



# PERRY BARR EARLY HELP LOCALITY



COMMUNITY CONNECTORS SERVICE PROVIDED BY HANDSWORTH ASSOCIATION OF SCHOOLS AND SPURGEONS

AREAS COVERED - ASTON, BIRCHFIELD, HANDSWORTH, HANDSWORTH WOOD, HOLYHEAD, KINGSTANDING, LOZELLS, OSCOTT AND PERRY BARR

OVERSEEN AND SPONSORED BY BIRMINGHAM CHILDREN'S PARTNERSHIP



# Summer NEWSLETTER

Updates from the Perry Barr Early Help Team 2022



## From the Community Connector Team working across the Perry Barr Locality.

- News
- Family Support
- Health and Wellbeing
- Local to you

All the latest information for families about what is available in the area.

Find out all the freshest news online

[www.haos.org.uk](http://www.haos.org.uk)

Twitter @Handsworthschs

Email: [communityconnector01@handsworth.bham.org.uk](mailto:communityconnector01@handsworth.bham.org.uk)

We help to connect schools and other statutory services with community and voluntary organisations providing services and activities to help make sure families, children and young people get the help they need.

Our Team help to support families to access Early Help. Early Help means taking action to support a child, young person or their family as soon as a problem emerges. This can happen at any stage in a child's life from pre-birth to adulthood, and applies to any problem or need that the family are struggling to deal with on their own.

Handsworth Association of Schools have teamed up with Spurgeons to help deliver this Community Connectors service across the Perry Barr District covering Aston, Birchfield, Handsworth, Handsworth Wood, Holyhead, Kingstanding, Lozells, Oscott and Perry Barr, as part of the Early Help provisions team.

Families who need extra support, help or advice can find our more on our website [www.haos.org.uk](http://www.haos.org.uk), contact our team directly or fill in a Family Connect Form online to get support for a child, young people or a family in need.

**Summer Holiday activities available now!**



[www.bringitonbrum.co.uk](http://www.bringitonbrum.co.uk)

**You could get up to £4.25 a week to help you buy healthy essentials for your family**

To check if you're eligible for Healthy Start, visit: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Additional Food Support

If you are struggling with food insecurity there is help available. The Trussell Trust support a nationwide network of food banks and provide emergency food and support to local people.

To get help with food please visit: [www.trusselltrust.org/get-help](http://www.trusselltrust.org/get-help).

You can also find a directory of Birmingham foodbanks at: [www.findfoodbanksbrum.org.uk](http://www.findfoodbanksbrum.org.uk).

# Perry Barr Locality Children's Centres



**Birmingham forward steps and Spurgeons Childrens Centres** offer a wide range of support for families in the Perry Barr locality offering:

- Family support
- Stay & play sessions
- Infant feeding support
- Training & employment support
- Parenting advice - various programmes
- Speech & language one to one sessions available Book start - reading with your child - one to one support
- Baby massage
- Healthy lifestyle - weaning advice, dental hygiene

Contact numbers: Rookery 0121 752 1840 Lime tree 0121 752 1900



## Sports Fridays

Including Badminton, Table Tennis, Fitness, Walking Football

Fridays 11am - 4pm

@ 610 Community Centre, Kingstanding B44 9SH

To register contact Shantel on 07305 056450.

www.birminghamsettlement.org.uk  
Charity no: 517303

## EHSAAS Project

Perinatal Support for Pakistani Women



This service is for Pakistani women who require help and support accessing services during their pregnancy and beyond. Support is provided and tailored to your needs. Staff and volunteers are culturally sensitive and speak in a range of languages.

If you (or pregnant women that you work with) live in the Perry Barr locality, contact [bfs.ehsaas@spurgeons.org](mailto:bfs.ehsaas@spurgeons.org).

Do you need advice on your entitlement to welfare benefit? Do you have debts & need help managing your money?  
If so, please do not hesitate to seek help, advice and support.  
FREE and confidential advice is available over the telephone from qualified advisors for Birmingham residents.

West & Central Birmingham: Ladywood & Perry Barr  
Birmingham Settlement; Tel: 0121 250 0765.



