Aspect Housing & Support Ltd

Aspect Housing

OUR RESIDENTS

NEWSLETTER

October 2026



Hello Residents.

We hope you are well and welcome to our October 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.

Need help with anything in this newsletter?

Speak to your Housing Support Worker. They can help you find local services, make referrals, access websites, complete applications and identify activities close to where you live.



RESIDENTS' NEWSLETTER - CONTENTS	PAGE NUMBER
INFORMATION FOR OUR RESIDENTS	4
COST OF LIVING AND COMMUNITY SUPPORT	13
RESIDENTS' GOOD NEWS STORIES AND PERSONAL ACHIEVEMENTS	26
WELLBEING AND COMMUNITY SUPPORT/PROVISION	35
EMPLOYABILITY SUPPORT AND CAREER GUIDANCE SUPPORT SERVICES	64
LEISURE, COMMUNITY AND RELIGIOUS ACTIVITIES, INCLUDING AWARENESS DAYS/CAMPAIGNS	76
PERSONAL SAFETY AND CRIME PREVENTION INFORMATION	94



INHOUSE

INFORMATION FOR OUR RESIDENTS



Aspect Housing

Resident of the Month





NOMINATION PERIOD

From Monday 21st September to Friday 30th October 2026





You could be nominated if you have:



- ✓ Made positive progress
- ♥ Helped others or joined in
- ◎ Worked on your support goals



Winner receives:



- Certificate of Achievement
- ★ £40 Gift Voucher Prize

Plus two runner-ups each receive:

- ★ £20 Amazon Gift Voucher (each runner-up)





How to enter

Speak to your Support Worker, who will help you complete the entry form.

Aspect Housing

BEFORE CONTACTING A SERVICE

Aspect Housing



Simple steps to get the right help

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

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

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

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

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

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

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

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



Aspect Housing

Resident Room Inspections

Why Aspect Housing carries them out

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

Why inspections matter:

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

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

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

Aspect Housing

Please Do Not Use Candles or Incense Sticks in Your Room



For fire safety, candles and incense sticks are not allowed in resident rooms.

Fire safety | No open flames | Smoke alarms | Shared safety | Prevention

Why this matters

- Candles and incense sticks can easily cause a fire
- They create smoke and can trigger fire alarms
- They can damage your room and the property

Safer alternatives

- Use battery candles instead of real candles
- Use air fresheners instead of incense sticks
- Ask your support worker if you need advice

How you can help

- Do not light candles or incense in your room
- Tell staff if you see a fire risk
- Help keep yourself and other residents safe

Important

If you need your room to smell fresh, please use safer alternatives such as air fresheners.

If you need support, speak to your support worker.

Thank you for helping to keep everyone safe.

WORK CAN IMPROVE YOUR LIFE

Aspect Housing

The benefits of paid work

More income

Earn money, improve your financial position and build savings.

More independence

Work builds confidence, routines and a sense of control.

More housing and move-on options

Paid work can support better move-on options and long-term stability.



Better-off-in-work support can help you understand how work affects your benefits and rent.
Ask your Support Worker for help.

Your home. Your future. Your choice.

Aspect Housing

ASK FOR HELP EARLY

Positive change can start today.



Substance use can affect your health, money, relationships, accommodation and support.

Honest conversations help.

Your support worker can help you take the next step.

SUPPORT OPTIONS

- **Change Grow Live Birmingham – 0121 227 5890**
- **Talk to FRANK – 0300 123 6600**
- **Drinkline – 0300 123 1110**
- **NHS 111 — choose the mental health option**
- **Samaritans – 116 123**

You are not alone.

Aspect Housing is here to support your recovery journey.

Aspect Housing Residents Information

Aspect Housing

Something Broken? Report It



Report repairs as soon as possible.

Lighting | Taps & Water | Heating | Rubbish | Garden & Yard

Tell your Support Worker if:

- Something is broken or damaged
- Your heating, hot water, electricity or gas is not working
- There is rubbish that needs removing
- There is a problem with painting, gardening or the property condition
- You are worried about a repair or safety issue

Why report it quickly?

- Small problems can become bigger problems
- It helps us arrange the right maintenance support
- It helps keep you and others safe



Important

- Please do not ignore problems or try to fix serious issues yourself.
- Speak to your Support Worker so the issue can be reported properly.

If you are unsure, speak to your Support Worker.

Office telephone: 0121 792 5342

Aspect Housing

GET INVOLVED. GET SUPPORTED. BUILD YOUR FUTURE.

Your goals. Your plan. We're here to help.

RESIDENT EVENT CHECKLISTS

AUTUMN 2026 • SEPTEMBER – NOVEMBER 2026

Three easy-to-use checklists to help you prepare for events, access support and work towards your goals.

1 GETTING READY FOR THE KING'S TRUST JOB FAIR

For residents looking for seasonal, part-time or permanent work.

- Update your CV and contact details
- Save or print your CV and look for suitable jobs
- Practise introductions and common interview questions
- Choose suitable clothing and check ID/right-to-work documents if relevant
- Plan your travel and prepare questions for employers

PREPARATION COMPLETE BY:
MONDAY 5 OCTOBER 2026

EVENT: WEDNESDAY 7 OCTOBER 2026, DIGBETH

2 WOMEN'S WELLBEING & EMPLOYABILITY EVENT

For female residents who may benefit from employment, training, confidence, wellbeing or practical support.

- Decide what help you want from the event
- Update your CV if needed
- Write down your job or training goals
- Prepare questions for Jobcentre Plus or other organisations
- Check the venue and travel arrangements and tell your support worker if you need help with confidence, travel or accessibility

PREPARATION COMPLETE BY:
FRIDAY 30 OCTOBER 2026

EVENT: TUESDAY 3 NOVEMBER 2026, 10:00AM–1:30PM

3 MUATH TRUST COMMUNITY MARKETPLACE – COST-OF-LIVING & WINTER SUPPORT

Access practical support and community services as winter and Christmas cost pressures increase.

- Choose your top three support needs
- Think about winter or Christmas cost pressures
- Write down any questions for organisations
- Check whether you need documents or information
- Check the venue/travel route and agree any follow-up actions

PREPARATION COMPLETE BY:
FRIDAY 6 NOVEMBER 2026

EVENT: WEDNESDAY 11 NOVEMBER 2026, MUATH TRUST, SPARKBROOK

WE'RE HERE TO HELP

Need help with travel, clothing, forms, money, digital access, confidence or accessibility?

TELL YOUR SUPPORT WORKER EARLY.

Complete the relevant checklist with your support worker.

The checklist should link to an agreed support-plan goal where appropriate.

YOUR VOICE MATTERS. YOUR PLAN. YOUR FUTURE.

You do not have to complete every item. Tick only what is relevant to you.

Your goals. Your plan. We're here to help.

COST OF LIVING
SUPPORT & ADVICE



Aspect Housing

PERSONAL MONEY MANAGEMENT ADVICE

Plan
Save
Manage
Thrive



To help residents manage money, especially with Black Friday sales and Christmas spending coming up, we are re-promoting the monthly budget sheet.

Budgeting tips for tenants

Budgeting can help you organise your money and reduce financial stress.

A brighter tomorrow

1 Plan at the start of the month



Write down your income and list your monthly expenses in the budget cost column. Try not to overspend, and leave a little room for unexpected costs.

2 Check what you actually spent



At the end of the month, write your real spending in the actual cost column. This helps you see where your money went.

3 Ask yourself



- Did I need this or just want it?
- Was there a cheaper option?
- Could it wait until next month?

Make better choices for a brighter tomorrow

Budgeting is a learning process.



You may not get it right the first time, so do not feel guilty. With practice, it becomes easier to manage your money and say no to unnecessary spending.





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

Small steps can make a big difference.

Aspect Housing

Personal Money Management Advice

With seasonal commercial pressures in late **2026** and **early 2027**, including Black Friday, Christmas and winter spending, planning ahead can help protect your budget.



Monthly Budget Sheet

Monthly Income		
Wages		
Benefits		
Other Income		
Total Monthly Income		

Monthly Expenses	Budget Cost	Actual Cost	Difference
Rent			
Service Charge			
Utilities			
Vehicle Expenses			
Fuel			
Travel / Transport			
Insurance			
Phone			
Internet			
Loans			
Entertainment			
Food			
Pets			
Personal Care			
Subscriptions			
Other Expenses			
Subtotal			

Total Budgeted Cost	
Total Actual Cost	
Total Difference	

Tips for Budgeting

1 Plan at the start of the month

- Write down your income.
- Allocate money to your monthly expenses in the 'Budget Cost' column.
- Include some money for unexpected costs.

2 Check at the end of the month

- Write down what you actually spent in the 'Actual Cost' column.
- See if you overspent or underspent.
- Adjust your budget for next month.

3 Ask yourself

- Did I need this or just want it?
- Was there a cheaper alternative?
- Could this wait until next month?

Remember

- Budgeting is a learning process.
- You won't get it right every time.
- It gets easier with practice.

Need help?

Please speak to your housing support worker for help with budgeting or money worries.

Small steps today can make a big difference tomorrow.

CITYWIDE Support

From Birmingham with Love
Plus other FREE & CONFIDENTIAL Support



Mental health support:

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



Food and energy support:

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



Financial help:

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



Problems with drugs or alcohol:

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



Domestic abuse:

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



Early help for families:

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



Bereavement and wellbeing support:

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

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

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

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



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



FREE
Benefits Advice

EVERY TUESDAY'S

BOOK: 0121 3279166

WARD END WELLBEING CENTRE

110 SLADEFIELD ROAD, B8 2SX


CHALLENGE
Your Universal Credit Sanction
Have your benefits been stopped or reduced because of a sanction?
How can I get help?
Ask to be referred to Central England Law Centre for support
DON'T WAIT!
GET YOUR M£NEY BACK
Central England Law Centre
centralenglandlc.org.uk/contact-us
02476 223 053

REPAIR & SHARE HUB



REPAIR BEFORE YOU REPLACE!

