Aspect Housing & Support Ltd

Aspect Housing

RESIDENTS NEWSLETTER

May 2026



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Hello Residents.

Hope you are well, and welcome to our May 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.

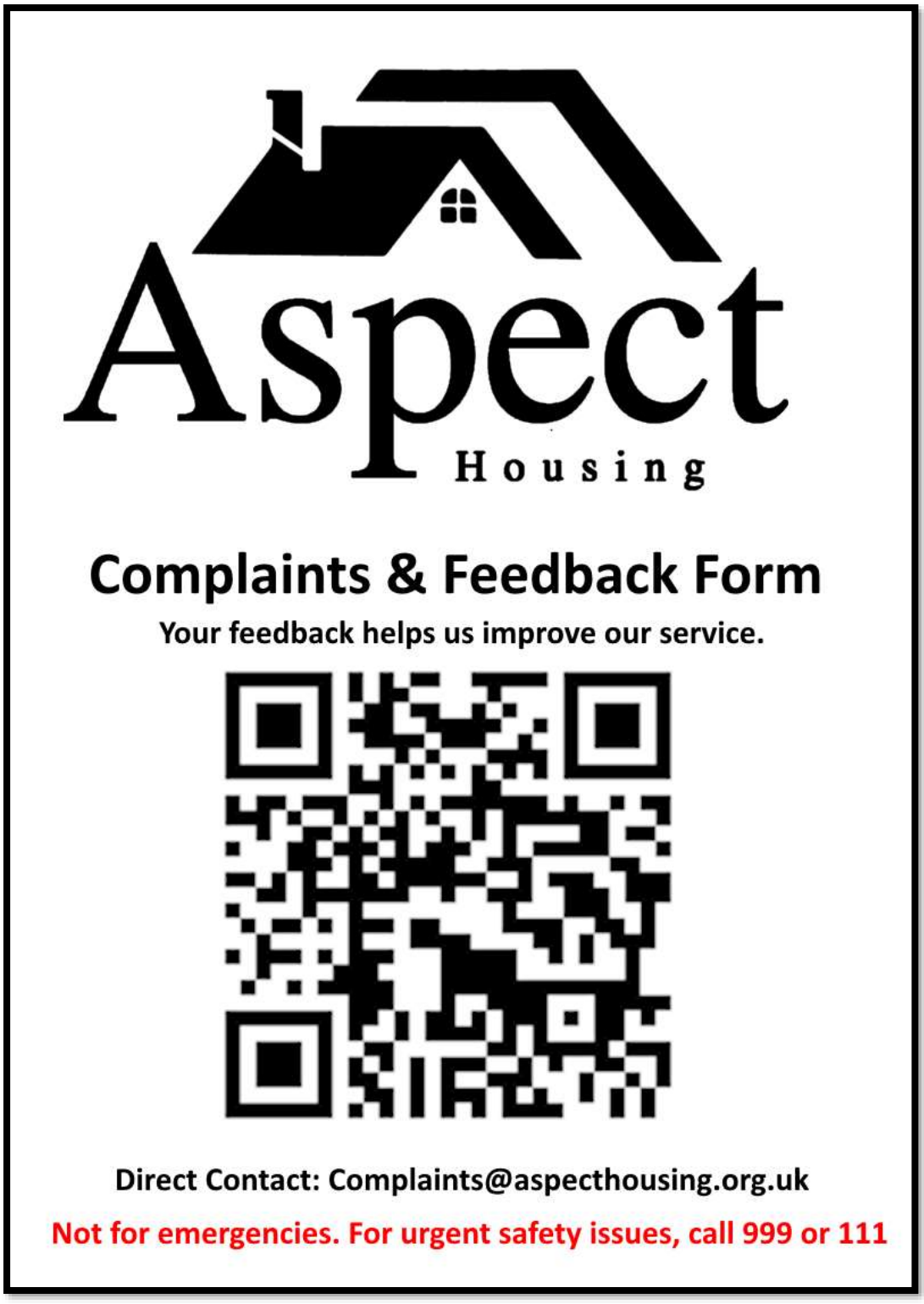
If you would like help with anything mentioned in this newsletter, please speak to your Housing Support Worker, especially if you can't access the internet.





RESIDENTS' COMPLAINT AND FEEDBACK ACTIVITY.

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



STILL AVAILABLE. PLEASE SPEAK TO YOUR SUPPORT WORKER.

CHANGE AHEAD

Aspect Housing & Support Ltd

Aspect

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



FIRE SAFETY NOTICE

NO TOASTERS OR PERSONAL COOKING DEVICES IN BEDROOMSS

For everyone's safety, residents **must not keep or use personal cooking devices** in their rooms.

This includes:







- Toaster
- Sandwich makers
- Portable hobs
- Mini ovens
- Air fryers
- Any other plug-in cooking appliance

Why is this rule important?

- **Left on** by mistake
- Used in the **wrong place**
- **Plugged** in unsafely
- Used in the wrong place
- **Near bedding or clothing**

One fire can put everyone in the building at risk.

What residents must do:

Use cooking appliances only in the **shared kitchen** or in any area staff have confirmed is safe to use.

Use the appliances provided by the service.

Do not bring your *own toaster or cooking device* into the building ***unless staff have given written permisssion.***



Important

Any banned item found in a bedroom or unsafe area may be removed for safety reasons.

This rule protects everyone

This is not about **punishment.**

It is about keeping:

- You
- Other residents
- Visitors
- Staff



Please speak to staff if you need help or do not understand this rule.

ASPECT HOUSING RESIDENT OF THE MONTH- CELEBRATING YOUR ACHIEVEMENTS

At Aspect Housing, we know that every resident has their own journey. Progress can look different for everyone. For some people, it may be working towards a personal goal. For others, it may be building confidence, managing daily routines, joining in more, or simply being kind and supportive to others in the home.

That is why we are launching our Resident of the Month Competition— a chance to recognise the positive steps residents are taking and to celebrate the people who help make our supported accommodation properties feel safer, kinder, and more encouraging places to live.

The competition will run every two months, with the first round taking place from May to July 2026.

You can nominate yourself, or you can nominate another resident who you feel deserves recognition. You might want to nominate someone who has made positive progress, achieved something linked to their goals, shown kindness, been mindful of others, or helped fellow residents in your supported accommodation property.

The winner will receive a Certificate of Achievement and a £40 gift voucher.

Nomination forms are available from staff. Please speak to your support worker for an entry form. Completed forms need to be returned to the Aspect Housing office by Friday 10th July 2026.

The winner will be informed by 27th July 2026.

No achievement is too small to be recognised. Sometimes the smallest steps take the most courage, and we want to celebrate them with you.





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

FOR THE ATTENTION OF OUR RESIDENTS

Aspect Housing

YOUR CITY. YOUR VOICE. YOUR VOTE.

TOGETHER WE BUILD A BETTER BIRMINGHAM

VOTE IN THE LOCAL COUNCIL ELECTIONS

THURSDAY 7 MAY 2026

ELECTIONS INFORMATION

The next scheduled elections in Birmingham are taking place on **Thursday 7 May 2026.**

About the elections

- There are 69 wards in Birmingham, which are represented by either 1 or 2 councillors.
- There are a total of **101** councillors in Birmingham, and all **101** council seats will be up for election in May 2026.



MAKE SURE THAT YOU ARE REGISTERED TO VOTE

If you have any enquiry about the Birmingham Council's Elections:

Telephone: 0121 303 2731

Email: electionsoffice@birmingham.gov.uk

www.gov.uk/register-to-vote

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.

TAKING PLACE DURING MAY 2026

Throughout May 2026

We will be completing this review with you.

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


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 Soul Partnership

THRIVE TOGETHER BIRMINGHAM

Contact David for more information 07873 328 928

Do you require support with form filling?

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



The DRC can support you!

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

Contact our team today

03030 402040 / drc@disability.co.uk

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

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



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



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

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

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!)

