



# WEST DISTRICT

## **What's ON Newsletter for Perry Barr & Ladywood – July 2025 Edition**

With the school holidays just beginning, it's the perfect time to discover what's happening in your local area. We've put together a helpful guide for families across the West District this summer. Inside, you'll find a wide range of activities and events for children and young people of all ages, along with useful information about local food provision, Under 5's activities, creative sessions, and support for children with SEND.

You'll also find details on how to access Early Help support if you need advice, guidance, or extra help over the school holidays. We hope this guide helps you and your family enjoy a fun, safe, and supported summer break.

**DON'T MISS OUT  
ON ALL THE FUN!**

**ACTIVITIES, FOOD,  
MUSIC,  
ENTERTAINMENT &  
GAMES!**

**JOIN US IN  
CELEBRATING!**

**FREE EVENT!**

**LOCAL CHILDREN  
CENTRE'S & FAMILY  
HUBS**

### Content

- Local Activities & Events
- Food Provision
- Cost of living support
- SEND-Friendly Services
- Under 5s Activities
- Family Support & Resources
- Early Help Support

# Activities, Events & Community Providers



**BARNARD'S**  
Changing childhoods.  
Changing lives.

**Birmingham forward steps**  
The best start for our children

## Summer FUN DAY

**Come and join us!**  
**Free event**  
**Games, art and craft activities, snack and more**

**For more information call the centres below.**

<b>Monday 28<sup>th</sup> July,</b> <b>10:30-1:30pm</b> <b>Bertram Children centre</b>  6 Bertram Road, Small Heath, B10 9QP <b>0121 766 7774</b>	<b>Tuesday 5<sup>th</sup> August,</b> <b>10:30-1:30pm,</b> <b>St Thomas Children centre</b>  The St. Thomas Centre/Bell Barn Rd, Birmingham B15 2AF <b>0121 454 6633</b>	<b>Wednesday 13<sup>th</sup> August</b> <b>10:30-1:30pm,</b> <b>Soho Children centre</b>  21 Louise Road, Handsworth, B21 0RY, <b>0121 551 9020</b>	<b>Thursday 21<sup>st</sup> August</b> <b>10:30-1:30pm,</b> <b>Ladywood Children centre</b>  9 Plough and Harrow Rd, Birmingham B16 8UR <b>0121 454 6633</b>
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Fun, Games, and Family Vibes! Don't miss our Summer Fun Day at the Children's Centre's

Games, art's & craft activities, snacks and much more...

Free event, fun-filled day – bring the whole family!

For more information call the centers on flyer

**SOHO CHILDREN CENTRE & FAMILY HUBS**  
 21 Louise Road,  
 Handsworth B21 oRY



**Changing childhoods.  
Changing lives.**

**Summer Timetable**  
**Perry Barr Family Hub**  
21/07/25 – 25/07/25

**Rookery Children's Centre**  
60 Mount Pleasant Avenue, Off  
Rookery Road, B21 9QA  
Opening Hours: 9am – 5pm  
TEL: 0121 752 1900

**Limetree Children's Centre**  
Heathfield Road, Located in  
Mayfield School Car Park,  
B19 1HJ  
Opening Hours: 9am – 5pm  
TEL: 0121 752 1900

**Lozells Methodist Church and  
Community Centre**  
Entrance–Lozells Street  
163 Gerrard St, Lozells,  
Birmingham B19 2AH

best start for life | Spurgeons | FamilyHubs

**Summer Timetable**  
**Perry Barr Family Hub**  
21/07/25 – 25/07/25

Monday	Tuesday	Wednesday	Friday
<b>Ready Steady Reception</b> 9:30–11am *For children starting school September 2025* Rookery	<b>Afternoon Brunch</b> Free Brunch 12:00–1:00pm Lozells Methodist Church	<b>Ready Steady Reception</b> 9:30–11am *For children starting school September 2025* Limetree	<b>Play and Learn</b> 0–8 9:30–11am Rookery
<b>The Breastfeeding Network</b> 10:00–11:30pm Infant Feeding Peer Support Group Rookery	<b>Play and Learn</b> 0–8 1:00–2:30pm Lozells Methodist Church		

best start for life | Spurgeons | FamilyHubs

**Summer Timetable**  
**Perry Barr Family Hub**  
28/07/25 – 01/08/25

Monday	Tuesday	Wednesday
<b>Ready Steady Reception</b> 1:00–2:30pm *For children starting school September 2025* Rookery	<b>Afternoon Brunch</b> Free Brunch 12:00–1:00pm Lozells Methodist Church	<b>Ready Steady Reception</b> 9:30–11am *For children starting school September 2025* Limetree
<b>The Breastfeeding Network</b> 10:00–11:30pm Infant Feeding Peer Support Group Rookery	<b>Play and Learn</b> 0–8 1:00–2:30pm Lozells Methodist Church	

best start for life | Spurgeons | FamilyHubs

**Summer Timetable**  
**Perry Barr Family Hub**  
04/08/25 – 08/08/25

Monday	Tuesday	Wednesday	Friday
<b>Ready Steady Reception</b> 1:00–2:30pm *For children starting school September 2025* Rookery	<b>Afternoon Brunch</b> Free Brunch 12:00–1:00pm Lozells Methodist Church	<b>Ready Steady Reception</b> 9:30–11am *For children starting school September 2025* Limetree	<b>Play and Learn</b> 0–8 9:30–11am Rookery
<b>The Breastfeeding Network</b> 10:00–11:30pm Infant Feeding Peer Support Group Rookery	<b>Play and Learn</b> 0–8 1:00–2:30pm Lozells Methodist Church		

best start for life | Spurgeons | FamilyHubs

Looking for fun, free activities to keep your little ones happy and active this summer? Our **Rookery Children's Centre Summer Timetable** is packed with exciting sessions for babies, toddlers, and families.

Join us for a mix of **Stay & Play, Messy Play, Storytime**, and more – all designed to support your child's learning and development in a fun and welcoming environment.

All activities are local and led by friendly staff. Some sessions may need booking, so check the timetable for full details.





# FAMILY FUN DAY

Join Aston Villa Foundation, Birmingham Family Hubs and Partner Organisations, for a Free Family Fun Day for those living in Temporary Accommodation in Birmingham.

**THURSDAY  
24TH JULY  
2025  
11AM-3PM**

Scan QR code to book onto Event Today.

- ✓ Fun Games, Crafts and Activities for all ages.
- ✓ Refreshments.
- ✓ Information and support for local families.
- ✓ Help shape your local family community future activities and services.




## Family Fun Day – Birmingham Settlement Sports & Community Centre

Thursday 21<sup>st</sup> August 2025 -10am – 4pm



# FAMILY FUN DAY!

At Birmingham Settlement Sports & Community Centre

**THURSDAY  
21 AUG  
10AM TO 4PM**

**ACTIVITIES:**

- Sports & Games
- Arts & Crafts
- Community Stalls
- Bouncy Castle
- And so much more - come down & enjoy!!!

**FREE ENTRY!**

Sports & Community Centre, 600 Kingstanding Road, Birmingham, B44 9SH

sportsandcommunity@bsettlement.org.uk

Registered charity no 517303 www.birminghamsettlement.org.uk



## Family Fun Day – Free Event

Families living in temporary accommodation are invited to a fun-filled day with the Aston Villa Foundation, Family Hubs, and partners.

Thursday 24<sup>th</sup> July 2025

11am – 3pm

Free activities, games & support!



## WELCOME TO BUILDING BLOCKS FUN DAY

**Saturday 23<sup>rd</sup> August  
at cherry orchard  
school car park  
B20 2LB  
Time: 10 -2 pm**

**Building Blocks Nursery**

Please feel free to spread the word and if you would like a stall to contact us on 0121 523 0999 for further information

**Activities**

- Face painting
- Bouncy castle
- Food/cake stalls
- Lucky dip
- and many more !



## Building Blocks Day Nursery – Fun Day

Join us for a fantastic family fun day with games, activities, and more! All are welcome.

Saturday 23<sup>rd</sup> August 2025

10am – 2pm

Free event for the whole family!





Our SOS Playscheme is **BACK!** Join us for 3 weeks of excitement and fun!

The **Handsworth Association of Schools (HAS)** is once again running its much-loved **SOS Playschemes**, giving children the chance to enjoy a fun-packed summer full of games, creativity, and learning through play.

Running across multiple school sites, these playschemes are ideal for working parents or anyone looking to give their child a positive, active experience during the holidays. Friendly, trained staff deliver a wide range of exciting activities in a safe, inclusive setting.

*To find your local SOS Playscheme and learn how to sign up, contact the HAS team or visit their website for details.*

HANDSWORTH ASSOCIATION OF SCHOOLS  
PRESENT

# KIDS – SOS PLAYSCHEME

**FREE!**  
SPACES  
Breakfast and Lunch Provided  
Free for Free School Meal Children  
Non – Free School Meal Children – £5 Per Day  
Family Discount Available

**Camp**

FOR BOYS & GIRLS 5–16 YEARS OLD

**Week 1**  
28<sup>th</sup> – 31<sup>st</sup>

**Week 2**  
4<sup>th</sup> – 7<sup>th</sup>

**Week 3**  
11<sup>th</sup> – 14<sup>th</sup>

**28<sup>th</sup> July – 14<sup>th</sup> August**  
Located at 5 Sites

**Activities**

- ✓ Sports Day
- ✓ Party Day
- ✓ Arts and Crafts
- ✓ Safari Park Trip
- ✓ Ackers Adventure Trip
- ✓ Toca Social Trip

**Registration At**

**Registration Link**  
bringitonbrum.coordinate.cloud/

**Contact Us**

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

01214647770

Venue	Dates	Days/Times	Year Groups
St James C of E School Sandwell Road B21 8NH	28 <sup>th</sup> July – 7 <sup>th</sup> Aug 2025	Mon – Thurs 09:30–14.00	Yr 1 – Yr 6 Ages 5 – 11
Welford Primary School Welford Rd B20 2BL	28 <sup>th</sup> July – 7 <sup>th</sup> Aug 2025	Mon – Thurs 09:30–14.00	Yr 1 – Yr 6 Ages 5 – 11
Cherry Orchard Primary Cherry Orchard Road B20 2LB	28 <sup>th</sup> July – 14 <sup>th</sup> Aug 2025	Mon – Thurs 09:30–14.00	Yr 1 – Yr 6 Ages 5 – 11
St Clare's Catholic Primary School 22 Robert Rd, B20 3RT	28 <sup>th</sup> July – 14 <sup>th</sup> Aug 2025	Mon – Thurs 09:30–14.00	Yr 1 – Yr 6 Ages 5 – 11
Laurel Road Community Sports Centre Laurel Rd, Handsworth, Birmingham B21 9PB	28 <sup>th</sup> July – 14 <sup>th</sup> Aug 2025	Mon – Thurs 09:30–14.00	Yr 4– Yr 10 SECONDAR Y & Primary aged pupils

MUST BOOK  
& PAY  
IN ADVANCE!!BCG  
KIDS CLUB

## SUMMER HOLIDAYS 2025

For Kids (Ages 6-11)

A fun-filled, enriching experience designed especially for your children. Each day is packed with exciting games, hands-on crafts, outdoor adventures, and themed activities — all led by friendly, experienced mentors who ensure every child feels included, safe, and engaged.

★ No parent attendance required  
Just drop off, and we'll take care of the rest!

🍎 Breakfast & Lunch included  
🎨 Perfect blend of fun and learning

## TUES &amp; WEDS

JULY 29<sup>TH</sup> & 30<sup>TH</sup>  
AUGUST 5<sup>TH</sup> & 6<sup>TH</sup>  
12<sup>TH</sup> & 13<sup>TH</sup> | 19<sup>TH</sup> & 20<sup>TH</sup>  
10AM - 2PM

£6.50

PER DAY, PER CHILD



SPORTS | FUN GAMES | ARTS & CRAFTS |  
MOVIE AFTERNOONS  
AND MUCH MORE!

For more info,  
to book & pay call:  
Donna 07508389270

BCG Community Hub  
Unit 6, Magreel  
Industrial Estate  
B16 0QZ

**FREE Summer Fun for Families in Birmingham!**

Join Home-Start Birmingham Central & South-West for exciting events this summer! From buggy walks to park picnics and play sessions for under 5s — there's something for everyone!

