Aspect Housing & Support Ltd

Aspect Housing

RESIDENTS NEWSLETTER

September 2026



Hello Residents.

Hope you are well and welcome to our September 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
WELCOME AND IMPORTANT INFORMATION	4
COST OF LIVING SUPPORT	16
EMPLOYABILITY AND CAREER GUIDANCE SUPPORT	40
LOCAL JOB CENTRES' EMPLOYABILITY ACTIVITIES AND WELFARE BENEFIT INFORMATION	65
RESIDENTS' GOOD NEWS STORIES & ACHIEVEMENTS	74
WELLBEING AND COMMUNITY SUPPORT SERVICES	87
UPCOMING RECREATIONAL, LEISURE & COMMUNITY ACTIVITIES	110



NEWS AND INFORMATION FOR OUR RESIDENTS



GLMCC FOODBANK



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

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

OPENING TIMES

MONDAYS
10:00am – 1:15pm

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

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

BRING YOUR OWN BAGS

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

EVERY TWO WEEKS

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

RESPECT AND DIGNITY

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

VOUCHER SUPPORT FOR ASPECT HOUSING RESIDENTS

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



+44 121 713 0080

20 Green Lane, Birmingham, B9 5DB

www.greenlanemasjid.org

Aspect Housing

ASPECT HOUSING IS WORKING WITH SIFA SERVICES

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

SIFA SOCIAL NETWORKS

Guidance, advice and in-person support

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

SIFA FIRESIDE – HMO SUPPORT

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

INTERESTED IN FINDING OUT MORE?

Please speak to your Aspect Housing support worker.

Aspect Housing

WHY WE MAKE WELFARE CALLS & CHECKS

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



WHY WE CONTACT YOU

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

WE ARE HERE TO SUPPORT YOU

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

PLEASE RESPOND

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

Need help or have concerns?

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

Aspect Housing

BEST RESIDENT'S ROOM 2026

CELEBRATING EVERYONE WHO TOOK PART



Aspect Housing

CERTIFICATE OF ACHIEVEMENT

FIRST PLACE

BEST RESIDENT'S ROOM 2026

This certificate is proudly presented to

_____

in recognition of outstanding creativity, personal style, cleanliness and care in creating a welcoming home.

Date: _____ Signed: _____

Together, we create happy homes and stronger communities

Aspect Housing

CERTFICATE OF ACHIEVEMENT

RUNNER-UP

BEST RESIDENT'S ROOM 2026

This certificate is proudly presented to

_____

in recognition of excellent creativity, personal style, cleanliness and care in creating a welcoming home.

Date: _____ Signed: _____

Together, we create happy homes and stronger communities

Thank you to all residents who proudly shared their rooms.

Two residents received certificates in recognition of their creativity, personal style, cleanliness and care.

Every room reflected individuality, pride and the residents' noted efforts in creating a home for themselves.

Together, we create happy homes and stronger communities

WEST MIDLANDS MULTIBANK SUPPORTING OUR RESIDENTS

We would like to thank BVSC and the West Midlands Multibank for their generous donation of essential items for our residents. Two residents have already received donated items and were incredibly grateful for the support. The remaining items have been distributed over recent weeks to residents experiencing financial hardship and cost-of-living pressures. We hope these items will help improve our residents' wellbeing and stability while supporting their recovery from homelessness and housing instability.







SUPPORT. RESOURCES. BETTER FUTURES.



DISCOVER THE BIRMINGHAM RESOURCE CENTRE

A welcoming space providing practical help, advice and resources for individuals, families and professionals across Birmingham.

VISIT US TODAY

Birmingham Resource Centre,
Soho Road, Handsworth,
Birmingham B21 9SN

A GREAT RESOURCE TO ASSIST RESIDENTS WITH THEIR MOVING-ON ACTIVITIES

WHAT YOU'LL FIND AT THE RESOURCE CENTRE

ADVICE & GUIDANCE
Practical support and signposting on a range of life issues.

INFORMATION & RESOURCES
Access leaflets, books and online resources on key topics.

COMMUNITY CONNECTIONS
Find local services, groups and organisations that can help.

EMPLOYMENT SUPPORT
Help with CVs, job searching and training opportunities.

HOUSING SUPPORT
Information and guidance to help you understand your options.

WELLBEING & SUPPORT
Resources for mental health, wellbeing and personal support.



LOW-COST FURNITURE & HOUSEHOLD ITEMS

Subject to availability — ask the team about current stock and purchasing arrangements.

WHO IS IT FOR?

Everyone is welcome.

- People facing challenges or change
- Families and young people
- Professionals supporting others
- Community groups and organisations

OPENING TIMES

Monday–Friday	9:30am–4:30pm
Saturday	10:00am–2:00pm

DROP IN – NO APPOINTMENT NEEDED

birminghamcitymission.org.uk/resource-centre

Practical help. Real hope. Stronger communities.

Aspect Housing

Resident of the Month

Celebrating our amazing residents!

These residents have been recognised for their positive attitude, personal progress and for making a difference in the community.

WINNER



AARON KHAN

Aaron has shown fantastic determination and has worked hard towards his goals. He is always respectful, helpful and supports others around him.

Aaron receives a Gift Voucher of £40 and a Certificate of Achievement.

RUNNER-UPS

2 LILY PATEL

Lily has made great progress with her confidence and independence. She is proactive, reliable and sets a brilliant example to others.

Lily receives a Gift Voucher of £20 and a Certificate of Achievement.

3 JORDAN SMITH

Jordan has shown commitment to his personal development and contributes positively to the home and local community.

Jordan receives a Gift Voucher of £20 and a Certificate of Achievement.

Thank you to everyone who took part. Nominations were open during June 2026.

Fictional names of residents are used.

Keep up the great work and you could be our next Resident of the Month!

Thank you for helping make Aspect Housing a great place to live!

Inspiring success · Building futures · Stronger together

DON'T RISK LOSING YOUR HOUSING BENEFIT



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

KEEP YOUR HOUSING BENEFIT SAFE

Why we ask

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

Please send it in as soon as you can

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

ACCEPTABLE PROOF OF INCOME INCLUDES:

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

Aspect Housing

WE'RE HERE TO HELP

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

A QUICK CHECK TODAY CAN PROTECT YOUR HOME

Aspect Housing

MANAGING MONEY BEFORE YOU MOVE

Plan your budget before taking on a new tenancy.



SMART MONEY CHECKLIST

- Know your income and outgoings
- Check rent, bills and travel costs
- Ask for a better-off-in-work check
- Deal with debts and arrears early
- Do not agree to rent you cannot afford

HELPFUL CONTACTS

Citizens Advice Birmingham
0808 278 7990

StepChange
0800 138 1111

National Debtline
0808 808 4000

Good budgeting helps safer move-on.

Aspect Housing — supporting residents to plan ahead and manage money safely.



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.

ANIMAL JOKES TO MAKE YOU SMILE OR MOAN!












COST OF
LIVING
SUPPORT & ADVICE



KING EDWARD VI
BALAAM WOOD
ACADEMY
Educational excellence for our City

NORTHFIELD
Community Partnership
Community Development Trust

JOIN OUR TEAM AT FRANKLEY LIBRARY EVERY WEDNESDAY AND FRIDAY!

Wednesday:





- Laptop Lending Library

10am - 1pm

- Employment Support

9:30am - 11:30am:

- Family Wellbeing Team Drop-In

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

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



LOCONOMY

www.northfieldcommunity.org info@northfieldcommunity.org

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

YOU SHOULDN'T BE HUNGRY

YOU HAVE OPTIONS

If you are in need and are experiencing hardship and poverty, food banks are located city wide and provide emergency provisions such as food and toiletries for approximately 3 days. Food banks can also provide some additional support such as debt advice, grant applications, signposting, mental health support and benefits guidance.

the trussell trust
Stop UK Hunger

Trussell Trust is a helpline who can provide a food bank voucher code over the phone - 0808 208 2138
Monday to Friday 9am to 5pm. Closed on public holidays.

Alternatively, you can access a Pantry, for a small weekly subscription, you will have access to food that you choose, including fresh fruit and vegetables, meat and store cupboard favourites, which will often be worth around £15-£20

You can find more details -
www.yourlocalpantry.co.uk

If you are unable to access a foodbank, we can help you explore foodbanks who deliver or please ask for some support from BSWA Foodbank to see how we can help.

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

FoodCycle West Midlands

Free community meals

Good food and conversation.
Everyone is welcome.

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



West Midlands meal locations

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Saturday

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

Free to attend

Open to everyone

Meat-free meals

Friendly volunteers

Over 18? Volunteer with FoodCycle too.

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

M.A.S.H

Mentoring & Advocacy Support Hub

COMMUNITY FUND

PRESENTS

Free Meet & Eat Sessions

GOOD FOOD. GREAT PEOPLE. UNFORGETTABLE CONNECTIONS



We offer free buffet meals at several restaurants across Birmingham.

Meet & Eat will help to alleviate isolation and loneliness.

Interested?

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



Where will sessions take place?

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

The MASH Programme is incubated by:

Catalyst 4 Change

African & Caribbean Mental Health Hub

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

SO, WHAT IS MEET & EAT?

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



Meet & Eat Hardship Fund

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

Contact our team to discuss travel needs

COMMUNITY FUND

WHO CAN ATTEND?

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

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



HOW TO BOOK!

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

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

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



The Active Wellbeing Society

Steps Forward at Stanhope

Warm and safe place to rest

Food available

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

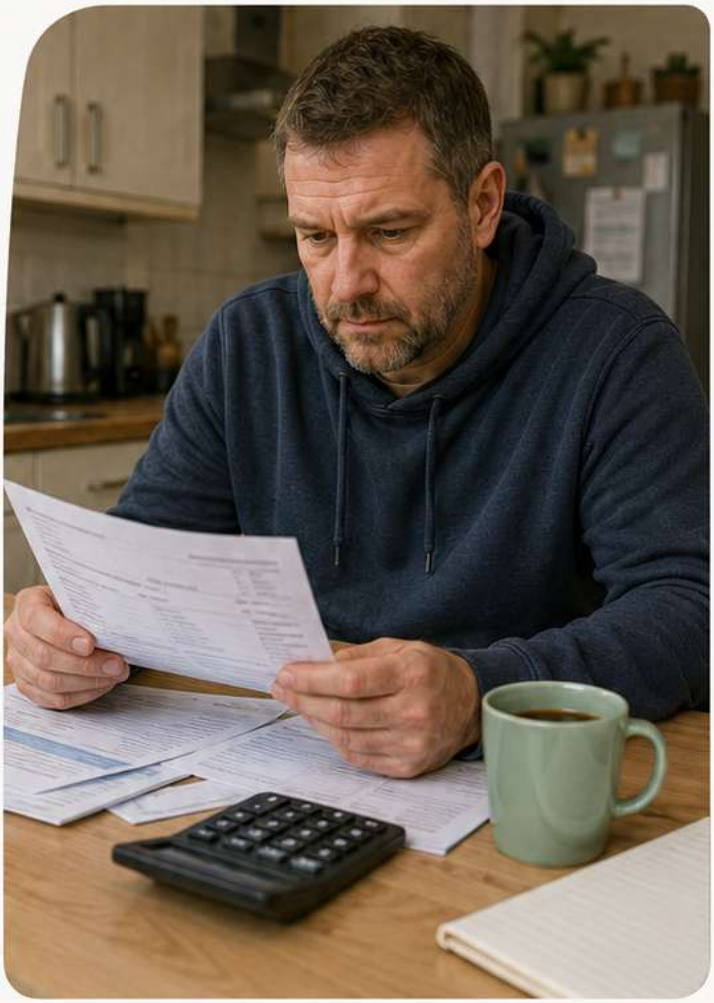
Crisis · mind Birmingham · Change Grow Live · THE HEPATITIS C TRUST

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

COST OF LIVING SUPPORT & ADVICE

Practical help to manage money and reduce pressure

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



WE CAN HELP WITH

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

GET HELP WITH THE COST OF LIVING

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

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

Aspect HOUSING

Stronger Minds
Stronger Communities



Need Help or Advice?

