

May Early Help Newsletter



Northfield Community Partnership is working with Birmingham Children's Partnership to support all families with children age 0-18 in our constituency.

Phone: 07516918133 Mon-Fri

Email:

northfieldfamilies@northfieldcommunity.org

Website: www.northfieldcommunity.org

Family Connect Referral Forms - [Click Here](#)

Route2Wellbeing Directory - [Click Here](#)



Northfield Families -
Northfield Community
Partnership



northfieldfamilies



@NorthfieldEH



NORTHFIELD
Community Partnership

English

ASYLUM, REFUGEE AND MIGRANT

Family Support Event

Tuesday 14th May

9:30am - 12:30pm

West Heath Community Centre

Hampstead House, Condover Road B31 3QY

- English language support
- Integration
- Employment and education
- Befriending
- Emotional support
- Financial support



REP Refugee
Employability
Programme



RESTORE

Birmingham
Adult
Education
Service



Centrala

ESOL HUB
Birmingham

northfield
families

ROSHNI

and more...

Translated posters available - email for more information



Arabic

ASYLUM, REFUGEE AND MIGRANT

Family Support Event
حدث دعم الأسرة

Tuesday 14th May / الثلاثاء 14 مايو
9:30am - 12:30pm

West Heath Community Centre
Hampstead House, Condover Road B31 3QY

- دعم اللغة الإنجليزية
- التكامل
- الدعم المالي
- صداقة
- الدعم العاطفي
- العمالة والتعليم



Kurdish

ASYLUM, REFUGEE AND MIGRANT

Family Support Event
Bûyera Piştgiyriya Malbatê

Tuesday 14th May / Sêşem 14 Gulan
9:30am - 12:30pm

West Heath Community Centre
Hampstead House, Condover Road B31 3QY

- Piştgiyriya zimanê Îngilîzî
- Hevaltî kirin
- Piştgiyriya hestyarî
- Piştgiyriya darayî
- Pêxistinî
- Kar û perwerde



Tigrinya

ASYLUM, REFUGEE AND MIGRANT

Family Support Event
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Tuesday 14th May / ሰሉስ 14 ግንቦት::
9:30am - 12:30pm

West Heath Community Centre
Hampstead House, Condover Road B31 3QY

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- ስምዒታዊ ደገፍ
- ገንዘባዊ ደገፍ
- ናይ እንግሊዝኛ ቋንቋ ደገፍ
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- ስራሕን ትምህርትን



Polish

ASYLUM, REFUGEE AND MIGRANT

Family Support Event
Wydarzenie wspierające rodzinę

Tuesday 14th May / wtorek 14 maja
9:30am - 12:30pm

West Heath Community Centre
Hampstead House, Condover Road B31 3QY

- Wsparcie w języku angielskim
- Zaprzyjaźnianie się
- Wsparcie emocjonalne
- Wsparcie finansowe
- Integracja
- Zatrudnienie i edukacja





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



Weoley Castle Library Coffee Morning

Come along for a cuppa and a chat

Free refreshments

Board games

Magazine swap

Puzzle swap

Every Tuesday

10.30am-12.00pm

Start date

2nd April



All are
Welcome

Coffee Morning

St Chad's Rubery
Saturday 20th April
10am - 12pm

Table top sale, homemade cakes
(GF and vegan available)
and live music from Carlie Davies!

St Chad's Church
New Road
Rubery
B45 9JA



It's okay...
to speak to someone

NORTHFIELD TALKING SPACE

Thursday-Sunday, 5pm to 11pm
Creative Support, 888 Bristol Road South,
Northfield, B31 2NS
Appointment needed: call 0121 262 3555



Bereavement Support Group

For anyone recently bereaved
or working through the death
of someone a long time ago

A **safe place to talk** with others who
have their own experience of
bereavement – where we can **talk** with
others who will **listen well** because they
understand what it feels like.

Meet in Church
Wednesdays
10.30 – 12noon

For more details, talk to Nicky
Email ministers@northfieldbaptist.org.uk
07473388150



Meet and Chat for people with Multiple Sclerosis

What & When

Come join us for a friendly cuppa & chat. The last Tuesday of the month (first meet up is Tuesday 30th April) at 11 a.m.

