding of mental and physical health. This includes where to get support.

We believe that more people of colour will engage with services to support their mental and physical health if they feel safe and understood.

Our service is free for our communities and community partners

"Even though I had overcome my own mental health difficulties, I looked around and saw many people of African-Caribbean heritage who seemed to not be able to access services which were going to help them."

HOW WE CAN HELP

- Partnership Collaboration
- Wellbeing Information Sessions
- Signposting & Community Support
- Community Events
- Consultation
- African Caribbean Groups
- Holistic Therapies
- Build Emotional Resilience
- Understand Anxiety & Depression
- Stress Awareness
- Arts ,Crafts Music, Poetry & Creative writing Sessions
- Cultural appropriate solutions

CONTACT

uroykelly@birminghammind.org
07801 130 660

Community Development Worker Service
mind Birmingham



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: ALEXANDER STADIUM, WALSALL ROAD, PERRY BARR B42 2LR

EVERY TUESDAY FROM 3 PM - 4 PM

CONTACT US NOW TO JOIN

JOY DALEY
07887 530 578
Joy.Daley@streetleague.co.uk

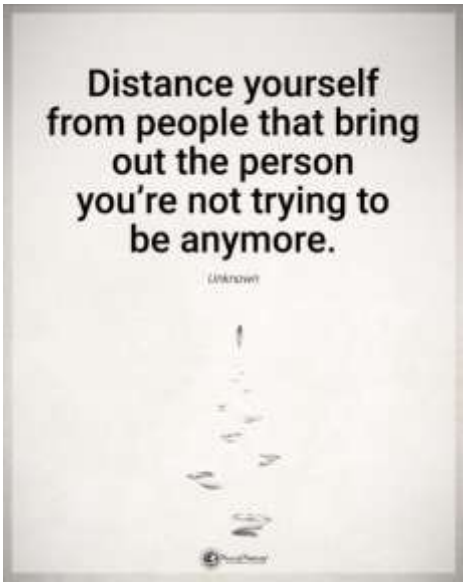
STREET
LEAGUE


Things to give up
-Negative self-talk
-Doubting yourself
-People pleasing
-Fear of failure


If they respect you. respect them If they don't respect you, respect them. Don't lower your integrity for anyone.


When a flower doesn't bloom, you fix the environment in which it grows, not the flower.
Alexander Den Heijer
NEWS


Never ignore a person who cares for you. Because someday you will realize you've lost a diamond, while you were busy collecting stones.
Unknown


Distance yourself from people that bring out the person you're not trying to be anymore.
Unknown


PATIENCE IS NOT THE ABILITY TO WAIT, BUT THE ABILITY TO KEEP A GOOD ATTITUDE WHILE WAITING.
JOYCE MEYER
SPIRITUAL INSPIRATION



INFORMATION ON FUTURE RECREATIONAL AND LEISURE ACTIVITIES, INCLUDING RELIGIOUS CELEBRATIONS



FUTURE SOCIAL AWARENESS DAYS/CAMPAIGNS

*Crime Prevention & Neighbourhood Watch Week.
(June 2026)

https://www.ourwatch.org.uk/nwweek

*National Anti-Social Behaviour Week.
(June 2026)

https://www.resolveuk.org.uk/our-services/asb-awareness-week

*Men's Health Week.
(June 2026)

https://www.menshealthforum.org.uk/mhw

*National Refugees Week
(June 2026)

https://refugeeweek.org.uk/

*Loneliness Awareness Week
(June 2026)

https://www.lonelinessawarenessweek.org/

*Month of Community
(June 2026)

https://www.edenprojectcommunities.com/month-of-community



NATIONAL ASB WEEK

16-22 JUNE 2025

Working Together for safer, stronger communities



Respect Communicate Together

National ASB Week is all about coming together to tackle anti-social behaviour and make our neighbourhoods better places to live.

We all have a part to play.

WHAT IS ASB?

- Loud noise day or night
- Drug use or dealing
- Threatening or abusive behaviour
- Vandalism and damage
- Rubbish, littering and fly-tipping

Anti-social behaviour is actions that cause nuisance, distress or harm to others.

It's not just one big incident – it can be ongoing and affect your quality of life.

WE CAN HELP WITH:

- LISTENING TO YOUR CONCERNS
- RECORDING AND INVESTIGATING
- WORKING WITH OUR PARTNERS AND POLICE
- SUPPORTING YOU TO FEEL SAFE IN YOUR HOME
- HELPING RESOLVE ISSUES AND SUPPORT POSITIVE BEHAVIOUR
- BUILDING RESPECTFUL, KIND AND WELCOMING NEIGHBOURHOODS

SEE IT. HEAR IT. REPORT IT.