Free, Confidential Support
Every Saturday 10am-2pm

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

Appointment Only !

Book Your Appointment!

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

150 Coventry Road, B10 0SE, Birmingham

Support in English, Polish & Ukrainian

MiLA

Birmingham City Council birmingham settlement LADYWOOD

BIRMINGHAM
CENTRAL MOSQUE

IF YOU NEED
A MEAL
COME & EAT

FREE HOT MEALS

EVERY THURSDAY

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



EVERY
THURSDAY

6:00PM –
7:00PM

BIRMINGHAM CENTRAL
MOSQUE FOOD BANK, B12 0XS

EVERYONE WELCOME

FREE OF CHARGE

NO BOOKING NEEDED

FIRST COME, FIRST SERVED

PLEASE SHARE WITH ANYONE *who may benefit*

FOR DONATIONS

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

IN PARTNERSHIP WITH
NORTH STAR
HOUSING LTD

ONE MEAL. ONE HEART. ONE UMMAH.



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

ASHIANA COMMUNITY PROJECT

ADVICE & GUIDANCE SERVICES



HOUSING ADVICE

ENERGY ADVICE



CARERS ASSESSMENTS

DISABILITY BENEFITS



DOMESTIC ABUSE

MENTAL HEALTH SUPPORT



WELFARE BENEFITS

MONEY ADVICE & GRANTS



0121 687 6767

info@acpgroup.org.uk

www.acpgroup.org.uk

21-25 Grantham Road, Birmingham, B11 1LU

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

SELLY PARK MASJID
& COMMUNITY HUB

FOODBANK

EVERY SUNDAY AT 11AM

SUPPORTING OUR COMMUNITY IN TIMES OF NEED ♥

EVERY SUNDAY AT 11AM

PLEASE BRING ID.
PACKS WILL **NOT** BE PROVIDED WITHOUT ID.

ONLY ONE PACK ALLOWED PER HOUSEHOLD.

PLEASE QUEUE ALONG THE FRONT OF THE MASJID ON ST STEPHEN'S ROAD AT 11AM AND **BE MINDFUL NOT TO DISTURB OUR NEIGHBOURS.**



LOCATION:
10-14 ST STEPHEN'S ROAD
BIRMINGHAM, B29 7RP
(MAIN ENTRANCE)

IF YOU OR SOMEONE YOU KNOW IS IN NEED, YOU'RE WELCOME TO COME.
TOGETHER, WE CAN MAKE A DIFFERENCE. ♥

♥ JAZAKALLAH KHAIR FOR YOUR CONTINUED SUPPORT ♥

IN PARTNERSHIP WITH JIGSAW

Mohammadi Masjid

Sumayah's Legacy FOODBANK

حلال HALAL

WE ARE HERE TO HELP OUR LOCAL COMMUNITY

WE WILL BE OPEN TO HELP THOSE IN NEED WITHIN OUR LOCAL COMMUNITY

ITEMS NEEDED FOR DONATIONS

- Pasta
- Rice
- Noodles
- Breakfast cereal
- Porridge oats
- **UHT milk** (long-life milk)
- Tea and Coffee
- Sugar
- Biscuits
- Crackers
- Peanut butter or jam
- Cooking oil
- Instant mash
- Stock cubes
- Tinned meat (e.g. tuna, corned beef, chicken)
- Tinned beans
- Tinned soup
- Tinned vegetables
- Tinned tomatoes
- Tinned fruit

DROP-OFF LOCATION

Mohammadi Masjid

Hartopp Road,
Birmingham, B8 1TE

Please deliver your donations during opening hours.

SCAN QR CODE TO DONATE

www.jigsaw.charity/foodbank

OPENING TIMES

6:00 PM - 7:00 PM

STARTING THE 7TH FRIDAY 07 AUGUST 2026

PLEASE BRING ID AND/OR PROOF OF UC

PLEASE BRING YOUR OWN BAG

TOGETHER WE CAN MAKE A DIFFERENCE

TOGETHER, WE CAN SUPPORT OUR COMMUNITY

This foodbank is here to help anyone facing hardship. No one should go hungry. We are here for you.

Established in loving memory of the late Sister Sumayah

Any contribution, no matter how small, will make a meaningful difference and help support struggling families within our community.
May Allah (SWT) reward you abundantly for your kindness, generosity, and support. Ameen

@JigsawCharityUK Email: foodbank@jigsaw.charity 0044 7840976827

Kings Heath COMMUNITY KITCHEN

KHCK CIC

Good food.
Stronger community.
Brighter futures.

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

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

COMMUNITY SUPPORT DROP-IN!

Advice. Support. Signposting.

We're here to help!

EVERY WEDNESDAY

10:00 AM - 2:00 PM

NO APPOINTMENT NEEDED

JUST POP IN!

WE CAN HELP YOU

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

FACE-TO-FACE SUPPORT

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

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

EVERYONE WELCOME!

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

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

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

nishkam centre

COMMMUNITY SAFETY NET



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

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

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

Register at our Weekly Drop-in:

Wednesdays | 9:30am - 12:30pm

THE ACCESS TO JUSTICE FOUNDATION

Contact Us:

0121-515-4229

www.ncauk.org

Nishkam Centre, 6 Soho Road, B21 9BH

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

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



BENEFIT ENTITLEMENT CHECKS

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



GUIDANCE ON BENEFIT APPLICATIONS AND CLAIM SUPPORT

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



ADVICE ON UNIVERSAL CREDIT

Get clear, straightforward information about Universal Credit.

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

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

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

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

Get **free and confidential** help with:


Food and energy


Youth support


Domestic abuse


Grant support


Uniform and clothing


Money and debt advice


Parenting support


Special needs (SEND)


Housing advice


Mental health


Activities


Locality signposting


Under 5s support


Bereavement


Sexual health advice

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

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

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

Green Square Accord

Hall Green Families

BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP

bvsc

Selly Oak Families



Feedo Needo Community Centre/ Food Bank

Feedo Needo

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

Our Food Distribution Locations

London

Lahori Darbar Restaurant
62 Ilford lane, London IG1 2JZ

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

Open Hours: 9am - 5pm
Monday to Friday

Birmingham

Smithfield House Digbeth
Birmingham B5 6BS

Open Hours:
9am - 5pm
Monday to Friday

Bradford

Woodroyd Centre
1st Floor, Bradford BD5 8EL

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

Manchester

Droylsden Juniors Football Club
Lewis Road, Manchester M43 6NR

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

Telephone Number:

03003111312 07484378821

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

A Project of UKCAB

ShowerBox Birmingham

Free, safe showers
Tuesdays and Thursdays

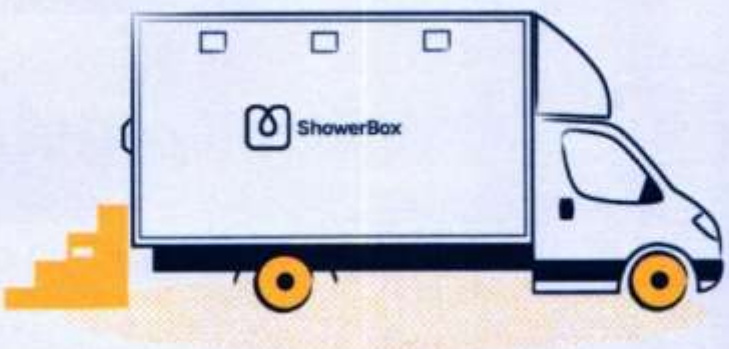
Drop-in showers for anyone experiencing homelessness



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

Fresh towels to use, new underwear and hygiene essentials provided

For more information, email
brum@showerbox.org





www.showerbox.org

EMPORIUM FOOD BANK

FOOD SUPPORT FOR LOCAL RESIDENTS

NO REFERRAL NEEDED

Open every Tuesday, 11am–1pm

Who can use the food bank?

- Residents living in B23, B24 or B35 postcode areas only
- One person per household
- One visit per calendar month

What to bring

- Proof of your full name and full address, including postcode
- Your document must be dated within the last 3 months
- Accepted documents include:

Utility bill • Council Tax letter • Driving licence

Universal Credit or benefits letter • Tenancy agreement

Without valid proof of address, a food parcel cannot be provided

Important

No drugs or alcohol may be brought onto the premises at any time

Find us upstairs at Total Fitness Emporium Gym

173–179 Tyburn Road, Birmingham B24 8NQ

Tel: 07908 957373

Email: Emporiumfoodbank@gmail.com

NEW!

FRESH PICKS PANTRY

SHOP SURPLUS SAVE MORE HELP THE PLANET

THURSDAYS
1-3pm

THE SIR PETER RIGBY CORONATION FOOD HUB
Unit 30, Gravelly Industrial Park, B24 8TA

£2.50* fruit & veg boxes!

**suggested donation*



Did you know?
Food waste accounts for around 10% of greenhouse gas emissions!

Based in the Gravelly Industrial Park, local charity FareShare Midlands is fighting back by stopping good quality, surplus food from going to landfill!

Come along on Thursday afternoons, bring a bag and pick up a mix of fresh fruit and veg!
Suggested donation: £2.50

FareShare Midlands

@FareShareMidlands

FareShare Midlands is a Registered Charity (no. 1146847)


DUJ Advice Centre and Food Bank 861 Stratford Road, Birmingham, B28 8BH
DUJ ADVICE CENTRE
Small acts.
Big impact.
THANK YOU
TOGETHER WE BUILD STRONGER COMMUNITIES.
BLACK BEANS
SWEET CORN
CHICKPEAS
BAR SOAP
FOOD BANK
SERVING OUR
COMMUNITY
NOURISHING MOST NEEDY
STRENGTHEN OUR COMMUNITY
CHANGE LIVES TOGETHER
WhatsApp: 07847661022
Email: info@daaruljannah.co.uk
Website: www.daaruljannah.co.uk
OPEN EVERY DAY
MODNAY TO FRIDAY
11:00AM - 1:00PM
HELPING THE MOST NEEDY.
KINDNESS FEEDS HOPE.
TOGETHER, WE CAN.

MORE ANIMAL JOKES TO MAKE YOU SMILE OR MOAN!









EMPLOYABILITY AND CAREER GUIDANCE SUPPORT

1 BEFORE STARTING EMPLOYMENT

Aspect Housing

Important steps to take first

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

WHY PLAN AHEAD?