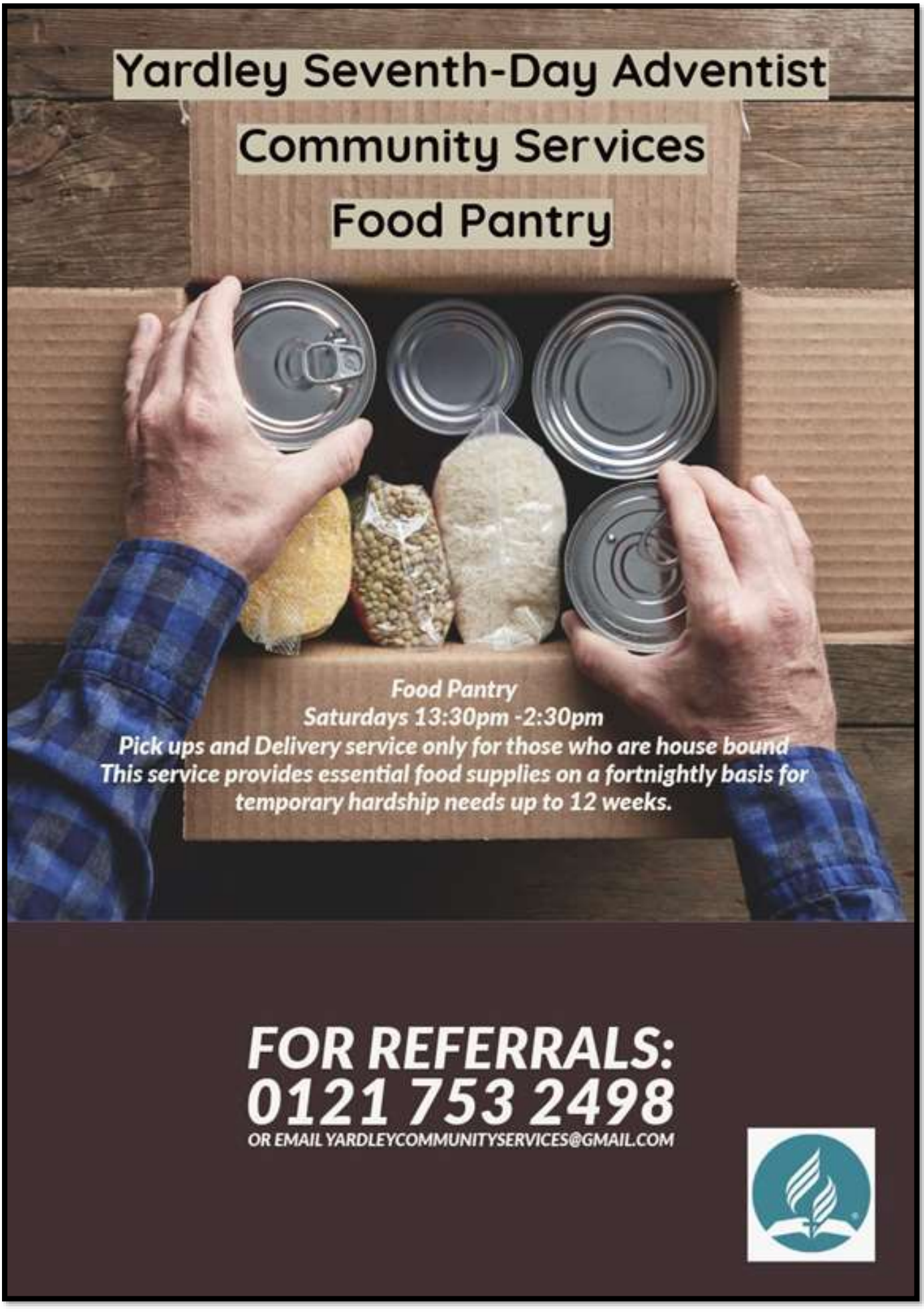
More info about our meals in Birmingham

foodcycle.org.uk | 02077 292 775

Registered charity number 1134423



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


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

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

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

Join us at our next

Companions Cafe

Tuesday 19th May 2026
6 pm

St Catherine Of Siena
Bristol Street
Birmingham
B5 7BE



Tabor living

Come along for some food and conversation



EMPLOYABILITY AND CAREER GUIDANCE SUPPORT


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

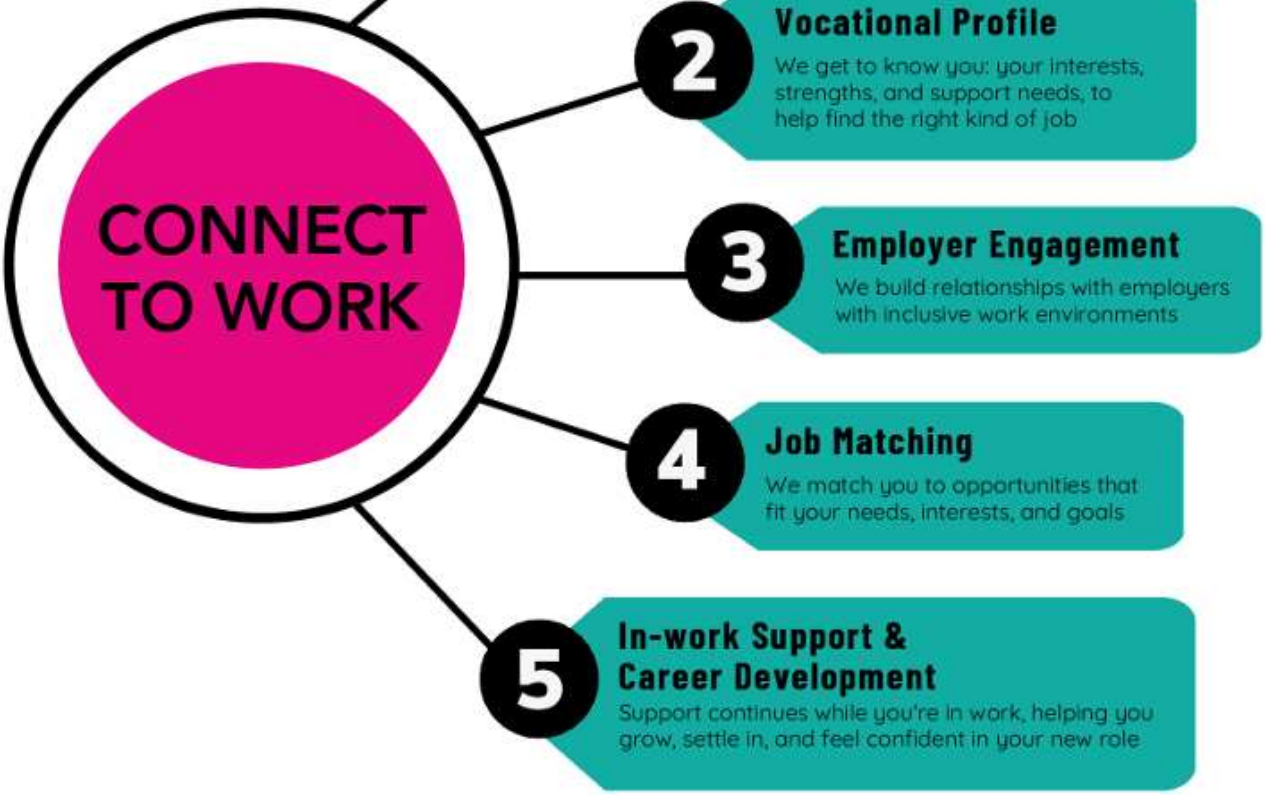
People who live in Birmingham, and are:

- 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:



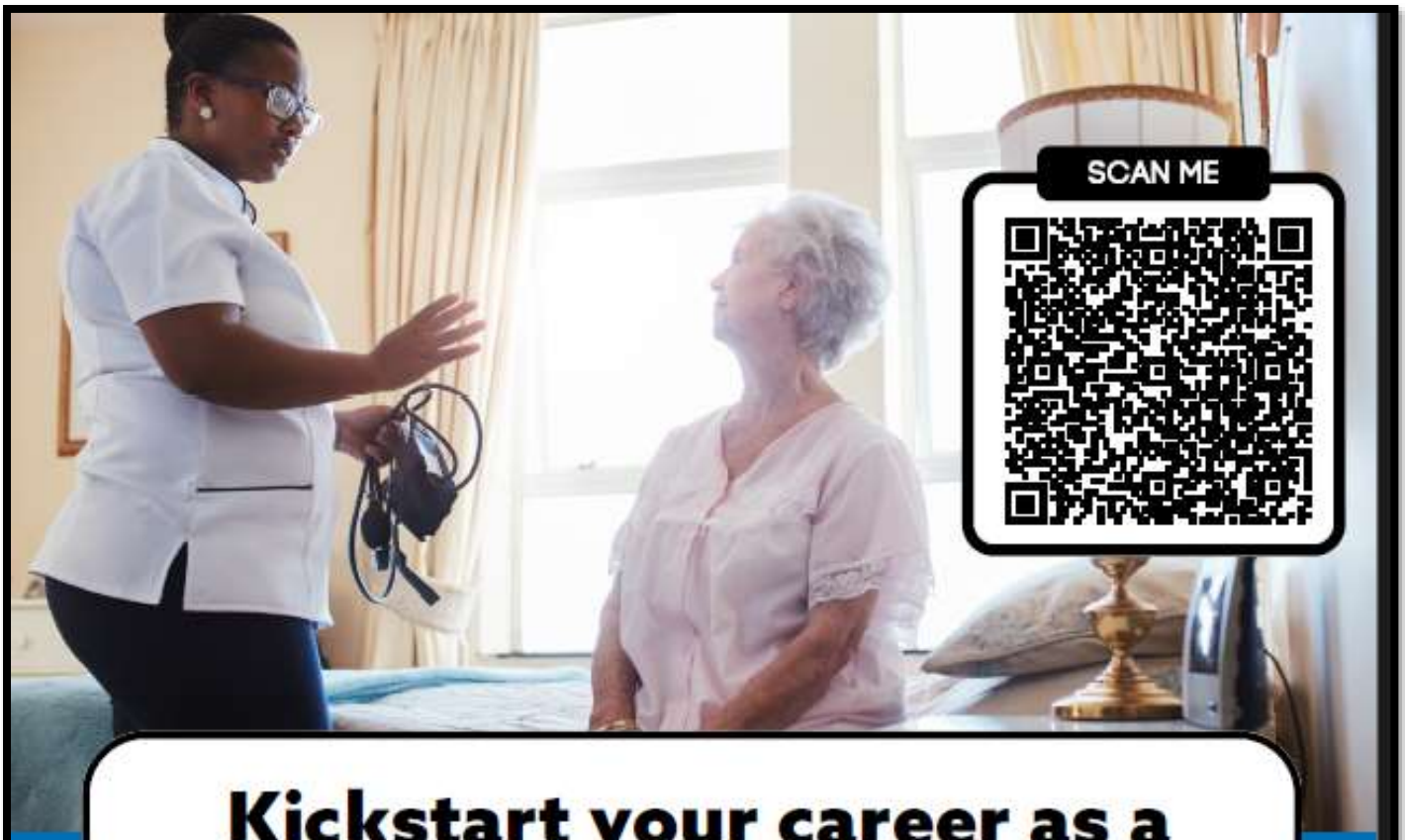
For more info about Connect to Work, contact **connecttowork@betterpathways.org.uk** or call **0121 773 1455**

BETTER PATHWAYS
Positive about mental health

Birmingham City Council

Funded by UK Government

West Midlands Combined Authority



SCAN ME

Kickstart your career as a Trainee Healthcare Assistant

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

Confirmed employers after you finish the programme!

Generation

ELIGIBILITY

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

Ofsted Outstanding Provider

Grace & Growth

From Burnout to Breakthrough

Spaces are limited
sign up today

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

WHAT YOU'LL GAIN

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

PROGRAMME DETAILS

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

WHO IT'S FOR

Young adults aged 21–35 who may be experiencing:

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

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

On-Site Vacancies



Do you want to work at Birmingham Airport?

You must:

- Possess a valid passport **or** possess a photographic Driving Licence with Full Birth Certificate
- Pass a DBS check (Criminal Records Check)
- Provide a **complete** 5-year checkable history.
- Provide proof of your National Insurance Number
- Provide 2 proofs of address.
- Provide the names and addresses of two-character references.
- Be available, the airport is a 24/7 x 365 days a year operation, some shifts can start at 2am/3am. Always check if you are able to work the company's operating hours.
- Be able to travel independently, to the airport. (Public transport to the airport is limited and may not be available 24 hours)

The application process:

- If you meet the criteria above, **email your CV** to us at:

cvbhx.airport@dwp.gov.uk

- We will send you an **Airport Registration Form** that must be completed and returned via email before referring you to any vacancy.

N YOUR FUTURE | OWN YOUR FUTURE | OWN YOUR FUTUR



16-30 AND NOT IN EDUCATION OR EMPLOYMENT?

STREET LEAGUE

Join Street League's FREE employability programme starting the 11th May at Duncan Edwards Leisure Centre

Gain New Skills and Qualifications

Work on key skills like communication and teamwork while achieving a level one qualification & Functional Skills

Get Support With Your Job Search

Our supportive team can help you write your CV, apply for jobs, prepare for interviews and get work experience with our partner employers

Take Part in Activities, and Meet New People

Meet new people in your local area, build your confidence, and take part in a variety of activities.

westmidlandshanlon@streetleague.co.uk

Jaidyn- 07590408915

@birminghamdudleystreetleague

Duncan Edwards Leisure Centre
Wellspring Gardens,
Dudley DY3 8PA

Academy Sessions 10am - 2pm Monday - Thursday

Free sport sessions

STREET LEAGUE

Travel Reimbursed

Well Being Wednesday walks

Daily fun activities

Free sports kit & goodies

Meet potential employers

Vounteering opprtunities



Free gym access

Work Experience available

Vouchers on completion


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
Interested?
Send your contact details with the word Jobfest to
courses@release-potential.co.uk
Department for Work & Pensions

LOOKING FOR WORK WITH A CRIMINAL RECORD?

INSIDE JOB CAN HELP YOU!

Inside Job is a small, independently funded charity, dedicated to supporting people who have served a prison sentence. Founded in 2019 by a serving prisoner, we aim to support those who wish to find employment once they are released in a variety of ways.

Wherever you are in your employment journey, our Community Team is here to help you.

We have team members based in London, the Midlands and the North East, and have relationships with employers all over the country.