Don't ignore it. Report it.

Together we can make a difference.

YOUR COMMUNITY. YOUR HOME. YOUR VOICE. MATTERS.

REPORT ASB WE'RE HERE TO HELP.

Contact your Housing Support Worker or Community Liaison Officer

or call: **0121 222 1234**

Email: customerservice@aspecthousing.co.uk

In an emergency call **999**

Need police but it's not an emergency? Call **101**



RESPECT EACH OTHER
LOOK OUT FOR EACH OTHER
KEEP OUR COMMUNITY
A GREAT PLACE TO LIVE

RESPECT • COMMUNICATE • TOGETHER

ASPECT HOUSING

RESPECT YOUR NEIGHBOURHOOD

Small actions can make a big difference

Living in supported accommodation also means being part of a wider community. Respect for neighbours, local shops and shared spaces helps everyone feel safer.

- Keep noise to a reasonable level
- Be polite to neighbours and local businesses
- Keep streets, entrances and shared spaces tidy
- Avoid behaviour that causes fear, alarm or nuisance
- Speak to staff early if you are struggling



Stronger communities start with respect

Aspect Housing

Need support?
Speak to your support worker or housing staff.

In an emergency call **999.**

For non-emergency police matters call **101.**



STREET RESPECT STARTS WITH YOU

Be mindful in the local community

How you behave outside the property matters. Respect for neighbours, local shops and public spaces helps everyone feel safer.

- Keep noise down outside the property
- Do not gather in ways that cause alarm
- Respect local businesses and pavements
- Avoid littering, street nuisance and disorder
- Small changes protect your future housing

Aspect Housing

Need support?
Speak to your support worker or housing staff.

In an emergency call **999.**

For non-emergency police matters call **101.**

ASPECT HOUSING'S COMMUNITY LIAISION OFFICERS: HERE TO SUPPORT YOU

At Aspect Housing, we want all residents to feel safe, listened to and supported in their homes and local communities.

Our **Community Liaison Officers** are here to provide extra support, reassurance and visibility across Aspect Housing properties and nearby neighbourhoods. They spend time visiting properties, speaking with residents, checking in on wellbeing, and helping to spot any concerns early.

Their role is to listen, support and help make sure the right information is passed to the right people. This means concerns can be recorded, followed up and dealt with in the right way.

Our Community Liaison Officers work closely with residents, Housing Support Workers, neighbours, local services and community partners. They help improve communication and support a more positive living environment for everyone.

As part of our work to reduce anti-social behaviour, **Our Community Liaison Officers** help us respond earlier to concerns before they become bigger problems. They also help provide reassurance to residents and neighbours when issues affect the local area.

Aspect Housing would like to thank **our Community Liaison Officers** for their hard work, commitment and professionalism. Their work supports our aim of reducing anti-social behaviour and helping residents live in safe, respectful and thriving communities.

Aspect Housing



COMMUNITY LIAISON OFFICERS

Supporting residents where they live

Our Community Liaison Officers are here to listen, check in and help residents feel safe, heard and supported in supported accommodation.

HOW WE HELP

- Wellbeing checks
- Resident engagement
- ASB concerns
- Onsite conflict support
- Neighbour complaints
- Community reassurance

WHAT WE DO

- We listen
- We check in
- We record concerns
- We signpost
- We work together

CONTACT US

Tanveer Mohammed and Mohammed Younis
Community Liaison Officers

0121 000 0000
clo@aspecthousing.org.uk
Aspect Housing,
171 Alcester Road, Birmingham

Working together for stronger communities

Respect • Communicate • Together

MENTAL HEALTH CAMPAIGN - LONELINESS AWARENESS WEEK (15th to 21st June 2026)



Loneliness Awareness Week is a week dedicated to raising awareness of loneliness, which is especially experienced by a significant number of our residents due to their current life situation. **Marmalade Trust** is the UK's leading loneliness charity who is running the campaign.

Loneliness Awareness Week is vital in increasing awareness and understanding of loneliness and the need to create a more connected society for individuals.

We are encouraging our residents to access their local Birmingham Warm Welcome Space if they are feeling lonely.

The following is the website highlighting the locations of such venues.
https://www.birmingham.gov.uk/directory/73/warm_welcome_spaces_in_birmingham

Top tips to tackle loneliness



Smile, even if it feels hard



Invite friends for tea



Learn to love computers



Keep in touch by phone



Fill your diary



Get involved in community activities



Help others



Get out and about

action mental health

#LonelinessAwarenessWeek



NATIONAL REFUGEE WEEK 2026

Refugee Week 2026 in the UK will take place from **15th to 21st June**. It is an important opportunity to recognise and celebrate the **courage, resilience, creativity, and contributions of refugees and people seeking sanctuary** across the country.