FREE TECH & TEXTILE COMMUNITY REPAIRS &
BRING CLOTHES TO SWAP FROM OUR HONESTY RAIL.



WHAT YOU CAN BRING:

- **CLOTHES TO REPAIR**
- **CLOTHES TO SWAP**
- **SMALL ELECTRONIC ITEMS TO REPAIR**
- **SMALL HOUSEHOLD ITEMS TO REPAIR**

TECH REPAIRS BY





EVERY THIRD THURSDAY OF THE MONTH
1.15PM - 3.15PM

17TH SEPT
15TH OCT
19TH NOV
17TH DEC
21ST JAN (2027)

SCAN THE QR TO REGISTER & HELP US PREPARE FOR YOUR REPAIR NEEDS.



PLACE OF WELCOME, THE SPRINGFIELD CENTRE, SPRINGFIELD RD, B13 9NY

SHARE SKILLS. SAVE MONEY. REDUCE WASTE.

The Springfield Project

ecobirmingham
Inspiring Positive Action

BUILDING GREENER COMMUNITIES

GLMCC FOODBANK



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

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

OPENING TIMES

MONDAYS
10:00am – 1:15pm

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

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

BRING YOUR OWN BAGS

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

EVERY TWO WEEKS

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

RESPECT AND DIGNITY

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

VOUCHER SUPPORT FOR ASPECT HOUSING RESIDENTS

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



+44 121 713 0080

20 Green Lane, Birmingham, B9 5DB

www.greenlanemasjid.org

roots & branches

caring for the community

Roots & Branches

COMMUNITY Kitchen

Welcome back after the summer break...

Looking forward to seeing everyone again!

FRIDAY
2ND OCTOBER

4.30PM
LAST MEAL SERVED AT 5.30PM



Good food | *Good company* | *Strong community*

HODGE HILL.CHURCH
Coleshill Road, B36 8BG

Everyone welcome!

FDS ADVICE HUB

FLIP DA SCRIPT CIC
OWN YOUR STORY



WE'RE HERE TO HELP.

Practical support.
Real people.
Better futures.

WHAT WE CAN HELP WITH

BENEFITS
Get the support you're entitled to

HOUSING
Advice for tenants & homelessness

EMPLOYMENT
Jobs, CVs, interviews & workplace support

FORMS
We'll help you complete forms

DIGITAL SUPPORT
Online applications

ADVICE & GUIDANCE
Information, signposting & referrals

NEED SUPPORT? WE'VE GOT YOU.

Wednesday's 11am-2pm
Moseley Hive, 93 Alcester Road,
Birmingham, B12 8DD

SCAN TO REGISTER
TAKES LESS THAN 2 MINUTES

CONTACT US
flipdascript.co.uk
flipdascriptcic@gmail.com
+447398797099

Hall Green Neighbourhood Network Scheme

Birmingham City Council

Free Support

Every Wednesday 10am-2pm

New Life Baptist Church
80 High St, Kings Heath, B14 7JZ

Text 0735 607 55 95

Info@milacic.co.uk

Benefit aplications • Benefit calculation • Social housing applications • UK Pension

Digital skills • IT support • Access to online services

Repeat prescription order • NHS App • GP registration

Support in: • English • Polish • Ukrainian • Russian

EVERY WEDNESDAY

MILA

Hall Green Neighbourhood Network Scheme

Birmingham City Council

ANIMAL JOKES TO MAKE YOU SMILE!











RESIDENTS' GOOD NEWS STORIES & PERSONAL ACHIEVEMENTS





Aspect Housing Good News Story

Aspect Housing

Success Story – Adam Hassan

Resident Engagement



The resident's name has been changed to protect confidentiality.

Adam moved to Aspect Housing in **June 2026** and has now secured employment as a **Data Administrator** with **Supplytrain CIC,** starting on **23 September 2026.**

Supported by **Sima Ehsani,** he has also been recognised as a **runner-up** in Aspect Housing's Resident of the Month Award.

Positive outcomes

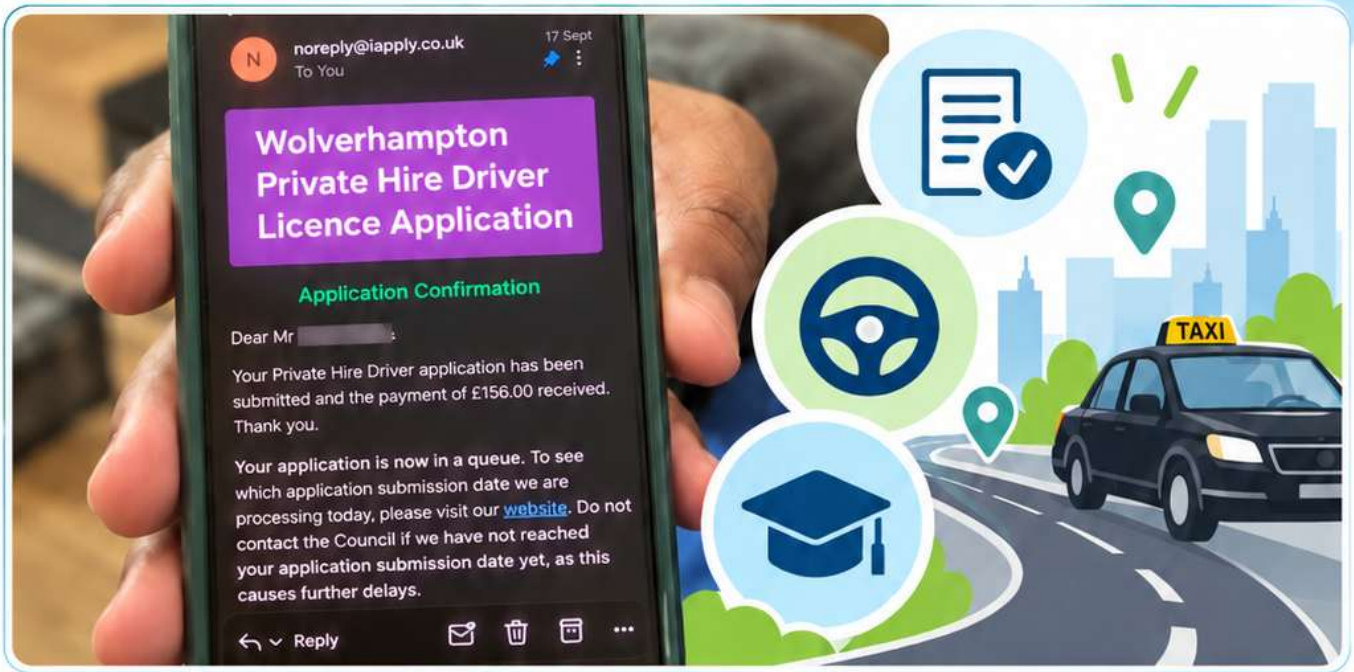
- **Progress towards employment**
- **Increased independence**
- **Recognition of resident achievement**
- **Confidence and personal development**

Aspect Housing recognises Adam's achievement and the support provided by **Sima Ehsani** in helping him work towards his employment and personal development goals.

Residents' privacy and confidentiality are respected.

Aspect Housing Good News Story

Good News Story – Daniel Ahmed



The resident's name has been changed to protect confidentiality. **Daniel** has been working towards becoming a private hire driver. With support from his Aspect Housing Support Worker, **Uooo**, he submitted a Wolverhampton Private Hire Driver Licence application, completed the fee payment, and started preparing for taxi driver training beginning on **27 October 2026.**

Positive outcomes

- Practical steps towards employment
- Support with applications and checks
- Increased confidence and independence
- Progress towards long-term goals

Aspect Housing acknowledges **Daniel's** progress and the support provided by **Uooo** in assisting him with his application process and employment goals.

Residents' privacy and confidentiality are respected.

Aspect Housing Good News Story

Resident Engagement

Doug's Gardening Success Continues to Grow



"Doug" (a fictional name), supported by Housing Support Worker **Ruhela**, continues to enjoy growing his own vegetables. His latest crop includes tomatoes and colourful peppers, showing patience, routine and commitment.

Positive outcomes

- **Improved wellbeing and confidence**
- **A positive daily routine**
- **Greater independence**
- **Healthier eating and lower food costs**

Aspect Housing is delighted to celebrate Doug's progress and hopes his achievement encourages other residents to try growing their own vegetables.

Aspect Housing Good News Story

Residents Benefit from SIFA BBV Testing Session



On **Friday 4 September 2026**, support worker **Ruhela** organised a blood-borne virus testing session for six Aspect Housing residents, delivered by **Andy** from **SIFA**. Residents received confidential testing for HIV, hepatitis B and hepatitis C, together with health information and harm-reduction advice.

Positive outcomes

- **Improved health awareness**
- **Access to healthcare in a familiar setting**
- **Engagement with specialist support**
- **Partnership working between Aspect Housing and SIFA**

Special thanks to Andy from SIFA and Ruhela for supporting residents to take part.

Residents' privacy and confidentiality are respected.

Aspect Housing
Good News Story

Aspect Housing

Resident Engagement

Employment Outcome for Michael



"Michael" (not his real name) has been living in one of Aspect Housing's supported accommodation properties **since September 2025.** He completed **SIA training** with **Eventcover Education** at **Birmingham NEC**, gained his **Door Supervisor Licence**, secured employment through **Venatu Recruitment Group,** and will soon move into his own flat in **Winson Green** with his daughter.

Positive outcomes

- **Training successfully completed**
- **Employment secured**
- **Move towards independent living**
- **Homelessness recovery in action**

Congratulations to Michael, and thanks to support worker **Ruhela** for the encouragement, guidance and practical support provided throughout his journey.

Residents' privacy and confidentiality are respected.