INSIDEJOB@BEATINGTIME.ORG

BEATINGTIME.ORG

07783 880 924 // 07513 833 755


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



Residential courses starting April – July 2026*

*A few non-residential courses are also available

- Access to Higher Education Diplomas
- ESOL
- Foundations – for New Communities
- English, Maths and Digital
- Personal and Social Development
- Green Skills
- Skills and Subjects for Academic Study
- Working and Volunteering

#learningtobecomeabetterworld

Our courses are funded by the West Midlands Combined Authority (WMCA) and are for people living in areas of the West Midlands County. However, people living in other areas of England may apply – see inside for details.

Registered Charity No. 1204069

West Midlands Combined Authority

t: 0121 472 0116 e: admissions@fircroft.ac.uk www.fircroft.ac.uk

Course Guide

Course details including dates and times may be subject to change. For the latest information please look at the website – www.fircroft.ac.uk – or contact the Admissions team on 0121 472 0116 or email Admissions@fircroft.ac.uk

Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Access to Higher Education Diplomas Our Access to Higher Education Diplomas are a supportive route to university. Register your interest at www.fircroft.ac.uk. We will be taking formal applications for these Diplomas from April 2026.						
Access to Higher Education (Health and Social Care)	9 months	3	01/09/2026	01/05/2027	Part-time residential at the college or non-residential	4 days (3 nights) each week
Access to Higher Education (Social Science and Humanities)	9 months	3	01/09/2026	01/05/2027	Part-time residential at the college or non-residential	4 days (3 nights) each week
ESOL These courses will help you to improve your English language skills. Please look at our website at www.fircroft.ac.uk for course dates.						
Speaking and Listening	11 weeks	Entry-Level 3	29/04/2026	08/07/2026	Non-residential	Wednesday
Writing	11 weeks	Entry-Level 3	30/04/2026	09/07/2026	Non-residential	Thursday
ESOL for Work	7 weeks	Entry-Level 3	09/06/2026	21/07/2026	Non-residential	Tuesday
Basic Skills – Maths, English and Digital						
Digital Learn everyday IT skills to help you get up to speed in this digital world. Please see our website at www.fircroft.ac.uk for longer course dates.						
Digital Functional Skills	4 weeks	Entry-Level 3	04/05/2026	27/05/2026	Residential: 3 days, 2 nights at the college each week	Monday – Wednesday
Digital Skills for Everyday Life	3 days, 2 nights	Entry-Level 3	22/05/2026	24/05/2026	Residential	Friday – Sunday
Artificial Intelligence (AI) for Everyday Life	3 days, 2 nights	Entry-Level 3	05/06/2026	07/06/2026	Residential	Friday – Sunday
Digital Functional Skills	4 weeks	Entry-Level 3/Level 1	08/06/2026	01/07/2026	Non-residential 3 days each week	Monday – Wednesday
English Skills These English courses will steadily build your confidence with English, helping you to improve your English skills for work, volunteering and everyday life.						
Spelling, Punctuation And Grammar	3 days, 2 nights	Entry-Level 3	01/05/2026	03/05/2026	Residential	Friday – Sunday
Write For Meaning	3 days, 2 nights	Entry-Level 3	08/05/2026	10/05/2026	Residential	Friday – Sunday
Read for Meaning	3 days, 2 nights	Entry-Level 3	22/05/2026	24/05/2026	Residential	Friday – Sunday
Speaking and Listening	3 days, 2 nights	Entry-Level 3	17/06/2026	19/06/2026	Residential	Wednesday – Friday

Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Emotional Health For Wellbeing	3 days, 2 nights	Level 1	13/05/2026	15/05/2026	Residential	Wednesday – Friday
The Power and Psychology of Positivity	3 days, 2 nights	Level 1	22/05/2026	24/05/2026	Residential	Friday – Sunday
Resilience, Coping Strategies and Non-Conventional Therapies	3 days, 2 nights	Level 1	29/05/2026	31/05/2026	Residential	Friday – Sunday
How to Juggle Life and Wellbeing	3 days, 2 nights	Level 1	19/06/2026	21/06/2026	Residential	Friday – Sunday
Exploring the Outdoors for Wellbeing	3 days, 2 nights	Level 1	08/07/2026	10/07/2026	Residential	Wednesday – Friday
Physical Health and Nutrition for Happiness (Men)	3 days, 2 nights	Level 1	17/07/2026	19/07/2026	Residential	Friday – Sunday
PTSD, Stress and Anxiety						
Coping With PTSD and Trauma	3 days, 2 nights	Level 1	15/04/2026	17/04/2026	Residential	Wednesday – Friday
Coping With PTSD and Informed Care	3 days, 2 nights	Level 1	24/04/2026	26/04/2026	Residential	Friday – Sunday
Coping With Stress, Anxiety and Depression	3 days, 2 nights	Level 1	06/05/2026	08/05/2026	Residential	Wednesday – Friday
Coping With PTSD and Trauma	3 days, 2 nights	Level 1	29/06/2026	01/07/2026	Residential	Monday – Wednesday
Coping With Mental Health	3 days, 2 nights	Level 1	22/07/2026	24/07/2026	Residential	Wednesday – Friday
Specialist Personal and Social Development Courses						
Addiction, Physical Health and Recovery	3 days, 2 nights	Level 1	13/04/2026	15/04/2026	Residential	Monday – Wednesday
Bereavement, Loss and Grief	3 days, 2 nights	Level 1	24/04/2026	26/04/2026	Residential	Friday – Sunday
Love Shouldn't Hurt: Understanding Domestic Violence and Abuse	3 days, 2 nights	Level 1	10/06/2026	12/06/2026	Residential	Wednesday – Friday
Understanding Addiction	3 days, 2 nights	Level 1	17/06/2026	19/06/2026	Residential	Wednesday – Friday
Anger Management (Men)	3 days, 2 nights	Level 1	19/06/2026	21/06/2026	Residential	Friday – Sunday
Anger Management (Women)	3 days, 2 nights	Level 1	19/06/2026	21/06/2026	Residential	Friday – Sunday
Understanding Addiction	3 days, 2 nights	Level 1	08/07/2026	10/07/2026	Residential	Wednesday – Friday
Love Shouldn't Hurt: Understanding Domestic Violence and Abuse	3 days, 2 nights	Level 1	13/07/2026	15/07/2026	Residential	Monday – Wednesday
Addiction, Physical Health and Recovery	3 days, 2 nights	Level 1	27/07/2026	29/07/2026	Residential	Monday – Wednesday
Skills and Subjects for Academic Study These are short, introductory courses in a wide range of subjects.						
Introduction to Criminology	3 days, 2 nights	Level 2	17/04/2026	19/04/2026	Residential	Friday – Sunday

START YOUR BEAUTY BUSINESS TODAY!



FREE 3 Week BSU Beauty Lab Course

Hosted by Clarion Futures

What You'll Learn:

- ☑ Lash/ Brow/Facial Basics & Massage
- ☑ Level 3 Phsiology & Anatomy
- ☑ How to Start Your Own Beauty Business
- ☑ Client Care & Confidence Building
- ☑ E-Learning
- ☑ Level 3 Emergency First Aid at Work

Why Join?

- Hands-on Training
- Industry Tips & Insider Knowledge
- Build Your Own Beauty Brand
- Meet Like-Minded Creatives



LIMITED SPACES AVAILABLE- DON'T MISS OUT!

SCAN ME!

Logistics

Venue: Brimingham City Centre
Dates: Week 1- 11th -15th May
Time: 10am - 2pm
Dates: Week 2- 18th - 22nd May
Time: 9:45am - 5pm
Dates: Week 3- 25th - 29th May
Time: 10am - 2pm

IN PARTNERSHIP WITH :

CLARION FUTURES

PEARL BEAUTY SALON & ACADEMY

BusinessUnboxed
Employability Through Enterprise

Important Information

All applicants must be/have

- **Right To Work Documents**
- **Over The Age Of 16**

Full attendance is required – those who miss the information sessions will be unable to attend the rest of the course.

ANIMAL RELATED JOKES TO MAKE YOU SMILE!







DWP EMPLOYABILITY ACTIVITIES, AND WELFARE BENEFIT INFORMATION



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



Find a Job

GOV.UK

With an account you can:

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

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

⇒ Keep track of your job search activity.

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

Registering and logging into your account

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

Apply for jobs

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

Create account >

Already have an account? Sign in



If you already have an account with Find a Job

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

USEFUL DWP ENQUIRY TELEPHONE NUMBERS

Tax Credits Enquiries/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 Enquiries	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 Enquiries	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.