Various locations across Birmingham & Smethwick

14 July–August

Book your space: 07517357198 / 07541 158369

HOME  
STARTBCG  
Birmingham Care Group**Affordable Summer Fun for Kids aged 6-11yrs!**

Our much-loved Kids Club is back—packed with exciting, hands-on activities that will spark creativity and keep everyone entertained!

Every Tuesday and Wednesday starting July 29th -  
Aug 20th, 10am - 2pm.

Parent attendance is not required (go grab a cup of tea in Rick's Cafe, have a massage, visit a friend... go to work (not as much fun!))

✏ Spaces are limited — advance booking and payment required! 📄

🚫 Walk-ins not permitted.

Centre for  
Warmth

Cadent

HOME  
STARTBirmingham Central  
and South-West**Home-Start Summer Events****Warm Space (Under 5's)**

Tuesday 22<sup>nd</sup> July & Tuesday 26<sup>th</sup> August

CIBA Building, 146 Hagley Road, B16 9NX (next to the Garden Room)

**Buggy Walk\***

Wednesday 30<sup>th</sup> July &  
Tuesday 19<sup>th</sup> August



Meet at Ladywood Children's Centre at 1pm, we will leave at 1:15pm to walk to Chamberlain Gardens park.

\*All ages welcome

**Picnic in the Park  
(All ages welcome)**

Wednesday 13<sup>th</sup> August  
11:30am-1:30pm  
Lightwoods Park,  
Adkins Lane,  
Smethwick, B67 5DP

**Group at Ladywood  
Children's Centre  
(Under 5s)**

Wednesday 6<sup>th</sup> August  
1-2pm  
Ladywood Children's Centre  
Plough and Harrow Road, B16  
8UR

Please book your space by contacting Ria  
07517357198/ Janine 07541 158369



## Bring It On Brum! – Free Holiday Clubs for Kids




Looking for fun, safe and active ways to keep the kids busy this summer? **Bring It On Brum!** offers **fully funded holiday clubs** across Birmingham for children and young people aged **4 to 16**.

These clubs provide a mix of activities, enrichment, and healthy meals – all **completely free** for eligible families.

Spaces fill fast – check out the **Bring It On Brum** website to find a club near you and book your place today!

### HOW TO BOOK



**GET YOUR CODE**

- 1 Get your BIOB code from your child's school.  
If you haven't received your code, but believe you are eligible for the programme, please contact your child's school.

**CHOOSE YOUR CLUBS**

- 2 Go to [bringitonbrum.co.uk](http://bringitonbrum.co.uk) and click **BOOK NOW**
- 3 Enter your criteria E.g Location, participant age, date and click **SEARCH**  
To view the session details click **MORE INFORMATION**
- 4 Once you've found a holiday club you like, click 'BOOK NOW' and choose a date and time that works for you.
- 5 Enter your child's details- you can add more than once child.  
You may need to add 'Supplementary Information' Please write 'none' in any fields that do not apply.
- 6 Repeat to add more sessions.

**CREATE A LOG-IN**

- 7 Once you have chosen all your sessions, go to your cart and click **CHECKOUT**
- 8 To complete your booking, you will need to create a log-in. You can then view/ edit and add any additional bookings at any time by logging in.  
Create a Log-in
  - ☒ Add your details
  - ☒ Sign up for session reminders
  - ☒ Enter your child/ children's details
  - ☒ Sign up for the Bring it on Brum! newsletter
- 9 Click **COMPLETE BOOKING**

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

Why not take a photo of these instructions?

## WELCOME TO BRING IT ON BRUM!

Looking for affordable ways to keep the kids active during the school holidays? Our fully funded holiday clubs across Birmingham offer safe, fun, and enriching experiences for children and young people aged 4–16 — at no cost to you!



## JOIN US!

# BRING IT ON BRUM!

# 2025

[BRINGITONBRUM.CO.UK](http://BRINGITONBRUM.CO.UK)

hi!

## Just See Me Summer Camp (Ages 9–12)

Join the free Just See Me Summer Camp from 22nd–31st July (10am–2pm) at Bringing Hope, 88 Soho Road, B21 9DP.

Kids will enjoy fun sessions on **wellbeing, nutrition, creative skills, and personal development** in a safe, friendly space.

**Week 1: Tues 22nd - Fri 25th July**

**Week 2: Mon 28th - Thus 31st July**

**10am - 2pm daily**

Email: [team@justseemecic.com](mailto:team@justseemecic.com)

More info: [www.justseemecic.com](http://www.justseemecic.com)

**Limited spaces – first come, first served!**



**JUST SEE ME  
SUMMER CAMP  
2025**

**LET'S CREATE MEMORIES & ADVENTURE TOGETHER!**

**9-12 YRS**

Wellbeing & Resilience | Food & Nutrition Education | Physical & Creative Skill Building | Personal Discovery & Enrichment Experiences

**22ND JULY - 31ST JULY 2025 (10am-2pm)**

Bringing Hope, 88 Soho Road, B21 9DP  
Contact: [team@justseemecic.com](mailto:team@justseemecic.com)

Learn More: [www.justseemecic.com](http://www.justseemecic.com)  
REGISTER NOW. Limited Places - First come, first served!

Scan to Register!



**SUMMER HOLIDAY CLUB  
2025**

**21 JULY - 11 AUGUST**

ARTS & CRAFTS / TEAM GAMES / FOOTBALL / HOCKEY / CYCLING / BAKING & MUCH MUCH MORE

MESSAGE US ON 07407020095 WITH '#SUMMER2025' OR SCAN QR CODE TO REGISTER

**LIMITED SPACES**

**FREE SCHOOL MEALS GO FREE**

BRITISH CYCLING | ENGLAND HOCKEY | BRINGING HOPE

## The Eidgah Academy Summer Club is back!

We have a jam-packed summer planned with exciting activities for children and young people aged 5-16 years from sports, outdoor games, arts & crafts, cooking lessons and lots of fun trips. Something for everyone to enjoy!

You can sign up using our easier Google form link here: <https://forms.gle/Ayo7mrzFeGnabdeb8>

or the QR code on the poster

Eidgah Academy CIC, Eidgah Sharif House, 124 Walsall Road, Perry Barr, Birmingham, B42 1SG





**Bring it on Brum**

**313 UNITED THROUGH SPORTS CIC PRESENTS**

# KIDS SUMMER CAMP

**2025**

## ACTIVITIES

- Martial Arts
- Arts & Crafts
- Archery
- Bouncing Castle
- Football
- Healthy Eating Workshop
- & much much more

**Ages : 5 -16 Years**  
**Timing: 11am - 3pm Daily**

**FREE SCHOOL MEALS**  
**GO FREE : LIMITED SPACES**

week1	week2	week3	week4
Mon - Thurs <b>21-24 JULY</b>	Mon - Thurs <b>28-31 JULY</b>	Mon - Thurs <b>4-7 AUG</b>	Mon - Thurs <b>11-14 AUG</b>

**CAMP 313 MUAYTHAI ACADEMY**  
Unit 6 Beach Trade Centre  
130a Stoney Lane, Balsall Heath  
Birmingham, B12 8AQ.

**JOIN NOW!**

**Contact Us**  
**07580 313313**

## Kids Summer Camp 2025 – Free Activities & Fun!

313 United Through Sports CIC is running an exciting **Kids Summer Camp** for children aged 5–16, packed with fun, fitness and creativity – all **free with limited spaces available!**

Running Monday–Thursday across 4 weeks:

- **Week 1:** 21–24 July
- **Week 2:** 28–31 July
- **Week 3:** 4–7 August
- **Week 4:** 11–14 August

**11am–3pm daily**

### Activities include:

- Martial Arts
- Archery
- Football
- Arts & Crafts
- Bouncing Castle
- Healthy Eating Workshops

**Camp 313 Muaythai Academy, 130a Stoney Lane, Balsall Heath, Birmingham, B12 8AQ**

**Free school meals provided.**

Contact: **07580 313313** to book your child's place.

**Don't miss out – limited spaces, first come, first served!**



## Sparkbrook Summer Sports Camp

Venue

**Ark Boulton Academy**  
**Golden Hillock Road**  
**B11 2QG**

Week 1 - Tuesday 22<sup>nd</sup> July - Friday 25<sup>th</sup> July  
Week 2 - Monday 28<sup>th</sup> July - Thursday 31<sup>st</sup> July  
Week 3 - Monday 4<sup>th</sup> August - Thursday 7<sup>th</sup> August



## Golden Stars Kids Club & Training C.I.C.

The Salvation Army, Gladstone Street,, Aston,  
Birmingham, West Midlands, B6 7NY

21/07/2025 to 14/08/2025

Age Range: 8-14

## ARK BOULTON ACADEMY SUMMER SPORTS CAMP 2025

Children will have the opportunity to take part in a variety of different sports and Summer Activities whilst also building confidence and making new friends.

Sports will include Dodgeball, Football, Tennis, Basketball, Dance, Gymnastics, Archery, Scooter Hockey, Tri-Golf, Ultimate Frisbee and many more...

Golden Hillock Rd, Sparkbrook,  
Birmingham, B11 2QG

• GOLDEN STARS KIDS CLUB & TRAINING C.I.C. presents...

**ASTON 614 CREATIVE SUMMER CAMP!**

NEED SOMETHING FOR THE KIDS TO DO THIS SUMMER? WE'VE GOT EXCITING ACTIVITIES LINED UP FOR CHILDREN & YOUNG PEOPLE IN A SAFE SPACE WITH TRAINED STAFF. IN COLLABORATION WITH THE ASTON 614 YOUTH PROVISION, INCLUDING, CREATIVE ARTS, LOTS OF SPORTS, COOKING, AND MORE!

EXCITING CREATIVE ARTS, MUSIC PRODUCTION COOKING & SPORTS ACTIVITIES FOR KIDS AGES 8-14YRS

REGISTER ON THE 'BRING IT ON BRUM' WEBSITE: [HTTPS://WWW.BRINGITONBRUM.CO.UK/](https://www.bringitnbrum.co.uk/)

IF YOUR CHILD RECEIVES FREE SCHOOL MEALS, THEY CAN ATTEND & EAT FOR FREE! MUST REGISTER USING A VALID HAF CODE. NOT ON FREE SCHOOL MEALS? NO PROBLEM - IT'S JUST £5 PER DAY FOR MEALS

12PM-4PM  
21ST JULY-14TH AUG  
2025

THE SALVATION ARMY  
ADDRESS:  
SALVATION ARMY,  
GLADSTONE STREET,  
ASTON B6 7NY



## Community Foundation – Summer Holiday Scheme 2025



**COMMUNITY FOUNDATION**

# SUMMER HOLIDAY SCHEME '25

**ACTIVITIES**

- Sports Coaching
- Arts & Crafts
- Energiser Activities
- Free daily breakfast, lunch and snacks\*

**LOZELLS**

**MONDAY 4 AUGUST – FRIDAY 29 AUGUST**

Primary age (5 – 11 years)  
9am – 1pm

CF Building  
20 St. Silas Square  
B19 1QW

**SMALL HEATH**

**THURSDAY 31 JULY – THURSDAY 28 AUGUST**

Primary age (5 – 9 years)  
9am – 1pm  
Secondary age (10 – 16 years)  
1.30pm – 5pm

Darul Uloom High School  
511 Coventry Road  
B10 0LL

**DAY TRIP\* TO WEST MIDLANDS SAFARI PARK & RIDES**

Note that children MUST attend the scheme every day to be eligible to go on the free day trip.

To enrol your child, complete the form by Sunday 13<sup>th</sup> July, 2025.

You can scan the QR code on this poster or go to <http://bit.ly/4k2yqhy> to enrol.

Info@thecommunityfoundation.org.uk [www.thecommunityfoundation.org.uk](http://www.thecommunityfoundation.org.uk)

0121 312 0135

\*Meals and trips are free for kids eligible for Free School Meals (FSM).

Looking for something fun and active for the kids this summer?

The Community Foundation is running a holiday scheme for children aged 5–11, packed with exciting activities to keep them engaged, learning, and having fun.

It's a great way for children to make new friends and enjoy the summer in a safe and welcoming environment.

## Community Summer Camp 2025 – Free Holiday Fun!

Fun-filled 16-day programme for children aged 5–16. Children of all genders are welcome to join in a wide range of exciting activities, including:

- Martial Arts
- Sports & Fitness
- Videography & Photography
- DJ Workshops
- Arts & Crafts
- Gaming Events

There will also be off-site trips for children who attend regularly, and each day includes at least **one hour of physical activity**.