### Local Food Banks

- **Bham Central Foodbank** Central Ladywood, Soho, Hockley, Newtown and Lozells Birmingham City Church, Parade B1 3QQ Friday 10am-1:30pm [info@birminghamcentral.foodbank.org.uk](mailto:info@birminghamcentral.foodbank.org.uk)
- **Great Barr Foodbank** Great Barr and surrounding St Bernards Church, Broome Avenue B43 5AL Friday 12pm-3pm [info@greatbarr.foodbank.org.uk](mailto:info@greatbarr.foodbank.org.uk) 0121 357 5399
- **Handsworth Birmingham Foodbank** Handsworth and surrounding New Life Wesleyan Church, Milestone Lane, (off Holyhead Road), Handsworth, Birmingham, B21 0LA Thursday 1pm-3pm [info@handsworthbirmingham.foodbank.org.uk](mailto:info@handsworthbirmingham.foodbank.org.uk) 0121 507 0734 or 07483137356
- **Elim Life Church Foodbank**, Kingstanding and surrounding areas 31 Kettlehouse Road, Kingstanding, Birmingham B44 9JH Requests can be made on a Wednesday to: 0121 350 9650 for delivery only of emergency parcels 0121 350 9650 [enquiries@elimlifechurch.co.uk](mailto:enquiries@elimlifechurch.co.uk)
- **As-Suffa Outreach Foodbank** Aston 156 High Street, Aston B6 4UX Collections: Monday from 10am-12pm & Thursday from 2pm-4pm; Deliveries Tuesday after 7pm [info@as-suffa.org](mailto:info@as-suffa.org) Referrals required. Collection and delivery options
- **Villa Cross Soup Kitchen** Lozelles & surrounding New Testament Church of God 240-244 B19 1NP Tuesdays & Wednesdays 12-2pm No contact name - 0121 5541358 - [hello@villacrosssoupkitchen.co.uk](mailto:hello@villacrosssoupkitchen.co.uk)



# Health and Wellbeing

Place2Be is a children's mental health charity offering free resources to families

In partnership with BAFTA Kids and Oak National Academy, Place2Be have created a series of free virtual sessions led by experts and familiar faces across acting, art, content creation, dance and writing.

The "I Express Myself Through..." series sees stars such as Oti Mabuse and Bukky Bakray discuss how they creatively express themselves, and share their tips and advice for children and young people. These videos are aimed at older primary school pupils, and secondary / high school pupils.



Help for any young person who need to talk about their mental health

**MENTAL HEALTH SUPPORT**  
FOR 14 TO 25 YEAR OLDS  
LEARN MORE

**Heal Hub.org.uk**

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Call our helpline 7 days a week (4pm-10pm) 0808 808 2008

How we can help Get involved About us Resources Donate

**FAITH AND CULTURALLY SENSITIVE SUPPORT BY PHONE, LIVE CHAT, WHATSAPP OR EMAIL**

We offer non-judgemental, confidential support 7 days a week, 365 days a year including bank holidays and Eid.

**Need to talk? Muslim Youth Helpline**

**0808 808 2008**  
Call us free 4pm-10pm, Mon-Sun

**Chat with us**  
Talk to us confidentially online

**Email us**  
Drop us an email

Have any questions before you get in touch? You may find your answer here.

## Crisis Helplines

Mental Health Support and Crisis Line (provided by Birmingham Mind and Living Well Consortium for adults in Birmingham) 0121 262 3555, 9am-11pm, 7 days a week

No Panic 0844 967 4848 10am - 10pm

Anxiety UK 0300 304 700 10am - 10pm

Mind (information line) 0300 123 3393 Mon-Fri 9am-6pm

CALM crisis line 0800 585858 5pm - midnight

Papyrus (for under 35s who feel suicidal) 0800 068 4141 Mon-Fri 10am-10pm, weekends 2pm-10pm

PAUSE (offering support for Birmingham's young people aged up to 18 years old)

0207 841 4470 10am- 6pm 7 days a week askbeam@childrenssociety.org.uk

## Domestic Violence Helplines

Where to go for more information and support:

- Women's Aid  
Helpline open 24/7: 0808 200 247  
<https://www.womensaid.org.uk/>
- Victim Support: Supportline  
Phone open 24/7: 0808 1689 111  
<https://www.victimsupport.org.uk/>
- Roshni - supporting BAME communities  
0800 953 9666  
Multilingual domestic abuse helpline 24/7  
<https://www.roshnibirmingham.org.uk/>
- Rape Crisis Helpline  
080 8029 999  
Phone open between 12:00-14:30 and 19:00-21:30 every day
- National LGBT+ Domestic Abuse Helpline  
0800 999 5428  
Phone available Mon-Fri 10:00-17:00, Wed-Thurs 10:00-20:00  
<http://www.galop.org.uk/>
- Independent Domestic Violence Support  
Link: <http://connect/corporate/corporate-clinical-services/safeguarding/Pages/Independent%20Domestic%20Violence%20Advocat.e.aspx>