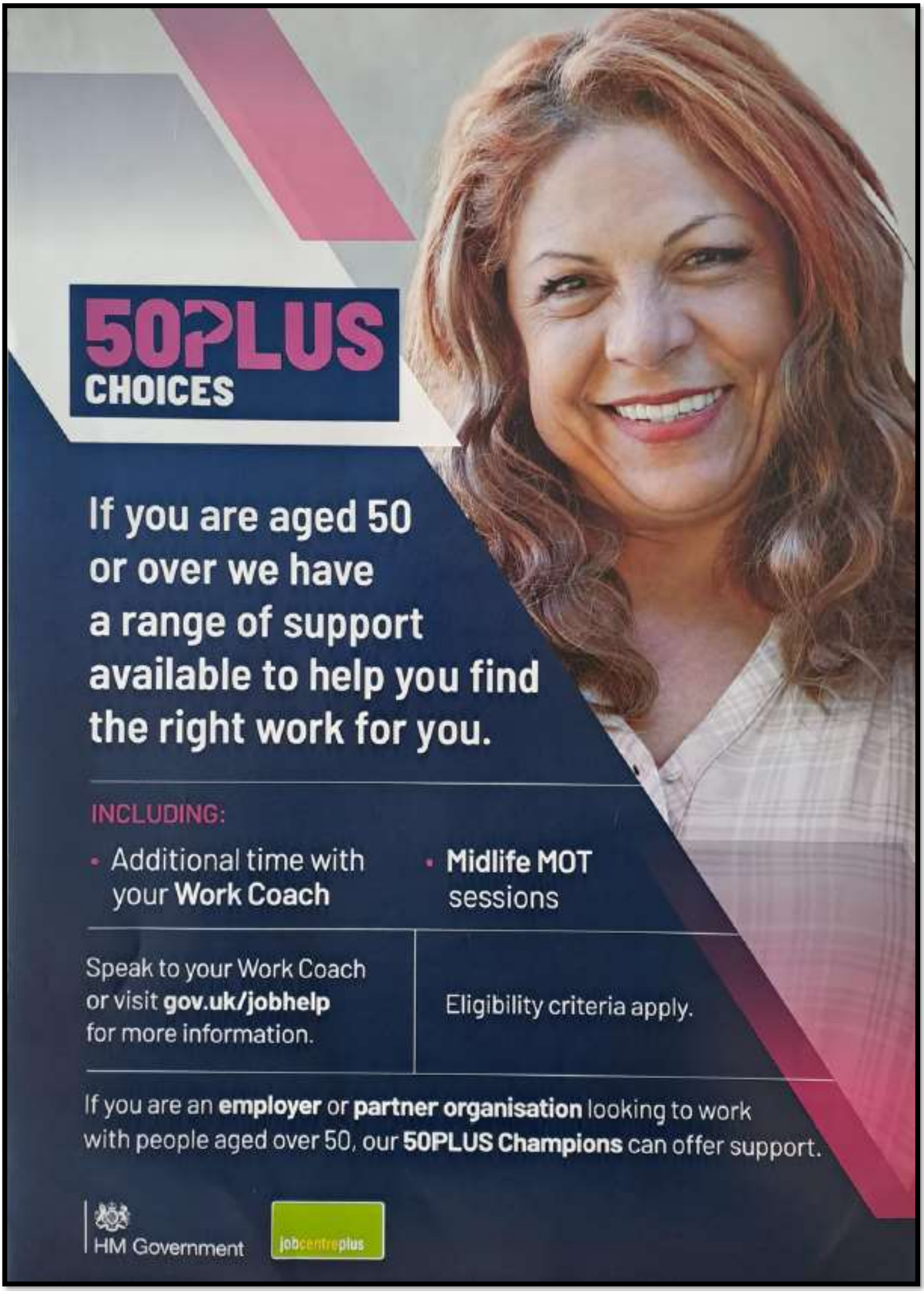
SWAP | SECTOR-BASED WORK ACADEMY PROGRAMME

On average, more than

1,200

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

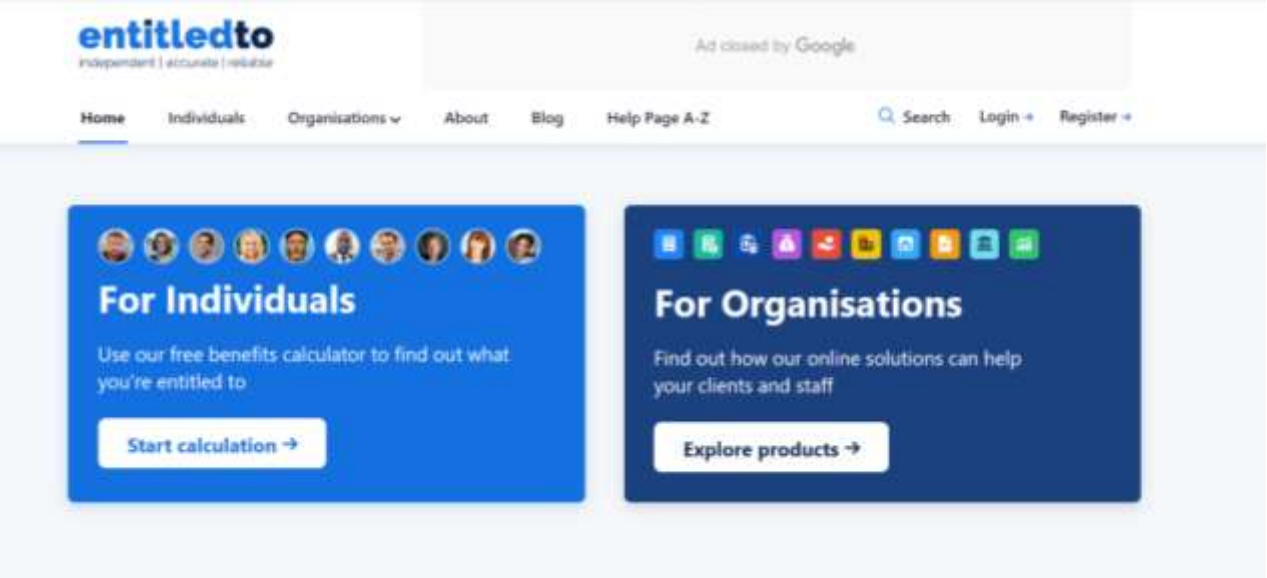



50PLUS
CHOICES
If you are aged 50 or over we have a range of support available to help you find the right work for you.
INCLUDING:
• Additional time with your Work Coach
• Midlife MOT sessions
Speak to your Work Coach or visit gov.uk/jobhelp for more information.
Eligibility criteria apply.
If you are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



PLEASE SPEAK TO YOUR WORK COACH IF YOU ARE THE RIGHT AGE TO ACCESS THIS NEW DWP YOUTH EMPLOYABILITY SCHEME.

FREE ONLINE BENEFIT CALCULATOR



www.entitledto.co.uk/

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



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





Aspect Housing

Move-On Outcomes 2026 So Far

A positive picture compared with 2025

The move-on information for 2026 so far shows a positive picture.

- 2025 was a strong year for move-on activity.
- That positive work has continued into 2026.
- Successful move-on remains the main outcome in 2026 so far.
- February 2026 showed around 70% successful move-on.
- April 2026 so far showed around 75% successful move-on.
- Our residents are continuing to make progress towards settled accommodation, homelessness recovery and greater independence.

Overall, 2026 is continuing the positive work seen in 2025, with our residents being supported to move forward in their housing journey, homelessness recovery and independence.

Thank you to our partner agencies, Birmingham City Council Services, advisory support services and community provision for your assistance.

Based on estimated management figures from the move-on log.

Samir, 34

Samir has taken positive steps to build his confidence, manage his emotions and move towards greater independence. When support first began, he found it difficult to manage some conversations, particularly where they related to money, responsibilities or supported exempt accommodation expectations.

With regular support alongside him, Samir has worked on room organisation, communication, emotional regulation, and future planning. He has shown more willingness to talk through issues calmly and focus on practical next steps.

A key achievement is that Samir has secured part-time work. This was his own step forward and shows his growing confidence, motivation, and willingness to build a more stable routine. It is also a positive step towards greater independence.



Daniel, 45

Daniel wanted to use his previous electrical skills to move back towards work after a period of housing and employment instability. He had valuable experience but needed support to rebuild his confidence and understand how employment could fit with future move-on planning.

With practical support, Daniel took action by searching for jobs, using online job platforms, and preparing himself for employment opportunities. He also engaged with support around benefits information and practical issues in his room, which helped him feel more settled.

Daniel has now secured an interview for a maintenance and electrical role. This shows his determination to use his existing skills, rebuild confidence and take positive steps towards employment and independence.





Nathan, 39

Nathan recognised that renewing his SIA badge could help him move back towards security-related work. He had experience in this area but needed encouragement to move from thinking about work to taking practical action.

With support, Nathan reviewed job options, looked at security and stewarding roles, and considered seasonal opportunities linked to events and outdoor work. He then took the important step of renewing his SIA badge.

This achievement gives Nathan better access to work opportunities and shows his commitment to moving forward. It also demonstrates that he is beginning to take more ownership of his employment goals.



Amin, 32

Amin has taken positive steps to settle into supported exempt accommodation and understand UK systems. He needed support with paperwork, benefits information, GP registration, job searching and understanding accommodation expectations.

With support, Amin updated key documents, provided proof of income, registered with a GP, and started using online job-search tools more confidently. He also made a clear decision to focus on work rather than further education at this stage.

These steps show Amin's motivation to become more independent and build stability for his future. His progress is especially positive because he is taking practical action to manage paperwork, access services and move towards employment.



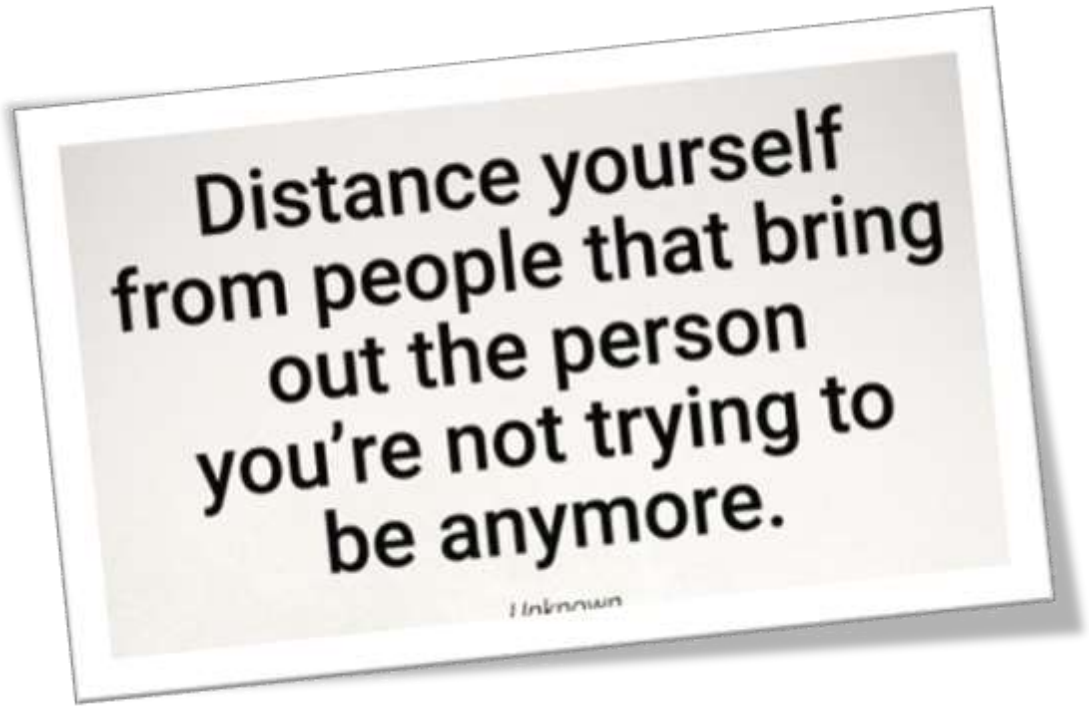


Ryan, 37

Ryan initially found it difficult to trust support and was guarded when discussing his needs. He had practical concerns in his room and needed support with documents, service charges, health registration, housing options, and future planning.

After his practical concerns were listened to and followed up, Ryan chose to engage more openly. He provided required documents, began discussing service charges and housing options, and became more willing to talk about his health and longer-term plans.

Ryan's progress shows real personal effort in building trust, accepting support, and taking practical steps forward. His increased engagement is an important achievement and creates a stronger foundation for future progress.



Alex, 30

Alex has taken responsibility for understanding how work and housing can fit together. He was already working part-time but was worried that increasing his employment could negatively affect his accommodation or housing options.

With support, Alex explored housing options, move-on planning and how employment could support future independence. He also addressed a room safety issue, which was an important step in maintaining a safer living environment.

Alex has kept his part-time work and now has a clearer understanding that employment can help him move towards independent housing. This shows growing confidence, responsibility, and a stronger commitment to planning ahead.





Ben, 41

Ben has made positive changes to his daily living routine and room organisation. He needed support with clutter, room cleanliness, food waste, clothing storage, dental registration, and bedroom furniture concerns.

With practical support, Ben took steps to reduce clutter, improve cleanliness, and access dental care. He also raised concerns about his bed and mattress so these could be reported and followed up.

Ben's progress shows increased responsibility for his living space, health, and personal routine. These are practical but important steps towards improved stability, self-care, and independent living skills.





Gary, 42

Gary recognised that loneliness and anxiety in crowded places were affecting his wellbeing. He took a positive step by talking openly about how he was feeling and considering what support might help him.

After discussing his needs, Gary was introduced to The Living Well Consultants. The service was explained to him, and he was supported to understand the referral process. Gary then provided his own details independently.

This is a meaningful step towards improving confidence, wellbeing and reducing isolation. It also shows that Gary was willing to take action for himself when given the right information and encouragement.



Mo, 36

Mo has shown personal commitment to improving his wellbeing and reducing cannabis use. He had been using cannabis daily and had previous challenges linked to substance misuse and mental health.