Where

Starbucks, Northfield, Sir Herbert Austin Way, B31 5AA



Contact 07734 777054 for further information

MS Helpline: 0808 800 8000 (Freephone)

helpline@mssociety.org.uk - www.mssociety.org.uk Multiple Sclerosis Society. Registered charity nos 1139257 / SC041990. Registered as a limited company in England and Wales 07451571



THE REAL SEND SUPPORT GROUP

AT SOL BISTRO, COTTERIDGE!

REAL FACE TO FACE SUPPORT FOR ALL YOUR SEND SUPPORT NEEDS. COMPLETELY FREE FACE TO FACE SUPPORT OR OVER ZOOM.

BROUGHT TO YOU BY SARAH MCCARRON AND SOL BISTRO

EMAIL US AT SENDFACETOFACE@GMAIL.COM

JOIN OUR FACEBOOK GROUP AND FOLLOW OUR INSTAGRAM FOR ALL UP TO DATE INFORMATION REGARDING OUR GROUP MEET UPS!

WE'RE HERE!



Introduction to ESOL FREE Workshop



Wednesdays



Frankley Library



10:00 - 12:00

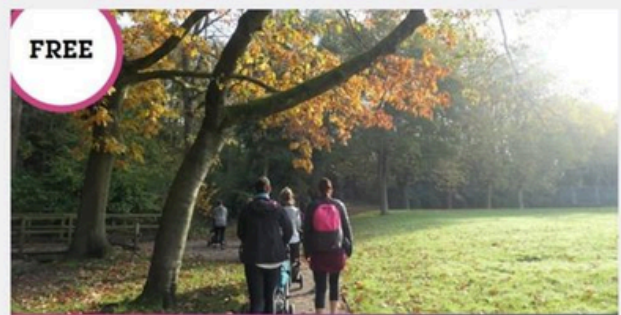
For more information speak to Frankley Library

0121 464 7676

(Monday, Wednesday, Friday)

Frankley.library@birmingham.gov.uk

Community Learning inspires



FREE

Green Fit Baby

A great activity for mums with babies/toddlers in pushchairs. Involves walking and postpartum strength exercises including core strengthening. Improves your mental and physical wellbeing whilst meeting new people and getting some fresh air with your little one. Followed by a Cuppa and Social at Holloway Hall.



Tuesday 10.00am-11.30am

Holloway Hall
Holloway
Ley Hill
B31 1TT

Thursday 1pm-2pm

Woodgate Valley
Bartley Green
Birmingham
B32 3DS



For more info contact: Sarah 07913 773 379

Find more FREE activities at: www.theaws.co.uk/our-activities/ or search 'The Active Wellbeing Society'





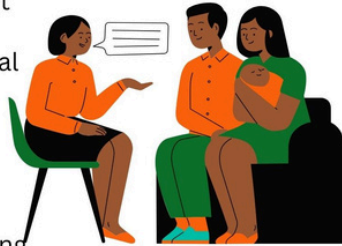
Early Help Drop In Session at **Deelands Hall**

Every Monday 11:30-13:30

Deelands Road. Rubery. Rednal. B45 9RR.

Come and have a chat with one of the Northfield Families community connectors

- Information about what we do and how we can support your family.
- Support to fill in our referral form.
- Information about local resources and activities.
- SEND & Under 5's information.
- Financial, food bank, housing and family support information.



Northfield Early Help Line:
07516918133

Birmingham
Children's Partnership



Early Help Drop-In Sessions

Rubery and Weoley Castle

The Northfield and Kings Norton drop ins will finish WC 10th May



Selly Oak
Families

Early Help Drop In Session at **Weoley Castle Community Church**

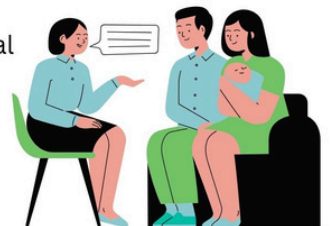
Last Friday of every month

10:30am-12:00pm

115 Quarry Rd, Birmingham B29 5LE

Come and have a chat with one of the Northfield or Selly Oak Families community connectors

- Information about what we do and how we can support your family.
- Support to fill in our referral form.
- Information about local resources and activities.
- SEND & Under 5's information.
- Financial, food bank, housing and family support information.



Northfield Early Help Line:
07516918133

Birmingham
Children's Partnership





When things feel overwhelming...