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

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

Build Your Employability Skills

Aspect Housing

Take positive steps towards work, confidence and independence

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









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

For Aspect Housing residents

Speak to your support worker to find out more

BRANDWOOD COMMUNITY CENTRE

BRANDWOOD BUZZ

Roots & Branches
Community Cafe

COMMUNITY FUND

ENGLISH & MATHS FUNCTIONAL SKILLS

STARTING IN SEPTEMBER

Build confidence. Improve skills.
Open doors to new opportunities.

DUE TO POPULAR DEMAND
WE ARE PUTTING ON 2 SESSIONS!

TO BE ELIGIBLE YOU MUST:

- 19+ Be over 19 years old
- Live in Birmingham
- Not be in work

We will be having classes on
TUESDAYS and FRIDAYS
You will only need to attend one of the days.

MATHS
9:30AM – 12:00PM

ENGLISH
12:30PM – 3:00PM

BRANDWOOD COMMUNITY CENTRE
157 Allens Croft Road
Kings Heath, Birmingham B14 6RP

Visit our website
www.brandwoodcentre.co.uk

Email us
alison@brandwoodcentre.co.uk

Call us
0121 443 3310

Take the next step towards a brighter FUTURE.

We're here to support you!

Balfour Beatty VINCI

Working in partnership with HS2

Skills Academy

Connecting you to a world of construction

ARE YOU



LOOKING FOR A ROLE IN CONSTRUCTION?

NOW RECRUITING FOR SITE BASED ROLES

BE A PART OF A NATIONAL LEGACY AND BEGIN YOUR CAREER WORKING ON HS2

Full training provided | Job security

"INSPIRING FUTURES AND BUILDING A LEGACY"

SOUTH & CITY COLLEGE BIRMINGHAM

National Careers Service

mace DRAGADOS

Working in partnership with HS2







Take part in a FREE training programme at our BBV Skills Academy, Bordesley Green Campus, where you will receive specialist training to equip you with the skills, knowledge and qualifications leading to a guaranteed interview.

Our short course includes:

- Health and Safety
- CSCS card
- Small hand tools
- Basic Plant Awareness
- Traffic Marshall
- Fire Marshall
- Emergency First Aid
- Hand Excavation and Reinstatement
- CAT and Genny
- Abrasive Wheels

SCCB.AC.UK | 0121 694 5000

SOUTH & CITY COLLEGE BIRMINGHAM

Current Eligibility

Candidates need to be age 19+ in the current academic year, unemployed, have lived in the UK for the last 3 years and in receipt of either:

- Universal Credit
- Job Seekers' Allowance
- Employment & Support Allowance

REGULAR COURSES AVAILABLE THROUGHOUT THE YEAR

CONTACT
the National Careers Service for more information and registration.

If you are referring a JCP customer please apply via the following email link:
JCPNCSREFERRALS@PROSPECTS.CO.UK
https://forms.office.com/r/qFW5VbbrwZ

To apply for a place please scan the QR code:

Volunteer Brum



Your gateway to volunteering in Birmingham

volunteerbrum.org

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

bvsc



The Prosper Project

One-to-one employability and hardship support

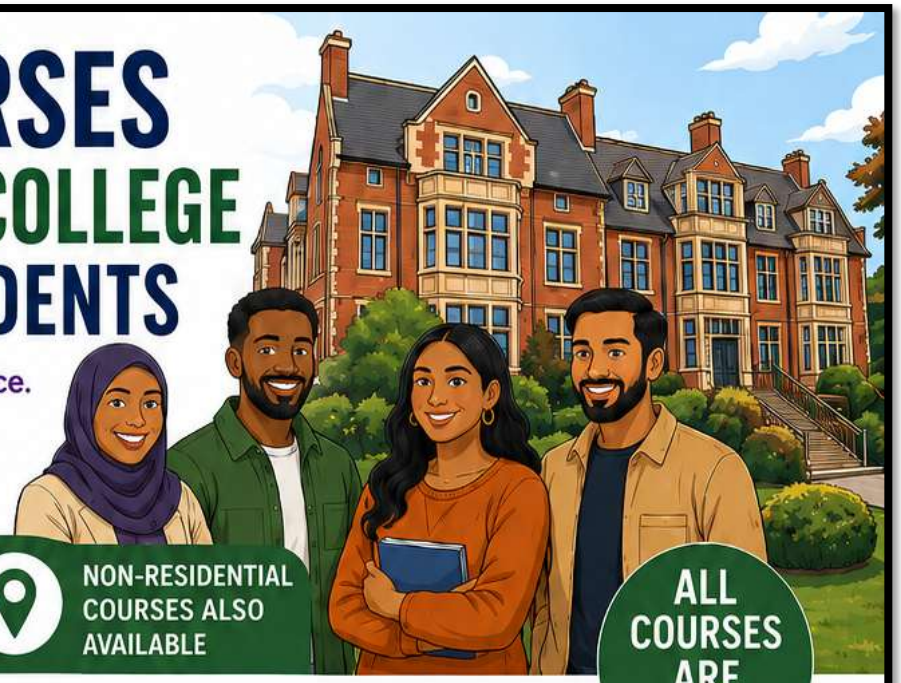
Please call Vicky on 07794 529 387 or email victoria.roy@jericho.org.uk to learn more.

Birmingham City Council

Jericho

FREE COURSES AT FIRCROFT COLLEGE FOR OUR RESIDENTS

Learn new skills. Build confidence. Create better opportunities.



STARTING SEPTEMBER – DECEMBER 2026

NON-RESIDENTIAL COURSES ALSO AVAILABLE

ALL COURSES ARE FREE*

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

COURSES THIS TERM – EXAMPLES

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

*Subject to eligibility criteria

HOW THESE COURSES CAN HELP YOU

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

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

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

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



WHO CAN APPLY?

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

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

WHAT YOU CAN GAIN

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

0121 472 0116

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

NEED MORE INFORMATION?
We're here to help!

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

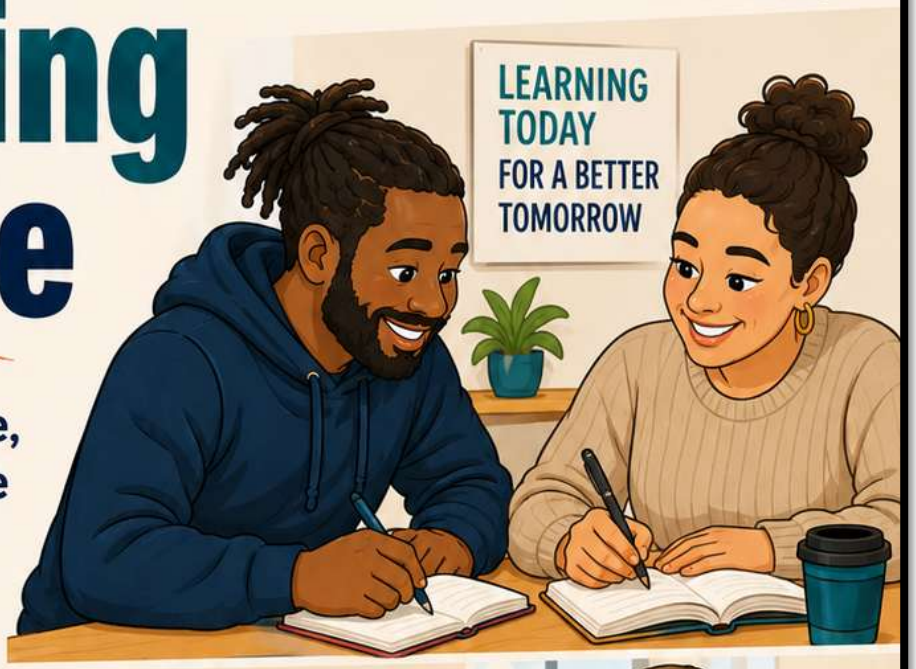
Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Finding Your Place in Society	3 days, 2 nights	Level 1	25/11/2026	27/11/2026	Residential	Wednesday – Friday
Stand Up and Be Counted	3 days, 2 nights	Level 1	09/12/2026	11/12/2026	Residential	Wednesday – Friday
Health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

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

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

Keep Learning for Life

Aspect Housing



Grow your knowledge, confidence and future opportunities

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





Learning can open doors at any stage of life.



For Aspect Housing residents

Speak to your support worker to find out more



CLARION
FUTURES

Looking for a job?

We can help with all things Employability!

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

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

Find out more

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

NORTHFIELD

BOSNIA & HERZEGOVINA UK NETWORK

Birmingham City Council

8 weeks

- English
- Employment Skills
- AI support



JOB INTERVIEW



VOLUNTEERING OPPORTUNITIES



WORK EXPERIENCE

BUSINESS ENGLISH



English for career

FREE English for Employability course at Bosnia House.

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

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

Apply now

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

Support with the travel cost for all students.

REGISTRATION

Start date - 2 March 2026

Bosnia House / 639 Stratford Road / Birmingham B11 4DY

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

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

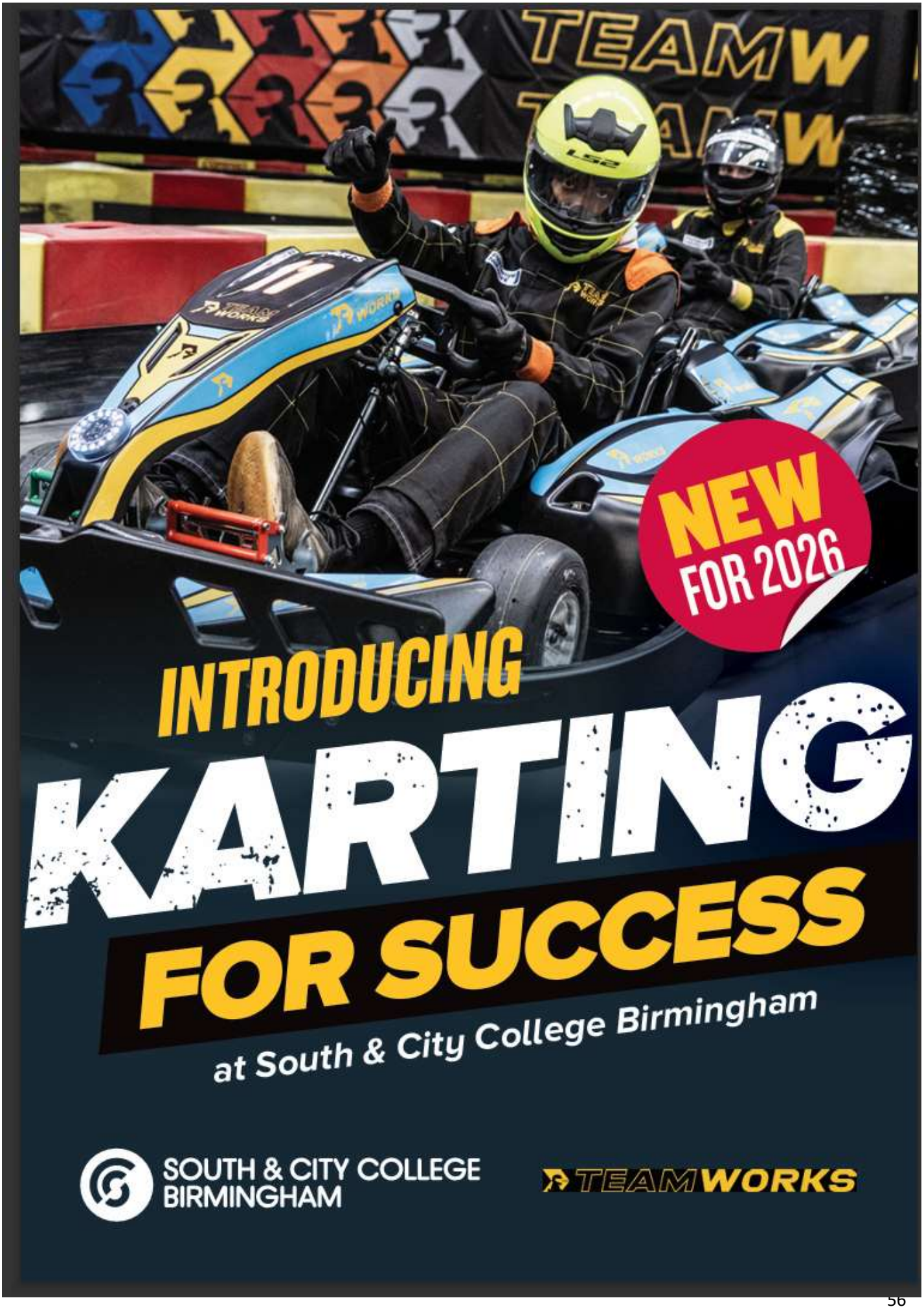
Bring copies of your CV, dress smartly and prepare a short introduction about your skills and experience. Arrive before 12:30pm to make the most of every stand.