Children eligible for free school meals will also receive a **healthy, nutritious lunch** every day.



**SUMMER CAMP**

**21–24<sup>TH</sup>, 28–31<sup>ST</sup> JULY**  
**4–7<sup>TH</sup>, 11–14<sup>TH</sup> AUG 2025**

**10AM–2PM**

**MARTIAL ARTS, FUN & FITNESS!**

**COST: FREE WITH FSM/BIOB CODE OR £5 PER DAY WITHOUT**

**LUNCH PROVIDED FOR ALL FSM ELIGIBLE CHILDREN ONLY**

**LOCATION: AERO-KICK GYM, B5 7HP**

**ONLINE BOOKING REQUIRED, FOR MORE INFORMATION CALL 07882 768613**

Scan me!

**Bring on Brum**

**POSITIVE IMPACT DEVELOPMENT**  
Community Interest Company

**AERO-KICK**  
aero-kick.com

## Consortium Hub Holiday Activities

Join us in the holidays for some fun activities,

A Father's Child Services CIC

69 Steward Street

B18 7AF

0121 389 4932

Age range – 8-16



**CONSORTIUM HUB**  
**JOIN US IN THE HOLIDAYS**

**Limited FREE Spaces**

Every  
Tuesday,  
Wednesday  
Thursday.  
Starting from  
**29<sup>th</sup> July- 28<sup>th</sup> August.**

- Fun & Creative activities
- Sport/Boxing sparring
- Snooker/Table Tennis
- Cooking

**Bring it on Brum** **Street Games**

**LOCATION**  
69 Steward Street  
B18 7AF

**CONTACT US ON**  
01213894932  
**You will need your BIOB/ FSM/ HAF code from your child's school to book.**

## D1C1 Holiday HAC – Summer 2025

Looking for a fun and active way to keep your child busy this summer? The D1C1 Holiday HAC is back and better than ever! Open to children aged 6–13, this exciting holiday club offers three weeks of fun-packed activities, healthy meals, and the chance to build lasting friendships in a safe and supportive environment.

### **Dates:**

- Week 1: 4th–8th August
- Week 2: 11th–15th August
- Week 3: 18th–22nd August
- **Time:** 9am–1pm

Don't miss out on this fantastic opportunity for children to stay active, learn new skills, and make great memories this summer!







**Bring it on Brum!**  
new roots  
SUHBA ACADEMY

**OPEN TO AGES 6-16**

**FOR MORE INFO & TO REGISTER VISIT**  
[creativesparks.uk/register](https://creativesparks.uk/register)

**CONTACT INFO:**  
[info@creativesparks.uk](mailto:info@creativesparks.uk)  
07954 660196

**Creative Sparks SUMMER HOLIDAY CLUB 2025**

**FREE FOR FREE SCHOOL MEAL KIDS**

A fun packed holiday club filled with expressive arts, enrichment activities, team sports and nature games, role-playing and scavenger hunts to ensure an exciting experience for everyone. Come and learn in a fun and interactive environment, enjoy making new friends!

**FREE BREAKFAST & HOT LUNCH!**

**£50 PER WEEK (NON-FSM KIDS)**

**FUN ACTIVITIES**

- 3D ARTS & CRAFTS
- PAINTING & DRAWING
- CLASSIC SPORTS DAY
- FREE PLAY & GAMES
- NUTRITION & HEALTH
- PUBLIC SPEAKING
- NATURE TREKS
- ROLE-PLAY

**CLUB OPTIONS**

**ARK ST ALBAN'S ACADEMY**  
CONYBERE STREET  
B12 0YH  
4 WEEKS:  
Mon 21<sup>st</sup> July - Thu 14<sup>th</sup> August  
10AM - 2PM

**KING SOLOMON SCHOOL**  
LORD STREET  
B7 4AA

**WEEKLY THEMES**

- 1: Creative Arts
- 2: Expressive Writing
- 3: Speaking & Listening
- 4: Emotions & Behaviour

## Creative Sparks Summer Holiday Club – Nechells

Star King Solomon Academy, Lord Street, B7 4AA

Dates: 21st July – 18th August 2025 (16 sessions)

Time: 10am – 2pm

Ages: 6–13

Eligibility: Free for children on benefits-related free school meals

Creative Sparks is offering a fun, engaging and educational holiday club designed to empower and inspire children. Activities include team sports, 3D arts and crafts, expressive writing, public speaking, scavenger hunts and more. Children will also enjoy free breakfast and lunch daily in a safe and inclusive environment.

Contact: [info@creativesparks.uk](mailto:info@creativesparks.uk)

Website: [www.creativesparks.uk](https://www.creativesparks.uk)

## F2D - CHILWELL CROFT SUMMER HAF 2025

Chilwell Croft Primary School

Birmingham,

B19 2QH

Activities include – Football, Basketball, Cricket, Tennis, & Fitness Games

21/07/2025 to 25/07/2025

Age Range: 7-15



**F2D LTC**

**Bring it on Brum!**

**SUMMER ACTIVITIES JOIN TODAY**

**FREE HEALTHY MEAL**

**2MUCH PASSION**

**ACTIVITIES:**  
FOOTBALL, BASKETBALL, CRICKET, TENNIS, TABLE TENNIS & FITNESS GAMES

**Chilwell Croft Primary School**

Chilwell Croft, Newtown, Birmingham, West Midlands, B19 2QH

**EMAIL** [info@f2dltc.com](mailto:info@f2dltc.com)  
**WHATSAPP** 07300 989 023  
OR PICKUP UP A REGISTRATION FORM FROM THE VENUE

**F2DITC - CHILWELL SESSION 4 HOURS**  
**10.00AM-14.00PM**

**WEEK 1:** MON 21st JUL - FRI 24th JUL  
**WEEK 2:** MON 28th JUL - FRI 31st JUL  
**WEEK 3:** MON 4th AUG - FRI 8th AUG

# Better Housing Better Health

The Warmth & Wellbeing Service



## HOME ENERGY ADVICE

If you're worried about paying your energy bills, want to know how to make your home warmer or need advice on accessing financial support, Better Housing Better Health are here to help. We're a charity working locally to improve residents' domestic warmth and wellbeing and improve the energy efficiency of your property.

**BETTER HOUSING BETTER HEALTH CAN HELP WITH:**

**ENERGY BILL  
SUPPORT**

**HOME  
ENERGY  
VISITS**

**FINANCIAL  
ASSISTANCE**

**PRIORITY  
SERVICES  
REGISTER**



**GET IN TOUCH**  
**0800 107 0044**

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

## Better Housing Better Health – Home Energy Support

The Warmth & Wellbeing Service from Better Housing Better Health offers free home energy advice to help you stay warm and in control of your energy costs. Support includes help with energy bills, home energy assessments, financial assistance, and guidance on joining the Priority Services Register.

If you're struggling with energy costs, need advice on making your home more energy-efficient, or want to explore financial support options, Better Housing Better Health is here to help.

We're a local charity working to improve home warmth, wellbeing, and energy efficiency for residents across the community.

Contact us on 0800 107 0044 or visit [www.bhbh.org.uk](http://www.bhbh.org.uk) for more information.

## Women's Coffee Morning

Join Uplift's weekly Women's Coffee Morning, held every week from 11am to 1:30pm.

It's a friendly and supportive space where women can come together to relax, chat, and build connections.

Enjoy light refreshments, open discussions, and occasional guest speakers or activities in a safe and welcoming environment that encourages community and friendship.

Visit for more information – [www.upliftcommunity.org.uk](http://www.upliftcommunity.org.uk)

JULY 2025

## EVENTS FOR THIS WEEK



HERE ARE SOME  
GREAT EVENTS  
HAPPENING AT  
UPLIFT THIS  
WEEK THAT YOU  
MIGHT BE  
INTERESTED IN:

**MONDAY**  
**14**  
WARM WELCOME SPACE  
ADVICE AND GUIDANCE  
HSF APPLICATIONS  
11:30am - 3:30pm

**TUESDAY**  
**15**  
LADIES ONLY COFFEE MORNING  
11am - 1:30pm  
WARM WELCOME SPACE 1:30pm - 3pm  
YOUTH MENTORING 5pm-7pm  
under 11 Yrs  
Mens Fitness 6pm- 8pm

**WEDNESDAY**  
**16**  
ADVANCED ARABIC CLASS 9am - 11am  
UPLIFT CAFETERIA 12pm - 1pm  
MENS GATHERING 1pm - 2:30pm  
All WELCOME  
YOUTH OUT DOOR BASKETBALL 5pm- 7pm

**THURSDAY**  
**17**  
STORY TELLING SESSION  
11:30am - 1:00pm  
WARM WELCOME (ADVICE AND  
GUIDANCE) 11AM-3:30PM

**FRIDAY**  
**18**  
ELDERLY GATHERING For Chitchat  
11:00am - 12:30pm

**SATURDAY**  
**19**  
VOLLEY BEACH, TOURNAMENT & MANY MORE  
AT POWTCAWL BEACH  
7:30am - 8:00pm  
NO YOUTH MENTORING SESSION

**SUNDAY**  
**20**  
COMMUNITY DAY TRIP TO BOURNEMOUTH BEACH  
7:30AM - 8:00PM  
SWIM AND SPLASH 🏊🌊☀️



# COMMUNITY FUN DAY

JULY 12 2025  
12PM-4PM

## St Germain's Church



Street  
Food



Bouncy Castle  
Face Paint  
Crafts  
Cake Stall  
Refreshments  
Street Food  
Bric-A-Brac  
Outdoor Games  
Fire Engine  
Sofunk  
Interactive Prayer  
Stations  
Steel Pan Music



City Rd,  
Birmingham  
B17 8LE

## St Germain's Church Community Fun Day

Come along to St Germain's Church for a fantastic Community Fun Day filled with laughter, activities, and something for everyone!

Bring the whole family and enjoy a lively day of games, stalls, music, food, and much more.

It's a great chance to connect with your neighbours, make new friends, and celebrate the local community in a warm and welcoming setting.

**Everyone is welcome – don't miss out!**

## Bereavement support

when a child grieves or  
when a child dies

Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.



Scan QR  
code for  
more  
information

We provide confidential support, information and guidance to individuals, families and professionals throughout the UK. Our support team is available to respond to calls, Live Chat and email 9am to 5pm, Monday – Friday, except Bank Holidays

Call our Helpline  
0800 02 888 40

Live Chat  
childbereavementuk.org

Email  
helpline@childbereavementuk.org

Child  
Bereavement UK  
REBUILDING LIVES TOGETHER

## Child Bereavement UK – Community Event

### Child Bereavement UK – Community Event

Child Bereavement UK supports families and professionals when a baby or child dies, or when a child is facing bereavement.

They regularly hold community events that offer a safe, supportive space to connect, reflect, and find guidance. These events are open to families, carers, and professionals looking for support, information, or just someone to talk to.