At **Aspect Housing**, we are proud to work with migrant residents and to support people from a wide range of backgrounds, cultures, and life experiences. We understand that many residents have faced significant challenges before arriving in the UK, and we are committed to providing safe, supportive housing where people can rebuild confidence, develop independence, and feel part of their local community.

Refugee Week is a reminder of the strength people show when starting again in a new place. It also highlights the positive impact migrant and refugee communities make through their skills, stories, work, culture, and determination. Aspect Housing is proud to stand alongside our residents, promote inclusion, and help create opportunities for people to feel welcomed, respected, and supported as they build their future.

Please visit the following website to find out more about this important week and organised celebrational activities and events

https://refugeeweek.org/

REFUGEES AND MIGRANT SUPPORT SERVICES

Support for you and your family

We work with local partners to help refugees and migrants access the support they need.



WE CAN HELP WITH

- Information and advice
- English language support
- Community connections
- Education, training and employment
- Housing support
- Health and wellbeing

Everyone deserves the chance to feel welcome, safe and supported.

Stronger Minds
Stronger Communities

Scan the QR code for information on refugee and migrant support services.

www.aspecthousing.co.uk/s/AH-REFUGEES-AND-MIGRANTS-SUPPORT-AND-ADVISORY-SERVICES.pdf

Aspect HOUSING

Stronger Minds
Stronger Communities

Refugee and Migrant Centre

West Midlands

in partnership with

UNIVERSITY OF BIRMINGHAM

JOIN US IN REFUGEE WEEK TO

CELEBRATE COURAGE

THROUGH MUSIC, ACTIVITIES, SCREENINGS, ART & COMMUNITY STALLS

THE EXCHANGE,
3 CENTENARY SQ
BIRMINGHAM
B1 2DR

WEDNESDAY 17TH JUNE
5:30PM - 7:30PM

RSVP: CLAIRE@RMCENTRE.ORG.UK

CRIME PREVENTION NEIGHBOURHOOD WATCH WEEK 2026

In recognition of Crime Prevention and Neighbourhood Watch Week in June 2026, the following is the West Midlands Police's website which features various topics on how you can keep you and your valuables safe, including the excellent WMP Crime Prevention Handbook that you can download.

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



MEN'S HEALTH WEEK 2026

10th to 16th June 2026 marks **Men's Health Week**, an annual campaign dedicated to raising awareness of health issues affecting men and boys — and encouraging men to take action when it comes to their wellbeing.

This year's theme is **"Let's Talk – Mental Health Matters"**, a powerful reminder that opening up about how we feel is not a weakness, but a strength.

🚹 Why Men's Mental Health?

Men are statistically less likely to seek help for mental health challenges. Yet they are also disproportionately affected by issues like:

- Depression and anxiety
- Social isolation
- Substance misuse
- Suicide — which remains a leading cause of death for men under 50 in the UK

Barriers such as stigma, cultural expectations, and a lack of accessible support services often prevent men from reaching out until crisis point. **Men's Health Week 2026** is about changing that — creating space for men to speak, listen, and get the help they need earlier.

🛠️ This Year's Focus: Tools for Better Conversations

Throughout the week, organisations, workplaces, and communities are encouraged to:

- **Start the conversation** – talk openly about stress, emotions, and mental health
- **Signpost to support** – know where to go for help (GPs, mental health charities, helplines)
- **Create safe spaces** – especially in male-dominated environments
- **Encourage check-ins** – peer-to-peer support can be lifesaving
- **Promote physical and mental wellbeing** – they go hand-in-hand

The Men's Health Forum will be releasing free resources, posters, guides, and toolkits to support awareness activities.

You can visit the following website for further information and relevant men's health awareness topics

https://www.menshealthforum.org.uk/mhw

MEN'S HEALTH FORUM
MEN'S HEALTH WEEK

Men's health by numbers

1 man in **5** dies before the age of **65** (**2** men in **5** die before **75**).

NHS health checks are available from age **40**.

A body mass index (BMI) over **25** is considered overweight. Over **30** is considered obese.

A waist over **37** inches puts you at increased risk of many serious health conditions.

Aim to drink no more than **14** units of alcohol a week.

Aim for **5** portions of fruit and veg a day.

Aim for **150** minutes of exercise a week.

Aim to walk **10,000** steps a day.