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.


NEW
FOR 2026
INTRODUCING
KARTING
FOR SUCCESS
at South & City College Birmingham
SOUTH & CITY COLLEGE
BIRMINGHAM
TEAMWORKS



Aged between 19-29?

You must be 19 on 31/08/2026 and live in a West Midlands postcode.

Are you currently unemployed but looking to develop key employability skills to support you into work?

Fancy studying a course that offers opportunities to go karting, join laser tag games, and enjoy some food with classmates?

Course content:

- Identifying strengths and needs to support personal growth and development
- Money management to support transitioning into employment
- Mental health awareness
- Working within a team
- CVs/cover letters, interview techniques
- Employment expectations
- Diversity in the workplace

Join us for our upcoming information days at South & City College Birmingham...

Classes will run for two weeks, followed by a Talent Finders Day to network with employers and apply for actively recruiting roles.

ENQUIRE TODAY:

JULIE.RICHMOND@SCCB.AC.UK | 0121 694 5000 | SCCB.AC.UK

SOUTH & CITY COLLEGE BIRMINGHAM

TEAMWORKS

Tally Ho Police Careers and Family Fun Day

Hosted by Black Voice Council in partnership with West Midlands Police



Saturday 5 September 2026

10:00am - 4:00pm

Tally Ho, Pershore Road, Birmingham, B5 7RN

A careers and community event aimed particularly at Black Heritage communities across the West Midlands, bringing together employers, training providers, voluntary organisations and local communities to improve access to employment, training and career-development opportunities.

What the event will showcase

- Apprenticeships and early-career opportunities
- Manufacturing and engineering careers
- Distribution, logistics and supply-chain roles
- Commercial and business opportunities
- Current vacancies and future recruitment
- Training and professional development
- Application and interview guidance



Outdoor community event

A day of careers activity, family fun, community engagement and informal access to information and opportunities.

Also taking place on the day

- Family activities
- Community stalls
- Football event
- Music and entertainment







Building brighter futures together. *Everyone welcome!*


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

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

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

Start dates

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

Location

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

Course details

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

Candidates must:

- Be unemployed and in receipt of a benefit such as JSA or UC
- Be 19+ as 2026

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

To secure a place on the course

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

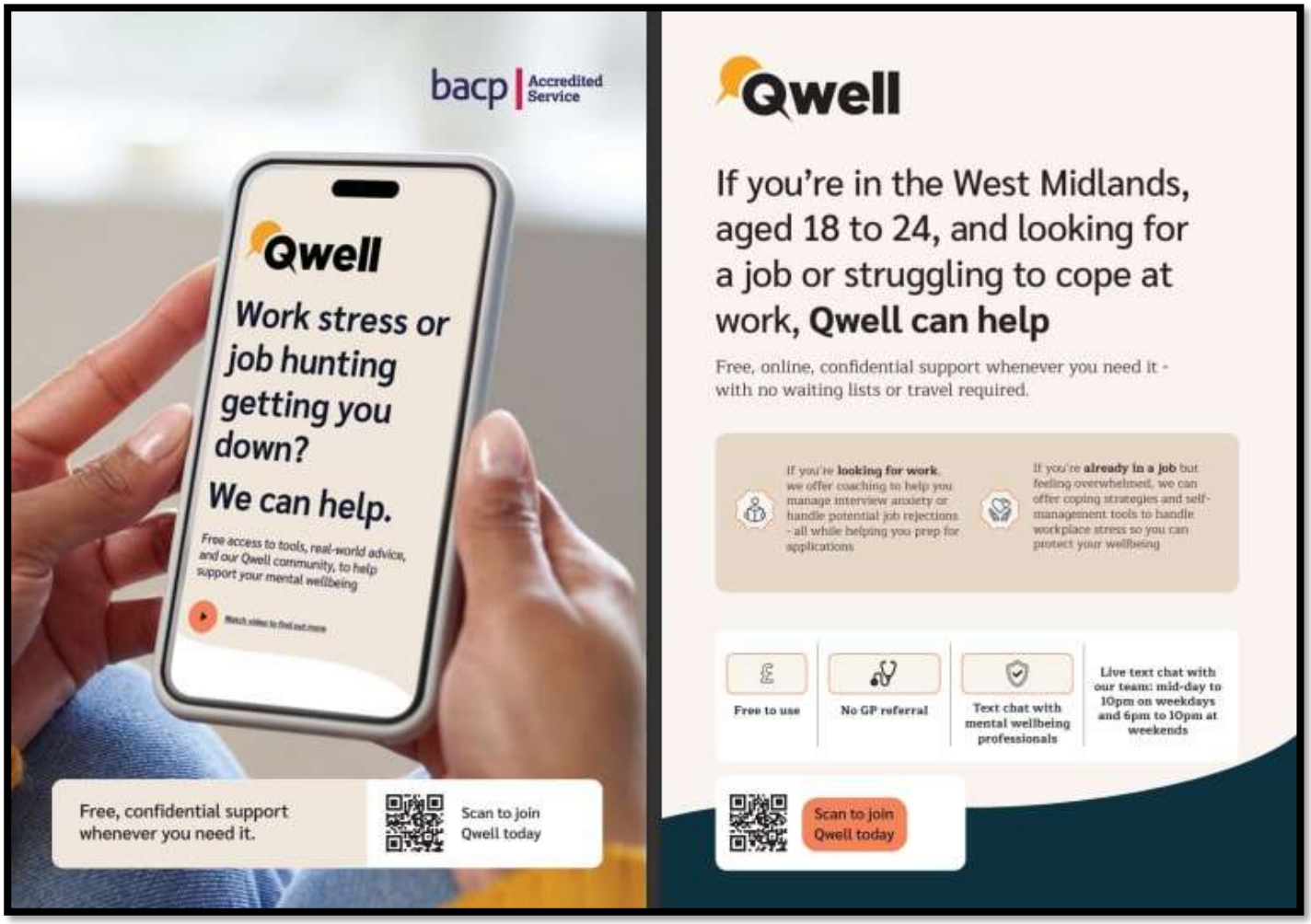
Department for Work & Pensions

jobcentreplus

BMet

MET04725

QWELL – FREE MENTAL HEALTH AND EMPLOYABILITY SUPPORT FOR 18–24 YEAR OLDS



Qwell has launched a free digital mental health and employability support service for young people aged 18–24. The online, text-based service offers confidential support, self-help resources and peer forums. There is no minimum level of need, and young people can access support for a range of wellbeing needs. The service aims to help young people prepare for work, remain in employment and manage pressures relating to responsibilities, finances, confidence and workplace relationships.

BRANDWOOD COMMUNITY CENTRE

At the heart of our community

COMMUNITY FUND



Service Success

Tailored training designed for individuals wishing to embark on fulfilling careers in the fields of hospitality and customer service. Meticulously crafted to equip participants with essential skills and knowledge vital for success in roles within the vibrant hospitality industry.

Starting on Friday 11th September 2026, course runs every Friday 9.30am - 4.30pm for 7 weeks (excludes school holidays)

- Team Work and Communication,
- Level 2 Food Safety and Hygiene
- Level 2 Occupational Health and Safety,
- Welcome Host
- Get That Job
- Emergency First Aid
- L2 Understanding Mental Health in the Workplace

0121 443 3310

alison@brandwoodcentre.co.uk

157 Allens Croft Road, Kings Heath, B14 6RP

Open to anyone living in Birmingham, 19+ and not in work, education or training

WOLVERHAMPTON CAREERS FAIR

FREE TO ATTEND! EVERYONE WELCOME

YOUR FUTURE. YOUR OPPORTUNITY.



WEDNESDAY 2 SEPTEMBER
10 AM – 2 PM

MOLINEUX STADIUM
WATERLOO ROAD
WOLVERHAMPTON WV1 4QR
(HOME OF WOLVERHAMPTON WANDERERS FC)

EXPLORE. CONNECT. TAKE THE NEXT STEP.

JOBS & EMPLOYERS
Meet local and national employers with live job opportunities.

TRAINING & APPRENTICESHIPS
Discover courses, apprenticeships and skills to help you progress.

CAREER ADVICE
Get free, friendly advice to support your goals and next steps.

CV SUPPORT & INTERVIEW TIPS
Improve your CV and get interview ready with expert advice.

SUPPORT FOR EVERYONE
Help available for all ages, backgrounds and career stages.

NEW OPPORTUNITIES. REAL CONNECTIONS. BRIGHTER FUTURES.
Come along and take the next step towards your future!

REGISTER FOR FREE TICKETS
Visit Eventbrite to secure your ticket.

Eventbrite
Search:
Wolverhampton Careers Fair on Eventbrite

DON'T MISS OUT!
INSPIRING CAREERS.
STRONGER COMMUNITIES.
A BETTER FUTURE FOR ALL.

SHAPE YOUR FUTURE • FIND YOUR PATH • YOU CAN DO IT!



Individual Placement and Support & Retention Employment Services

NHS
Black Country Healthcare
NHS Foundation Trust

Black Country Job Fairs

Free to attend

Wolverhampton
Newhampton Arts Centre
Thursday 3 September 2026
10am – 1pm

Looking for work, training, or a new career opportunity? Come along to a Black Country Job Fair in Wolverhampton and meet local employers, training providers and support services.

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.

LOCAL JOB CENTRES' EMPLOYABILITY ACTIVITIES AND WELFARE BENEFIT INFORMATION



Please contact your JCP Work Coach if you are interested in attending any of the career and job fairs or employability support events featured in this newsletter.



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

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



Information for interested participants

SWAP | **SECTOR-BASED WORK ACADEMY PROGRAMME**

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

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

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

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

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

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

SWAP | SECTOR-BASED WORK ACADEMY PROGRAMME

On average, more than

1,200

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





Changes you need to report include:

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



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



Scan to learn more

UK Government

USEFUL WEBSITES FOR JOB SEARCHING

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



CARE & NHS

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

EDUCATION

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

GENERAL

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

RETAIL

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

LEGAL

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

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

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



Aspect Housing

MENTAL HEALTH & WORK SUPPORT

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

What is a DEA?