To find upcoming events or access support, visit: [www.childbereavementuk.org](http://www.childbereavementuk.org)

# Food Provision

## Children Eat for Less


**PLACES WHERE KIDS EAT FREE (OR FOR £1)  
SUMMER HOLIDAYS 2025**


[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

<p><b>ANGUS STEAKHOUSE</b> Kids under 8 eat FREE daily, 12pm to 5pm</p> <p><b>ASDA</b> Kids eat for £1 daily, with no adult spend</p> <p><b>ASK ITALIAN</b> Kids under 10 eat for £1 during school holidays</p> <p><b>BEEFEATER</b> Kids Eat FREE with Newsletter Voucher this Summer</p> <p><b>BELLA ITALIA</b> Children eat for £1 with any adult main</p> <p><b>BILLS</b> Kids Eat Free weekdays, 21st July – 29th Sept</p> <p><b>BREWERS FAYRE</b> Kids Eat FREE with Newsletter Voucher this Summer</p> <p><b>BREWDOG</b> 2 Kids eat free with 1 adult, 19th July – 31st August</p> <p><b>BURGER KING</b> From 28th July – 31st August, Kids Eat Free (via app)</p> <p><b>CHIQUITO</b> Kids eat FREE Daily Until August 31st</p> <p><b>DOBBIES GARDEN CENTRES</b> Kids eat for £1 with an adult breakfast or lunch</p> <p><b>FRANKIE &amp; BENNY'S</b> Kids Eat Free from 14<sup>th</sup> July – 31<sup>st</sup> August 2025</p> <p><b>FUTURE INNS</b> Under 5s eat for free with any adult meal</p> <p><b>GORDON RAMSEY RESTAURANTS</b> Kids under 10 eat FREE all day, every day</p> <p><b>HARVESTER</b> Kids eat for £1, Mon - Fri via the App</p> <p><b>HUNGRY HORSE</b> Kids eat for £1 on Mondays</p> <p><b>IKEA</b> Kids get a meal from 95p daily from 11am</p>	<p><b>LAS IGUANAS</b> Kids under 12 eat FREE with 'My Las Iguanas' App</p> <p><b>MARCO PIERRE WHITE</b> Kids under 12 Eat FREE daily with an adult spend</p> <p><b>MORRISONS</b> Kids Eat FREE all day, every day with a £5 spend</p> <p><b>PAUSA CAFE @ DUNELM</b> Kids eat FREE with every £4 spend after 3pm</p> <p><b>PREMIER INN &amp; TRAVELODGE</b> 2 kids eat for FREE with 1 adult breakfast</p> <p><b>PRETO</b> Kids up to age 10 eat free with 1 paying adult</p> <p><b>PUREZZA</b> Kids under 10 get free pizza with every adult meal</p> <p><b>SA BRAINS PUBS</b> Kids eat for £1 on Wednesdays</p> <p><b>SIZZLING PUBS</b> Kids eat for £1, Every Monday to Friday, 3 - 7pm</p> <p><b>TABLE TABLE</b> 2 Kids Eat free breakfast daily with 1 paying adult</p> <p><b>TESCO</b> Kids Eat FREE with a 60p spend until Aug 31st</p> <p><b>TGI FRIDAYS</b> Kids Eat Free with any adult meal (Via App)</p> <p><b>THE REAL GREEK</b> Kids under 12 eat FREE Sundays with £10 spend</p> <p><b>TOBY CARVERY</b> Kids eat for £1 all day (weekdays) until Aug 29th</p> <p><b>WHITBREAD INNS</b> 2 kids eat for FREE with 1 adult breakfast</p> <p><b>YO! SUSHI</b> Kids eat free all day (weekdays) in school holidays</p> <p><b>ZIZZI</b> Kids eat free this summer holidays (ex Saturdays)</p>
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Copyright of MONEY SAVING CENTRAL

We know the summer holidays can be a costly time for families – but there are some great offers available to help make mealtimes more affordable.

Across local cafes, restaurants and supermarkets, many places are offering 'Kids Eat Free' or 'Kids Meals for £1' deals during the school holidays. It's a great way to enjoy a meal out as a family without stretching your budget.



## Breezee Families – Healthy Lifestyle Support

**Breezee FAMILIES**



**We're here to help your family make healthy habits fun**

Join our **FREE**, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Venue: \_\_\_\_\_

Or you can join us online!

Sign up for your **FREE PLACE** today

QR code: 

hello@birmingham@maximusuk.co.uk

03308 186 308

Birmingham City Council

Our programmes are for children above their ideal weight, see our website for more information. 24-0847

**Breezee FAMILIES**

**Healthy lifestyle support for families in Birmingham**

Breezee Families is a free 12-week programme to help children and young people aged between 5 – 12 and their families make long-lasting healthy habits.

**How do our services help people?**

- Family-focused nutrition sessions lead by AFN accredited nutritionists
- Inspiration for healthy snacks and quick, tasty meals to cook together
- Weekly games and physical activity to get the whole family moving.

This is a commissioned Tier 2 family weight management service. To take part, you need to be a Birmingham resident and have a child or children aged 5-12 who are above their ideal weight on the NHS BMI centile chart.

**Ways to attend**

**In-person group sessions**


- Join us for two hours every week for 12 weeks in Handsworth, Castle Vale or Small Heath.
- Includes free physical activity sessions with a local sports coach.
- Make friends with other families and get extra support in our WhatsApp group.

**Online group sessions**

- Join us for one hour every week for 10 weeks, plus two check-in calls.
- Learn from the comfort of your own home and join our WhatsApp group for even more support.
- You'll still get moving with our online games or guided workouts.

Or enrol in our Academy to learn about healthier habits at your own pace!

**Sign up now**

QR code: 

03308 186 308

Birmingham City Council

For alternative formats, email: marketing@maximusuk.co.uk quoting 25-4049

Learn about **nutritious snacks and easy meals to cook together**. Move around every week with **games and activities**, have fun learning about healthy living Tailored support for children **between 5 to 12 years old** - Join us for **two hours** every week for **12 weeks**

**WALK-IN FOOD BANK OPEN**  
**MONDAY 12-2PM**  
**WEDNESDAY 12-2PM**  
**SATURDAY 12-3PM**

**Address**  
**861 Stratford Road**  
**Birmingham**  
**B28 8BH**

**0121 792 5442**  
**07847661022**

**www.daaruljannah.co.uk**  
**info@daaruljannah.co.uk**

**DUJ ADVICE CENTRE**




## Explore the Food Justice Network Map!



# food justice network.

Birmingham, UK.



Scan this QR code to see the  
Food Justice Network Map

The map will show you details of free food support and food based activities nearby to you.

Or you can type this into your browser to open the Food Justice Network Map webpage: <https://tinyurl.com/fjnmap>

To see the map key, click 'Birmingham Food Justice Network Map', and then click 'To use the map..' at the top of the page

In the Google Maps app, click 'Map Legend', to see the map key

Discover free, low-cost, and local food options available across Birmingham. Just enter your postcode to find out what's available near you!

Click here to learn more and get started.

<https://tinyurl.com/fjnmap>

## 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.



Trussell Trust is a helpline who can provide a food bank voucher code over the phone - [0808 208 2138](tel:08082082138)  
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](http://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](http://www.bswaid.org)



# Cost of Living Support & Advice

## Birmingham City Council – Cost of Living Support

If you're struggling with money, housing issues, or the rising cost of living, help is available. Birmingham City Council and its partners provide a range of support services across the city—online, by phone, and in person.

### Get Help Online

Start here:

[www.birmingham.gov.uk](http://www.birmingham.gov.uk)

Find guidance on council tax, benefits, housing, and general financial support.

For crisis help (food, fuel, and more), visit:

[www.birmingham.gov.uk/helpinbrum](http://www.birmingham.gov.uk/helpinbrum)

You can access support for:

- Universal Credit advice
- Council Tax Support and Housing Benefit
- Emergency help through the Local Welfare Provision
- Fuel and energy assistance via your provider

An online chatbot is available 24/7 on the main website to help direct you.

### Speak to Someone

**Advice and Information Line: 0121 216 3030**

**Household Support Hub (for food and utilities): 0121 303 1116**

**Lines are open Monday to Friday, 9:00 AM – 5:00 PM**

When you call, you'll be guided through options to find the help you need. If your query requires further support, you may be transferred to an advisor or offered a call-back from the Neighbourhood Advice & Information Service.

The team can help with benefits, council tax, housing, debt advice, and can review your finances to ensure you're receiving all the support you're entitled to.

**If you need help, don't hesitate to reach out—support is here for you.**

## Get the Support You Need – Local Advice Services and Resources

### Weekly Advice Surgeries

You can now access free weekly advice sessions at your local library:

- **Druids Heath Library** – Thursdays
- **Kingstanding Library** – Tuesdays
- **Handsworth Library** – Tuesdays

*Appointments may be limited, so please check availability before attending.*

### Helpful Online Resources

There's a wide range of online support available to help with housing, wellbeing, and benefits:

- **Birmingham Advice Aid** – Tailored housing advice (search "Birmingham Advice Aid" online)
- **Connect to Support Birmingham** – Social care and wellbeing: [www.connecttosupport.org](http://www.connecttosupport.org)
- **The Waiting Room** – Health and wellbeing services directory: [www.the-waitingroom.org](http://www.the-waitingroom.org)
- **Citizens Advice Birmingham** – Help with benefits, debt, housing and more: [www.bcabs.org.uk](http://www.bcabs.org.uk)

### Struggling Financially? Help Is Available

If you're in urgent need, the following services may be able to support you:

- **Foodbanks** – Call **0121 303 1116** or visit [www.birmingham.gov.uk](http://www.birmingham.gov.uk) and search "foodbanks" to request a voucher. (Limit: 3 parcels in 6 months)
- **Household Support Fund** – Apply for a grant of up to **£200** to help with food or energy bills. Search "Household Support Fund" on the Council's website for details.
- **Warm Welcome Spaces** – Local venues offering free hot drinks, warmth, and company. Search "Warm Welcome Spaces Birmingham" online via the council website.

**Welfare Benefits Support**  
Local information, advice & guidance.

**Contact your local B:CAN Advisor today for free friendly advice & support.**

DELIVERED BY  
**THE PROJECT** preventing homelessness and improving lives

info@theprojectbirmingham.org 0121 453 0606  
www.theprojectbirmingham.org

**Free Money Advice**  
We provide free advice for debts and benefits including:

- Welfare benefit entitlement
- Universal Credit and Council Tax
- Debt Advice, budgeting and money entitlement
- Utilities advice - gas, electric and water

**Contact Us**  
Contact one of our expert Money Advisers by phone or email.  
money.advice@bsettlement.org.uk  
0121 250 0765

**Address**  
Birmingham Settlement Money Advice Centre  
Unit 2, First Floor  
Alma House,  
Nine Town Shopping Centre,  
Birmingham  
B19 2AB

**Free Money Advice**  
We provide free advice for debts and benefits including:

- Welfare benefit entitlement
- Universal Credit and Council Tax
- Debt Advice, budgeting and money entitlement
- Utilities advice - gas, electric and water

**Contact Us**  
Contact one of our expert Money Advisers by phone or email.  
money.advice@bsettlement.org.uk  
0121 250 0765

**birmingham settlement**  
developing communities, changing lives

Charity no: 537393  
www.birminghamsettlement.org.uk

**b:can** ENERGY ADVICE  
DELIVERED BY **Nishkam Centre**

**FREE ENERGY ADVICE & SUPPORT**

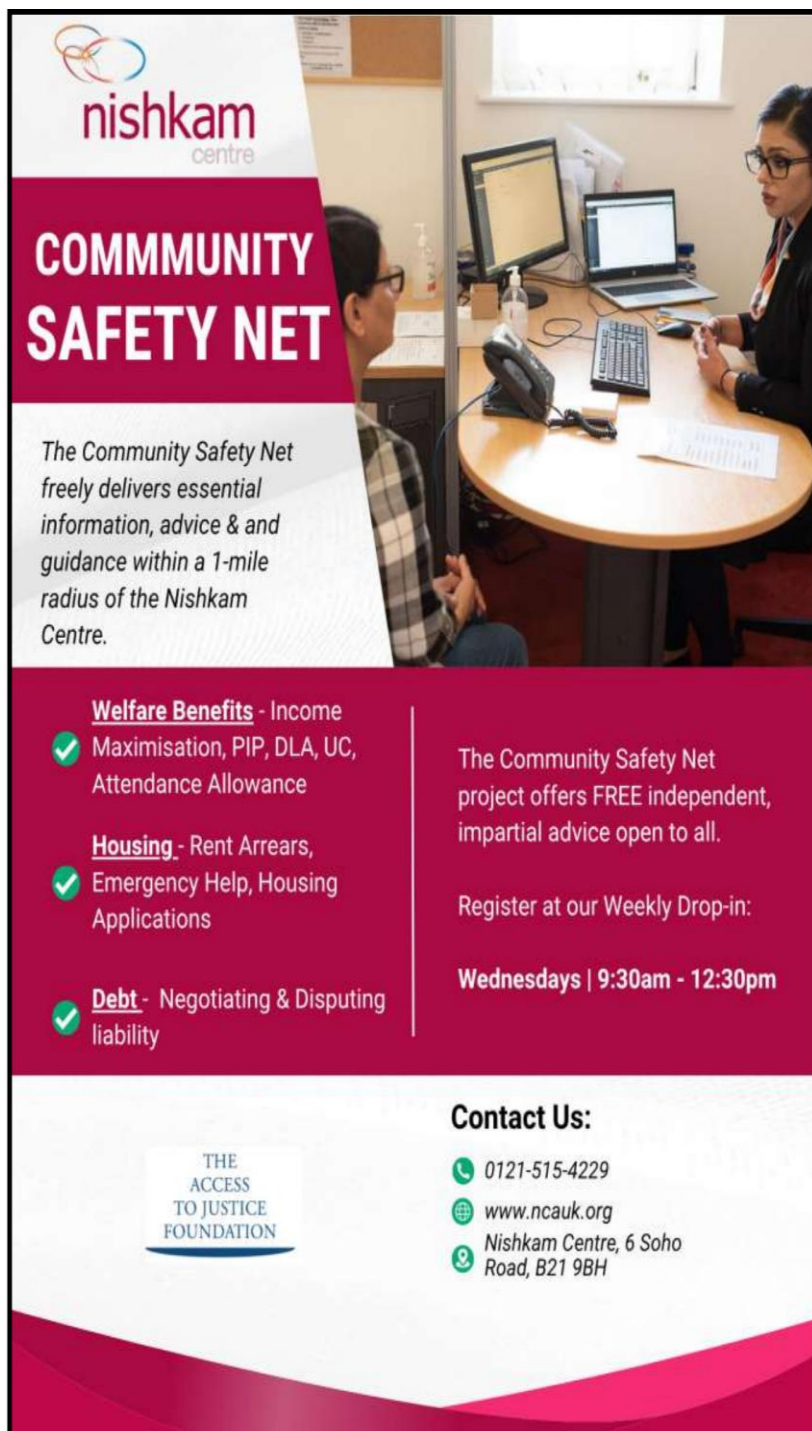
- ✓ Struggling to heat your home?
- ✓ Want lower energy bills?
- ✓ Interested in energy & money saving tips?