Aspect Housing Good News Story

Good News Story – Daniel Harris

Name changed for confidentiality.
Prepared by: Jimza Fatima | Blue Team
Resident engagement support: Michelle

1. Background

Moved in on 01/09/2026 after a transfer from another property.

At first, Daniel declined support, but the Blue Team remained available and consistent.

2. Needs identified

- Damaged shoes affecting mobility
- Reliance on food parcels and Greggs items
- Expired food stored in the room
- Low motivation for cooking and hygiene
- No toiletries and no shower for around a month.

3. Support in action

- Trust-building visits continued
- Replacement shoes arranged through Networkfour
- Support with food storage and room tidying
- Michelle helped with clothes, food and toiletries
- Support with showering and self-care
- Help to prepare a homemade burger.

Support in action



Daniel receiving shoes from Networkfour with Jimza Fatima (Team Leader, Blue Team).

Damaged shoes



Damaged shoes before support.

Food storage



Food items stored in the room before support.

Support themes

- Building trust
- Practical support
- Improved hygiene
- Independent living skills

Persistent support and partnership working helped Daniel make positive steps in self-care and daily living.

Privacy and confidentiality are respected.

Aspect Housing Good News Story

Good News Story – Daniel Harris

Name changed for confidentiality.
Prepared by: Jimza Fatima | Blue Team
Resident engagement support: Michelle



Positive progress

With steady support and teamwork, Daniel engaged more positively and made progress in hygiene, food management, cooking skills and room organisation.

Positive outcomes

- Improved engagement
- Shoes and clothes obtained
- Better hygiene and self-care
- Better nutrition and cooking
- Cleaner room environment

Teamwork that helped

1. Blue Team stayed consistent.
2. Michelle helped with clothes, food and toiletries.
3. Networkfour helped provide replacement shoes.

Cooking skills



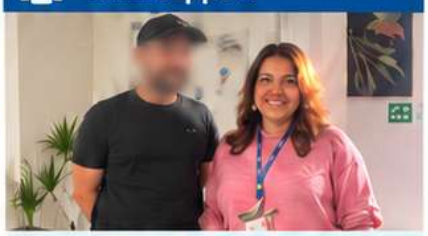
Daniel preparing and enjoying a homemade burger.

Improved room



A cleaner and more organised room after support.

Team support



Daniel with Michelle (Resident Engagement Officer).

Conclusion

This story shows how persistence, practical support and partnership working helped Daniel make positive steps in hygiene, nutrition, self-care and daily living.

Aspect Housing recognises Daniel's progress and the support provided by Jimza Fatima, Michelle and Networkfour.

Privacy and confidentiality are respected.

Aspect Housing

People • Homes • Brighter Futures



GRACE'S SUCCESS STORY

Progressing Into Employment & Independent Living

Grace moved into Aspect Housing in November 2025 and focused on improving her employment prospects and independence. With support, she engaged with Universal Credit, completed two weeks of training, prepared for interviews and assessments, and successfully secured a full-time position with West Midlands Police. Alongside this, she explored suitable private rented accommodation as part of her move-on plan. Her commitment, together with tenancy support and encouragement, helped her progress towards financial independence and private accommodation.

Support worker:
Jimza Fatima

Support involved:
Universal Credit and Department for Work and Pensions

Key outcomes:

- Secured a full-time job offer;
- completed employment training; passed interview, assessment and vetting;
- increased confidence and financial independence;
- developed move-on readiness; progressed towards independent living.

Creating brighter futures through supported housing

People • Homes • Brighter Futures

Birmingham Thrives When People Have a Home

STABLE HOMES
STRONGER PEOPLE
BRIGHTER FUTURES



WELLBEING AND COMMUNITY SUPPORT SERVICES/PROVISION



FREE
HOUSING ADVICE SURGERY

Get help with

- Registering with Birmingham City Council
- Registering with Housing Associations
- Completing Housing Application Forms
- General Housing Advice

DROP-IN SESSION
WEDNESDAYS, 10AM - 12PM
Health & Wellbeing Hub,
196 High Street,
Erdington, B23 6SJ

*Clients are seen in order of arrival

FRIDAYS
APPOINTMENT ONLY
Perry Common Community Hall,
87 Witton Lodge Road, B23 5JD
TO BOOK AN APPOINTMENT
CALL MICHAEL ON
0121 382 1930

PLEASE NOTE THAT THIS IS A GENERAL HOUSING ADVICE SURGERY ONLY AND WE ARE NOT ABLE TO GIVE A TIMEFRAME OF WHEN PROPERTIES BECOME AVAILABLE.

www.wittonlodge.org.uk

@wittonlodge @WittonLodgeCommunityAssociation

mind Birmingham



Are You Having a Difficult Time?

Talking Space

Out of Hours Mental Health Support

Four Locations

7 Days a Week



ERDINGTON

501 Slade Road Erdington B23 7JG



ST PAULS SQUARE

grounded. 55 St Pauls Square B3 1QS



SELLY OAK

grounded. 11 Bournbrook Road, Selly Oak B29 7BL



NORTHFIELD

Creative support, 888 Bristol Road South, Northfield B31 2NS

WE CAN HELP WITH

- ☑ Low Mood
- ☑ Struggling to Cope
- ☑ Anxiety
- ☑ Sleep Problems
- ☑ Stress
- ☑ Suicidal Thoughts

Talking Space Appointments

ERDINGTON

5pm - 11pm
Every Day

Beechcroft,
Rear of 501 Slade Road
Erdington B23 7JG

Bus routes: 11c, 11a, 65, X64
15 minute walk from Gravelly Hill Train Station
Free Parking on site

ST PAULS

1pm - 9pm
Friday - Monday

grounded. 55 St Pauls Square
Birmingham B3 1QS

Bus routes: 101, 8, 9, 126 X12 X13
8 minute walk from St Pauls Tram Stop
15 minute walk from Snow Hill Station
Free parking after 6pm and all day Sunday

Book Now For Erdington, St Pauls & Selly Oak

Scan me

Or call us to book an appointment on 0121 262 3555

SELLY OAK

5pm - 11pm
Monday - Wednesday

grounded.
11 Bournbrook Road,
Selly Oak B29 7BL

Bus routes: 61 & 63
4 minute walk from Selly Oak Train Station
8 minute walk from University Train Station

NORTHFIELD

5pm - 11pm
Thursday - Sunday

Creative Support,
888 Bristol Road South,
Northfield B31 2NS

Book Now For Northfield

Bus routes: 61, 63, X20,18,27,76
15 minute walk from Northfield Train Station

Living Well Consortium UK · grounded. · mind Birmingham · creative SUPPORT · NHS Birmingham and Solihull Mental Health NHS Foundation Trust

Registered Charity no. 1003906 Registered Company no. 02024372

It's okay...

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



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



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



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -

NHS

LivingWell UK

mind for better mental health Birmingham



SERVICES WE OFFER

DAAR UL JANNAH
CENTRE OF ADVICE AND EDUCATION

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

Private & Confidential Service

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

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

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

Address
861 Stratford Road
Birmingham B28 8BH

Living Well Consortium

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



Free NHS Talking Therapies & Wellbeing Services

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

Our approaches

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

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

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

Improving your quality of life





Call us...

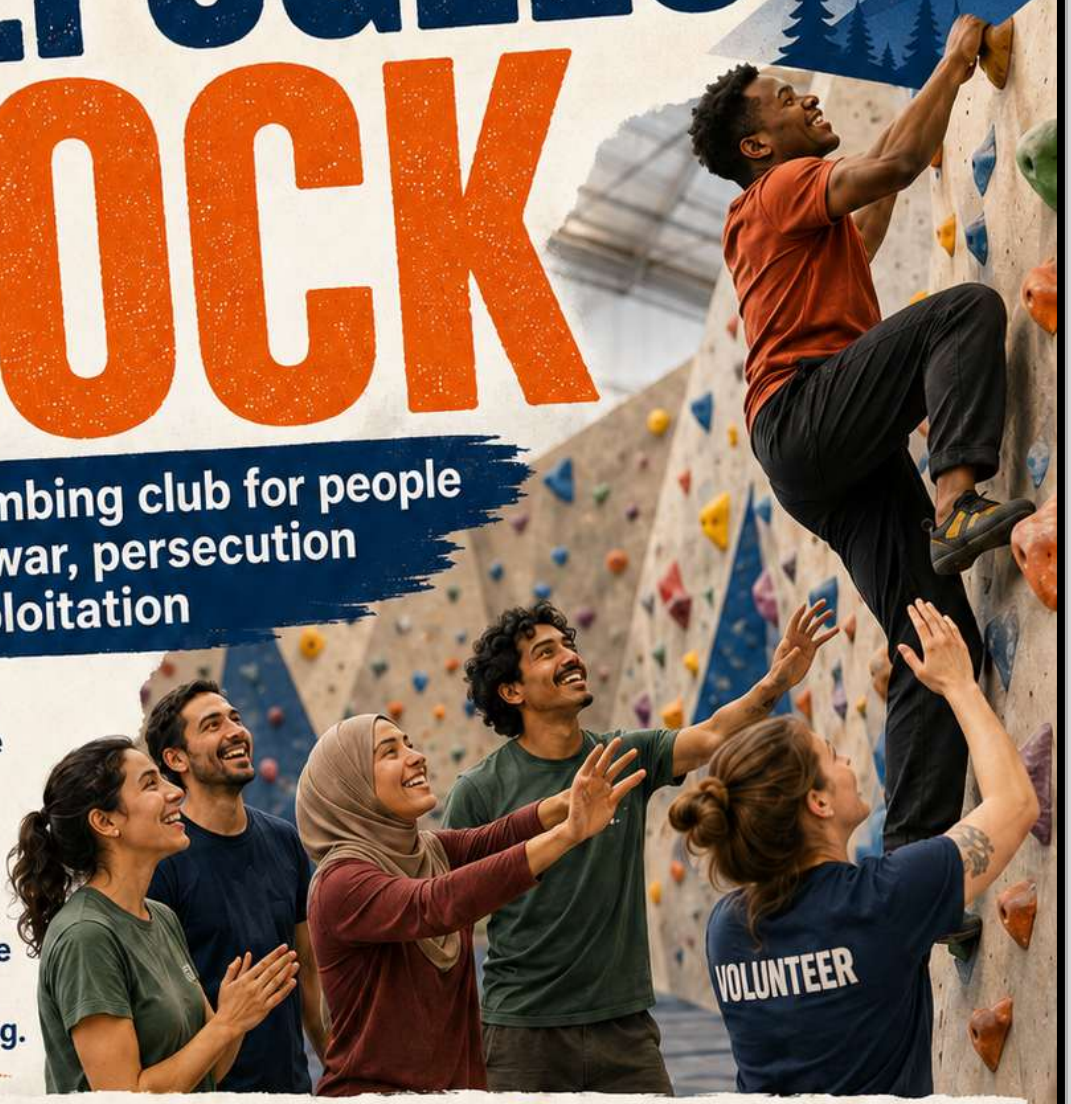
0121 663 1217

or Visit our chat box

livingwellconsortium.com

REFUGEES ROCK

Free climbing club for people fleeing war, persecution and exploitation



Refugees Rock is building a UK-wide community that welcomes anyone seeking sanctuary, sharing the joy of climbing to promote wellbeing, fun and a sense of belonging.