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

A DEA can help with:

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

You may want support if:

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

What should you do next?

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

You do not have to do this on your own.

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

Aspect Housing

Supporting residents towards employment, independence and wellbeing.



advice
work skills
careers
opportunities
support

WE CAN HELP WITH:

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

gov.uk/jobhelp

jobcentreplus

RESIDENTS' GOOD NEWS STORIES & ACHIEVEMENTS





Aspect Housing

Resident Good News Stories

Celebrating progress, resilience and positive SEA outcomes



Grace – Progressing Into Employment and Independent Living

Grace moved into Aspect Housing in November 2025 and remained focused on improving her employment prospects and achieving greater independence. With support, she engaged proactively with Universal Credit and completed two weeks of training as part of her progression towards employment with West Midlands Police. Grace researched the role, prepared for the assessments and practised for her interview. She successfully completed the interview, assessment and vetting processes and secured a full-time position with West Midlands Police. Alongside this, she searched for suitable private rented accommodation as part of her move-on planning. Her commitment, alongside tenancy support and encouragement, has 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.



Why this story matters

- Employment progression
- Move-on readiness
- Financial independence
- Positive tenancy support
- Strong resident determination

For confidentiality, resident names on this poster have been changed.

Aspect Housing

Resident Good News Stories

Celebrating progress, resilience and positive SEA outcomes



Liam – Exploring Training and Employment

Liam entered supported accommodation following homelessness and a family relationship breakdown. He needed help identifying a positive direction and was referred to Jericho to discuss suitable training opportunities. He is now enthusiastic about developing his skills and pursuing his ambitions.

Support worker: Idnan

Key outcomes: Improved motivation and confidence; access to training and employability support; clearer personal goals; progression towards economic independence.



Peter – Connected to Local Healthcare

Peter needed help registering with a GP after moving into supported accommodation. With support, he registered with a local medical practice and attended an NHS health assessment, including routine checks and blood tests. He now has reliable access to primary healthcare and feels more confident managing his health independently.

Support worker: Alim Azam

Key outcomes: Successful GP registration; improved access to healthcare; completion of a health assessment; greater independence.



Marcus – Improving His Health Through Exercise

Marcus wanted to improve his physical and mental wellbeing but needed guidance to access affordable leisure facilities. He was supported to obtain a Birmingham Leisure Card and register at Handsworth Leisure Centre. He is now looking forward to using the gym as part of a healthier and more independent lifestyle.

Support worker: Alim Azam

Key outcomes: Improved access to exercise; increased community participation; improved wellbeing; reduced financial barriers.

For confidentiality, resident names on this poster have been changed.

Aspect Housing

Resident Good News Stories

Celebrating progress, resilience and positive SEA outcomes



David – Managing His Health and Housing

David has significant eyesight difficulties and needed help accessing healthcare and progressing his housing options. Support was provided to arrange medical appointments, register with an NHS dentist and progress his Birmingham Choice application. He is now engaging consistently with services and feels more confident managing appointments independently.

Support worker: Alim Azam

Key outcomes: Improved management of health needs; access to dental care; increased confidence and independence; progress towards long-term housing.



Martin – Better Connected to Specialist Support

Martin needed help addressing harmful street-based activities and improving his wellbeing. His support worker referred him to Cranstoun Birmingham Navigators and helped him obtain a mobile phone and SIM card. This has improved his ability to communicate with professionals, manage appointments and engage with specialist support.

Support worker: Alim Azam

Key outcomes: Improved access to specialist support; reduced communication barriers; increased service engagement; improved safety and wellbeing.



Amina – Accessing Maternity Care and English Learning

During her pregnancy, Amina needed help accessing maternity services and improving her English. Her support worker completed her Badger Notes referral and helped her prepare for her first maternity appointment. She is now connected with NHS maternity services and has been signposted to English-language learning opportunities.

Support worker: Alim Azam

Key outcomes: Access to maternity care; improved health and wellbeing; increased understanding of services; progress towards greater independence.

For confidentiality, resident names on this poster have been changed.

Aspect Housing

Resident Good News Stories

Celebrating progress, resilience and positive SEA outcomes



Tomas – Improving His English and Confidence

Tomas wanted to improve his English so he could communicate more confidently, access services and explore future employment. With support, he secured an English assessment and contacted his GP about a health condition. These steps are helping him become more independent and better connected to education and healthcare.

Support worker: Alim Azam

Key outcomes: Access to English-language education; improved communication and confidence; better healthcare access; increased independence.



Adrian – Finding the Right Legal Support

Adrian needed legal guidance concerning family matters and contact with his children. His support worker contacted the Law Society, explained his circumstances and helped him access the appropriate legal advice pathway. He now understands the next steps towards finding suitable representation and feels reassured that the correct process has begun.

Support worker: Alim Azam

Key outcomes: Improved access to legal advice; increased understanding of options; reduced anxiety; support to maintain positive family connections.



Stefan – Taking Control of Gambling Harm

Stefan disclosed that online gambling was affecting his finances, mental health and daily life. With consistent support, he contacted the National Gambling Helpline, removed gambling apps, installed blocking software and self-excluded from gambling services. He is proud of his progress and positive about maintaining his recovery.

Support worker: Bayar Ghafoori

Key outcomes: Reduced gambling-related harm; improved financial resilience; better mental wellbeing; positive engagement with specialist treatment.

For confidentiality, resident names on this poster have been changed.

Aspect Housing

Resident Good News Stories

Celebrating progress, resilience and positive SEA outcomes



Michael – Rebuilding His Health and Support Network

Following a serious decline in his health linked to alcohol dependency, Michael accepted urgent medical treatment and began engaging positively with support. He was helped to access healthcare, receive essential items and reconnect with his sister overseas. He is now committed to eating regularly, improving personal care and making healthier lifestyle choices.

Support worker: Bayar Ghafoori

Key outcomes: Improved health and wellbeing; reduced self-neglect; increased personal safety; strengthened family support; access to specialist alcohol support.



Adam – Taking a Step Towards Independent Housing

Adam wanted greater housing stability but needed guidance with the application process. With support, he successfully completed and submitted a housing application to Clarendon Housing. This has increased his confidence, motivation and hope for independent living.

Support worker: Alim Azam

Key outcomes: Progress towards move-on; improved understanding of housing options; increased confidence; positive engagement with support.



Daniel – Two Months Free From Alcohol

Following a relationship breakdown, Daniel experienced alcohol dependency, isolation and anxiety about leaving his accommodation. Through regular walks and specialist support, he has now remained alcohol-free for two months and feels more confident going out. He has also been referred for employment support and is planning positively for the future.

Support worker: Idnan

Key outcomes: Sustained recovery; improved wellbeing; reduced isolation; increased community engagement; progression towards training and employment.

For confidentiality, resident names on this poster have been changed.

Aspect Housing

Resident Good News Stories

Celebrating progress, resilience and positive SEA outcomes



Kamran – Moving Towards Greater Independence

Karman has made considerable progress with his health, communication and independence. With support, he obtained and learned to use a smartphone, improved his engagement with healthcare professionals and completed a housing application and move-on referral. He remains free from substance misuse and is optimistic about moving towards independent accommodation.

Support worker: Mariyah Bibi

Key outcomes: Sustained recovery; improved management of physical and mental health; increased digital and communication skills; progress towards independent living.



Ryan – Renewed Hope Through Consistent Support

Ryan previously struggled with poor mental health, substance misuse, financial management and barriers to healthcare. Through consistent support, he registered with a GP, accessed dental and mental health services, progressed treatment for his hand and improved the management of his Universal Credit. He is now engaging more positively and beginning to consider future employment.

Support worker: Mariyah Bibi

Key outcomes: Restored access to primary healthcare; improved physical and mental health support; improved budgeting arrangements; progression towards employment and independence.



Leanne – Rebuilding Confidence and Independence

Despite considerable personal challenges, Leanne has shown strength and determination in rebuilding her life. She has engaged with healthcare and specialist services, obtained identification, applied for college, accessed employment support and begun planning for independent housing. She also contributes positively to her accommodation by cooking for others and helping maintain communal areas.

Support worker: Mariyah Bibi

Key outcomes: Increased confidence and independence; access to education and employment support; improved life skills; positive community contribution; progress towards safe housing.

For confidentiality, resident names on this poster have been changed.

Aspect Housing

Resident Good News Stories

Celebrating progress, resilience and positive SEA outcomes



Nadia – Connecting With Adult Social Care

A language barrier had made it difficult for Nadia to explain her circumstances and obtain appropriate assistance. Her support worker used translation technology to communicate with her and successfully arranged for Adult Social Care to assess her needs. She now feels that her circumstances are being recognised and that support is beginning to be put in place.

Support worker: Omer

Key outcomes: Reduced communication barriers; improved access to statutory services; secured Adult Social Care involvement; increased confidence.



Samir – Starting His Learning Journey

Samir wanted to improve his English to increase his confidence, independence and future opportunities. Following discussions about his goals, he was registered for an English course at South and City College Birmingham. He is looking forward to beginning the course and sees it as an important step towards improved communication and employment.

Support worker: Omer

Key outcomes: Access to education; English-language development; increased confidence and motivation; improved training and employment prospects.



Kevin – Celebrating One Month Smoke-Free

Kevin wanted to stop smoking to improve his health and reduce the amount he was spending on cigarettes. His support worker provided nicotine-replacement patches, encouragement and regular check-ins. He has now completed one month without smoking and is motivated to continue.

Support worker: Omer

Key outcomes: Improved physical health; successful smoking-cessation milestone; reduced expenditure; improved wellbeing; increased motivation.

For confidentiality, resident names on this poster have been changed.

Aspect Housing

Resident Good News Stories

Celebrating progress, resilience and positive SEA outcomes



Harjit – Growing in Health and Independence

Harjit required support to access healthcare, use digital NHS services and engage with employment support. He obtained his NHS number, verified his NHS App, registered with an NHS dentist and engaged with the Restart programme. He now feels more confident managing appointments and accessing services independently.

Support worker: Alim Azam

Key outcomes: Improved digital skills; better access to healthcare and dentistry; increased confidence managing appointments; improved independence.



Steven – Confidently Accessing Medical Care

Steven needed help arranging medical investigations and learning how to travel to appointments independently. With support, he obtained his NHS number, arranged a chest X-ray and understood the public transport route. He now feels more confident about attending appointments and managing his healthcare.

Support worker: Alim Azam

Key outcomes: Improved access to medical care; increased travel confidence; improved appointment management; developed independent-living skills.



Aaron – Taking Action to Improve His Health

Aaron experiences epilepsy, depression, back pain and other health needs. He needed assistance using the online GP system and communicating his concerns. With support, he submitted a detailed appointment request and is now progressing towards a fuller review of his physical and mental health.

Support worker: Alim Azam

Key outcomes: Improved access to physical and mental healthcare; increased digital engagement; clearer communication of health needs; reduced barriers to treatment.

For confidentiality, resident names on this poster have been changed.