Your community energy advisor is here to help

Nishkam Centre, 6 Soho Road, Handsworth, B21 9BH  
0121-515-4229  
www.ncauk.org

**birmingham community network** **Energy Action Scheme** **nishkam**





**nishkam**  
centre

## COMMUNITY SAFETY NET

*The Community Safety Net freely delivers essential information, advice & 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**

**Contact Us:**

- 0121-515-4229
- [www.ncauk.org](http://www.ncauk.org)
- Nishkam Centre, 6 Soho Road, B21 9BH

THE ACCESS TO JUSTICE FOUNDATION

### Support at the Nishkam Centre – Community Safety Net

Located in Handsworth, the **Nishkam Centre** is a values-led, Sikh faith-inspired community hub that offers a wide range of support services to local residents. One of its key services is the **Community Safety Net (CSN)** — a free and confidential advice service supporting people with a variety of challenges.

The CSN offers help across several important areas:

#### Welfare and Benefits

Support with Universal Credit, PIP, Attendance Allowance, backdated claims, and appeals. The team can also help if your benefits have been suspended or refused.

#### Housing Support

Advice on applying for council housing, help with rent arrears, emergency repairs, and accessing essential utilities like water and energy.

#### Debt Advice

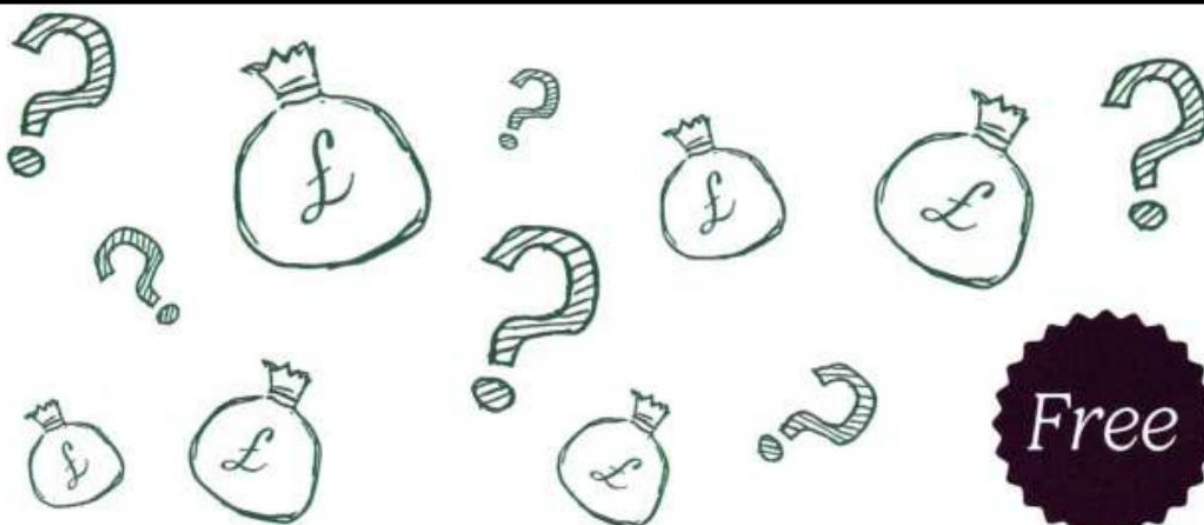
Get help managing your finances, dealing with creditors, and setting up payment plans or disputing debts.

This culturally sensitive service is open to all and operates mainly by phone, with face-to-face appointments available for those who need extra support. In 2024–25 alone, the service helped hundreds of local residents and achieved millions in successful outcomes for those in need.

#### Need support?

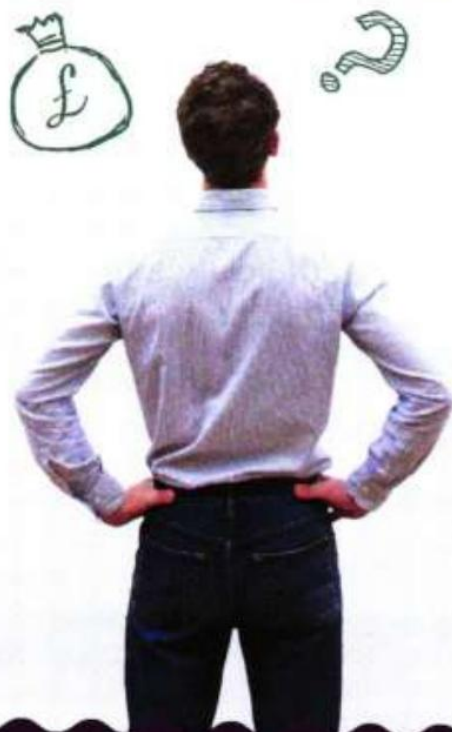
If you live within roughly a 1–1.5-mile radius of the centre, you can access the service. Call 0121 515 4229 to find out more or to book an appointment.

To learn more, visit: [www.nishkamcentre.org](http://www.nishkamcentre.org)



Free

# Benefit & Debt Advice



at The Brandwood Centre  
Appointments available  
Monday to Friday.

Free confidential and impartial advice in all areas of money management including budgeting, managing debt and claiming benefits. We can help you with PIP (Personal Independence Payment) applications, Universal Credit queries, back to work calculations, help with setting up payment plans, council tax support, grant applications and much more.

**To book an appointment or for more information**

please call **0121 443 3310** or email  
**office@brandwoodcentre.co.uk**

Address: **157 Allens Croft Road, Kings  
Heath, Birmingham B14 6RP**

**Cadent**  
Your Gas Network



**BRANDWOOD  
CENTRE**



## Do you require support with form filling?

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



### The DRC can support you!

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

Contact our team today

03030 402040 / [drc@disability.co.uk](mailto:drc@disability.co.uk)

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

disability  
resource  
centre



nishkam  
centre

West Midlands  
Combined Authority

## DIGITAL DIVIDE PROJECT

Learn new digital skills and get help to secure employment

Progress from basic digital skills to more advanced capabilities. Improve employability skills and secure employment.

- Basic IT skills
- Learn how to use a computer and tablet
- Learn how to book a GP appointment online and more!
- Coaching and mentoring to secure employment

Register one of the following ways:



**Job Club & Digital Skills Drop-In**  
Wednesday | 9:30am - 12:30pm | Nishkam  
Centre, 6 Soho Road, B21 9BH



**Call**  
0121-515-4229

Scan to Enquire



**Eligibility**

Candidates must be 19+, West Midlands resident, living in the UK for over 3 years, or have Indefinite Leave to Remain in the UK. Individuals under the Ukrainian settlement or similar scheme are also eligible.

Fully-Funded



Room  
Hire/Events  
Service



Cancer  
Support



Antenatal  
Support



Benefits  
Support



Apprenticeships

# SEND – Support Services



**Nurturing  
ADHD  
Kids**

**Do you have a child who has  
ADHD or suspected ADHD?**

**FREE 6 week course for parents and  
carers**

**Monday mornings  
9.30-11 am  
starting on June 10th, 2024**  
at  
**St Francis community Centre  
Sycamore Rd, Bournville,  
Birmingham B30 2AA**

**To join**

**Phone: 0731 116 7485**  
**or email:  
contactus@brewseducation.org**

**forward  
carers**

## Nurturing ADHD Kids – A Free face-to-face course – Parent Led!

A 6-week course for parents and carers of children with ADHD or suspected ADHD.

Are you trying to support them but find that everyone gives you different advice? Are you finding that it is taking affecting the wellbeing of the whole family?

Over the 6 weeks, you will learn about the current understanding of ADHD, discover some of the reasons your child reacts and behaves the way they do, gain confidence in advocating for them, explore different strategies that make life less stressful for you and your child.

**CALL for more information**

## SEND Socials Birmingham CIC

SEND Socials Birmingham offers fun, inclusive activities for children and young people with special educational needs and disabilities. We also support parents and carers through coffee mornings, workshops, and our online forum.

This summer, thanks to *Bring it on Brum*, we're running free HAF events for children aged 5–16 on the SEN register – including a free meal.

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



*Coffee*  
**MORNING**





## SENAID Support Service

SENAID (Special Educational Needs Advocacy & Inclusion Development) is a Birmingham-based service offering advice, advocacy, and emotional support to families of children with special educational needs and disabilities (SEND).

They run workshops, provide one-to-one casework, and help parents understand their rights and access the right support. SENAIID aims to empower families and ensure every child gets the education and services they deserve.

For more information, visit:

[www.senaid.co.uk](http://www.senaid.co.uk) or email

[support@senaid.co.uk](mailto:support@senaid.co.uk).



### EMPOWERING FAMILIES, CHANGING LIVES.

At SENAIID, we believe that every child with Special Educational Needs and Disabilities (SEND) deserves the support and resources to thrive. We are committed to making a difference in the West Midlands by providing free emotional wellbeing support, advocacy, and essential services tailored to the unique needs of our community.



Call Us  
**07386219724**

For More Information  
**Support@senaid.co.uk**



## UNLOCKING POTENTIAL, SUPPORTING FAMILIES

At SENAIID, we believe every child with Special Educational Needs and Disabilities (SEND) deserves the chance to thrive. We are proud to offer **FREE** services tailored for children and families in the West Midlands:

- Emotional Support
- Advocacy Services
- Individual Casework
- Telephone Helpline
- EHC Assessment Writing
- Guidance on Statutory Processes

### ABOUT US:

SENAID is a registered charity (Charity Number: 1205107) focused on supporting children with Special Educational Needs and Disabilities (SEND) in the West Midlands. We provide essential services at no cost, ensuring these children and their families receive the support they need. Our dedicated team works tirelessly to empower families, advocate for their rights, and enhance emotional wellbeing, helping children with SEND thrive in their communities.

We envision a world where children and young people with SEND achieve their full potential in education and life, supported by understanding, advocacy, and resources that promote their emotional wellbeing and development. Together, we are committed to unlocking the potential of each child and ensuring their voices are heard.






## Online support services

Support and guidance for families navigating the world of SEND.

- SEND advice guides
- Online workshops
- 1:1 family support

**Kids** Disabled children say we can

### KIDS SEND Support

KIDS offers a range of online support services for families of children and young people with special educational needs and disabilities (SEND).

From practical advice guides and strategy workshops to one-to-one support with experienced Family Support Coordinators, KIDS is here to help you navigate services and get the support your family needs. Learn more: [www.kids.org.uk](http://www.kids.org.uk)

### Parks for Play

Parks for Play offers fun, inclusive, and affordable play sessions for children and young people of all ages with disabilities and additional needs.

They run high-quality, supported activities designed to meet a wide range of needs in a safe and welcoming environment.

To find out more and book a session, visit: [www.parksforplay.org](http://www.parksforplay.org) and click on 'Book Sessions'

### Your Go-To Guide for Local SEN Activities

Looking for inclusive activities for children with SEND? Raring2Go has created a helpful guide featuring a variety of SEN-friendly events and sessions across Birmingham and Solihull.

From playgroups to sensory activities, there's something for everyone.