- When things feel overwhelming **at home**
- When things feel overwhelming **at school**
- When things feel overwhelming **at college**
- When things feel overwhelming **at uni**
- When things feel overwhelming **at work**

Reach out to us.

kooth.com



Worried about your child's wellbeing?

Whatever your child is struggling with, they can access **free** and **safe** mental wellbeing support, today.

kooth.com



Whenever you're feeling...

Reach out to us.

kooth.com



Children Centres Timetable

Where?

Wychall Children's Centre - Staple Lodge Road, B31 3ER
 Frankley Plus Children's Centre - 131 New Street, B45 0EU

Group Information

- Antenatal Breastfeeding Support** - Advice and support to get your breastfeeding journey off to the best start.
- Antenatal Solihull Approach** - An advice and guidance group for expecting parents.
- Baby Massage** - Massage course for babies aged 0-6 Months.
- Busy Babies** - Activities that will stimulate your baby's cognitive and language development.
- Breastfeeding Lounge** - A comfortable drop-in group for advice and support with breastfeeding.
- HENRY - Healthy Families: Right from the Start** - A healthy lifestyle course aiming to create long term life changes for families.
- KIDS** - A stay and play session for children with additional needs facilitated by KIDS West Midlands.
- Little Talkers** - Language and communication stay and play style group for children aged 2+.
- Promoting Happier Parenting** - A parenting course offering advice and guidance.
- Rhythm & Rhyme** - Music and song time to support with early language development.
- Stay & Play** - Activity group for children aged 0-5 years.
- Step by Step** - A stay and play session for children with additional needs.
- Wellbeing Workshop** - Workshops aimed at promoting positive emotional wellbeing.



Like our Facebook page for updates and information - scan the QR Code or search: 'Northfield District Birmingham Forward Steps'.

Timetable of Activities

Northfield District Children's Centres
 Monday 8th April - Friday 24th May 2024
 Kings Norton, Longbridge, Northfield and Weoley Castle
 Frankley Plus Children's Centre: 0121 453 3515
 Wychall Children's Centre: 0121 433 4130



Northfield District Children's Centres: Timetable of Activities 8th April - 24th May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Antenatal Breastfeeding Support (Once a month) 10:00-11:30am Wychall Children's Centre <i>Booking essential</i>		KIDS - SEND Group 10:00-11:30am Frankley Plus Children's Centre By referral only Please call KIDS on 0121 362 4580 for more information.	Wellbeing Workshop 10:00-11:00am Frankley Plus Children's Centre By referral only	Busy Babies (6 Months-16 months) 10:00-11:30am Frankley Plus Children's Centre
Healthy Start Vitamins are available from our centres for children under 4 years old and Pregnant people from the start of their pregnancy up until their child is 12 months old.	Rhythm & Rhyme Time (0-2 Years) 10:00-11:00am Wychall Children's Centre	Antenatal Solihull Approach 10:00-11:30am or Virtual at 7:00-8:30pm Frankley Plus Children's Centre Contact Becki on 0121 453 3515 for further details.	Breastfeeding Lounge 11:00am-12:00pm Virtual Contact Becki on 0121 453 3515 for further details.	
Baby Massage (0-6 Months) 10:00-11:00am Wychall Children's Centre <i>Booking essential</i> £5 per course - payable on the first week.	"How much is it to come to a group?" All groups are free of charge unless stated otherwise.	Stay & Play (Birth-5 Years) 10:00-11:30am Wychall Children's Centre	Childcare Choices You may be eligible for 15 and 30 hours childcare support, find out what support you might get at: www.childcarechoices.gov.uk	Breastfeeding lounge 1:00-2:00pm Frankley Plus Children's Centre
	Antenatal Solihull Approach 10:00-11:30am Virtual Contact Becki on 0121 453 3515 for further details.	Family Support phone drop-in Between 9am and 5pm Monday - Friday 0121 453 3515	Busy Babies (6 Months-16 Months) 1:00-2:30pm Wychall Children's Centre	
Promoting Happier Parenting 1:00-2:30pm Frankley Plus Children's Centre <i>Booking essential</i> Starting 15 th April 2024		HENRY - Healthy Families: Right from the Start 1:00-2:30pm Virtual Contact Ruth on 0121 453 3515 for further details.	Would you like to volunteer within our groups? If the answer is yes, then please contact Michele on 0121 453 3515 for more information.	
Breastfeeding Lounge 1:30-2:30pm Wychall Children's Centre	Breastfeeding Lounge 1:30-2:30pm Virtual Contact Becki on 0121 453 3515 for further details.	Little Talkers (2 Years +) 1:00-2:00pm Frankley Plus Children's Centre By referral only	Step by Step 1:00pm-2:30pm Frankley Plus Children's Centre By referral only	"Do I need to book to come to a group?" Groups do not require booking unless stated otherwise.