- Free climbing sessions
- Welcoming community
- Wellbeing, fun and friendship
- Groups across the UK

Find out more, get involved or donate:

www.refugeesrock.org

Email: hello@refugeesrock.org


NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust
Feeling stressed or overwhelmed? If you need
space to talk, we're here - whenever, wherever.
Text 'Space' to 85258
Free, confidential, 24/7
in partnership with
shout

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

ACTIVE BIRMINGHAM

Activity Finder

Find your next activity at

activebirmingham.co.uk



The Active Wellbeing Society

Birmingham City Council

Canal & River Trust

Sport Birmingham

HEALTH AWARENESS DAY

LOOKING AFTER YOUR HEALTH STARTS WITH KNOWING YOUR NUMBERS, GETTING THE RIGHT CHECKS AND CONNECTING WITH YOUR COMMUNITY

FREE EVENT- OPEN TO ALL

Community Connexions

- **BMI Checks**
- **Blood Pressure Checks**
- **Diabetes Info**

Know your numbers,
look after your health.

Mobile Cancer and Cervical Screening Service

For women aged 25–64

- Cervical screening available onsite
  No Appointment Needed
- Cancer information, advice and support

9:30am – 3pm

In partnership with **NHS Birmingham and Solihull ICB.**

Community Stall Holders

Meet the following stalls:

- Community Connexions
- Macmillan Cancer Support
- Dementia Information Stall
- Healthwatch
- Birmingham and Solihull Hospital

11:15am – 2pm

Information Desk

Looking for something to do or get involved with?

Our Information Desk will be available to help you discover local activities, groups, services and community opportunities.

WEDNESDAY 14TH OCTOBER 2026

09:30 AM – 3:00 PM
Stalls and Information Desk: 11:15am-2pm

St Pauls, 10 Malvern Street
B12 8NN

Free Refreshments and Limited Freebies available!

Hall Green Neighbourhood Renewal Scheme
Birmingham City Council
NHS Birmingham Community Healthcare NHS Foundation Trust
Community Connexions
NHS Birmingham and Solihull
NHS UHB
AmboCare Solutions CIC
MACMILLAN CANCER SUPPORT
healthwatch Birmingham & Solihull
TOGETHER ST PAUL'S COMMUNITY

Mental Health & Wellbeing Hubs

The Mental Health & Wellbeing Hubs

Weekly Community Based Sessions:
Jul 14th - Oct 5th 2025

Day	Session	Type	Time	Contact	Venue
Monday	Managing Anxiety & Depression		10:30 - 12:30	Naddy	**Online**
	Allotments		1:00 - 3:00	Naz	Court Lane Allotments, Jarvis Road, Birmingham, B23 5RP
Wednesday	Men's Group		10:30 - 2:00	Chris	Highcroft Community Centre, 485 Slade Road, B23 7JH
Friday	Walk & Talk		10:30 - 1:00	Sandra	Sutton Park, Visitor Centre, B74 2YT
	Friendship Club		11:30 - 3:30	Chris	Sutton Coldfield Methodist Church, 16 South Parade, Sutton, B72 1QY

Session Types:

- Social Groups
- Life Skills
- Mental Health & Self Care
- Physical Health
- Creative Opportunites
- Admin & Service Involvement

Get in Touch!

Contact	Number
Shaz	07734 959 954
Chris	07734 962 125
Elly	07715 960 933
Lynne	07734 959 980
Naddy	07734 959 878
Naz	07734 959 926
Philippa	07734 959 957
Sandra	07734 959 940

Drop-in session are open to anyone registered with the Mental Health & Wellbeing Hubs (no booking required)

For all other sessions, get in touch with the Contact listed for the session.

Find out more

Scan the QR Code to head to our website where you can make a referral, view other hubs timetables and get in touch.

Once you've completed your referral, you can access all of our hubs. Contact your Recovery Navigator for more information.

www.birminghammentalhealth.org.uk

Registered Charity No. 1003906 Company Limited by Guarantee No. 02024372

Men's Wellbeing Project

Men's Mental Health Matters!

Fortnightly Discussion Topics

- Breaking down barriers and stigma around men's mental health
- Self-care and Mental well-being
- Prostrate health
- Work life balance
- Financial well-being
- Stress relief through musical therapy

FREE SERVICE!

REFRESHMENTS PROVIDED



FORTNIGHTLY ON A FRIDAY

TIME: 7.00PM - 9.00PM

1. 25/04/25	9. 15/08/25
2. 09/05/25	10. 29/08/25
3. 23/05/25	11. 12/09/25
4. 06/06/25	12. 26/09/25
5. 20/06/25	13. 10/10/25
6. 04/07/25	14. 24/10/25
7. 18/07/25	15. 07/11/25
8. 01/08/25	16. 21/11/25

VENUE: MSL BUILDING, 1 ARMOURY ROAD, SMALL HEATH B11 2PP

CONTACT: ZULFI 07380965181
BASH 07969798282

WWW.MELODYMASTERSINTERNATIONAL.ORG.UK

Yardley Neighbourhood Network Scheme
Connecting People. Improving Lives

Birmingham City Council

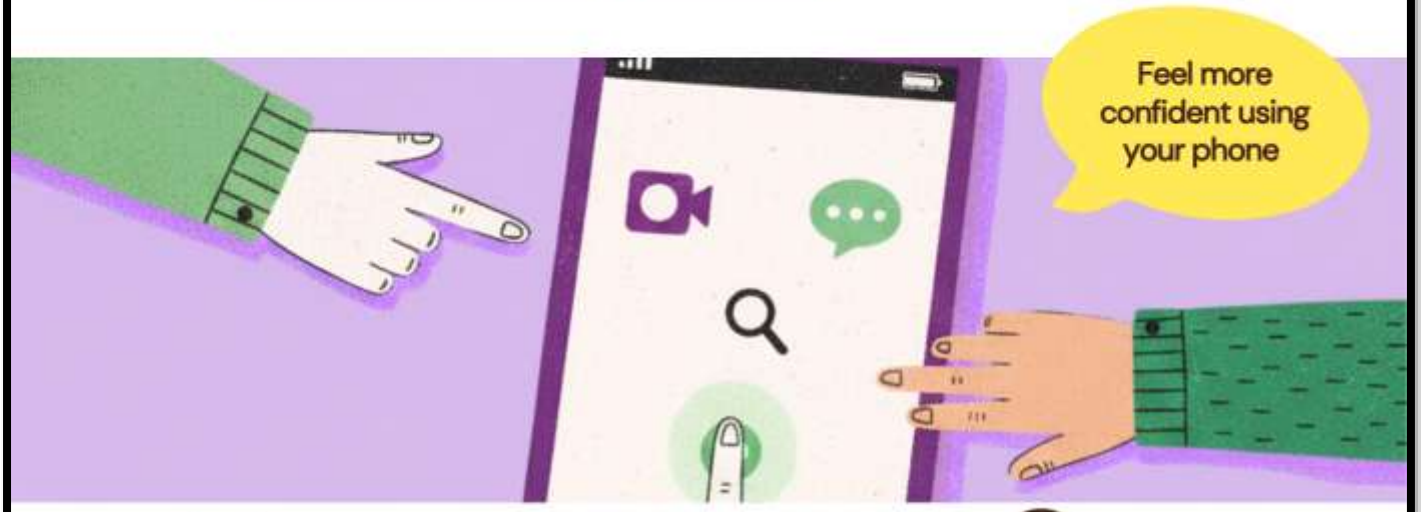
Need Help Getting Online?

Digital NNS

DIGITAL CAFÉ

Pop in for help and advice on using your phone or laptop

NHS App | QR Codes | Online Banking | Sharing Photos | Emails | and MORE!



Mondays
1-2 pm
Refreshments provided

The Moseley Hive
(next to Dixons)
93a Alcester Rd,
Birmingham B13 8DD

Digital NNS is a Northfield Community Partnership project commissioned by Birmingham City Council

NORTHFIELD Community Partnership Community Development Trust

Birmingham City Council

Get in touch with us

info@digitalnns.org.uk

digitalnns.org.uk

@DigitalNNS

VN YOUR FUTURE | OWN YOUR FUTURE | OWN YOUR FU



ARE YOU 16-30, NOT IN EDUCATION OR EMPLOYMENT & LIVE IN BIRMINGHAM?