Explore the guide here: [Raring2Go SEN Guide](#)





# SEVEN UP PLAY

We offer a space for children to relax and play at the end of the school day. Suitable for children whose parents are working or studying.

As an Ofsted registered provider families are able to claim some childcare costs.

**MON – THURS**  
at Hamilton School, B21 8AH  
3:15 – 5pm

**CONTACT US FOR MORE INFORMATION. BOOKING ESSENTIAL**

**£25 PER SESSION**

**OPPORTUNITIES:**

- Exploratory Play
- Social Play
- Confidence building

**For children 5 – 11yrs**

**FOR MORE INFO:** 0121 441 2207 | [info@sevenup.org.uk](mailto:info@sevenup.org.uk)










## Seven Up SEND Support Service

Seven Up is a Birmingham-based charity providing support, activities, and short breaks for children and young people with special educational needs and disabilities (SEND).

They offer after-school clubs, holiday playschemes, youth groups, and family support—all in a safe, inclusive environment tailored to individual needs.

Find out more and get involved at:  
[www.sevenup.org.uk](http://www.sevenup.org.uk)

## All-Age Autism Support

Looking for autism-friendly services and support in Birmingham? The All-Age Autism directory brings together local activities, support groups, and services for autistic people of all ages and their families.

Whether you're seeking social groups, advice, or specialist services—this guide is a great place to start

View the directory here: [www.aadirectory.co.uk](http://www.aadirectory.co.uk)



All Age Autism Support Service

### SERVICE DIRECTORY

- Explore specialised local services for autistic people of all ages in Birmingham and Solihull.
- Tailored for autistic people, their families and care givers.
- Listings include family support groups, mental health services, and adult assistance.
- Co-produced in collaboration with experts by experience
- Podcasts, community events, sports activities, and programs designed specifically for autistic people.



Scan the QR code to access the Service Directory directly or visit: [www.aadirectory.co.uk](http://www.aadirectory.co.uk)  
contact us at [aaa@landau.co.uk](mailto:aaa@landau.co.uk) if you have a service you would like listed on the directory






**SOUTH HALL**  
Holiday Activities  
Food Fund

**INCLUSIVE**  
Sports Academy CIC

Book on via Class for Kids

# INCLUSIVE SPORTS SUMMER CAMP

28th July- 21<sup>st</sup> August  
9 days of Summer camp  
5 days of higher needs

Those eligible for free school meals will  
attend free.

Bookings: [kat@inclusivesportsacademy.org](mailto:kat@inclusivesportsacademy.org)  
Higher Needs: [damian@inclusivesportsacademy.org](mailto:damian@inclusivesportsacademy.org)  
Visit our site: [www.inclusivesportsacademy.org](http://www.inclusivesportsacademy.org)

## Inclusive Support Academy CIC

Inclusive Support Academy CIC provides tailored support for children and young people with SEND, focusing on inclusion, confidence building, and life skills.

They offer mentoring, workshops, community events, and family support to help children thrive both in and out of school.

For more information visit website:  
[www.inclusivesupportacademy.co.uk](http://www.inclusivesupportacademy.co.uk)

## What's On at Dewberry Community Garden

Dewberry Community Garden is a welcoming green space in the heart of the community, offering a variety of fun, relaxing, and family-friendly activities for all ages.

Weekly drop-in gardening sessions – Learn new skills, meet others, and help grow fruit, vegetables, and flowers.  
Family activities – Seasonal crafts, nature trails, and outdoor games for children during school holidays.

**MORE LANDSCAPING & SHELTERED AREA COMING SOON!**

## DAWBERRY ROAD COMMUNITY GARDEN WHAT'S ON MAY-SEPT

### WEEKLY ACTIVITIES & SOCIAL GET TOGETHERS

**TASK FORCE TUESDAYS**  
Every Tuesday evening 'til end of Sept. **6-8pm**  
Trowels and watering cans at the ready! An open garden session where volunteers help maintain and develop the garden. Ad hoc woodworking sessions. Pick up horticultural tips from green-fingered Lindsay every other week too! Or pop along to meet neighbours for a chat.

**FREE**

**GEAR UP TO THE WEEKEND**  
Every Friday termtime. **1-3pm**  
**Work locally?** Why not take that lunch break you've been promising yourself! Make the garden a destination for a walk and a picnic.  
**Heading for the final school pick up of the week?** Meet up with friends for a chat, make new ones! Let little ones play. The garden is a great place to relax before the busy weekend starts.

**FREE**

**SEED TO PLATE SUNDAYS**  
18 May, 1 & 29 June, 6 & 27 July, 10 & 24 Aug, 7 Sept. **2-4pm**  
Twice a month we open the garden for the 'Grow your own Dinner Party' project with Natasha. Everyone welcome to come down to enjoy the space. Families welcome. Always plenty of watering needed and play encouraged.

**FREE**

**ACTIVITIES FOR FAMILIES**  
**Nature-themed activity sessions with Lindsay**  
Thurs 29 May, Sat 14 June, Thurs 31 July, Wed 6 Aug, Mon 18 Aug & Thurs 28 Aug. **11am-1pm**

**FREE**

**CHATTY CHATTY GARDEN**  
Pop up outdoor coffee shop! Expect a free cuppa, squash & biscuits every time we are open! Everyone welcome.  
**Creative activities available for those who would like them.**

**FREE**

**SEND-friendly family sensory play sessions**  
Every Friday during the summer holidays. **1-3pm**  
Starts Fri 1 August

**FREE**

**WWW.OURSCENE.ORG**  
**If raining heavily or public weather warnings are in place, we may not open. Please check ahead.**

TEXT/WHATSAPP ON 07476 898419 TEAM@OURSCENE.ORG  
WHEELCHAIR ACCESSIBLE. ACCESSIBLE TOILET.  
FIND US (NEXT TO 72) DAWBERRY ROAD, BRANDWOOD, B14 6RY

OURSCENE.CIC

COMMUNITY FUND, SEVERN FLOODS, NATURE HUBS, Birmingham City Council, Enterprise Zones, BIRMINGHAM MUNICIPAL CHARITY, Selly Oak, OUR SCENE



# Under 5's Support

## Childcare Choices Information

Explore your childcare options with confidence! Visit [www.gov.uk/free-childcare-if-working/apply-for-free-childcare-if-youre-working](https://www.gov.uk/free-childcare-if-working/apply-for-free-childcare-if-youre-working)? to find resources, support and personalized assistance for making the best choice for your family's needs.

If you are an eligible working parent in England, you could apply for a childcare code online through your account on the government website.



UK Government

Help for Households

**Get help with childcare costs that fits your family**

Find out more  
[childcarechoices.gov.uk](https://childcarechoices.gov.uk)

Childcare Choices

## BABY EVENT DATES 2025

[Moneysavingcentral.co.uk/baby-event-dates](https://moneysavingcentral.co.uk/baby-event-dates)

### ASDA BABY EVENT 2025

Predicted to start **Tuesday 1st April 2025**

### ALDI BABY EVENT 2025

Confirmed to go live in stores **Thursday, 3rd April 2025**

### TESCO BABY EVENT 2025

Predicted to start on **Tuesday 15th April 2025**

### BOOTS BABY EVENT 2025

Predicted to start on **Monday 7th April 2025**

### MORRISONS BABY EVENT 2025

Predicted to start on **Monday 7th April 2025**

### MATALAN £5 & UNDER BABY EVENT 2025

Predicted to start on **Thursday 1st May 2025**

### SAINSBURY'S BABY'S BIG EVENT 2025

Predicted to start on **Tuesday 13th May 2025**

### LIDL BABY EVENT 2025

Predicted to start on **Thursday 4th September 2025**

### ARGOS BABY EVENT 2025

Predicted to go live on **Wednesday 14th May 2025**

### OCADO BABY EVENT 2025

Predicted to start on **Wednesday 16th April 2025**



## Family Hubs - Get to Know your Child courses (antenatal, postnatal, child and teen)



### **Empowering Parents, Empowering Communities (EPEC)**

The *Being a Parent* programme runs for 8 weeks, including peer support, and is for those with children **aged 2 – 11**. It also offers the opportunity for participants to become upskilled in running these courses.



### **Approachable Parenting**

This service has a focus on those of ethnic minorities, with a variety of services available and in different languages.. Family Hubs runs their **8-week 5 Pillars of Parenting, Pregnancy to 3 years** for **new parents or those with younger children**.

### **Solihull Approach, Understanding Your Child**

These are 10 week courses for those with toddlers to teens. They have antenatal (conception until birth) and postnatal (babies up to 9 months) courses available, as well as courses for older children and an extensive **free** online offer, which includes children, adults, teenagers and those with SEND needs.



Free with code 'COMMUNITY'

### **Family Foundations**



Family Foundations is a universal offer for expecting parents/carers from 20 weeks of conception onwards. The course is run as a one day pre-natal workshop and a one day post-natal workshop – you can attend one or both sessions.

**These FREE Groups and Courses, plus**  
other options, are happening across  
Birmingham! Find out more about what is  
happening in your local area by scanning  
this code:



Please note: This is not a referral form, it is only to share the details of the courses. Do not send any responses as it will not count as a referral. The details on how to refer to the courses will be under each section.

## Family Hubs – Get to know your child courses

Raising a family, being a parent or carer, or navigating life as a young person can be a challenge. You are not alone and Family Hubs is making sure that there is support and help for you across Birmingham.

The Birmingham Family Hubs and Best Start for Life programme is pleased to offer face-to-face and online universal training options on a range of topics such as Antenatal, Postnatal, Baby, Child & Teen.

You will find information, advice and guidance around childhood development, attachment, emotional wellbeing, mental health, understanding feelings & behavior and much, much more!

## Easy Peasy APP



The EasyPeasy app is **FREE** and funded by Birmingham City Council until the end of March 2025.

EasyPeasy app is full of parenting tips, advice, and activities for you and your 0-5-year-old.

With EasyPeasy, you can transform everyday family moments into playful and enriching connection experiences that will support your child's development, with materials you will already have access to at home.

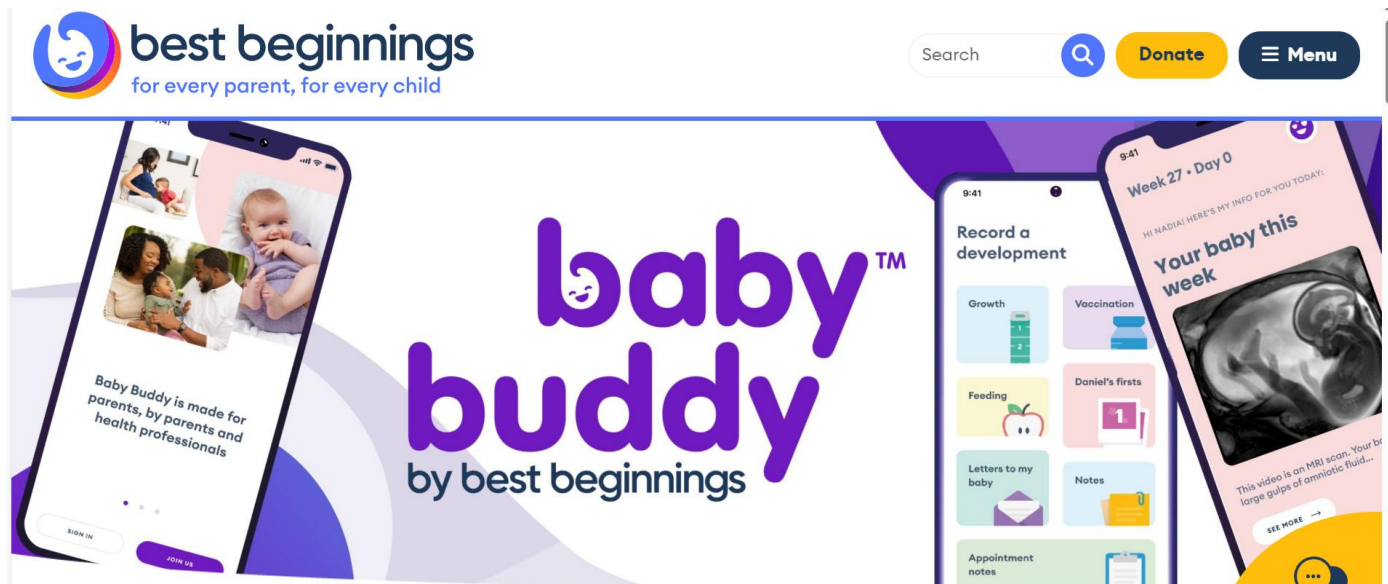
You can register for your free, premium access to EasyPeasy by visiting this link [Join EasyPeasy \(easypeasyapp.com\)](https://easypeasyapp.com) and providing your name, postcode, and email address. You will then be prompted to download the app on Google Play Store for Android devices, or the Apple Store for iOS devices. Alternatively, your local Family Hubs Centre will have materials about the EasyPeasy app and information to get access for your family.