Stay and plays

BARNARD'S

Join us for our Stay and Play for children with SEND needs starting **Thursday 11th April 2024.**



Our group 'Step by Step' runs on **Thursdays 13:00-14:30pm** at Frankley Plus Children's Centre for children aged 18months-5 years. This is a stay and play group for children with additional needs or where emerging SEND needs are identified or awaiting a referral to a health specialist. Advice and support will be available within this group from professionals to support parents.



This group is by referral only so please call the centre to self-refer your child into the Step by Step group. A member of our team will then call you to invite you into the group.

Frankley Plus Children's Centre: 0121 453 3515

Where: 131 New Street, B45 0EU

When: Every Thursday 13.00-14.30pm (term time only)

What's on offer:

- Activities providing sensory exploration.
- An exciting and engaging sensory room.
- A chance to meet other parents alike.
- Opportunities for new experiences for your child.



Birmingham forward steps
The best start for our children



Little Sunshines Stay and Play

Meeting at:
Allens Cross Community Association,
24 Tinkers Farm Road, Northfield, B31 1RH

Free car park, 10 min walk from Sainsbury's, Northfield, close to bus route 18, 27 and 61

Monday, Wednesday and Friday

9.30am to 11.30am

Term time only

Ages: Birth to 5

£2.50 per child



Arts and crafts
Messy play
Outdoor play area

Snacks and drinks for children and adults

Forest School Fridays
Term time only from 11.30am
50p per child



SCAN ME

Contact us for more information:

LittleSunshinesAllensCross

Email: little_sunshines29@gmail.com

tinytalk

Baby Signing
Toddler Talking

TinyTalk SouthWest Birmingham & N. Worcs

Monday	Thursday	Thursday	Friday
Holloway Hall B31 1TT BABIES 10.00am	Allens Cross Comm. Centre B31 1RH TODDLERS 9.45am BABIES 11.10am	Northfield Baptist Church B31 2NQ BABIES 1.30pm	Bourville Social Club B30 2DN BABIES 10:00am TODDLERS 11.30am

TODDLERS:
Approx 18m - Preschool

BABIES:
Birth -24 months

Newborns
Birth -12 weeks

Join in the fun - book now!

julieh@tinytalk.co.uk 07930 545789

Birmingham forward steps
The best start for our children

Holloway Hall Stay and Play

Every Wednesday 9:30am – 11:00am

Term time only

Completely free and no booking required

Location:

Holloway hall, Barley Green, Birmingham, B31 1TT

Believe in children
Barnardo's



Let's explore and learn new words together...

Baby and Toddler Group (0-2years)

Tuesday's 1.00-2.30pm

Weekly stay and Play

At (term time only)

The Hub
Somerford Road,
Weoley Castle.
B29 5LB



To book your Free place!

Call us: 07510005044



Let's explore and learn new words together...

Talking and Playing Group (2-4years)

Thursday's 1.00-2.30pm

Weekly stay and Play

At (term time only)

The Hub
Somerford Road,
Weoley Castle.
B29 5LB



To book your Free place!

Call us: 07510005044



Free to attend

Our community Stay&Play runs every Friday 10 am- 12 pm during term time, with a wide variety of activities, toys and fun events. We have fun for all!



Hawkesley Community Centre, 51 Edgewood Road, B38 9RN

Stay and play at Hawkesley Community Centre



Activities and Events



Love to sing?

Why not join R Community Choir?