Join Street League's FREE employability programme at Goals Star City
Starting 10th October 2026

STREET LEAGUE

GAIN NEW EMPLOYABILTY SKILLS

GET SUPPORT WITH YOUR JOB SEARCH & INTERVIEWS

TAKE PART IN ACTIVITIES AND MEET NEW PEOPLE

Jaidyn.Kelly@streetleague.co.uk
Jaidyn - 07590408915
@birminghamdudleystreetleague

Goals at Star City
31 Watson Road
Birmingham
B7 5SA

NEED HELP WITH TECHNOLOGY?

FIND YOUR NEAREST DIGITAL CAFÉ

Friendly, face-to-face digital support across Birmingham



Get one-to-one help with:

- Smartphones
- Tablets
- Laptops
- Email
- Video calls
- Online services

Build your skills and feel more confident online

Find locations and upcoming session times:

digitalnns.org.uk/find-your-nearest-digital-cafe/



www.streetleague.co.uk

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

JOIN US FOR FREE

LOCATION: GOAL - STAR CITY, 31 WATSON ROAD, BIRMINGHAM, B7 5SA

EVERY TUESDAY FROM 2:30PM - 4:30 PM

CONTACT US NOW TO JOIN or SCAN THE QR CODE ABOVE

JAIDYN KELLY-TAIT - 07590 408 915
JAIDYN.KELLY@STREETLEAGUE.CO.UK

STREET
LEAGUE


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

Things feeling out of control?



Take our quick quizzes to understand your drug and alcohol use and get advice.

Scan me

Scan this QR code to take our quiz about alcohol

Scan this QR code to take our quiz about drugs

Scan me

For more information or to get support, visit: changegrowlive.org

Change Grow Live

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

Boost Your Online Skills With A Free Course

<C>YF



Do you feel left out because everything is online now?

CYF and Street Banquet are here to help.

Sign up for our free, 3 session Basic Online Skills course.

STREET BANQUET BIRMINGHAM

Improve how you use your smartphone how you access online apps and services.

In this course, you will learn to:

- Improve online communication.
- Shop and bank safely.
- Use websites and apps easily.
- Get more comfortable using your smartphone.

No experience needed! We share simple steps for beginners and offer a lot of personal support in class.

This course is free.
There are limited spaces, sign up soon.

COURSE DETAILS

What do I need to bring?

- You just need a smartphone.

When does the next course run in Birmingham?

- 7th October
- 14th October
- 21st October

The course runs over 3 Wednesdays in a row, from 10 am to 3 pm

Where is the course?

- *1st Floor St Martins Church, Edgebaston, Birmingham B5 5BB*

How can I register?

- Fill out this form: https://codeyourfuture.link/49a

FREE ADVICE & SUPPORT

People for People

for Ladywood residents

Immigration | Benefits | Welfare Benefits | Social Connections

English | Romanian | Slovak | Polish

2nd and 4th MONDAY OF EVERY MONTH

10:00 - 13:00

NO APPOINTMENT NEEDED

IMMIGRATION

- Settled & pre-settled status
- Joining Family members
- Visas & citizenship

HOUSING

- Council housing applications
- Rent, Council Tax & Bills
- Tenancy & housing problems

BENEFITS

- Universal Credit & Pension Credit
- Disability & Carers Benefits
- Other welfare support

OTHER ADVICE

- Help enroling on courses
- Signing up to physical activities
- Finding local groups & events

THE WAREHOUSE

54-57 Allison Street, B5 5TH

Entrance from Shaw's Passage

Immigration Advice Authority

the Warehouse

LADYWOOD NNS

Birmingham City Council

EDGBASTON MEN'S NETWORK

Community Showcase

Bartley Green



Thursday
22 October 2026

10:30am - 1:30pm

Holloway Hall
Bartley Green
B31 1TT

All men welcome

Come along, meet local organisations, discover activities and opportunities, share experiences and find out what's happening for men in your community.

CONNECT
Connect with local organisations and other men from across the community.

INSPIRE
Be inspired by local organisations and men who have found purpose, connection and new opportunities by getting involved.

ACT
Try a fun, non-contact boxing fitness session and get active with Birmingham Community Boxing Project.

DISCOVER
Discover more about local groups, support, health and wellbeing services, activities and opportunities.

Spotlight theme:

Skills, Purpose & Community

This event will explore the things that give men a sense of purpose, connection and belonging - from learning new skills and volunteering to community activities and shared interests.

funded by Birmingham City Council

Edgbaston Neighbourhood Network Scheme

For more information email:
nnsedgbaston@ageukbirmingham.org.uk

NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

Are you feeling anxious, stressed or depressed?

Contact Birmingham Healthy Minds,
a free NHS talking therapy service for anyone who is 16 or over and registered with a Birmingham GP.

You can access the service in a number of ways, by:

- GP referral
- self-referral at **bhmselfreferral.bsmhft.nhs.uk/bhm**
- emailing* us at **bsmhft.bhm@nhs.net**
- calling us on **0121 301 2525**

Text service no longer in use

- requesting a call-back via our online form at **www.birminghamhealthyminds.org**
- visiting one of our walk-in centres see information overleaf.



BHM walk-in services

South Birmingham GP Walk-in Centre
15 Katie Road
Selly Oak
Birmingham
B29 6JG

Opening hours:
Wednesdays, 9am to 11am

West Heath Medical Centre
194–196 West Heath Road
Northfield
Birmingham
B31 3HB

Opening hours: Fortnightly on Thursdays, 1pm to 3pm

Apollo Surgery
619 Kings Road
Birmingham
B44 9HW

Opening hours: Thursdays, 12.30pm to 2.30pm

Amman walk-in services

Sparkhill Primary Care Centre
856 Stratford Road
Sparkhill
Birmingham
B11 4BW

Opening hours: Tuesdays, 9.30am to 11.30am

COOL WELCOME

CREATIVE WORKSHOPS

FREE
FOR ALL THE COMMUNITY

FRIENDSHIP



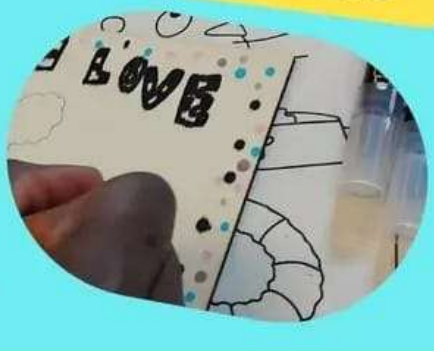
South Yardley Library

2.15pm - 3:30pm
Every Saturday

CREATIVE



WELL-BEING



Come and join us for fun, friendship and creativity to support your health and wellbeing.

Birmingham City Council

Ways for Wellbeing UK CIC

Drop in but please check with reception

www.waysforwellbeing.com

Women's Wellbeing

The Springfield Project

Hall Green Neighbourhood Network Scheme

IT Skills for Beginners

ENTRY 3 MICROSOFT SKILLS

Free Classes

Limited free places available. Book Now!

Join us for a practical women only course to learn basic IT skills and use the internet confidently.



Every Tuesday starting
15/09/26 - 03/11/26
12:00 PM - 2:00 PM

Laptops will be provided.

The Springfield Project
The Springfield Centre
Springfield Road, Moseley
Birmingham B13 9NY

Contact : Urvashi
07350899173

Or Please Sign Up at Springfield Reception

MORE ANIMAL JOKES TO MAKE YOU SMILE!















EMPLOYABILITY AND CAREER GUIDANCE SUPPORT SERVICES



2 Free tools !

Now being used by Work Coaches, Employment Advisors & Jobseakers

CV SCANNER / ATS CHECKER



- Checks CV for ATS suitability
- Checks CV against Job Description for missing Keywords
- Gives improvement advice if needed

www.cvscanner.couk

JOB SEARCH BIOLINK



- Easily search multiple job boards individualy
- Search multiple job boards individualy
- Example intereview questions relevant to the iob

www.linkpage.uk

HELPING WORK COACHES, EMPLOYMENT ADVISORS & JOBSEEKERS – SIMPLE, PRACTICAL, AND FREE.

Courses in the West Midlands - find a course that's right for you!



Find out more

07827553111

nsmitheman@wea.ac.uk

Maths, English, ESOL, Digital Skills, Support Work in Schools & Colleges L2, Award in Education & Training L3

To enrol you will need: Proof of ID, proof of address and benefit/proof of wage statement within the last 3 months

Contact Nadia for more information and to find your next course - nsmitheman@wea.ac.uk

WEA
Adult Learning Within Reach

RESTART SCHEME



Ways we can help

The Restart Scheme offers resources to help you look for work, prepare for interview, and support you once you are employed:

- How to solve problems that are getting in the way of work
- Thousands of job vacancies listed in one place
- Careers advice and planning
- Help you prepare for interviews and mock interviews (1-to-1 and group sessions) as well as interview feedback
- Matching you to the right job – we work with local employers and businesses, to help match you to suitable opportunities and placements
- Frequent ongoing Face-to-Face support and meetings
- Support with any health or mental health issues you might have

How to get started

Your Jobcentre Plus Work Coach will explain more about the Restart Scheme and arrange an introductory meeting with us.

Delivered by serco

In partnership with Department for Work & Pensions

RESTART SCHEME

Helping you progress and get back into work.