After discussing the risks linked to continued drug use, Mo made the decision to reduce his cannabis use from daily to weekly. He also began engaging with Birmingham CGL for specialist drug and alcohol support.

This progress reflects Mo's own decision to make changes and accept specialist support. It is a positive step towards recovery, improved wellbeing, and greater stability.





Anita, 29

Anita had an interest in beauty but initially felt low in motivation. She needed encouragement to see that her interest could become a practical step towards learning, skills, and future employment.

With support, Anita chose to explore this interest further and enrolled on a beauty course. She is due to begin the course on 30 April.

This shows Anita taking ownership of her future and making a positive early step towards education, confidence, and employment-related opportunities. It is a strong example of how encouragement can help someone act on their own goals.







WELLBEING AND COMMUNITY SUPPORT SERVICES/PROVISION



THERE IS ALWAYS HOPE

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

Need Help? Call us today

Sikh Helpline
03000 3000 63
07999 0043 63

BIRMINGHAM'S PUBLIC HEALTH- HELP AND SUPPORT FOR YOU

Public Health helps people stay healthy and safe.

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

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

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

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

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

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

Healthy Brum

Birmingham City Council

Having A Difficult Day?

mind Birmingham

Get the support you need

Across Birmingham and Solihull







MENTAL HEALTH & EMOTIONAL SUPPORT

HELPLINE

0121 262 3555

Freephone 0800 915 9292

9:00am - 11:00pm

Everyday

LiveChat at birminghammind.org

10:00am - 9:00pm

Email

help@birminghammind.org

Scan me

NHS

Member

Registered Charity No 1003906

Company Limited by Guarantee No 0202437

Living Well Consortium

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



Free NHS Talking Therapies & Wellbeing Services

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

Our approaches

Improving your quality of life

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

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

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





Call us...

0121 663 1217

or Visit our chat box

livingwellconsortium.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Birmingham City Council

Quit SMOKING
Start Saving



We're here to help you

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

Get free support from DUJ Advice Centre stop smoking service

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

Birmingham City Council

DUJ ADVICE CENTRE

Contact for more information

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

Free, specialist legal advice and representation Birmingham

Central England Law Centre



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

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

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

Central England Law Centre:

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



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

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

centralenglandlc.org.uk/birmingham | 0121 227 6540



IMMIGRATION CLINIC

Fridays 10.30am - 12.30pm

Free 30 minute consultations. Appointment Only.

Delivered by

QUICK IMMIGRATION SOLUTIONS

SPECIALIST IMMIGRATION LAWYERS

WARD END WELLBEING CENTRE

110 Sladefield Road, B8 2SX

0121 327 9166

FREE

Immigration, Housing and Welfare advice

Languages available:
English, Polish, Romanian, Slovak

People for People

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

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

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

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

WHEN?
Every Thursday
11:30 - 14:30

Contact:

info@peopleforpeoplecic.org

enns
Erdington Neighbourhood Network Scheme
Independent and Connected Lives

Immigration Advice Authority

Birmingham City Council

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

KINMOS



Our Aim

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

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

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

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

@KinmosCharity


FLIP DA SCRIPT CIC
ADVICE HUB
Need Support? We've Got You.
Drop in and get FREE, confidential advice from people who understand.
Employment Support
Housing Advice
Welfare Guidance
Form Filling Help
No appointments. No pressure.
Just support.
Every Wednesday | 11AM – 2PM
93 Alcester Road, Birmingham, B13 8DD
Moseley Hive
07398 797099
www.flipdascript.co.uk
Real support. Real people. Real change.



LET'S GET TOGETHER

enns
Erdington Neighbourhood Network Scheme
Independent and Connected Lives

Join us to connect with your local community and discover the wide range of services, groups and activities available across Erdington.

11am-2pm, 21st May 2026

St Barnabas Church, High Street
Erdington, Birmingham B23 6SJ

For more information contact the ENNS team

0121 382 1930 **enns@wittonlodge.org.uk**



BECOME A GARDEN AND GROW VOLUNTEER

Calling green-fingered and great outdoors enthusiasts!
Join us and help develop and care for our Sports and Community Centre Garden.

As a Garden and Grow Volunteer you will be helping us to grow fruit and vegetables, develop our outdoor space and contribute to protecting and enhancing the natural environment for future generations. Opportunities will include general site maintenance, weeding, growing and getting creative around the field to enhance the landscape

No experience is necessary but an interest in the natural world, a can-do attitude and the ability to be outdoors in all weathers will help.

For more information contact volunteer@bsettlement.org.uk or call Maria on 07415317684

Birmingham Settlement Sports and Community Centre, 600 Kingstanding Road, Birmingham, B44 9SH.

Charity no: 517303 www.birminghamsettlement.org.uk

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



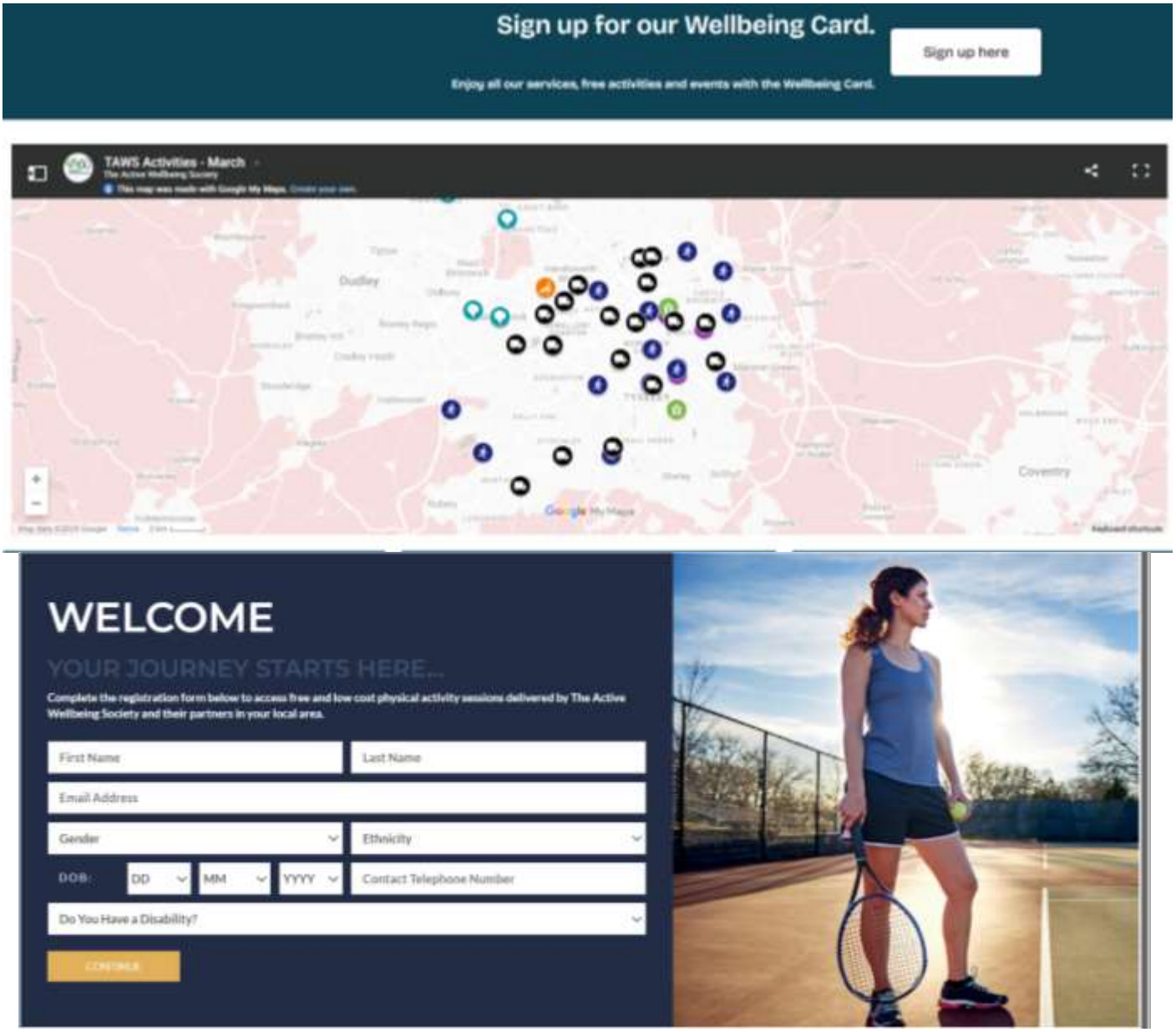
Email us at
CNSOTeam@birmingham.gov.uk
or
View our Drop in centres at

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

THE ACTIVE WELLBEING SOCIETY (TAWS) COMMUNITY ACTIVITIES



Complete the registration form for the TAWS Wellbeing Card to access free and low cost physical activity sessions delivered by The Active Wellbeing Society and their partners in your local area.

https://www.kineticinsightpro.com/birmingham

Change Grow Live

Drug and Alcohol Service

Birmingham

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



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

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

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

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

CHANGING LIVES THROUGH THE POWER OF SPORT

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

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

IMPACT TO MOVE & THRIVE

IMPACT FITNESS ACADEMY

YNNS Yardley Neighbourhood Network Scheme

Birmingham City Council

Move Breathe Create

We offer for FREE:

Physical Activities:

Wrestling · Boxing · Strength & Conditioning

Mindfulness Practice:

Yoga · Breathwork · Tai Chi

Creative & Social:

Canvas Painting · Pottery Painting · Crochet

Lunch Provided

Every Tuesday
12pm - 3pm

Ages: 18-49 years

Impact Fitness Academy
15 James road
Tyseley
B11 2BA

For more info contact:
Sahara - 07718948378
sahara@impactfitnessacademy.com

For those who have:

- Physical,
- Sensory or Learning Disabilities,
- Social anxiety.
- Additional needs
- Depression



Birmingham City Council

ELITE ACTIVE CIC

YNNS Yardley Neighbourhood Network Scheme
Connecting People Improving Lives

FREE COOKING CLASSES

FOR MEN





NEXT SESSION: SAT 16TH MAY 2026



BRING A FRIEND!

BRING YOUR CARER!







AGES 18 - 50+

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

BRING YOUR TUPPERWARE!

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

Haymillscc 164 Waterloo road, B25 8LD

eliteactivecic@outlook.com

www.eliteactivecic.com

"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 Soul Partnership

THRIVE TOGETHER BIRMINGHAM

Contact David for more information 07873 328 928

SUGGESTED PHYSICAL EXERCISE- FIND A FREE OUTDOOR GYM



Gym memberships typically cost £180 to £720 a year, but you can consider giving free outdoor gyms a try.

You can turn up any time of day, get active for the free, enjoy the fresh air and top up your vitamin D!

There are over 1,000 across the UK, found in local parks or open recreation areas.

To find your nearest outdoor gym in the Birmingham region, just visit the following Birmingham City Council's website.