You can also register today by scanning the QR code on your phone!





## Baby Buddy APP



New parent? Download the *Baby Buddy* app for trusted tips and daily support at your fingertips.

Your pocket-sized parenting guide – *Baby Buddy* is free & friendly to use.

**50 things to do before you're five Birmingham**

**Fifty low or no-cost activities**

**Fun Prompts**  
Use the free app and website at home or when out and about

**Play Your Way**  
Enjoy activities at your own pace, time and time again

**Find Local Events**  
Find free and affordable events near you

**Support Development**  
Interactions that can support early language, motor skills and wellbeing

**Download the FREE app!**

Logos: Twitter, Facebook, Birmingham City Council, best start for life, FamilyHub, BEYN.

## 50 Thing to do before you're five

Download the '50 Things to do before you're five' App which offers a menu of exciting activities for families with young children, giving suggestions for how to have fun and learn simultaneously.

We would encourage families to limit use of their phones when playing and interacting with their children. Spending quality time together has long term benefits for both children and their parents.

# Making it REAL

(Raising Early Achievement in Literacy)

## Supporting Your Child's Learning at Home



Do you want support to build your knowledge and confidence around your child's:

- Literacy
- Language and Communication
- Creating a positive early home learning environment
- Making home learning fun both for parents and children

To register scan the QR Code:



Contact information: [makingitreal@barnardos.org.uk](mailto:makingitreal@barnardos.org.uk)



## Making it REAL – Supporting Your Child at Home

The *Making it REAL* (Raising Early Achievement in Literacy) programme helps parents support their child's learning and development at home.

Through fun, practical activities and support from trained staff, families learn how to build their child's early language, literacy, and communication skills in everyday life.

This free service is designed for parents and carers of young children and is a great way to give your child the best start.

To find out more or get involved, contact your local children's centre or early years provider.

# Making it REAL

## 5 Week Workshop for children aged 2-4yrs

### Supporting Your Child's Learning at Home

#### Focus :

- Books
- Oral Language
- Environmental Print
- Early Writing/Mark making
- Family Fun Event



Venue: Handsworth Baptist Church 38A Victoria Road  
Handsworth B210SA

Telephone no: 0121-4776440

Dates: 31st July- 28th Aug ,Every Thursday

Time: 10:30– 12:00



Limited spaces , please book your place using the QR code



## Family Corner – Early Years Alliance



Get involved with a variety of free online sessions for families, brought to you by the Early Years Alliance!

These sessions and courses are led by professional early years experts to support parents and carers in nurturing their child's development.

Upcoming topics include moving on to school and exploring schemas, among others.

Don't miss out—book your free session today and join our family learning community!



**07704081700**  
**Call, Text**  
**or WhatsApp**


**Infant Feeding  
Support Groups  
in Birmingham**

**Expecting?  
Breastfeeding?  
Pumping?  
Combi-Feeding?  
Somewhere in between?**

Our skilled peer supporters can support you  
at every step of your feeding journey!  
[birmingham@breastfeedingnetwork.org.uk](mailto:birmingham@breastfeedingnetwork.org.uk)

Scan here for more  
information



 **the  
Breastfeeding  
network Birmingham**

### Breastfeeding Support

Expecting? Breastfeeding? Combi-Feeding?

Qualified and skilled peer support workers to help you every step of the way.

Infant feeding support groups now running in your local children's centre's & family hubs.

## Ladywood Stay and Play Sessions

### 1. Ladywood Children's Centre

- **Location:** 9 Plough & Harrow Road, Ladywood, B16 8UR
- **Opening Hours:** Fridays, 9:30am – 11:30am
- **Contact:** 07738 119 605
- **Email:** [anila.mushtaq@barnardos.org.uk](mailto:anila.mushtaq@barnardos.org.uk)
- **Additional Info:** Offers a range of activities for families with children aged 0–5. [Ladywoodproject+8Birmingham City Council+8Local Offer Birmingham+8](#)

### 2. Wrigglers at Ladywood Community Project

- **Location:** Ladywood Community Project
- **Schedule:** Mondays, 10:00am – 11:45am (term-time only)
- **Contact:** 0121 740 0033
- **Details:** A play and stay group for families with children under 5, offering crafts, activities, and social opportunities. [Youth Employment UK+13Ladywoodproject+13Spurgeons+13](#)

### 3. Monkey Trouble Playgroup at Ladywood Primary School

- **Location:** Ladywood Primary School
- **Schedule:** Wednesdays, 9:30am – 11:30am
- **Details:** Open to all children aged 0–4, not just those from Ladywood. [Facebook](#)

## Perry Barr Stay and Play Sessions

### 1. St John's Church – Jesse Tree Stay and Play

- **Location:** St John's Church Centre, Church Road, Perry Barr, B42 2LB
- **Schedule:** Thursdays, 9:30am (term-time only)
- **Details:** A welcoming group for under-5s and their careers. [St Johns Church Perry Barr+2St Johns B2](#)

### 2. Perry Barr Family Hub @ Rookery Children's Centre

- **Location:** Rookery Road, Perry Barr, B21 9PW
- **Contact:** 0121 752 1840
- **Email:** [PerryBarrFamilyHub@spurgeons.org](mailto:PerryBarrFamilyHub@spurgeons.org)
- **Details:** Offers a range of services for families with children aged 0–5, including Stay and Play sessions. [Birmingham Forward Steps+3The Family Hubs Network+3Spurgeons+3](#)

### 3. Lime Tree Children's Centre

- **Location:** Heathfield Road, Perry Barr, B19 1HJ
- **Contact:** 0121 752 1900
- **Details:** Provides various early years services, including Stay and Play sessions.



# Family Support Services and Resources



**BIRMINGHAM CHILDREN'S TRUST** **nishkam centre**

## South Asian Family Support Hub



Nishkam Civic Association are working collaboratively with Birmingham Children's Trust to work with all communities in Birmingham. The South Asian Family Support Hub delivers a culturally appropriate, client-centred service for Asian families by overcoming barriers to build stronger and more resilient families.

We will be working with parents, carers, children, young people and adults experiencing parental conflict by providing early help and intervention.

We are also developing the Faith-Inspired Family Values Toolkit and providing training for practitioners and families.

**Access our services at our weekly drop-ins:**  
**Wednesdays | 9:30am - 12:30pm**

0121-515-4229  Nishkam Centre, 6 Soho Road, B21 9BH




**nishkam** **NHS** **Birmingham and Solihull Integrated Care System** **NHS Sandwell and West Birmingham** **nishkam**

## FREE Antenatal Course

### NISHKAM


# START OF LIFE CARE




Prepare for pregnancy, birth and beyond with our **FREE** culturally appropriate, community-based antenatal course, consisting of 10 structured sessions led by **GPs, neonatal nurses, midwives, and nutritionists**, providing access to wrap-around support (Advice services, Family Support Hub and Energy Advice)

- ✓ **Self-Care & Staying Healthy**
- ✓ **Baby Feeding**
- ✓ **Baby Bathing**
- ✓ **Preparing for Birth**
- ✓ **And Many More!**

SCAN FOR MORE INFORMATION



6 Soho Road, Handsworth, Birmingham, B21 9BH **TO REGISTER**  0121-515-4229  [www.ncauk.org](http://www.ncauk.org)

## Nishkam Start of Life & South Asian Family Support Hub

Nishkam Start of Life offers early years and family support rooted in values and community care. Based at the Nishkam Centre in Handsworth, they provide culturally sensitive services tailored to the needs of South Asian families, including parenting support, wellbeing sessions, and access to local advice and networks.

The **South Asian Family Support Hub** is a welcoming space where families can get help with early years, SEND, and education support—bridging cultural and language barriers to ensure no one is left behind. [www.nishkamcentre.org](http://www.nishkamcentre.org)



**The Theresa Stewart Women's Centre**  
Early Intervention Hub

A safe space for women & children affected by Domestic Abuse

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

**Our women only safe space offers:**

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



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

### **BSWA Support Services**

Birmingham & Solihull Women's Aid (BSWA) offers vital support to women and children affected by domestic abuse. Their services include emergency accommodation, one-to-one support, advice, safety planning, and access to community groups.

They provide a safe, confidential space for women to seek help, understand their rights, and rebuild their lives.

For help or more information, visit:

[www.bswaid.org](http://www.bswaid.org) or call their helpline on 0808 800 0028.

## **YOUR VISA SHOULDN'T STOP YOU FROM LEAVING**

### **YOU HAVE OPTIONS**

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

#### **WHAT ARE YOUR OPTIONS?**

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

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

#### **OUR SUPPORT**

- We will refer you to get FREE advice from a specialist immigration solicitor
- We will offer you ongoing emotional and practical support.
- We will refer/signpost to other specialist agencies according to your needs.
- We can provide emergency donations so you don't go without.



## **Legal Advice Clinic** **Family matters**

Ashiana Community Project is working collaboratively with Greens Solicitors to bring you FREE & CONFIDENTIAL advice clinics once a month!

Book your 20 min slot now!



#### **TOPICS INCLUDE:-**

- Family Law
- Child Contact & Residence
- Care matters/ Social Services involvement
- Divorce & Finances
- Domestic Abuse

**BILINGUAL STAFF  
AVAILABLE ON REQUEST**

#### **MONTHLY SESSIONS!**

Ashiana Community Project  
21-25 Grantham Road  
B11 1LU

Call Alkuma to book  
07579764469





We want to invite you to be part of



## Ladywood Family Voices



We would like to ensure Ladywood Family voices is representative of a range of parenting scenarios and of Birmingham's diverse communities.

We are therefore welcoming families from all walks of life and backgrounds with a particular focus on co-producing the Best Start for Life offer so those who are pregnant/Partner of the expectant parent and with children up to age 2yrs, or if you have children 2-19yrs/SEND we would also like to welcome you to.

There will be 6 meetings for the year and we would like to support you to attend.



**Tuesday 5<sup>th</sup> August**



**10:30am-12:00pm**



**Virtual meeting via TEAMS**



**To receive an invite to the meeting or if you require more information, please contact Ruth Ellis on 07718244240**

### Family Voices – Have Your Say!

Join Family Voices to share your views on local services for families and children of all needs. Your feedback helps improve support and makes a real difference in the community.

**Tuesday 5<sup>th</sup> August – 10.30- 12.00**

**Everyone's voice matters—get involved today!**

### The Baby Bank Service

The Baby Bank Service provides essential items like clothing, equipment, and nappies to families in need.

They aim to support new and expectant parents by offering free or low-cost baby essentials to help ease financial pressure and ensure every child has what they need to thrive.

If you or someone you know could benefit, get in touch to find out how to access their support.



CHURCHES TOGETHER SMALL HEATH

# BABY! BANK

Help for expectant mothers and parents of babies.