Securing employment suitable to your needs

The Restart Scheme provides you with a personal Job Coach who will meet with you regularly and provide telephone, online and face to face support, to:

- Signpost you to local health and wellbeing organisations which can support you as you re-enter the workforce if needed
- Advise you on how to manage your money, child/caring responsibilities, housing and/or travel costs whilst on the scheme. We can fund reasonable costs associated with your participation on the Restart Scheme
- Identify and encourage your work goals and help you to transfer your existing skills into your next role
- Develop a plan to help you find new employment, and provide local work experience placements and skills training
- Detail how your benefit calculations will look once you are in work and as you earn more

Delivered by serco

In partnership with Department for Work & Pensions

Generation
UNITED KINGDOM

Kickstart your career as a

Trainee Healthcare Assistant

Open to people aged 18+



This **4-week free online programme** starting on 02nd **November** equips you with essential knowledge and skills to become a Trainee Healthcare Assistant

SCAN ME

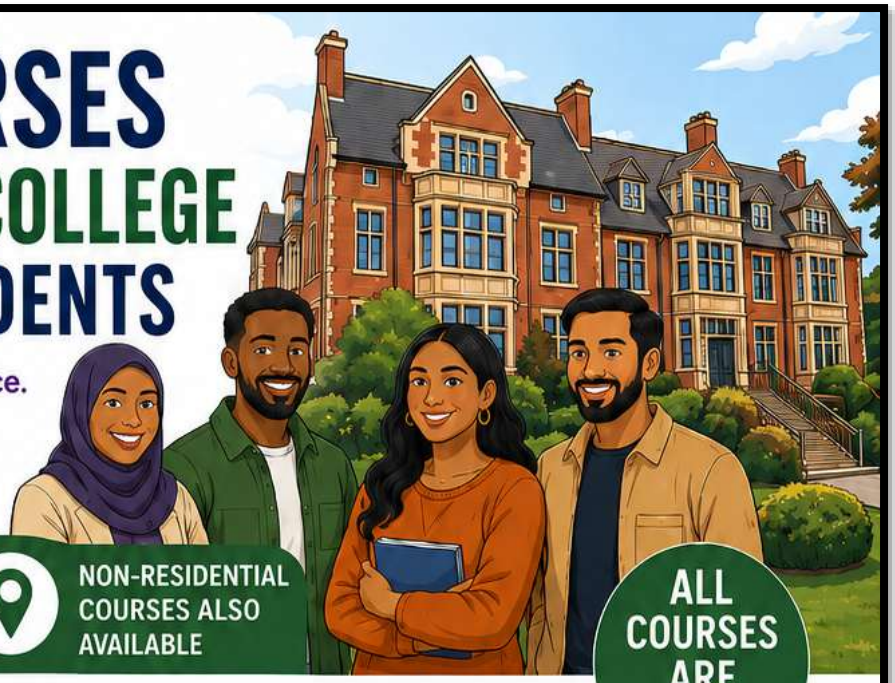
Apply by 6th Oct

ELIGIBILITY

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

FREE COURSES AT FIRCROFT COLLEGE FOR OUR RESIDENTS

Learn new skills. Build confidence.
Create better opportunities.



STARTING SEPTEMBER – DECEMBER 2026

NON-RESIDENTIAL COURSES ALSO AVAILABLE

ALL COURSES ARE FREE*

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

COURSES THIS TERM – EXAMPLES

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

*Subject to eligibility criteria

HOW THESE COURSES CAN HELP YOU

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

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

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

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



WHO CAN APPLY?

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

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

WHAT YOU CAN GAIN

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

0121 472 0116

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

NEED MORE INFORMATION?
We're here to help!



The Prosper Project

One-to-one employability and hardship support

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

Birmingham City Council

Jericho

BIRMINGHAM CAREERS FAIR

Your next opportunity could start here



FRIDAY
30 OCTOBER 2026

10:00AM – 2:00PM

BIRMINGHAM

MEET EMPLOYERS FACE-TO-FACE

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



GET READY

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

REGISTER FOR FREE ON EVENTBRITE

Search: Birmingham Careers Fair – 30 October 2026

Check your Eventbrite ticket for confirmed venue details before travelling.

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

ATTENDEE:

TALENT FINDERS DAY
WEST MIDLANDS JOB FAIR

FREE TO ATTEND

Meet employers. Explore opportunities. Find your future.



Tuesday
13rd October 2026

FROM
10:00 AM – 1:00 PM

Teamworks Birmingham City:
Karting - Laser Tag - Simulator Racing

202 Fazeley Street, Birmingham B5 5SE, United Kingdom

EVENT HIGHLIGHTS

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

OPPORTUNITIES ACROSS MULTIPLE INDUSTRIES

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

National Careers Service on site

Free Springpod work-experience opportunities

GRAB YOUR FREE TICKET WHEN AVAILABLE

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

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

USEFUL WEBSITES FOR JOB SEARCHING

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



CARE & NHS

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

EDUCATION

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

GENERAL

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

RETAIL

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

LEGAL

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

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

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

Email us at employability@faresharemidlands.org.uk

FareShare Midlands
SKILLS SHARE

Cook & Connect

Cook up a career in catering and hospitality in our specialised culinary programme

Start dates from 5th October 2026

A six week programme, 2 days per week, to help you:

- Boost your confidence
- Learn new skills
- Earn a level 2 Food Safety qualification
- Prepare for employment
- Be a kitchen superstar!

Interested?

Come to our registration day:

Tuesday 29th September
2.30pm - 3.30pm

Refreshments and free travel pass included!



FareShare Midlands Coronation Food Hub
30 Jarvis Way, Gravelly Industrial Park
B24 8TA

Fighting Hunger, Tackling Waste, Creating Opportunities

www.faresharemidlands.org.uk/skillsshare-employability-programmes
employability@faresharemidlands.org.uk

FareShare Midlands is a Company Limited by Guarantee (no. 757440) and a Registered Charity (no: 1146847)



INFORMATION ON FUTURE RECREATIONAL AND LEISURE ACTIVITIES, WELLBEING THEMED AWARENESS CAMPAIGNS, INCLUDING RELIGIOUS CELEBRATIONS



Aspect Housing

UPCOMING AWARENESS DAYS & CAMPAIGNS

OCTOBER – NOVEMBER 2026

Raising awareness
Supporting wellbeing
Stronger communities

QUIT SMOKING MONTH 2026
STOPTOBER
OCTOBER 2026



- Improve your health
- Save money
- Feel better
- Get support to quit

Better Health Let's do this

Find support at www.nhs.uk/better-health/quit-smoking/

BLACK HISTORY MONTH
OCTOBER 2026

CELEBRATING HERITAGE, CULTURE AND CONTRIBUTIONS



- Celebrate
- Learn
- Be inspired
- Promote equality
- Build stronger communities

WORLD MENTAL HEALTH DAY
10 OCTOBER 2026

LOOK AFTER YOUR MENTAL HEALTH



- Take a moment for yourself
- Talk to someone
- Be kind to yourself
- Small steps can make a big difference

Better mental health
happier lives
stronger communities

WORLD HOMELESS DAY 2026
10 OCTOBER 2026

RAISING AWARENESS AND TAKING ACTION



- End homelessness
- Support local services
- Show compassion
- Help build brighter futures

Everyone deserves a safe place to call home

DOMESTIC VIOLENCE AWARENESS MONTH
OCTOBER 2026

SPEAK OUT
SUPPORT OTHERS
END ABUSE



- Recognise the signs
- Believe and support
- Talk to someone
- Help is available
- Everyone deserves to feel safe

Safe homes
Safer lives
Stronger communities

DIWALI
FESTIVAL OF LIGHTS
8 NOVEMBER 2026

A TIME TO CELEBRATE HOPE, TOGETHERNESS AND NEW BEGINNINGS



- Celebrate diversity
- Learn about different cultures and faiths
- Promote respect and inclusion
- Bring communities together

Together we can raise awareness, support wellbeing and build stronger communities.

Be informed
Be supportive
Make a positive difference

DOMESTIC ABUSE AWARENESS MONTH

OCTOBER 2026

WITH SURVIVORS, ALWAYS | #WEPROTECT | SAFER PEOPLE | STRONGER COMMUNITIES



YOU ARE NOT ALONE.
HELP AND SUPPORT ARE AVAILABLE.

DOMESTIC ABUSE CAN INCLUDE:

- Controlling or threatening behaviour
- Emotional or verbal abuse
- Physical abuse or violence
- Sexual abuse
- Financial abuse
- Harassment or intimidation

IF YOU NEED SUPPORT:

- Speak to your Support Worker
- Speak to your Housing Support Team
- In an emergency, call **999**

EVERYONE DESERVES TO FEEL SAFE.

A message for residents in supported accommodation

The Purple Pledge
by The Haven
WOLVERHAMPTON

#SAYNOTOABUSE

Is your partner...

- **controlling you,**
- **putting you down,**
- **or hurting you?**

Support is available.



Contact **The Haven** when it is safe for you to do so.

24 HOUR Domestic Abuse

HELPLINE: 08000 194 400

Find out more: www.havenrefuge.org.uk

Do not suffer in silence. There is no excuse for abuse.

The Haven Wolverhampton is a Registered Charity: 1065427

The Purple Pledge
by The Haven
WOLVERHAMPTON

#SAYNOTOABUSE

Is your partner...

- **controlling you,**
- **putting you down,**
- **or hurting you?**

Support is available.



Contact **The Haven** when it is safe for you to do so.

24 HOUR Domestic Abuse

HELPLINE: 08000 194 400

Find out more: www.havenrefuge.org.uk

Do not suffer in silence. There is no excuse for abuse.

The Haven Wolverhampton is a Registered Charity: 1065427

Scared of your partner or ex?

Talk to us any time, day or night.



Registered Charity Number 277424

Diwali 2026 – Community Events

Birmingham and nearby celebrations

Birmingham Diwali Festival / Mela



Soho Road, Handsworth, Birmingham
Sunday 25 October 2026
12:00pm–7:30pm

A vibrant public community celebration with culture, music and activities.

Diwali Gala 2026



The Conference Suite, West Bromwich
Saturday 31 October 2026
4:00pm–9:00pm

Family celebration with performances, music, food and activities. Ticketed event.

Diwali – Chopda Pujan



BPM Event Centre, 10 Sampson Road, Birmingham B11 1JL
Sunday 8 November 2026
6:00pm–10:00pm

Free event. Registration required.

Please check with organisers before travelling, as details can sometimes change.