Good News Story

Aspect Housing

Michael Turner

- Michael Turner has some fantastic news to celebrate.
- After experiencing a great deal of stress because companies were asking him to pay for his SIA training, Michael was guided towards the Jobcentre, where he was able to find the right support and access the appropriate SIA training course for free.
- Michael is extremely happy and grateful that he had the support and guidance to find the right opportunity. Instead of worrying about the cost of the training, he was able to focus on taking the next step towards his career.
- Michaal is now completing his SIA course and has just one week left. He is staying focused, working hard and determined to finish the course successfully. His commitment and positive attitude have been excellent, and with his continued focus, he has every reason to be confident about passing.
- This is a fantastic achievement for Michael and an important step towards his future employment. He should be very proud of how far he has come and the effort he has put into reaching this point.



Supported and guided by:
Hussain Zaman Khan
Support Worker

Congratulations, Michael!
Keep focused, keep believing in yourself, and finish strong.
You can do this!



SUPPORT
The right help makes all the difference.

TRAINING
New skills open doors to new opportunities.

FOCUS
Stay determined and keep moving forward.

SUCCESS
Your hard work today builds a better tomorrow.

Your journey. Your future. We're with you every step of the way.

Name changed for confidentiality reasons.

Aspect Housing

Resident Good News Stories

Celebrating positive progress in supported accommodation

1 Hardship Grant Support

A resident supported by Ruhela successfully applied to the Hardship Grant Community Fund. BVSC later confirmed the funding decision, and the grant will help the resident manage a difficult financial period.

Outcome: financial support, reduced hardship, improved wellbeing



Support Worker: Ruhela

2 Housing Register Progress

A resident supported by Ruhela was accepted onto Birmingham's housing register and awarded Band C on 12 August 2026. He is eligible to bid for one-bedroom properties and has already placed his first bid.

Outcome: move-on progress, independence, housing stability



Support Worker: Ruhela

Support that empowers | Opportunities that grow | Homes that change lives | Communities that care

Small steps today, brighter futures together.

Names have been changed or withheld for confidentiality.

Aspect Housing

Resident Good News Stories

Celebrating positive progress in supported accommodation

1 SIA Licence Achievement

A resident supported by Ruhela completed his SIA course and received his Security Industry Authority licence. He is now searching for work, preparing for independent living, and building a more stable future for his daughter.



Outcome: employability, confidence, future planning

Support Worker: Ruhela

2 Growing Together

Residents at one SEA project are getting along like friends and siblings. They have been growing vegetables, cooking healthy meals, and supporting each other to build confidence, life skills, and a stronger sense of community.



Outcome: community, healthy living, practical skills

Support Worker: Ruhela

Names have been changed or withheld for confidentiality.

Aspect Housing

GOOD NEWS STORIES

CELEBRATING PROGRESS, INDEPENDENCE AND BRIGHTER FUTURES

A POSITIVE STEP TOWARDS UNIVERSITY AND INDEPENDENCE

Resident: Daniel (fictional name)

Age: 28

Support Worker: Bayar Ghafoori

- Housing application submitted with all required documents.
- Engaging with mental health and probation services.
- Registered for University College Birmingham's Clearing Open Day.
- Exploring Strength, Conditioning and Sports Nutrition BSc (Hons).
- Looking forward to a new future and new opportunities.

PARTNERS INVOLVED

- Birmingham City Council / Birmingham Choice
- Birmingham and Solihull Mental Health NHS Foundation Trust
- Birmingham Probation Service
- University College Birmingham



GOOD NEWS OUTCOME

Daniel is building confidence, independence and new opportunities for the future.

Well done, Daniel!

TWO JOB INTERVIEWS AND GROWING INDEPENDENCE

Resident: Maria (fictional name)

Age: 47

Support Worker: Bayar Ghafoori

- Referred to Smart Works Birmingham for one-to-one employment support.
- Help with CVs, job searching, applications and interview preparation.
- On 21 August 2026, Maria secured two job interviews: **Cash Generator and Eminence** (Marketing and Events).
- Motivated, confident and moving closer to her employment goals.

PARTNERS INVOLVED

- Smart Works Birmingham
- Birmingham City Council
- Laurie Pike Health Centre
- MyDentist



GOOD NEWS OUTCOME

Two interviews, more confidence and one step closer to independence.

Well done, Maria!

Every step forward matters. We're proud of you!

Thank you to our residents, support workers and partners for making a positive difference.



WELLBEING AND COMMUNITY SUPPORT SERVICES



Community Network Support Team
Overview

Community Network Support Officers (CNSO's) focus on...

- **Building links** within communities to **connect people together**
- **Linking citizens** to networks of support within their **local area**
- Offering information on **community activities**
- A **city-wide service,** which covers the **whole of Birmingham**

The CNST is a citywide service, covering all of Birmingham



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

Birmingham Connect to Support

The **Community Directory** includes over **1700 groups, organizations, and locations for free or low-cost support.** Scan the QR code for more information.

Birmingham City Council
Adult Social Care

Community Worker Service



Connecting with communities!

The Community Development Service engages with communities across Birmingham and Solihull.

We are a bridge between communities and the commissioners who pay for services. The team can help to improve physical and mental health and wellbeing in communities.

- We offer signposting to individuals and a large range of organisations
- We network throughout Birmingham and Solihull and support local events
- We offer mental health and wellbeing sessions
- Scan the code overleaf for more information
- Get in touch with us by email.

Better Mental Health For All

mind Birmingham

Community Development Worker Service

BIRMINGHAM & SOLIHULL MENTAL HEALTH & WELLBEING HUBS

Mental Health & Wellbeing Hubs

GATEWAY TO ACCESS:

- STRUCTURED RECOVERY COURSES
- THERAPEUTIC ACTIVITIES AND SOCIAL OPPORTUNITIES
- COACHING AND MENTORING
- PEER SUPPORT
- COMMUNITY SIGNPOSTING TO A WIDE RANGE OF ORGANISATIONS

ACCESSIBLE VIA OUR 4 HUBS OR AT OUR COMMUNITY VENUES

Erdington | Yardley | Handsworth | Northfield | Sparkhill | Solihull

OPEN TO ALL BIRMINGHAM & SOLIHULL RESIDENTS UNDER SECONDARY CARE OR ANYONE WITH A DIAGNOSED OR LONG TERM MENTAL HEALTH CONDITION

To find out more call our Helpline on 0121 262 3555 or email mhwh@birminghammind.org



ACCESS OUR HUB TIMETABLE AND ONLINE REFERRAL FORM

SCAN ME

creative SUPPORT

BIRMINGHAM MIND, 17 GRAHAM STREET, HOCKLEY BIRMINGHAM B1 3JR
TEL: 0121 608 8001
REGISTERED CHARITY NUMBER: 1005906 COMPANY LIMITED BY GUARANTEE NO. 02024372

mind Birmingham

CITYWIDE Support

From Birmingham with Love
Plus other FREE & CONFIDENTIAL Support



Mental health support:

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



Food and energy support:

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



Financial help:

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



Problems with drugs or alcohol:

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



Domestic abuse:

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



Early help for families:

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



Bereavement and wellbeing support:

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

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

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

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

COMMUNITY FOUNDATION

ENGLISH CLASSES



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

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

IT'S FREE!

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

More information:

0121 312 0135

www.thecommunityfoundation.org.uk

info@thecommunityfoundation.org.uk

Follow us:

community.foundation

comm_foundation

communityfoundationuk

Connect More

digital skills programme

Join our **FREE** digital drop in session

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



Use your phone, tablet or laptop



Shop online



Chat and message online



And much more

When?

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

Where?

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

Virgin Media O2 Business

Birmingham City Council

CyclingUK

The Big Bike Revival

DR BIKE

FREE



BIKE CHECK UPS AND MINOR REPAIRS

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

MOSELEY HIVE
93 A ALCESTER ROAD, B13 8DD

10AM-1PM

FUNDED BY CYCLING UK


TWR
THE WAITING ROOM
Birmingham & Solihull
Health & Wellbeing Services
at your fingertips
Abuse
Addictions
Leisure
Mens Health
Young People
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
Abuse
Addictions
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

YOU'RE INVITED TO OUR

COMMUNITY

Coffee Morning

CONNECT • LEARN • RELAX

ALL WOMEN ARE WELCOME

EVERY
2ND & 4TH
THURSDAY
OF THE MONTH

11:00AM
— TO —
2:00PM

The Algerian House UK
19 George St.
B12 9RG

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

Quit Smoking Clinics

Support for Aspect Housing service users

Working in Partnership with Birmingham City Council

Take the first step to a smoke-free life

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



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

1 Ladywood Clinic

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

212 St Vincent Street West
Ladywood
B16 8RP

2 St Boniface Church

Wednesdays 10:00-12:00

48 Quinton Road West
B32 2QD

3 Stockland Green Methodist Church

Tuesdays 10:00-11:30

Slade Road
B23 7JH

4 Erdington Wellbeing Centre

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

196 High Street, Erdington
B23 6SJ

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

Can't attend a clinic?

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

Referrals welcome

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

Clare McKay

Tel / WhatsApp: 07874 911 292

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

We look forward to working alongside you.

LEARN TO RIDE FOR ADULTS!



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

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

CyclingUK | Sikh Helpline 03000 3000 63 07999 0043 63

WHATSAPP GROUP FOR ALL UPDATES

DATES:

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

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

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

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

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

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

www.sikhhelpline.com

WEEKLY ADULT SOCIAL CARE DROP-IN SESSIONS

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



TUESDAYS

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

WEDNESDAYS

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

THURSDAYS

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

WHAT YOU CAN TALK TO THEM ABOUT:

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

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

WE'RE HERE TO LISTEN. WE'RE HERE TO HELP.

Drop in – everyone is welcome.

Your community. Your support.

Daylight Discos

@ St Giles Church, Sheldon

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

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

YNNS Yardley Neighbourhood Network Scheme
Connecting People. Improving Lives

Birmingham City Council

Xpress-yourself

BIRMINGHAM HEALTH MINDS

NHS
Birmingham
Healthy Minds
Talking therapies service

Language support when you need it



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

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

We can speak to you in:

ਪੰਜਾਬੀ Punjabi | اردو Urdu | বাংলা Bengali

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

We can help with:

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

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

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

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

WALK-IN VENUES & OPENING TIMES

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

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

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

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

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

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

HOW IT WORKS

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

FOR MORE INFORMATION

Speak to your GP or call
0121 301 2525

Here to listen. Here to support.

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

IMMIGRATION ADVICE SERVICE!



Monthly Workshops
10:30am-2:00pm

TO BOOK

01216876767
07579764469
alkuma@acpgroup.org.uk

Ashiana
Community
Project
21-25 Grantham
Road
Birmingham
B11 1LU

ACP is working in Partnership with Sterling Immigration Ltd to answer all your immigration needs.

STERLING
IMMIGRATION LTD.

SERVICES

- Spouse/Partner/Child visa Family Reunion
- Student/Graduate Visas
- Skilled Worker (Work/Business visas)
- Sponsor License
- Leave to Remain (Domestic Violence Concession)
- Bail/Deportation
- EEA Nationals and family members
- British Citizenship/Registration
- Visit Visas (tourist/family/marriage/ business visit)
- Asylum/Refugees
- Appeals

Bringing you a Free and Confidential Service!