## Home-Start Birmingham North-West



### What's on



	Time	Where	Group Activity
Monday	12.30-14.00	Kingstanding Leisure Centre Room 3	<b>Baby Yoga (Booking Only)</b> This class is designed to give you gentle exercise alongside your baby and provides a space to learn and practice relaxation techniques. It also involves focused baby time and an opportunity to connect with other caregivers.
Tuesday	09:30-11:15 & 12:00-13:45	Kingstanding Leisure Centre Room 3	<b>Stay &amp; Play sessions.</b> A safe, informative, and stimulating environment which is welcoming and supportive to all. Offering a themed activity each week for children and parents to attend, socialise and have fun.
Wednesday	10:00-11:30	Kingstanding Leisure Centre Room 3	<b>CALM (with creche facility)</b> Our new 'Calm' (Create and Learn Mindfully) sessions offer just this, 90 minutes of crafting and chatting which will take your mind of things for a little while at least. Our aim is for you to have some time just for you to encourage you to feel more positive & relaxed while learning new techniques that you can hopefully recreate at home.
Thursday	09:30-11:30	United Reformed Church, Sutton Coldfield	<b>Stay &amp; Play sessions.</b> A safe, informative, and stimulating environment which is welcoming and supportive to all. Offering a themed activity each week for children and parents to attend, socialise and have fun.
Friday	10.00-11.30 & 12.30-14.00	Kingstanding Leisure Centre Room 3	<b>Infant Massage (Booking Only)</b>  <b>Baby Sensory (One and under)</b> This group is for babies under 1 and provides a safe and exciting space to have some fun whilst developing their senses. Jump into messy play that allows the babies to explore all their bodies. All activities are age appropriate and there will be non-messy activities available too.

Telephone: 0121 323 5181

Email: [info@homestartbnw.org.uk](mailto:info@homestartbnw.org.uk)

Home-Start Birmingham North-West, Kingstanding Leisure Centre, Dulwich Road, Birmingham, B44 0EW

Get fit Make friends Explore the West Midlands Have fun  
Days out Become a more confident and competent cyclist!

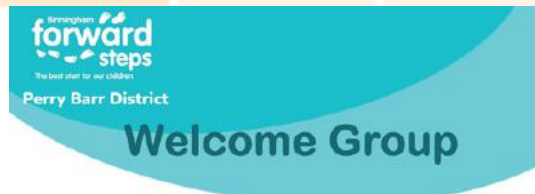
**\*\*Limited spaces for each workshop. Secure your place by emailing [impactforlife046@gmail.com](mailto:impactforlife046@gmail.com)\*\***

**\*\*FEEL FREE TO BRING YOUR OWN BIKE ALONG!\*\*\***

Saturday 23rd July	CYCLING AWARENESS	A fun day at Perry Park and Smoothie Bike fun!
Saturday 30th July	BICYCLE MAINTENANCE	Hamstead Hall Academy

### AUGUST

DATE	TITLE	ACTIVITY
Saturday 6th August	CYCLING AWARENESS	Let's explore Sandwell Valley Park!
Wednesday 10th August	DAY TRIP	A day trip to the Peak District National Park!
Monday 15th August	BICYCLE MAINTENANCE	A fun day at Cannon Hill Park
Tuesday 16th August	CYCLING AWARENESS	Hamstead Hall Academy
Wednesday 31st August	DAY TRIP	A day trip to BikePark Wales!



A fun and friendly introduction to services available at your local Children's Centre  
Every Tuesday from 9.30am - 11.30am at  
Lime Tree Children's Centre, Heathfield Road, B19 1HJ

**fierce Yale**

Birmingham 2022 Festival presents

# Key to the City

by Paul Ramirez Jonas  
Produced by Fierce  
Proudly sponsored by Yale

Get your key at Birmingham New Street Station from 28 May

This summer, be one of the thousands of Brummies to award someone the Key to the City - a ceremonial honour, but also a physical Yale key that will enable the recipient to explore private and intriguing places and spaces around the city that they might not have happened on before.

28 May - 7 August

[www.wearefierce.org](http://www.wearefierce.org)

Access to your free local services

## All Are Welcome

Children under 5 are welcome.

Information on our wide range of services and activities will be provided when you attend.

A fantastic opportunity for you to come and learn about your centre.

For more information please contact:  
0121 752 1900 / 0121 752 1840

spurgeons children's centre

Headline Sponsor

# FESTIVAL OF APPRENTICESHIPS

Powered by Pathway Group

**BIRMINGHAM**  
FRIDAY 8TH JULY - MILLENNIUM POINT

Supported by: BT, Travis Perkins, BBC, SEVERN-TRENT, multiverse, BMet, Pearson, iXion, Juniper, MACE, midland heart, Farnley Group, NCFE, marston holdings, NCFE, LEADERSHIP, accenture, apprenticeship works, Aston University

**If you are worried that a child is being harmed:** -Children's Advice and Support Service Birmingham

Monday to Thursday: 8:45am to 5:15pm Friday: 8:45am to 4:15pm Telephone: 0121 303 1888

Emergency out-of-hours Telephone: 0121 675 4806