MEN'S HEALTH WEEK

MEN'S HEALTH FORUM

#menshealthweek

menshealthforum.org.uk/mhw

OTHER FUTURE ADULT COMMUNITY PROVISION AND EVENTS






birmingham settlement
developing communities, changing lives
COMMUNITY FUND
GAME ON!
Join us for a fun afternoon of board games in the Red Shed Community Cafe!
SUITABLE FOR ALL AGES
EVERY 3RD SATURDAY OF THE MONTH
1:00pm - 4:00pm
Birmingham Settlement Nature & Wellbeing Centre,
Edgbaston Reservoir,
79 Selwyn Road, B16 0SL
Registered charity no 517303
www.birminghamsettlement.org.uk

ACTIVE BIRMINGHAM

Activity Finder

Find your next activity at

activebirmingham.co.uk



The Active Wellbeing Society

Birmingham City Council

Canal & River Trust

Sport Birmingham



SATURDAY 25TH JULY 2026

BEACH TRIP TO RHYL BEACH

£5 PER SEAT
LIMITED SPACES!

Leaving Malvern Street at 8am
Returning from Rhyl Beach at 5pm

TO RESERVE YOUR SEAT PLEASE VISIT US TO MAKE PAYMENT ON OUR BOOKING DAY - 5 JUNE 1PM UNTIL 3PM

For more information contact Fuazia Azad
Together St Pauls Family Hub, 10 Malvern Street, B12 8NN,
Tel: 0121 464 6349

FamilyHubs BIRMINGHAM
BEST START IN LIFE
Birmingham forward steps
TOGETHER ST PAULS TRUST
The Springfield Project


Come along and join in the FUN!
Spring into Summer
Perry Common
FESTIVAL
Family Fun
Stalls
Super Slide
Kids Learn to Ride! Fun bike sessions
Ice Cream
Bouncy Castle
MINI BEASTS Bug & Insect Corner
On the RING!
Witton Lodge Road
Fun Games and MORE!
Fire Service
Police Vehicle
Saturday 13th June 12-3pm
WITTON LODGE Community Association
FREE admission, some activities £1
The Active Wellbeing Society
For more information call Paul TSE on 0121 382 1930
Perry Common Community Hall 87 Witton Lodge Rd B23 5JD


Roy Anthony Reid
FOUNDATION
Caribbean Cultural Day
SATURDAY 20TH JUNE 2026
TIME : 2PM - 8PM
JOIN US AGAIN FOR A FABULOUS, FAMILY FUN DAY CELEBRATING CARIBBEAN CULTURE!
CELEBRATING OUR WIND-RUSH STORY
ENTERTAINMENT THROUGHOUT THE DAY | DANCE PERFORMANCE BY BREAKING CHAINS | MUSIC & DRAMA PERFORMANCE BY DAP ENTERTAINMENT | YOUTH KICKBOXING DEMONSTRATION BY KASH "THE FLASH" DELL | MUSIC PROVIDED BY CAPTAIN BOOGIE | AFRICAN DRUMMING WORKSHOP BY FIESHAN AMLAK | FITNESS DANCE SESSIONS BY FITNESSNTHERAPY WINDRUSH STORY PRESENTED BY MC DELORES PINKNEY
HEALTH TALKS BY PROFESSIONALS ON A RANGE OF TOPICS INCLUDING :
MATERNAL MENTAL HEALTH BY DR STACY MOORE | PUBLIC HEALTH ADVOCACY BY LAURYN WALKER | NHS BLOOD DONATION SERVICES BY BMD VIP
VISIT OUR MARKET PLACE TO SEE A RANGE OF STALLHOLDERS INCLUDING:
HOT CARIBBEAN FOOD STALLS | CAKE STALLS | JEWELLERY | CLOTHES & ACCESSORIES | ARTS AND CRAFTS | WINDRUSH DISPLAY | BLACK HISTORY DISPLAYS | GIFTS | HANDMADE SOAPS AND OILS | BEAUTY PRODUCTS | BOOKS | PHOTOGRAPHIC EXHIBITION OF THE LATE ROY ANTHONY REID | CHILDREN'S TOYS AND SWEET STALLS | FACEPAINTING | RAFFLE PRIZES | AND SO MUCH MORE!
TICKETS : £1 CHILDREN (5-16) | £3 ADULTS (16+) | £5 FAMILY (UP TO 4, MAX 2 ADULTS)
FREE (LIMITED) CAR PARKING SPACE AT VENUE
STIRCHLEY UNITED SOCIAL CLUB (WMC)
41 HAZELWELL LANE
STIRCHLEY
BIRMINGHAM
B30 2PR
Boots
BOOK TICKETS HERE :
HTTPS://ZIPLY.PK/WWW.RARFCARRIBEANCULTURALDAY.COM
FOR STALL ENQUIRES : EMAIL :ROYAREIDFOUNDATION@GMAIL.COM