TUESDAYS: R COMMUNITY CHOIRS

<p>SOUTH LOCATION 5:30 - 6:30 PM</p> <p>St Gabriel's Centre 83A Marston Road Weoley Castle Birmingham B29 5LS</p>	<p>NORTH LOCATION 7:45 - 8:45 PM</p> <p>St John the Evangelist 68-82 Church Road Perry Barr Birmingham B42 2LB</p>
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Fun, free, no auditions and cake!

letsingbrum@gmail.com 07810 765957

West Heath Community Centre

FREE ENTRY

CRAFT TABLES AVAILABLE TO BOOK £12



SUMMER FETE

and Craft Fair

SATURDAY 8TH JUNE 2024

Hampstead House,
Condover Road, West Heath.
B31 3QY

12.00 PM - 4.00 PM

SUMMER RAFFLE * ADULT & CHILDRENS TOMBOLA * CRAFT STALLS * GAMES * PLANTS * WEST HEATH COMMUNITY CHOIR * BBQ * CANDY FLOSS * CREAM TEAS and much more

Other entertainment to be announced nearer the time

BRING ALONG YOUR FRIENDS AND FAMILY FOR A FUN DAY OUT

0121 475 2833
(You can leave a message on the answer phone)
email - office@westheathcommunitycentre.co.uk
www.facebook.com/WestHeathCommunityCentre
Website - www.westheathcommunity.co.uk

West Heath Community Association: Registered Charity No. 1124993

TUESDAY & THURSDAY FOOTBALL

HAWKESLEY COMMUNITY CENTRE

COACHING SESSIONS BY ALVECHURCH FOOTBALL CLUB

FOR YOUNG PEOPLE AGED 10-16 YEARS OLD

Thursday's 4pm to 5pm
STARTS APRIL 11TH

Tuesday's 5:15pm to 6:15pm
COMING SOON APRIL 23RD

FOR MORE INFORMATION CONTACT DEAN ON 07928-506187

3 ESTATES YOUTH PROJECT

BIRMINGHAM YOUTH SERVICE

AFC



BOXING SESSIONS

FREE ENTRY

BOXING AT DEELANDS EVERY THURSDAY

<p>SESSION 1</p> <p>FOR CHILDREN AGED 5-10</p> <p>4PM-5PM</p>	<p>SESSION 2</p> <p>FOR CHILDREN AGED 11-16</p> <p>5PM-6PM</p>
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Admission free boxing provided by Birmingham Community Boxing sponsored by Trident Group, Clifton Futures and InUnity!

DEELANDS COMMUNITY HALL
RUBERY B45 9RR

SEND Therapy Team

Early Years

What we offer...

Speech and Language Therapy Support

Occupational Therapy Support

Online Resources

Speech and Language
Occupational Therapy

Supporting Stay and Plays

Attend Area SENCo Surgeries

Training for Early Years Staff

SENCo and Parent Advice Meetings

Family Webinars



Scan the QR codes or visit www.localofferbirmingham.co.uk
to access online resources and useful websites



Email us for more information: bchc.sendtherapy@nhs.net



Best Care
Healthy Communities

Training, Jobs & Volunteering

Looking for a volunteer opportunity?

Help us tackle food poverty by volunteering at Northfield food pantry.



We're looking for volunteers who can spare a few hours a week on a Thursday. Duties include welcoming members and serving refreshments. Reasonable expenses covered.



We're looking for new people to join our amazing team of volunteers at Northfield Community Pantry, which takes place 10am-2pm on Thursdays! ❤️

Not only will you be helping tackle food poverty but gain access to training and personal development opportunities. Reasonable expenses are covered.

Get in touch with August on august@northfieldcommunity.org to ask for further details, or request a volunteer application pack.

Become a Bridge Builder...

Good listener? Passionate about combating loneliness and isolation? Open to making a new friend?

Please email owen@northfieldcommunity.org or call/message 07943 960106 to start your befriending journey. Training and ongoing support provided.



Bridge Builders



NORTHFIELD
Community Partnership

www.northfieldcommunity.org
www.facebook.com/NorthfieldPship

Friendship, hope, compassion...

Could you make friends with an isolated young adult and help them build a bridge back into the community?

The pandemic left many local younger adults socially isolated and lacking in confidence to go out, be a part of the community and live a full life.

We believe one-to-one befriending can help people grow in confidence, recover and take positive steps forward. We offer this to adults aged 18-49 in the Northfield area.



Bridge Builders



NORTHFIELD
Community Partnership

www.northfieldcommunity.org
www.facebook.com/NorthfieldPship



Click the link below to see all job vacancies advertised by BVSC.

<https://www.bvsc.org/bvsc-charity-jobs-wm>

Contact/Staff Update

Early Help Community Connector
Madi will be leaving the team this
month.

Please send any future enquiries
to Community Connector Cai
caitlin@northfieldcommunity.org
or the Northfield Early Help
manager

liz@northfieldcommunity.org