Free 30 min slots

Bilingual staff available

Swan Coffee Morning



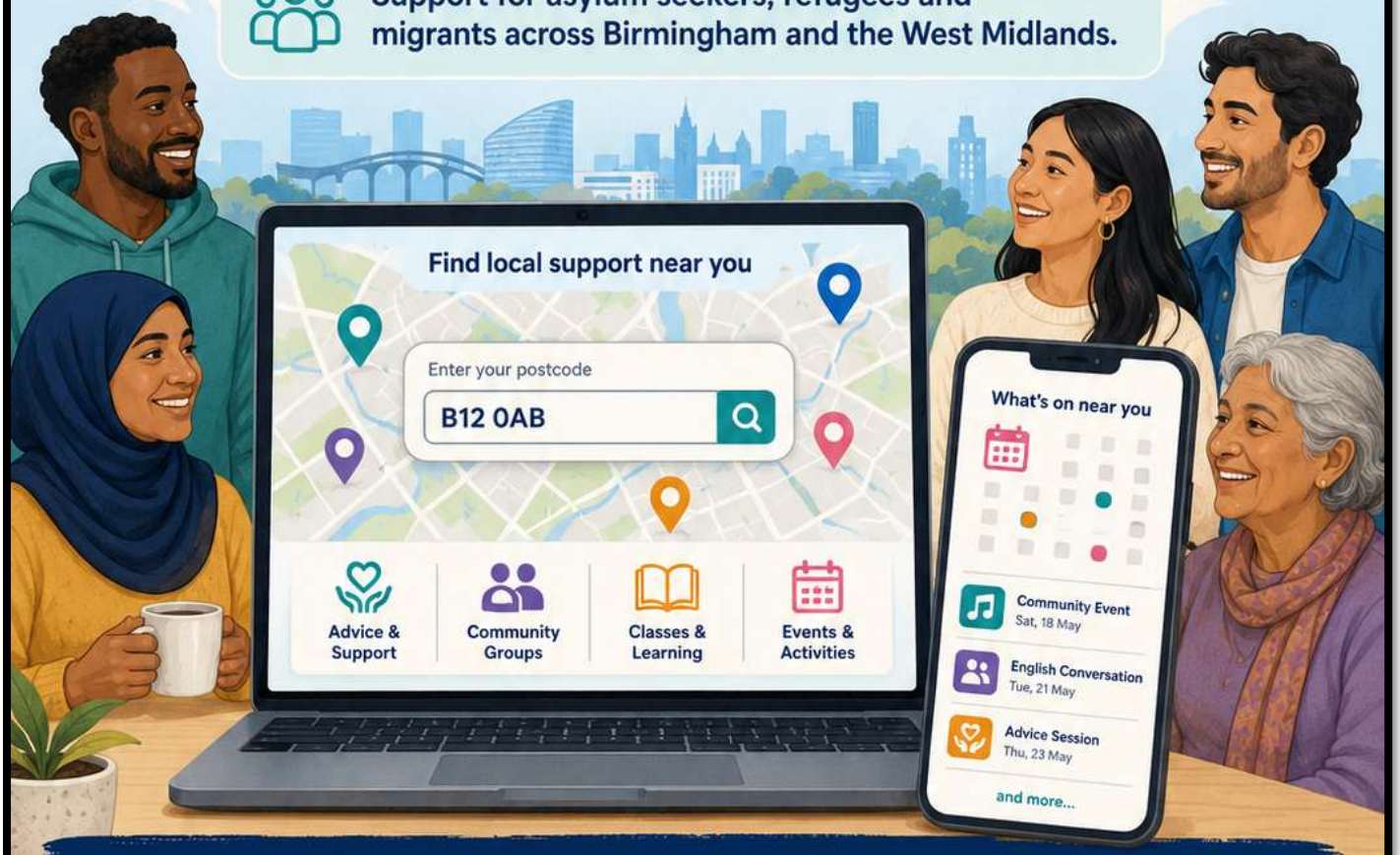
EVERY MONDAY MORNING
10 AM UNTIL 12 NOON
AT SOUTH YARDLEY LIBRARY

Find Support Near You

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

Migrant Advice Portal: West Midlands

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



Visit:
migrantadvice.org/interact/calendar

Quick. | Easy. | Local support.

WELLBEING GROUPS



Our FREE wellbeing groups run in Birmimgham and Wolverhampton

Sessions start with a brew and chat, are followed by a seated exercise session and finish with a walk in the park.

For more info:
Tel: 0303 040 2040 or
Email: drc@disability.co.uk

Birmingham DRC, 18 Ace Business Park
Mackadown Lane, Birmingham,B33 0LD
Registered Charity - 1034581

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

BIRMINGHAM CITY REFUGEE FOOTBALL PROGRAMME



PLAY. CONNECT. BELONG.

The football activity programme for refugees and asylum seekers by Birmingham City FOUNDATION will be resuming on:

Tuesday
September 15th
5:30 – 7:00

Ark Victoria Academy,
Talbot Way,
Birmingham B10 0HJ

VENUE DETAILS:

- ✓ 3g Astroturf playing surface so suitable footwear is required.
- ✓ Toilets available on site.

ACTIVITY DETAILS:

- ✓ Fun football games, we have also played tournaments against other football clubs in the past.
- ✓ All over 18's welcome, we are unable to include players under 18 due to safeguarding restrictions.

NO REFERRAL REQUIRED

SAY GOODBYE TO SMOKING



If you want to stop smoking, we're here to help with free advice and support.

Free clinics held at a venue near you.

Evenings and weekends also available.

For more information: call, email or visit our website

T: 0121 227 5890
E: birmingham.info@cgl.org.uk
W: changegrowlive.org/birmingham
Change Grow Live - Birmingham
@CGLBirmingham

Change Grow Live

Drug and Alcohol Service

Birmingham

Change Grow Live (CGL). Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number in England and Wales (1078227) and in Scotland (SCO39680).
Company Registration Number 3861209 (England and Wales). VAT number 287 9922 43.

MOVING FORWARD TOGETHER

BRIDGE POINT



WE'VE DONE IT BEFORE
WE'RE DOING IT AGAIN!

HEALTHY LIVING & WELLBEING PROGRAMME IN YARDLEY



BridgePoint Birmingham CIC is excited to invite you to our 4-week programme designed to support a healthier, more connected and confident you!

STARTING: 4th September 2026
TO: 25th September 2026

TIME: 1:00pm – 4:00pm

VENUE: St Cyprian's Memorial Hall
The Fordrough
Hay Mills, Birmingham
B25 8DL

WHAT TO EXPECT:

DIGITAL INCLUSION & SUPPORT
Build confidence using phones, apps and online services.

HEALTH & WELLBEING
Practical information and activities to support healthier living.

NETWORKING & SOCIAL CONNECTION
Meet new people, make friends and connect with your local community.

FREE FOOD SUPPORT EVERY FRIDAY

Food parcels will be available while supplies last.



COMPLETE ALL 4 SESSIONS

and receive a Certificate of Completion PLUS a complimentary 10kg bag of rice, subject to availability.

REGISTER YOUR INTEREST TODAY!

Call/WhatsApp:
07539 249206

BridgePoint Birmingham CIC
Building healthier, connected and digitally confident communities.

Places are limited – please register early.
Please share with friends, neighbours, carers and anyone who could benefit.

LADIES

FOOTBALL 4 FUN



LADIES 18+ IN YARDLEY, BIRMINGHAM

COME & PLAY!

NO JUDGEMENTS.
NO STRESS. NO COMMITMENT.
JUST GIGGLES & GOALS.

LADIESFOOTBALL4FUN.COM

Ladies Football 4 Fun exists to create a welcoming, women-centred football community where enjoyment comes first. We provide fun football sessions that are filled with friendly interactions and are affordable, open to all women—including transgender women and non-binary people who feel a women-centred space is right for them.

- Make new friends
- Get active
- Boost your mental health
- All abilities welcome
- Affordable & accessible

INTERESTED? LET'S KICK OFF SOMETHING FUN!

Scan the QR code, send us a message or just turn up and join in!

FUN SESSIONS THROUGHOUT THE YEAR

YARDLEY CONSTITUENCY, BIRMINGHAM

@LADIESFOOTBALL4FUN_

@ladiesfootball4fun

#GigglesAndGoals

COME AS YOU ARE. LEAVE WITH A SMILE!



UPCOMING RECREATIONAL, LEISURE & COMMUNITY ACTIVITIES



Aspect Housing

WELLBEING AWARENESS

You Matter. You Are Not Alone.

Talking can save a life

WORLD SUICIDE PREVENTION DAY

10 SEPTEMBER

It's OK not to be OK.

If you're feeling overwhelmed, worried or having a difficult time, help is available and people care.

REACH OUT – SUPPORT IS HERE

- Talk to someone you trust
- Speak to your support worker
- Use one of the free, confidential services below

Your life is important.
Your story isn't over.
Help is always available.

NATIONAL FITNESS DAY

16 SEPTEMBER

Being active is one of the best things you can do for your body and mind.

Get active. Feel good. Live well.

GET ACTIVE YOUR WAY!

- Go for a walk
- Try a new activity
- Dance to your favourite music
- Play a sport
- Stair climb instead of the lift
- Move more, sit less!



EVERY MOVE COUNTS!
Small steps today, better health tomorrow.

Boost your mood | Improve your health | Connect with others | **LET'S MOVE BIRMINGHAM!** Get active. Feel good. Together.

USEFUL WEBSITES – WELLBEING AWARENESS DAYS

- World Suicide Prevention Day
  www.iasp.info/wspd
- World Mental Health Day (10 Oct)
  www.who.int/campaigns/world-mental-health-day
- National Fitness Day
  www.nationalfitnessday.com
- International Day of Charity (5 Sept)
  www.un.org/en/observances/charity-day
- International Day of Peace (21 Sept)
  www.un.org/en/observances/international-day-peace
- International Literacy Day (8 Sept)
  www.unesco.org/en/days/literacy
- More Awareness Days
  Awareness Days Calendar
  www.awarenessdays.com

These days are a reminder that we're all in this together.
Look out for posters, activities and support information in your scheme.

TALK. SHARE. SUPPORT.
TOGETHER WE CAN MAKE A DIFFERENCE.

Speak to your support worker or any member of staff if you need support.

Aspect Housing

TOGETHER WE CAN

Prevent Suicide

WORLD SUICIDE PREVENTION DAY

10 SEPTEMBER 2026

AWARE • SUPPORT • PREVENT • SAVE LIVES

Every conversation. Every connection.

Every life matters.

Look out.
Reach out.
Speak out.

At Aspect Housing, we are in a unique position to make a difference.

Many of the people we support may be experiencing difficulties that affect their mental health and wellbeing. Your awareness, support and signposting can save lives.

BE MINDFUL OF WARNING SIGNS

- Withdrawing from others
- Feeling hopeless or helpless
- Talking about self-harm or suicide
- Changes in mood, behaviour or routine

If you are concerned, don't keep it to yourself. Ask, listen and support them to get help.

WHAT YOU CAN DO

- **Start a conversation** — A simple chat can make someone feel less alone.
- **Listen without judgement** — Give people time and space to talk.
- **Know your local support** — Display information and keep resources up to date.
- **Promote hope** — Share positive activities, wellbeing support and community connections.