Celebrate the Festival of Lights with local communities

TITLE SPONSOR

MALABAR GOLD & DIAMONDS

UNITED KINGDOM

SHOP SOHO ROAD BIRMINGHAM

TITLE SPONSOR

MALABAR GOLD & DIAMONDS

UNITED KINGDOM

SUNRISE RADIO 963/97.2am & Nationwide on DAB

NATIONAL RADIO PARTNER

STAR SIGNS & DISPLAYS

PRINTING PARTNER

FREE EVENT

POWERED BY

SBI UK

Event Partner

West Midlands Combined Authority

Event Partner

Consulate General of India

Birmingham, United Kingdom

soho road

BUSINESS IMPROVEMENT DISTRICT



KULWINDER BILLA

SOHO ROAD, BIRMINGHAM, B21

SUNDAY, 25TH OCTOBER 2026

12:00 NOON - 7:30 PM

MALABAR GOLD & DIAMOND PRESENTS

10TH BIRMINGHAM PREMIER

Diwali Mela



DJ-USR



NIRMAL SIDHU



BEE2



AMAN HAYER

FUN FAIR RIDES | TRADITIONAL MARKETS | FOOD STALLS

Punjabis IN THE FIELDS

SOUTH & CITY COLLEGE BIRMINGHAM

GULSHAN RADIO - 106.9FM

Western Union

East End

Cofresh

H&T PAWNBROKERS

LEM FI

MEDIA TAKE ONE

SS SIMON SAYS

west midlands police and crime commissioner

PUNJAB 2000 .com

BOY CHANA

Lime N Chilli

S.K.V.P.

BALU TRAVEL

www.balutravel.co.uk

the West Brom

PAK Supermarkets

SKA

F9 EVENTS

Legacy

WORLD HOMELES DAY

10th October WHD World Homeless Day

People Support Communities Brighter Futures

10 October 2026

Raising awareness of homelessness and the importance of support, stability and hope.



SUPPORT
Access to the right help and services.

COMMUNITY
Stronger together for a fairer, kinder society.

STABILITY
Safe homes, brighter days.

INDEPENDENCE
Opportunities to build a positive future.

Homelessness can affect anyone. Together, we can encourage understanding, promote support services, and help people move toward greater stability and independence.

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

Supporting people on their journey toward stability, independence and success.

CRANSTOUN

Empowering People, Empowering Change

World Homeless & Mental Health Awareness Day 2026

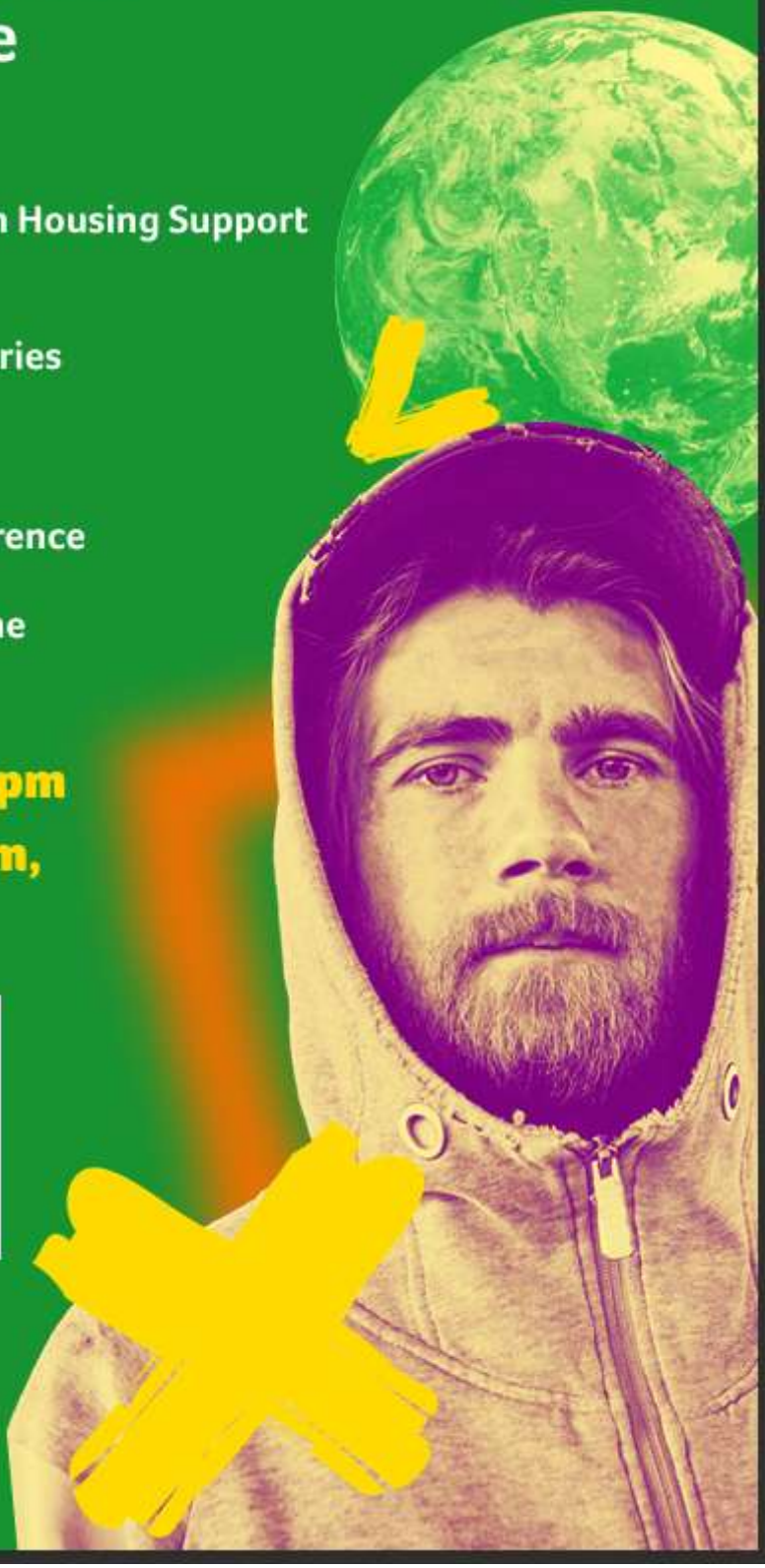
Join us to raise awareness and make a difference

What's on

- Information and advice on Cranstoun Housing Support Services and referral pathways
- Lead worker and lived experience stories
- Health and well-being activities
- Learn how you can help make a difference
- Digital Skills Workshop/Getting online

Friday 9th October: 11am - 3pm
Central Library of Birmingham, Centenary Square

Scan QR Code for referral form



cranstoun.org
0121 633 1750
birminghamadmin@cranstoun.org.uk

Aspect Housing

WORLD MENTAL HEALTH DAY 2026

STRESS MANAGEMENT

Saturday 10 October 2026

Take a deep breath

Take a moment for yourself – your mental health matters.

Daily life can feel overwhelming at times. There can be many pressures, such as money worries, housing, work, relationships or just the day-to-day challenges of life. It is normal to feel stressed. Stress is a natural response to everyday pressures. Your feelings are valid, and it is important to look after your mental health.



PRACTICAL STEPS TO HELP MANAGE STRESS

1 Recognise Stress

Notice how you are feeling. Look out for signs like feeling anxious, low, angry or finding it hard to concentrate.



2 Take a Break

Step away for 5–10 minutes. Breathe, have a drink, go outside or do something you enjoy.



3 Identify the Source

Ask yourself:
What can I control in this situation?
What can I let go of?
Focus on what you can do.



4 Reframe and Refocus

Break problems into smaller steps. Focus on what is in front of you and take one step at a time.



5 Practise Self-Care

Look after your basic needs. Get good sleep, eat well, move your body, try relaxation and spend time with people you trust.



6 Seek Support

Talk to a friend, family member, a support worker or a professional. It is okay to ask for help.



If stress is affecting your wellbeing or daily life, please speak to your housing support worker. They are here to listen and help.

You are not alone. Support is available.

Aspect Housing

MENTAL HEALTH SUPPORT & WELLBEING SERVICES

WORLD MENTAL HEALTH DAY
10 OCTOBER 2026

Support for a healthier, brighter tomorrow

Better mental health happier lives stronger communities

SAMARITANS
Free listening support, day or night.
Available 24 hours a day.
116 123
www.samaritans.org

SHOUT
Free, confidential 24/7 text support.
Text SHOUT to 85258
www.giveusashout.org/get-help

NHS 111
MENTAL HEALTH OPTION
For urgent mental health help in Birmingham and Solihull.
Call 111 and select the mental health option.
If there is immediate danger to life, call 999 or go to A&E.

BIRMINGHAM MIND
MENTAL HEALTH HELPLINE
Advice and emotional wellbeing support.
0121 262 3555
or Freephone **0800 915 9292**
Open 9am – 11pm

BIRMINGHAM AND SOLIHULL
MENTAL HEALTH NHS FOUNDATION TRUST
General enquiries / switchboard.
For information about local mental health services.
0121 301 0000
This is NOT the urgent crisis line.

ROUTE 2 WELLBEING BIRMINGHAM
Online guide to local voluntary, community, health and care services.
r2wbirmingham.info/home



Please speak to your housing support worker if canes would like help finding the right service.

Looking after your mental health helps you, your home and your future.

Little tips

for helping someone open up when something's up

When someone is carrying around worries and difficult feelings, it can feel very lonely

Having someone there to listen can help them work through what's going on and feel better able to cope.

You don't have to be an expert to help someone open up when something's up. The fact that you care is what matters.

Here are some tips to help you spot when something might be up, open up a conversation and be a good listener.

1 How to spot when something might be up

These are some of the signs that someone may not be okay:

- Not wanting to do things they usually enjoy.
- Finding everyday things overwhelming.
- Not replying to messages,or being distant.
- Avoiding people or seeming quiet.
- Appearing restless or agitated.
- Easily tearful.
- Drinking or using drugs to cope with feelings.