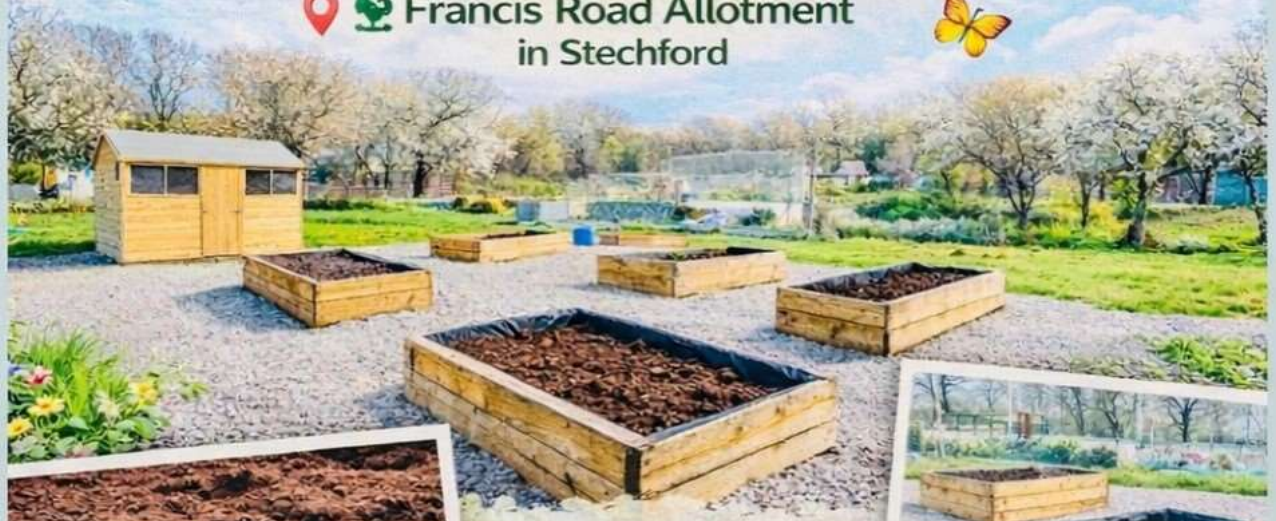
https://www.birmingham.gov.uk/directory/9/parks_playgrounds_and_open_spaces_in_birmingham/category/101/categoryInfo/78

Expect to see around 5 to 10 pieces of equipment per gym with the majority being similar or the same as the equipment you would find indoors – cross trainers, seated rowers, pull up bars and suchlike.
It is worth pointing out these machines do not usually have adjustable weights as they are resistance-based, so if you want to really work on your strength this may not be the most fulfilling workout.

IN UNITY WE RISE C.I.C

COME PLANT, GROW & SOCIALISE

Francis Road Allotment
in Stechford





- Plant Seeds & Grow Vegetables
- Learn New Gardening Skills
- Friendly Social Space
- Enhance Your Wellbeing



Adult Sessions

MON WED Every Monday, Wednesday & Friday

Booking Required
inunitywerise@gmail.com





Open to All!

Inclusive, gentle and supportive sessions

- MORNING SESSION 10:00 am - 12:30 pm
- AFTERNOON SESSION 1:00 pm - 2:30 pm
- EVENING SESSION 3:30 pm - 6:30 pm

MORNING SESSION | AFTERNOON SESSION | EVENING SESSION

YNNS Yardley Neighbourhood Network Scheme

FREE MANAGE YOUR DIABETES COURSES

YOUR HEALTH, OUR PRIORITY

JOIN OUR DIABETES COURSE TODAY

Communities Engage and Thrive CIC

We are very excited to announce **7 new Manage Your Diabetes courses** starting in April.

Feel free to share these exciting courses with family, friends and colleagues.

Participants will:

- **Learn simple ways to manage Type 2 Diabetes**
- **Get support from our Nutritional Therapist & Mindset Coach**
- **Explore healthy eating & staying active**
- **Join a live cookery session with our Chef**
- **Learn practical tips to boost confidence & wellbeing**

DON'T DELAY, JOIN TODAY!







Please see below for venues and start dates:

- **SUMMERFIELD COMMUNITY CENTRE (OPEN TO ALL)**
  WINSON GREEN ROAD B18 4EJ
  STARTS MONDAY 13TH APRIL 2026 FOR 6 WEEKS
  10:00 - 12:00
- **NEW HOPE GLOBAL (MEN ONLY)**
  BIRCHFIELD JAMIA MASJID
  2 TRINITY ROAD B6 6AG
  STARTS TUESDAY 14TH APRIL 2026 FOR 6 WEEKS
  10:00-12:00
- **NEW HOPE GLOBAL (LADIES ONLY)**
  BIRCHFIELD LIBRARY
  3 TRINITY ROAD B6 6AH
  STARTS WEDNESDAY 15TH APRIL 2026 FOR 7 WEEKS
  10:30 - 12:00
- **NEWTOWN MEDICAL CENTRE (PATIENTS ONLY)**
  243 WHEELER STREET B19 2ET
  STARTS WEDNESDAY 15TH APRIL 2026 FOR 6 WEEKS
  12:30 - 2:00
- **HAMSTEAD PAVILION (OPEN TO ALL)**
  HANDSWORTH WOOD B20 1BY
  STARTS SATURDAY 18TH APRIL 2026 FOR 7 WEEKS
  10:00 - 12:00 (PUNJABI)
  1:00-2:30 (ENGLISH)
- **NECHELLS POD (OPEN TO ALL)**
  28 OLIVER ST, BIRMINGHAM B7 4NX
  STARTS THURSDAY 4TH JUNE 2026 FOR 7 WEEKS
  1:00 - 2:30

SCAN THE QR CODE
OR CALL
07438 109 868 OR
07879 775 686
TO BOOK YOUR
FREE
PLACE

Warm wishes from the CET team

Drug and Alcohol Service
Birmingham

Get screened for blood borne viruses

Ever Injected?
Get Tested
Get Treated
Get Cured



Drop-in on **21st May 2026** for a FREE test from **11am - 3pm**







MORE INFORMATION:

0121 227 5890
birmingham.info@cgl.org.uk
www.changegrowlive.org/birmingham
111 Church Lane, Stechford, B33 9EJ

LETTERBOX

PENPAL BEFRIENDING

LETTERBOX is a free penpal befriending service for socially isolated and lonely people.

Our clients are carefully matched to volunteer befrienders. They exchange supportive, friendly letters to share stories about their lives, families, interests, or whatever they wish.

Omega...

ENDING ISOLATION | ENDING LONELINESS

Reg. Charity No.1120322 | Reg. Company No.6196052

www.omega.uk.net | info@omega.uk.net

OmegaConnected

01743 245 088

To get started, go to www.omega.uk.net/letterbox and complete an online referral form, for yourself or for someone you know. To find out more, or to request a paper copy of the form, call 01743 245 088 or email letterbox@omega.uk.net.

HOW OMEGA CAN HELP YOU



Birmingham City Council

YNNS Yardley Neighbourhood Network Scheme

Connecting People. Improving Lives

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

Birmingham City Council Support page

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

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

Yardley Wellbeing Group

- ✔ Looking to get out more and meet like-minded people?
- ✔ Feeling bored and not sure how to fill your time?
- ✔ Does it feel like you don't talk to people a lot?

Our Community Groups are a great way to get out and socialise with other people.





We can support you to start to build your confidence and social network

You can find us at:

Stechford Leisure Centre
Station Road, B33 8QN
Find us in the dance studio, located upstairs
Accessible via lift or stairs
Wednesdays 2:30pm until 4:30pm

If you would like to find out more about our other groups for yourself or someone you know, please get in touch:
Call on 0121 362 3650 or email at info@ageconcernbirmingham.org.uk

YNNS Yardley Neighbourhood Network Scheme
Connecting People. Improving Lives

AGE concern Birmingham

Birmingham City Council


Drug and Alcohol Service
Birmingham
Get screened for blood borne viruses
Ever Injected?
Get Tested
Get Treated
Get Cured
Drop-in on 21st May 2026 for a FREE test from 11am - 3pm
MORE INFORMATION:
0121 227 5890
birmingham.info@cgl.org.uk
www.changegrowlive.org/birmingham
111 Church Lane, Stechford, B33 9EJ

BETHEL ONE FOR ALL INSPIRE

BOFA INSPIRE

SUPPORTING INDIVIDUALS TO REACH THEIR FULL POTENTIAL

EMPOWER & BE ACTIVE

50+ PROGRAMME



Fridays | 11 am - 1 pm

Small Heath

Bethel United Church, 759 Coventry Road B10 0JD

Free

Join our thriving group of adults aged 50 and over - come along and meet new friends!

SERVING THE LOCAL COMMUNITY

- A friendly and welcoming place to meet new people, stay active, and enjoy fun activities together
- Enjoy arts & crafts, games, life skill workshops, social activities, trips & refreshments
- Light-touch support is available throughout sessions and support workers are welcome

OUR SUPPORTERS

POhWER

Hodge Hill Neighbourhood Network Scheme (NNS)

COMMUNITY FUND | Funded by UK Government

Contact us to register and find out more

info@bofainspire.co.uk 07931 645560


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


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

MORE ANIMAL JOKES TO MAKE YOU SMILE OR MOAN!











‘MOVING-ON’ THEMED SUPPORT SERVICES AND BIRMINGHAM CITY COUNCIL’S HOUSING INFORMATION





BIRMINGHAM CITY COUNCIL'S ADVICE ON HOUSING ASSOCIATIONS

(The following is taken from the Birmingham City Council's website)

Housing associations offer properties for social rent, affordable rent, and shared ownership. Birmingham City Council works in partnership with a range of housing associations through our choice-based lettings scheme- Birmingham Choice.

The following housing associations run their own letting schemes:

- Bournville Village Trust
- Midland Heart

The following housing associations offer properties for immediate lets:

- BCHS Cooperative (provided by Green Square Accord)
- Bromford Housing
- Castle Vale Housing
- Green Square Accord
- Platform Housing
- Sanctuary Housing



List of housing associations

Use the details below if:

- you are a tenant, and you want to contact your landlord.
- you would like to ask about applying for housing.

All the listed housing associations have their own individual official website.

Adullam Homes Housing Association Limited

Phone: 0121 271 0789

Email: info@adullam.org.uk

Alpha Housing Co-operative Limited

Phone: 0121 517 0709

Email: hello@alphahousing.org.uk



Anchor Trust

Phone: 0800 731 2020

Birmingham Civic Housing Association Limited

Phone: 0121 382 5105

Email: bcha@bcivic.co.uk

Birmingham Jewish Housing Association Limited

Phone: 0121 458 5000

Black Country Housing Group

Phone: 0121 561 1969

Bournville Village Trust

Phone: 0300 333 6540

Email: enquiries@bvt.org.uk



Green Square Accord Housing Association

Phone: 0300 111 7000

Email: info@greensquareaccord.co.uk

Habinteg Housing Association

Phone: 0300 365 3100

Email: direct@habinteg.org.uk

Harborne Parish Lands Charity

Phone: 0121 426 1600

Email: info@hplc.org.uk

Midland Heart

Phone: 0345 602 0540

Orbit Housing Association

Phone: 0800 678 1221

Pioneer Group

Phone: 0121 748 8100

Email: contactus@pioneergroup.org.uk

Sanctuary Housing Association

Phone: 0121 456 1790

Email: contactus@sanctuary.co.uk

St Peter's (Saltley) Housing Association Limited

Phone: 0121 327 7265

Email: office@stpetershousing.org.uk

The Abbeyfield Sutton Coldfield Society Limited

Phone: 01727 857536

Townsend Gardens (Riverside)

Phone: 0121 471 1462

Triangle Housing

Phone: 0282 766 6880

Email: info@trianglehousing.org.uk

Trident Housing Association Limited

Phone: 0121 633 4633

Email: reception@tridentgroup.org.uk



Please speak to your support worker if you require any assistance with any applications to any of the listed housing associations.