HELP IS AVAILABLE – SHARE THESE RESOURCES

SAMARITANS	shout 85258	CAMPAIGN AGAINST LIVING MISERABLY CALM	NHS
116 123	Text SHOUT to 85258	0800 58 58 58	Call 111
samaritans.org	shout85258.org.uk	thecalmzone.net	or visit nhs.uk for local support
24/7, free to call	24/7 text support	5pm–midnight every day	

FOR ASPECT HOUSING

- ✓ Train and refresh staff on mental health awareness.
- ✓ Display up-to-date support information in all services.
- ✓ Encourage residents to access wellbeing activities and services.
- ✓ Work in partnership with local organisations and services.

Small actions. Big impact. Together, we can save lives.

YOU DON'T HAVE TO FIX IT. JUST BE THERE.

LET'S WORK TOGETHER TO SUPPORT THOSE WE HOUSE AND SUPPORT. EVERY LIFE IS WORTH IT.

Hope Help Support

NATIONAL FITNESS DAY

16th SEPTEMBER 2026

Small steps can make a big difference

National Fitness Day is a chance to think about how being more active can help both our physical health and mental wellbeing.

You do not need to join a gym or do difficult exercise to take part. Small amounts of movement can make a difference.



Being active can help to:

- improve your mood
- reduce stress and anxiety
- improve sleep
- increase energy
- strengthen your heart and body
- improve confidence
- meet other people and reduce isolation

Simple ways to get active

- go for a short walk
- walk to the shops instead of taking transport
- use the stairs where possible
- play football or another sport
- dance to your favourite music
- try some gentle stretching
- visit a local park



The important thing is to find something that you enjoy and that is suitable for you.

Speak to your Housing Support Worker if you would like help finding local activities.

BIRMINGHAM FITNESS & ACTIVITY INFORMATION

Useful websites and local information for residents

Enter your postcode to find activities near where you live

Birmingham City Council provides information about leisure centres, gyms, swimming, fitness classes, walking and other activities across the city.



1 Birmingham City Council – Sport and Leisure

https://www.birmingham.gov.uk/beactive

Information about sport, leisure centres, swimming, walking groups, cycling, disability sport and other physical activities.

2 Find a Leisure Centre, Sport or Activity

https://www.birmingham.gov.uk/homepage/132/find_a_leisure_centre_sports_activity_or_lesson

You can search by postcode to find leisure centres, sports and activities near where you live.

3 Birmingham Leisure Centres and Facilities Directory

https://www.birmingham.gov.uk/leisurecentres

The directory includes gyms, swimming pools, leisure centres, wellbeing centres, sports facilities and other activities.

4 Birmingham Council-Managed Wellbeing Centres

https://www.birmingham.gov.uk/directory/17/leisure_centres_and_facilities/category/1909

This includes council-managed facilities such as: Handsworth Wellbeing Centre, Kingstanding Wellbeing Centre, Nechells Wellbeing Centre, Saltley Wellbeing Centre, Shard End Wellbeing Centre and Small Heath Wellbeing Centre.

5 Birmingham Gyms

https://www.birmingham.gov.uk/directory/17/leisure_centres_and_facilities/category/348

Use this directory to find Birmingham leisure centres and facilities offering gym activities.

6 Fitness and Exercise Classes

https://www.birmingham.gov.uk/directory/17/leisure_centres_and_facilities/category/334

This directory lists centres offering aerobics, exercise and fitness classes.

7 Community Sports and Exercise Activities

https://www.birmingham.gov.uk/findcommunitycentre

Search for community centres, sports, exercise groups and other local activities. You can also search using your postcode.

8 Be Active

https://www.birmingham.gov.uk/info/50356/creating_an_active_birmingham/2990/birmingham_wellbeing_service

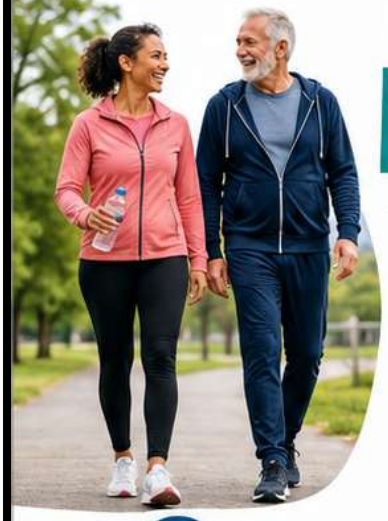
Birmingham City Council's Be Active programme provides Birmingham residents with access to free physical activities at specified times at participating leisure centres.

Remember: enter your postcode on the websites above to find local options near you.



Speak to your Housing Support Worker if you need help accessing these websites or finding local activities.

Looking to Become More Active?





Speak to your support worker or another member of staff if you would like help finding:

- your nearest leisure or wellbeing centre
- free or low-cost activities
- walking groups
- community sports
- swimming sessions
- gyms and fitness classes
- parks and outdoor activities
- exercise referral opportunities







Remember: you do not have to be super fit to become more active. Start small, choose something you enjoy and make every move count.

Be active | Feel better | Connect | Live well

BE ACTIVE MEMBERSHIP

Free leisure activities for Birmingham residents



Be active. Feel good. Belong.





BENEFITS

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

HOW TO APPLY

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

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

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

FIND OUT MORE

Contact your local leisure centre to apply.

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

Active for you. Stronger together.

A healthier, happier Birmingham

Activities and access times vary by centre.

BIRMINGHAM WEEKENDER 2026

FREE August Bank Holiday Festival

Sat 29 – Mon 31 Aug 2026

Across Birmingham City Centre

A spectacular three-day celebration of music, dance, theatre, outdoor arts, installations and family-friendly entertainment.

WHAT TO EXPECT

- Open-air disco and live DJs
- Live music and performances
- Dance, theatre and outdoor arts
- Family-friendly fun across the city

FESTIVAL LOCATIONS INCLUDE

- Bullring
- Victoria Square
- New Street Station
- and other city-centre spaces

ACCESSIBILITY

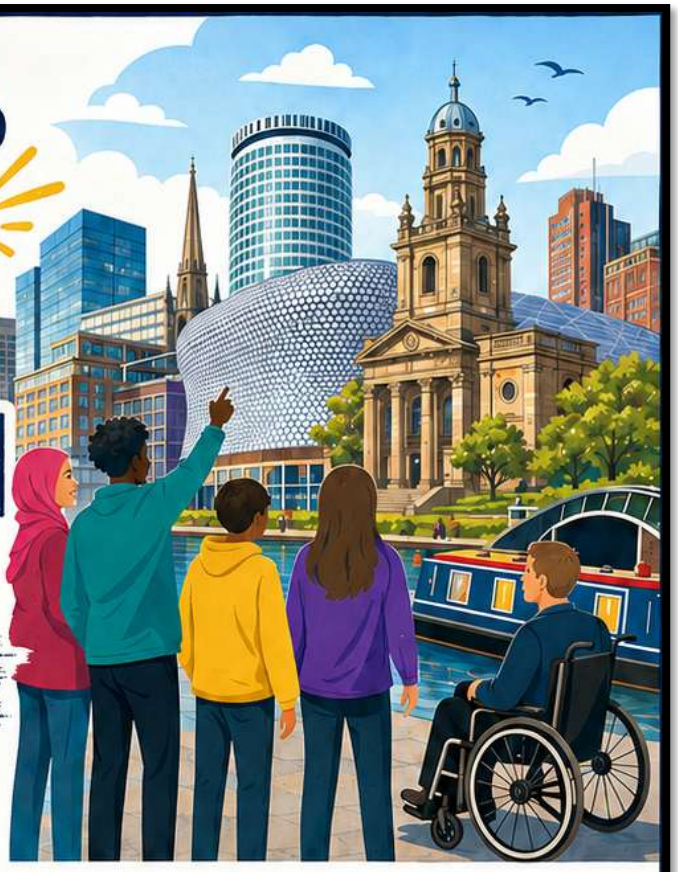
Accessible viewing areas, access hosts, and selected BSL interpreted and audio described performances.

CHECK THE OFFICIAL PROGRAMME BEFORE TRAVELLING.

Website:
www.birminghamhippodrome.com

SEPTEMBER 2026

FREE BIRMINGHAM ACTIVITIES



Free public events and activities happening across Birmingham

Looking for free things to do this September? Here are some great events to explore in Birmingham.

CITY-WIDE HIGHLIGHT



BIRMINGHAM HERITAGE WEEK

11–20 SEPTEMBER 2026

ACROSS BIRMINGHAM

Free walks, tours, exhibitions, open days and heritage activities.

Search by area or postcode at:

www.birminghamheritageweek.co.uk

Please note: some events require advance booking.

FEATURED FREE EVENTS

STEP INTO BIRMINGHAM'S HISTORIC SCHOOL OF ART

Fri 11 Sept & Fri 18 Sept

Birmingham School of Art, Margaret Street, B3 3BX

Free | Booking required

HERITAGE FOR ALL AT THE EXCHANGE

Sat 12 Sept | 11am–3pm

The Exchange, 3 Centenary Square, B1 2DR

Free drop-in | Family-friendly

UNLOCKING THE VAULTS

11–19 Sept

The Exchange, Centenary Square

Free exhibition | No booking required

ST GILES CHURCH SHELDON OPEN DAY

Sun 20 Sept

Sheldon, B26 3TT

Free open day

HELPFUL NOTES

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

For more information visit:
www.birminghamheritageweek.co.uk and **www.visitbirmingham.com**

SEPTEMBER 2026

FREE BIRMINGHAM ACTIVITIES

FREE EVENTS FOR EVERYONE!



MORE FREE EVENTS ACROSS BIRMINGHAM

Something for everyone this September

MORE FREE EVENT HIGHLIGHTS

New Hall Water Mill Open Day	13 SEPT	Sutton Coldfield	Visit a working water mill. Free and family-friendly.
Aston Villa Heritage Walking Tour	13 SEPT	Aston	Explore Aston Villa and local heritage.
A Walk Through Time	13 SEPT	Kings Norton	Guided canal/history walk with music and performance.
Sutton Park Archaeology Walk	15 SEPT	Sutton Coldfield	Discover the archaeology of Sutton Park.
Birmingham Cathedral Guided Tour	15 SEPT	City Centre	Tour focusing on the Burne-Jones windows.
Irish Roots of Handsworth	15 SEPT	Handsworth	Walking trail exploring Irish community heritage.
Spaghetti Junction Heritage Walk	15 SEPT	Aston / Perry Barr	Canal walk under Spaghetti Junction.
St Martin's Bell Ringing Chamber Tours	17–19 SEPT	St Martin in the Bull Ring	45-minute tours and bell ringing demonstration (50 spiral steps).

INTERNATIONAL DAY OF BIRMINGHAM

24–25 SEPTEMBER

A city-wide celebration of our communities, culture and diversity with lots of free activities and events.

NEW STREET EATS

24–27 SEPTEMBER

New Street, City Centre

Free entry! Street food, independent traders and artisan market.

Food purchases cost extra.

CITY-WIDE ART TRAIL

26 SEPTEMBER – 4 OCTOBER

A brand new art trail across Birmingham. Explore, discover and be inspired!

Check event websites for latest times and booking information.

Some outdoor events involve walking.

Ask staff for help planning travel.

For full details visit:
www.birminghamheritageweek.co.uk and **www.visitbirmingham.com**

MORE ANIMAL JOKES TO MAKE YOU SMILE OR MOAN!