2 How to open up a conversation

Don't be shy to ask how someone's feeling:

- Choose a good time, and somewhere without distractions.
- Use open questions that need more than a yes/no answer.
- 'How are things? I've noticed you don't seem quite yourself.'
- Listen well. 'How's that making you feel?'
- Avoid giving your view of what's wrong, or what they should do.

3 How to be a good listener

Showing you care builds trust to open up:

- Make eye contact and put away your phone.
- Focus completely on the other person.
- Pauses are fine, try not to jump in to fill a silence.
- Say back what you think it is they are wanting you to hear.
- Resist putting your own interpretation on it.
- Don't give up. Sometimes it can take a few tries!

4 How to help someone get more help

If it feels like the person is really struggling to cope:

- 'Would you like to get some help?'
- 'Have you tried your GP?'
- 'Would you like me to come with you?'
- 'Did you know you don't have to be feeling suicidal to call Samaritans?'
- 'Samaritans is free, 24 hours a day if you're feeling low or worried too.'
- 'If it helps, you can talk to me any time.'

Supporting someone in distress can be distressing

Samaritans is here for anyone who needs someone to listen.

Call free day or night on
116 123
Email
jo@samaritans.org

SAMARITANS

A registered charity

PROMOTION OF BLACK HISTORY MONTH BY BIRMINGHAM CITY COUNCIL



Linked to the global annual cultural awareness campaign, Birmingham Black History Month will again be celebrated throughout October with a series of events and activities.

These events provide opportunities for people in Birmingham to learn about the history, heritage, struggles, and achievements of African, Caribbean, and Asian communities.

The aim is to educate, empower, and inspire.

The following websites offer information on cultural and entertainment events promoting Black History Month in October 2026.

https://visitbirmingham.com/whats-on/black-history-month/

https://www.blackhistorymonth.org.uk/listings/region/west-midlands/birmingham/

https://birminghamblackhistorymonth.co.uk/#events





Take the first step in faith.
You don't have to see the whole staircase, just take the first step.

~Martin Luther King Jr



Success is liking yourself, liking what you do, and liking how you do it.
~Maya Angelou

COMMUNITY HEALTH AND WELLBEING AFTERNOON



BLACK HISTORY MONTH 2026

Friday 2 October 2026 | **10:00am to 1:00pm**

The King's Trust
Beorma Quarter
Digbeth
Birmingham
B5 6DR

CELEBRATING BLACK HISTORY MONTH 2026

Join us as we honour our communities through connection, learning, empowerment and shared experience.



INTERACTIVE WORKSHOPS

- Mindfulness & Wellbeing
- Health & Nutrition
- Meaningful conversations
- Neurodivergent Session

WHAT TO EXPECT

- Interactive wellbeing sessions
- Connect with community leaders
- King's Trust Support Information
- Health and wellness information
- A welcoming and inclusive environment



BOOK YOUR PLACE HERE:

https://forms.cloud.microsoft/e/rmVSeivEKA

by emailing westmidsoutreach@kingstrust.org.uk or by scanning the QR code

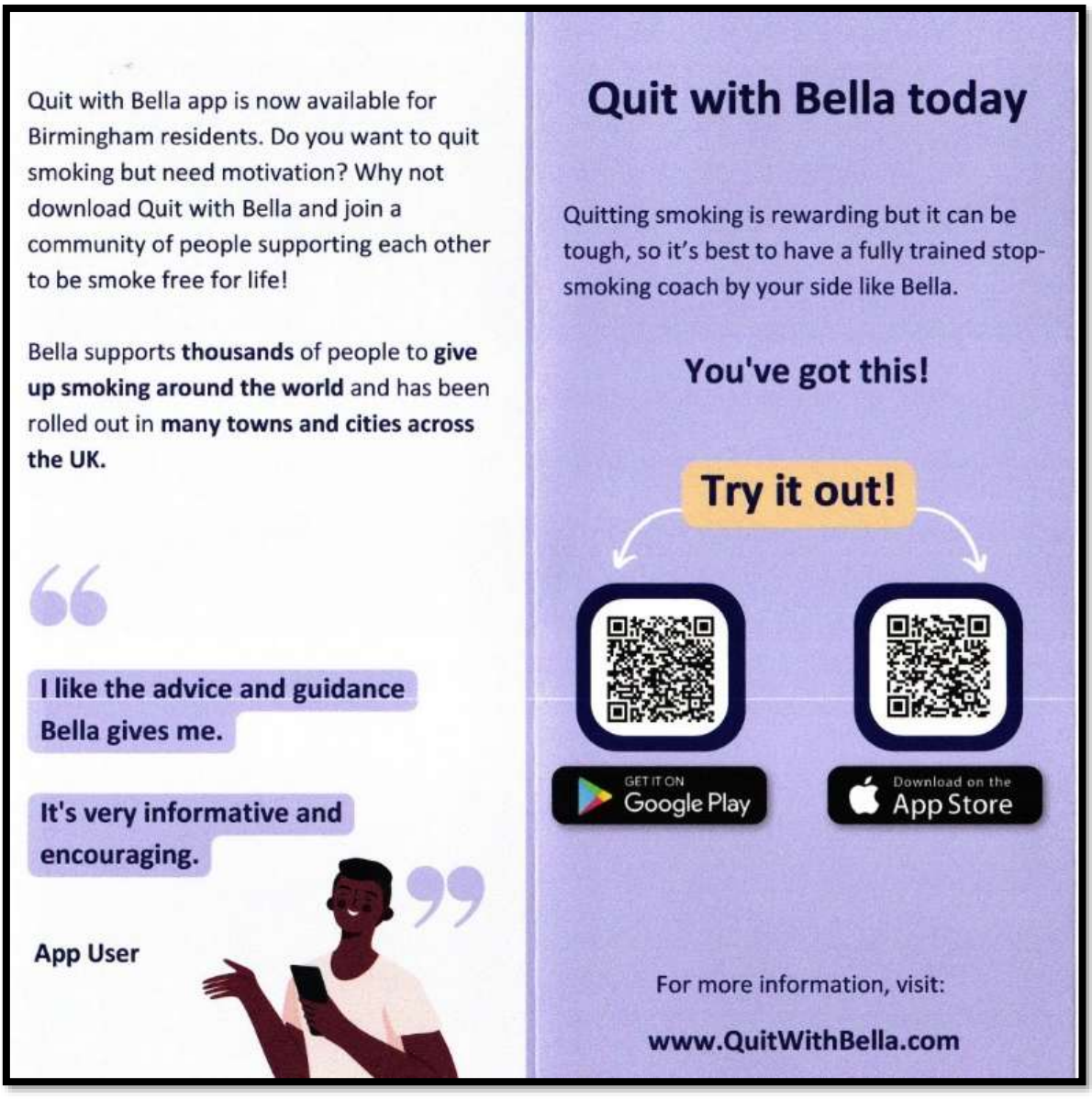
King's Trust CAN

STOP SMOKING HEALTH EDUCATION- BELLA APP



As part of the national Stoptober campaign, October encourages people who smoke to consider quitting. Evidence shows that people who remain smoke-free for at least 28 days are more likely to quit successfully.

The following is a free mobile app being promoted by Birmingham City Council which might be useful to you if you are interested in reducing your smoking habit.



OCTOBER 2026 FREE BIRMINGHAM ACTIVITIES



Free public events and activities happening across Birmingham

Looking for free things to do this October? Here are some great free activities and seasonal events to explore in Birmingham.

CITY-WIDE HIGHLIGHT



HALLOWEEN IN BIRMINGHAM

Throughout October 2026

ACROSS BIRMINGHAM

Seasonal family activities, autumn events and Halloween happenings taking place across the city.

Find more seasonal events at:

visitbirmingham.com

Please note:
some events may require advance booking or may not be free.

FEATURED FREE EVENTS

THE FINAL BID
Live Auction Finale

Sun 4 Oct

MAC Birmingham

Free

ART, CULTURE & HERITAGE
with Kuchalee Arts

Sat 10 Oct

MAC Birmingham

Free

STAINED GLASS CREATIONS
with Christopher Samuel

Sat 17 Oct

Birmingham Museum & Art Gallery

Free drop-in

AUTUMN EXHIBITIONS
Opening Party

Fri 23 Oct

MAC Birmingham

Free

More free October options include weekly Crafternoons at Birmingham Museum & Art Gallery and extra free events at MAC Birmingham.

HELPFUL NOTES

- Many activities are free, but some may need booking.
- Please check times, access information and travel details before attending.
- Food, drinks and shopping at venues may cost extra.
- Ask your support worker or staff member if you need help planning your visit.

For more information visit:

www.macbirmingham.co.uk | www.birminghammuseums.org.uk | visitbirmingham.com



PERSONAL SAFETY AND CRIME PREVENTION INFORMATION



CRIME PREVENTION -
PERSONAL MOBILE PHONE THEFT

Protect Your Phone, Tablets and Gadgets

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

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

Register your gadgets at the Immobilise website -

http://www.immobilise.com/



Keep your gadgets safe!

Keep a record of the unique reference number (IMEI) on your phone or tablet.

To get this on your phone, dial

***#06#**

For tablets, check your settings or consult your user manual.

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

Lock it Keep it Yours!

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



SAFER PEOPLE | SAFER PLACES | STRONGER COMMUNITIES

CRIME PREVENTION INFORMATION -WEST MIDLANDS POLICE

The West Midlands Police website provides advice on how to keep yourself and your personal belongings safe, including its Crime Prevention Handbook, which can be downloaded.

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



WalkSafe

Birmingham City Council

GET HOMESAFE WITH WALKSAFE

SAFETY AT YOUR FINGERTIPS

FEATURES



WalkSafe

Let your Friends know you've arrived safely by using WalkSafe to share a live journey



Safety Map

Use WalkSafe's Safety Map to see local safety-trained and accredited venues



Homesafe

Share your ETA with Friends, who get an automatic notification if you don't arrive on time



Friends

Add a circle of trusted Friends to oversee your journey or SOS alerts



Scan Me

www.walksafe.io

support@walksafe.io