DOMESTIC ABUSE SERVICE PROVIDED BY BIRMINGHAM AND SOLIHULL WOMEN'S AID

WHAT IS DOMESTIC ABUSE?

Does your partner...?

- Prevent you from doing things you want - like spending time with friends or family?
- Call you several times a night or show up to make sure you are where you said you would be?
- Treat you roughly - grab, push, shove or hit you?
- Pressure you sexually for things you aren't ready for?

Domestic Abuse is defined as an incident or pattern of incidents of controlling, coercive, threatening, degrading or violent behaviour, by those who are, or have been, intimate partners or family members.

Forms of Abuse:

- Physical abuse
- Sexual abuse
- Financial abuse
- Coercive and controlling behaviour, and gaslighting/emotional abuse
- 'Honour'-based abuse
- Forced marriage
- Female genital mutilation (FGM)

If you are experiencing domestic abuse please call the BSWA Helpline on **0808 800 0028** or come to our Drop in Service at:

Bank House
36-38 Bristol St
Birmingham
B5 7AA

BSWA
Birmingham & Solihull Women's Aid

www.bswaid.org

We listen, We believe, We support

If you are a woman in need of help or advice with domestic violence and abuse please get in touch.
We can help!



Call our **Solihull Community Outreach**
0121 722 2142 or **helpline 0808 800 0028** or
use our **webchat service www.bswaid.org**

BSWA

bswaid.org @bswaid

Birmingham & Solihull Women's Aid

Registered charity number 1073926
Ryland House, 44-48 Bristol Street, Birmingham B5 7AA

Birmingham & Solihull
Women's Aid
FGM Project

Voices of women

FGM



Women from communities that practice FGM (female genital mutilation) would like professionals to understand their views on FGM, to help them in their work on this issue.

To find out how you could help, turn the page...

FGM Project
0121 685 8687 (ask for Khadija Jaamac)

Birmingham & Solihull Women's Aid Helpline
0800 0732 606 (freephone) | 0121 685 8550 (local rate)

Female genital mutilation (FGM) is a collective term for procedures which include the partial or total removal of the external female genital organs, or injury to the female genital organs, for cultural or other non-therapeutic reasons.

FGM is a centuries old harmful practice that requires a number of approaches to eradicate it – The FGM project, run by Birmingham & Solihull Women's Aid, has developed an FGM project working with the community, raising awareness through education and discussing the issue in depth, since April 2010.

The Birmingham & Solihull Women's Aid FGM Project has worked with many different FGM practicing communities across Birmingham, and recorded the concerns of both women and professionals, identifying a gap in the understanding of each other's perspectives.

On the one hand, there is a community that is sometimes fearful of the intentions of professionals (with the possible exception of midwives). On the other hand, there are professionals, many just learning about FGM and who may want to identify child protection concerns or consider how best to support families from an FGM practicing country.

The project has identified that women would like professionals to know their views and concerns when working on the subject of FGM. These include:

- Communities really appreciate the human rights structure in the UK and believe in upholding these laws. FGM being illegal helps families discontinue the practice.
- Having a law that bans FGM is a first step towards eradicating the practice.
- Many communities do not identify with the term 'FGM', and may find it offensive. The term 'female circumcision' is preferred, rather than 'mutilation', when describing FGM.
- Communities feel that they may be stigmatised if they are seen just in terms of FGM alone.
- FGM is a complex issue, with many different practices amongst communities, spreading across 40 countries – for some, it is the community that takes responsibility for undertaking FGM, whilst in others, the responsibility rests on the family itself. Many communities are not aware of these differences and only know about their own practice around FGM.
- There is often considerable community and family pressure to have FGM carried out.
- There is genuine misunderstanding as to the consequences of female circumcision – for many people it is viewed as similar to male circumcision. Education about the effects of FGM usually leads to support for ending FGM.
- The lifelong and dangerous after effects are not identified as being a result of FGM – as many women cannot easily connect their problems with having had FGM.
- Women are not always aware of what type of FGM has been done to them and can be deeply traumatised when they find out that a more severe type has been performed and that this is the root of many of the health and psychological problems they have experienced.
- Communities have worked together to ensure that children are safeguarded, often in war torn zones and facing poverty – concern for children and wanting the best for them is integral to them, especially as many believe 'it takes a village to raise a child'.

Women would like professionals to take time to understand their views as they are concerned that they may be negatively judged if they disclose anything about FGM or seek support on the issue.

Women would really value sensitive services that try to look at the cause of their health problems (FGM), rather than just addressing the symptoms and need support for the issues they face regarding FGM. Community education is also valued in terms of raising communities' awareness of the issue.

Women's Aid's FGM project has proved that education and awareness is one of the most effective ways of eradicating the practice – 90% of women worked with, once they understand what the consequences of FGM are, become committed to ending the practice.

Birmingham & Solihull Women's Aid Helpline

0800 0732 606 (freephone)
0121 685 8550 (local rate)

FGM Project

0121 685 8687 (ask for Khadija Jaamac)

Birmingham & Solihull Women's Aid is a registered charity no. 1073926 and a company limited by guarantee with no share capital no. 3596538. Registered office: Ryland House, 44-48 Bristol Street, Birmingham B5 7AA.

WHAT IS A CIVIL ORDER?

Civil orders are injunctions given by the civil court to help protect you and your family.

NON - MOLESTATION ORDERS:
A court order that protects you or your child from being harmed or threatened by the person who's abused you.

OCCUPATION ORDERS:
A court order that decides who can live in the family home or enter the surrounding area.

A BREACH OF THESE ORDERS IS A CRIMINAL OFFENCE.



WHO CAN APPLY?

The abuser needs to be an 'associated person'. This includes
Family members,
Married or Civil partners,
Engaged to marry,
Couples living together or who have shared parental responsibilities
Anyone who you've had an intimate relationship of significant duration

WITHOUT NOTICE

If you need an injunction urgently or are scared that your abuser will cause you further harm then you can make an application on a 'without notice' basis. This means that your abuser does not know that you are taking them to court.

COSTS & PROCESS

If you are on a low income then you may qualify for Legal Aid to get free advice and representation. If not, we can still support you with the application for free.

You will need to complete a court form and a witness statement and send this to the Family Court. The court should then arrange a court hearing. However, you may need to attend more than one court hearing before the court grants the order.

If you want to explore a civil order then you can either contact our Helpline on **0808 800 0028** or speak to a worker at our Early Intervention Hub at:
Bank House, 36-38 Bristol Street, Birmingham, B5 7AA

BSWA
www.bswaid.org



BSWA

Birmingham & Solihull Women's Aid

The Theresa Stewart Women's Centre

Early Intervention Hub

A safe space for women & children affected by Domestic Abuse

You are not alone.
We listen, We believe, We help.

Our women only safe space offers:

- Confidential one-to one appointments with a fully trained specialist worker in a women only environment.
- Group workshops & health and wellbeing sessions
- Self-service computer area
- Creche
- Access to interpreters
- Access to toiletries and clothing
- Tea, Coffee and refreshments
- Food bank



Birmingham and Solihull Women's Aid
The Theresa Stewart Women's Centre
Bank House, 36-38 Bristol St, Birmingham B5 7AA

YOUR VISA SHOULDN'T STOP YOU FROM LEAVING

YOU HAVE OPTIONS

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

WHAT ARE YOUR OPTIONS?

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

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

OUR SUPPORT

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

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



INFORMATION ON FUTURE RECREATIONAL AND LEISURE ACTIVITIES, INCLUDING RELIGIOUS CELEBRATIONS



FUTURE SOCIAL AWARENESS DAYS/CAMPAIGNS

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

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

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

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

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

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



MENTAL HEALTH FOUNDATION

MENTAL HEALTH AWARENESS WEEK

11-17 MAY 2026



ACTION

FOR **YOURSELF.**
FOR **SOMEONE ELSE**
FOR **ALL** OF US.

11-17 MAY 2026

Donate here

Take action for good mental health this Mental Health Awareness Week

Even small actions make a difference, and when we come together we can be a powerful force for change. Join us!

Share your story:
#MHAW2026
#MentalHealthAwarenessWeek
@mentalhealthfoundation

mentalhealth.org.uk/mhaw

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VAT Number GB524459857. Registered office: Studio 2, 117 Long Lane, London SE1 4PG.

Registered with FUNDRAISING REGULATOR

MENTAL HEALTH WEEK

7 DAYS CHALLENGE



DAY 1	TAKE TIME TO LAUGHT Class aptent taciti sociosqu ad litora
DAY 2	GET TO BED EARLIER Class aptent taciti sociosqu ad litora
DAY 3	LISTEN TO PODCAST Class aptent taciti sociosqu ad litora
DAY 4	RELAX IN A WARM BATH Class aptent taciti sociosqu ad litora
DAY 5	DRINK ENOUGH WATER Class aptent taciti sociosqu ad litora
DAY 6	HAVE A PHONE FREE NIGHT Class aptent taciti sociosqu ad litora
DAY 7	DON'T COMPLAIN AT ALL TODAY Class aptent taciti sociosqu ad litora

MONTHLY TOPIC FOR OUR RESIDENTS TO CONSIDER

Mental Wellbeing, Coping Skills & Everyday Learning

This month's theme is about understanding your mental wellbeing, learning what helps you cope, and knowing when to ask for support. Mental wellbeing affects how you think, feel, sleep, get on with others, and manage everyday life.



Why this matters

- Many people face stress linked to housing, money, health, relationships or isolation.
- Coping skills can help you feel calmer and more in control.
- Asking for help early can stop things from reaching crisis point.

A positive message

It is a good thing that some residents are already accessing mental health and wellbeing services. This shows positive engagement and a willingness to get support when needed.

Things to think about

- What helps my mood in a positive way?
- What makes things harder for me?
- How do I know when I am becoming stressed or overwhelmed?
- What coping skill has helped me before?
- What support do I need more of right now?

Practical steps to try this month

- Rate your mood from 1 to 10.
- Write down 3 things that help you feel calmer.
- Try a wellbeing activity such as walking, breathing exercises, journalling or improving sleep.
- Keep attending your appointments or support sessions.
- Speak to staff if you need extra help.

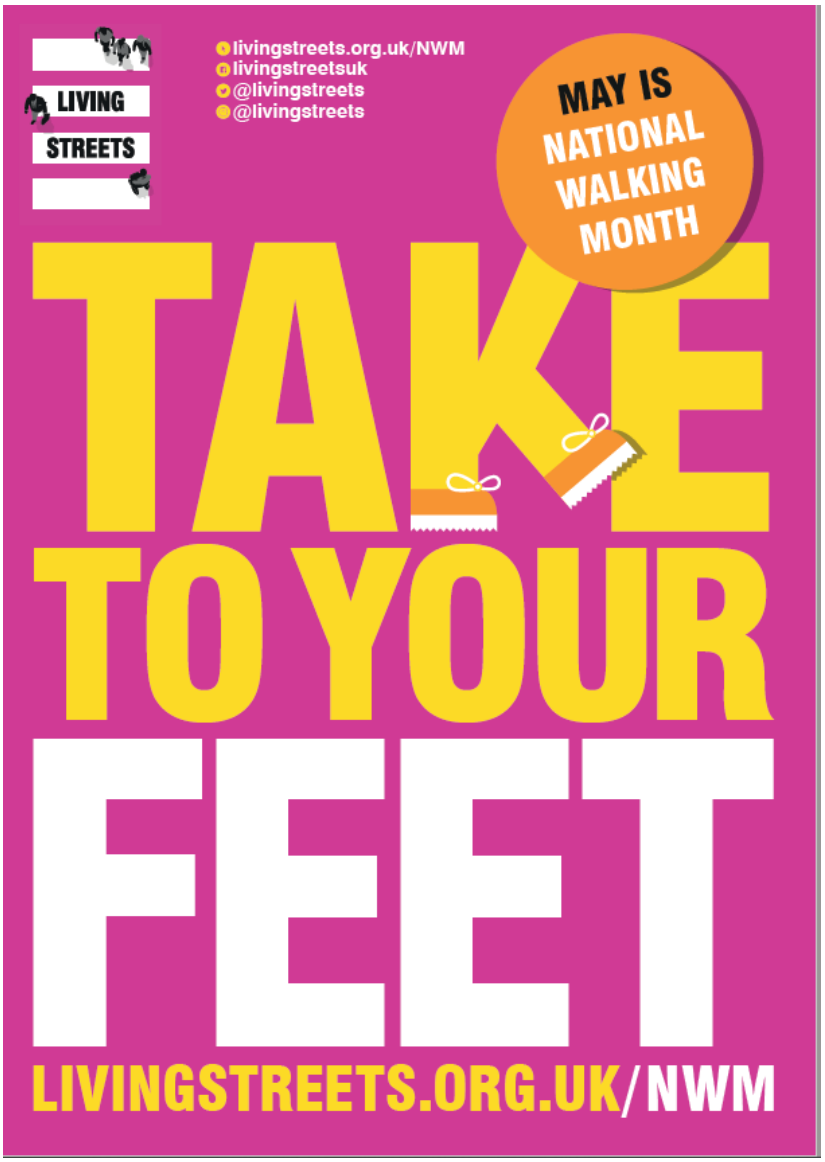
Useful support contacts

- Birmingham Mind Helpline – **0121 262 3555**
- Living Well Consortium – **0121 663 1217**
- Birmingham Healthy Minds – **0121 301 2525**
- Spring to Life – **07856 277 028**
- Urgent mental health support – **NHS 111** (select mental health option)
- Emergency – **999**



You do not have to manage everything alone. Please speak to your support worker if you would like help contacting a service or getting extra support.

PHYSICAL HEALTH AND WELLBEING ACTIVITY – NATIONAL WALKING MONTH MAY 2026



It's time to get walking for National Walking Month!

You may not realise it, but May is National Walking Month and now the evenings are lighter for longer, this makes it the perfect time to get outside and get walking. Walking has a whole host of different health benefits that you can use to motivate you to introduce walking into your daily lives.



WALKING IS GOOD FOR YOUR HEART

Your heart is responsible for pumping the oxygen and blood around your body and keeping all the other organs working. So, we think you'll agree that it's important to keep it in tip-top condition! Walking not only strengthens your heart but reduces the risk of heart disease and strokes. In fact, a brisk walk for 30 minutes every day is said to reduce your risk of a stroke by 27%. If this wasn't enough, it also reduces bad levels of cholesterol and increases the levels of good cholesterol too!



WALKING HELPS YOU TO LOSE WEIGHT

If you are new to exercise or trying to lose weight gradually in order to keep it off, then walking is a great form of exercise for you. If you walk at around 2 mph for 30 minutes then you will burn around 75 calories, and if you increase this to 4 mph this will rise to around 150 calories. 20 minutes of walking a day will burn an incredible 7lbs of body fat a year.

WALKING GIVES YOU ENERGY

There are times when you feel more lethargic than others, and if you find yourself in this zone then a walk could do you good. It boosts your circulation and increases the oxygen supply around your body, which in turn will keep you feeling alert and awake.





IT'S A FULL-BODY WORKOUT



Many muscles in your body are activated during walking including the calves, glutes, hamstrings, quads, and abdominals, so give it a try and give your legs, bums & tum a physical workout.

INCREASE YOUR VITAMIN D INTAKE

Here in the UK, there are lots of people who are deficient in Vitamin D, the best way to increase your levels of Vitamin D is to get outside in the sunshine. Vitamin D is good for your bone health, as well as your immune system, which is why it is important to try and increase the levels in your body.



WALKING MAKES YOU HAPPY

In the same way, walking can help you feel energised, it is also great for making you feel happy. Regular walking can support mood and wellbeing, and may help people experiencing stress, low mood or anxiety.

These are just some of the reasons why you should try to do more walking into your daily routine. Whether you walk at lunchtime, visiting your local park, or start your day with a walk, why not try it, and feel the benefits for yourself.


Eid Family Funday
BRINGING THE COMMUNITY TOGETHER
2PM - 7PM
Sunday | 31 May | 2026
Join us for a fantastic day of games, laughter and unforgettable family moments.
Ackers Pavillion Playing Field, Golden Hillock Road, b11 2py
For Stalls(£40) or additional Info call:
07890 695284
BOSF
ACKERS ADVENTURE
Birmingham City Council
DARUL ILM BIRMINGHAM
BYSA Foundation
Team4Nature
CleanupUK
Narthex
Journey To Change


YOU ARE INVITED TO THE
UK'S BIGGEST VAISAKHI CELEBRATIONS
VAISAKHI
IN THE PARK
10 SUNDAY MAY 2026
9AM TO 8PM
VICTORIA PARK, SMETHWICK
BHAI JAGJEET SINGH
BHAI KULWINDER SINGH
KHARAR WALE
BHAI AMARJIT SINGH
PATIALA WALE
BHAI KARNAIL SINGH
NAGAR KIRTAN
9:30AM
Guru Nanak Gurdwara
Smethwick
10:30AM
Arrival at
Vaisakhi in the Park
KIRTAN DARBAR | GURU KA LANGAR | SPEAKERS CORNER
BAZAAR | FUNFAIR | SPORTS | OPEN AIR EXHIBITION
FOR STALL BOOKINGS: 07405 680 537 | WWW.VAISAKHIINTHEPARK.COM

OTHER FUTURE ADULT COMMUNITY PROVISION AND EVENTS





BIRMINGHAM PRIDE PARADE

The Birmingham Pride Parade is one of the biggest parts of Birmingham Pride weekend. It is a colourful public event that celebrates LGBTQ+ people, equality and inclusion. Large crowds usually attend, with many people taking part and thousands watching in the city centre.

Event Details
Date: Saturday 23 May 2026
Start Location: Victoria Square, Birmingham City Centre
Time: Activities begin at 11:00am
Parade Starts: 12:00 noon
Finish Location: LGBTQ+ Village
After the parade, the Birmingham Pride street party will continue in the LGBTQ+ Village.
This is a public event with lots of people, music and a lively atmosphere.

The Birmingham Pride parade is FREE to watch.



BIRMINGHAM PRIDE

SATURDAY 23RD MAY 2026

MAIN STAGE

KATY B | SIGALA

DANNY BEARD • HOUSE GOSPEL CHOIR DJ SET • LYNKS
BOOTY LUV • SWEET FEMALE ATTITUDE
LLEO • NANSEE • CALL ME UNIQUE

DANCE ARENA

JAGUAR | ARTHI

SOULQU3ST • RINGERS B2B COLA B • SOPHIE LOU
MISHA B2B RX • MS MACE • SAI SOUNDS

CONRAD GUEST CABARET STAGE supported by TUI

BLANCHE • EMBER • LADY IMELDA • MARIE LA RAE
RACHEL FULLER • SANDRA • SHANIA PAIN
TIANA BISCUIT • TONYA KNEEZ • TWIGGY • VICTORIA SCONE

SUNDAY 24TH MAY 2026

MAIN STAGE

NADINE | BJÖRN AGAIN

BONEY M FT MAIZIE WILLIAMS • AMELLE
KELLY LLORENNA • BLACK PEPPA • NXDIA

DANCE ARENA

BIG ANG

WÏLES • FORBID • GANDALF
LISA SHARRED B2B YAN SIMONSKI • WILE OUT • JOSH ALDRIDGE
AVENGERS ASSEMBLE • TRIBUTE TO DJ SIMON HARRIS

CONRAD GUEST CABARET STAGE supported by TUI

ALANNA BODEN • AMY LAQUEEFA • BLU ROMANTIC
BRENDA LA BEAU • DAHLIAH RIVERS • DONNA TRUMP • GLORIA LOVE
HOUSE OF ALLURE • MARTHA D'ARTHUR • MARTY • MICHELLE LAWSON
MISS PENNY • PAM CATZ • SANDRA • YSHEE BLACK

TICKETS & INFO BIRMINGHAMPRIDE.COM


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

Daylight Discos

@ St Giles Church, Sheldon

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

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

YNNS Yardley Neighbourhood Network Scheme
Connecting People. Improving Lives

Birmingham City Council

Xpress-yourself

Binnis Bladez

Women's Fencing

19/04/2026, STECHFORD LEISURE CENTRE

09:00 - 10:00 A.M.

FREE WEEKLY SESSIONS.



BENEFITS:

- IMPROVES AGILITY & REFLEXES
- BUILDS STRENGTH & ENDURANCE
- SHARPENS FOCUS & TACTICS
- BOOSTS CONFIDENCE

Email: binni.fencing@gmail.com

Mobile: 07494558932

Y2L YOUTH & LEGENDS

BINNI'S BLADEZ

YNNS Vardley Neighbourhood Network Scheme

Connecting People, Improving Lives

Birmingham City Council

POLISH HERITAGE DAY

BIRMINGHAM 2026

Festival of Polish Culture, Dance & Flavours

The largest Polish community event in the Midlands!

Save the Date!
23 MAY 2026

- Live Performances
- Delicious Polish Food Zone
- Folk Dances & Shows
- Children's Activities & Animations
- Sports Competitions
- Music All Day
- Big Evening Dance Party!







Aston Old Edwardian Rugby Club

B44 0HP

Saturday • From 1PM


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" GILL | MUSIC PROVIDED BY CAPTAIN BOOGIE | AFRICAN DRUMMING WORKSHOP BY FIESHAH 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

FREE ENTRY

HOBMOOR HUB FUN DAY

OASIS COMMUNITY HUB

SATURDAY 9TH MAY

12PM – 3PM

Celebrating Our Community & Shaping Our Future

BBQ
INFLATABLES
CRAFT & SPORTS ACTIVITIES
ADULTS FOOTBALL GAME
COMMUNITY DISCUSSIONS









Address: Oasis Hobmoor Hub,
250 Wash Lane, South Yardley,
B25 8FD
T: 0121 675 8258

YNNS Yardley Neighbourhood Network Scheme
Connecting People. Improving Lives

Birmingham City Council

Oasis hub hobmoor

MORE ANIMAL JOKES TO MAKE YOU SMILE OR MOAN!