## DO YOU NEED SOME HELP?

**VISIT US ONLINE ON FACEBOOK**  
[www.facebook.com/BabyBank.SmallHeath](https://www.facebook.com/BabyBank.SmallHeath)

**VISIT US AT ANY OF OUR PARTICIPATING CHURCHES**

- All Saints | 172 Herbert Rd B10 0PR
- Bethel United Church | 759 Coventry Rd B10 0JD
- Church of God of Prophecy | 146 Cattell Rd B9 4RL
- Connect Church | Coventry Road | Small Heath
- New Testament Church of God | 17 Muntz St B10 9SN
- Small Heath Baptist Church | 14 Jenkins St B10 0QH

 **Mind Birmingham**

**Are You Having a Difficult Time?**

# Talking Space

Out of Hours Mental Health Support

 **Four Locations**

 **7 Days a Week**



**ERDINGTON**  
501 Slade Road Erdington B23 7JG



**ST PAULS SQUARE**  
grounded. 55 St Pauls Square B3 1QS



**SELLY OAK**  
grounded. 11 Bournbrook Road,  
Selly Oak B29 7BL



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

**WE CAN HELP WITH**

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

# Talking Space Appointments

**ERDINGTON**

**5pm - 11pm  
Every Day**

Beechcroft,  
Rear of 501 Slade Road  
Erdington B23 7JG

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

Book Now For  
Erdington,  
St Pauls & Selly Oak

**ST PAULS**

**1pm - 9pm  
Friday - Monday**

grounded. 55 St Pauls Square  
Birmingham B3 1QS

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

*Scan me*



Or call us to book an appointment on  
0121 262 3555

**SELLY OAK**

**5pm - 11pm  
Monday - Wednesday**

grounded.  
11 Bournbrook Road,  
Selly Oak B29 7BL

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

**NORTHFIELD**

**5pm - 11pm  
Thursday - Sunday**

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

Book Now  
For Northfield



**LivingWell** grounded.  **Mind Birmingham**  **creative support**  **MHS**

Registered Charity No. 500906 Registered Company No. 02034372

 **Mind Birmingham**

**MENTAL HEALTH & EMOTIONAL SUPPORT**

# Having A Difficult Day?

**HELPLINE**

 **0121 262 3555**  
Freephone 0800 915 9292  
**9:00am - 11:00pm  
Everyday**

 **LiveChat at birminghammind.org**  
10:00am - 9:00pm

 **Email**  
**help@birminghammind.org**

# 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

 **Drug and Alcohol Service**  
Birmingham

Change Grow Live (CGL) is a registered charity (No. 247154) and a limited company (No. 0401194). Registered Charity Number is 1000001 and a limited company (No. 0401194).  
Creative Support is a registered charity (No. 1000001) and a limited company (No. 0401194).  
Mind Birmingham is a registered charity (No. 1000001) and a limited company (No. 0401194).





**New  
time  
2-5pm**



COMPOST to PLOT to POT  
**Mondays**  
**Crick Gardens**

- **Learn** different methods of composting garden waste and food surplus
- **Volunteer** in our gardens to make compost and grow organic food

**Join our compost club !**

We can help you transform your food waste into compost at home or bring kitchen waste, grass cuttings, privet hedge clippings, leaves, shredded cardboard to Crick Gardens

Take home some organic compost to grow your plants

**Composting methods:**

Hot composting - Dalek Bins - Hot bin - Ridan - Bokashi

Crick Lane off Hamstead Rd Handsworth B202RJ

07799695797 Jimoh - 07807713839 Faith - [crickgardens@gmail.com](mailto:crickgardens@gmail.com)



# ERDINGTON WARM SPACE

We have opened our church as a WARM SPACE where members and the community can come in to use our facilities.

**WEDNESDAYS (10:30AM - 3:30PM)**

Our Hub is not just for winter; it's a welcoming space offering the following



FREE INTERNET  
ACCESS & COMPUTERS

INFORMATION, SUPPORT  
& GUIDANCE

FREE AFTERNOON  
TEA/COFFEE

WE PROVIDE EMERGENCY FOOD PARCELS TO THOSE IN NEED. OUR FOOD BANK PARCEL CONTAINS NON-PERISHABLE TINNED AND DRIED FOOD, AND ESSENTIAL TOILETRIES FOR YOUR HOUSEHOLD, INCLUDING YOUNG AND ELDERLY.



COVENANT RESTORATION ASSEMBLY  
79 ORPHANAGE ROAD, B24 9HU, ERDINGTON, BIRMINGHAM

For Enquiries Call: 07960306394

Part of Birmingham  
Warm Welcome Spaces



**FREE & OPEN  
TO ALL**

# GAIN

Guidance Advice Information Network

GAIN is a service dedicated to adults aged 25+ with no dependant children, providing advice and support to improve overall health and wellbeing



Personalised Service | Health & Wellbeing  
Financial Inclusion & Money Management  
Social, Community & Family Engagement  
Digital | Housing Issues

GAINBIRMINGHAM.CO.UK  
Telephone: 0121 289 7780

# PERRY COMMON Community Hall

Current Opening Hours 9am to 5pm

**Mondays** (excluding Bank Holidays)

- Red Hot Chilli Steppers Walking Group  
11am to 12.30pm

**Wednesdays**

- Telephone Befriending  
(Referral only)

**Thursdays**

- Carers Group 11am - 12:30pm

**Fridays** (excluding Bank Holidays)

- Telephone Befriending (Referral only)
- Gentle Walking Group 1pm - 2pm
- Housing Surgery - Appointment only to Michael:  
0121 382 1930
- IT Support with Christopher Every Fortnight,  
12pm - 2pm

For details call 0121 382 1930 or visit us Perry Common Community Hall,  
87 Witton Lodge Road, Perry Common, Birmingham. B23 5JD

03.02.2025



# WITTON LAKES ECO HUB & CAFE

All services listed  
are FREE  
& open to all!

**Current Opening Hours**  
Monday - Friday 9am to 4:30pm  
1st Saturday of the month 9am to 4:30pm

**Mondays** (excluding Bank Holidays)

- Household Energy Bills Advice 9.30am - 3.30pm\*
- Gardening Advice 11am - 12pm

**Tuesdays**

- Household Energy Bills Advice 9.30am - 3.30pm\*
- Learn Basic IT Skills 11am - 12pm
- Yoga 12:30pm - 1:30pm

**Wednesdays**

- Green Striders Running Group 9:15am - 10:15am
- Energy Cafe 10am - 12pm
- Welfare & Benefits Advice 11am - 3pm\*
- Gardening Advice 11am - 12pm
- Green Steppers Walking Group 1pm - 2pm
- Tai-Chi 2pm - 3pm

**Thursdays**

- Led Bike Ride - meet at 10am
- Sensory Stroll Walking Group 11am - 12pm
- Back in The Saddle Together (Bike) 11:30am - 12:30pm
- Stress & Relaxation 1pm - 2pm

**Fridays** (excluding Bank Holidays)

- Household Energy Bills Advice 9.30am - 3.30pm\*
- Tea with Tina 10am - 1pm
- Games at the Eco Hub 10am - 2pm *Weather permitting*
- Gardening Advice 11am - 12pm
- Chess club with Denis 11am - 2pm
- Welfare & Benefits Advice 11am - 3.30pm\*

**1st Saturday of the month**

- Games at the Eco Hub 10am - 1pm

For details call 0121 227 3200 or visit us at Witton Lakes Eco Hub  
off Faulkners Farm Drive, Erdington, B23 7XX 03.02.2025

Services marked\*  
Please phone  
before attending

# ERDINGTON Wellbeing HUB

**Current Opening Hours 9am to 5pm**

**Mondays** (excluding Bank Holidays)

- Adult Social Care Team: Drop-In 9am to 4pm
- Benefits Drop-In 12pm to 3.30pm\*

**Tuesdays**

- Household Energy Advice (appointment only)
- Wendy's Arts & Crafts 1pm to 3pm

**Wednesdays**

- Housing Drop-In 10am to 12pm\*
- Occupational Therapy Drop-In 10am to 2pm
- Shelter Housing Advice Drop-In (every 4 weeks call to book appointment)
- Energy Advice (appointment only)
- Tea with Tina, drop in for tea & chat 11am to 12.30pm

**Thursdays**

- Employment & Skills Support (appointment only) 10am to 12pm
- Benefits Drop-In 12pm to 3.30pm\*
- Household Energy Advice (appointment only)

**Fridays** (excluding Bank Holidays)

- Household Energy Advice (appointment only)

\*Drop-in service users are seen in order of arrival

For details call 0121 827 6295 or visit us at  
Health & Wellbeing Hub, First Floor, 196 High Street, Erdington B23 6SJ  
03.02.2025

# Free Adult Education classes Creative Craft and ESOL

## ADULT EDUCATION

**CREATIVE CRAFT CLASS - WEDNESDAY 10.45AM - 12.45PM**

**ESOL - WEDNESDAYS 1PM - 3PM**

Oasis Community Hub: Blakenhale  
Blakenhale Road

Birmingham  
Adult  
Education  
Service

Contact Adam Larkin  
adam.larkin@oasisuk.org  
M:07929188259 T: 0121 783 3960

# Scared of your partner or ex?

**Talk to us any time, day or night.**

Freephone 24 hour National  
Domestic Abuse Helpline  
**0808 2000 247**  
Confidential,  
non-judgmental support

Or reach us online:  
[www.nationalDAhelpline.org.uk](http://www.nationalDAhelpline.org.uk)

**Refuge**  
For women and children.  
Against domestic violence.



## Community information and advice marketplace!

Free

### Marketplace Roadshow – Coming to Perry Barr!

Join us at the **Marketplace Roadshow** in Perry Barr — a great opportunity to connect with local services, community groups, and support organisations all in one place.

Come along to:

Find out what's available in your area

Get advice on housing, benefits, health, SEND, and more

Meet friendly professionals and community groups

Pick up free resources and information

Date: **Wednesday 23rd July**  
Time: **10:30am – 12:30pm**  
Location: **South & City College, Handsworth Campus, B21 9DP**

**Everyone is welcome – no booking needed. Just drop in!**

Date	Time	Venue
Weds 23rd July 2025	10:30am - 12:30pm	South and City College, The Council House, Soho Rd, Handsworth, Birmingham B21 9DP



**SHAPING BIRMINGHAM'S  
FUTURE TOGETHER**



### **JOIN THE MARKETPLACE ROADSHOW 2025!**

The Shaping Birmingham's Future Together (SBFT) Marketplace is a unique opportunity to connect with local service providers, local organisations, and community and faith partners.

This event is designed to bring information and resources directly to you, making it easier than ever to engage with the services that can benefit you and your community

#### **Event details:**

**Date:** Wednesday 23rd July

**Time:** 10:30 AM – 12:30 PM

**Venue:** South and City College – Handsworth Campus  
The Council House, Soho Rd, Handsworth, Birmingham B21 9DP

For more information register your interest today:  
<https://bit.ly/PerryBarrMarketplace>

For more information or any queries, please contact our team at  
[SBFT@Birmingham.gov.uk](mailto:SBFT@Birmingham.gov.uk)

# LADYWOOD NNS COMMUNITY SURGERY



📍 **Legacy Centre of Excellence, 144 Potters Ln, B6 4UU**

🕒 **1:00 PM – 3:00 PM**

Monday 7th July

Monday 21st July

Monday 4th August

Monday 18th August

Monday 1st September



- » Ask questions about NNS funding
- » Get help with small grant applications
- » Talk through your ideas for the community
- » Meet the Ladywood NNS team
- » Find out what's happening locally



## Ladywood NNS Community Surgery

The Ladywood Neighbourhood Network Service (NNS) holds regular community surgeries offering local residents the chance to get advice and support on a range of issues including housing, benefits, health, and community safety.

Drop in to speak with friendly advisors who can help you access the services you need.

## Local Youth Clubs – Perry Barr District

Below is a list of youth clubs available across the Perry Barr district.

Please note that session times may vary and some clubs may only run during term time. There may also be a small cost to attend.

We recommend contacting each organisation directly for the most up-to-date information.

## INFORMATION.

Below are the addresses and contact information for the local youth clubs across Perry Barr District.

Please note all youth clubs times are subject to change, they may operate during term time only and each youth club may operate a cost. Please contact each individual organisation for more information.

**Soho Youth Project**  
Summerfield Community Centre  
Winston Green Road  
Winston Green  
B18 3EJ  
0121 464 6316

**The Lighthouse**  
Young Peoples Centre  
100 Alma Way  
Aston  
B19 2LN  
0121 464 3534

**Oaklands Youth Centre**  
Oakland Road,  
Handsworth B21 0NA  
0121 523 7702

**LRG Youth Centre**  
Lozells Recreational Group  
2 Graham Street,  
Lozells, B19 1QY  
0121 551 6281

**Cedar Church**  
Lambeth Road  
Birmingham  
B44 9NR  
www.cedar-church

**St Johns**  
St Johns Church Centre  
Church Road  
Perry Barr  
B42 2LB

Helen Greenwood: 07907779814  
Rev.Danny Payne: 07475005055



"Not having a Family hub would mean families would have nowhere to go if they need any support, it would be a great loss to families if the Hub wasn't here"

March 2025

## What does the Family Hub and Children Centre offer

At Perry Barr Family Hub we offer support to Families with Children aged 0-19 (25 with SEND)

Rookery Children's Centre is the main Family Hub and Lime Tree Children's Centre is our Satellite Hub.

Our centres host a range of free services from

- Play and Learn
- SEND support
- Family Support
- Community Support
- Family Voices
- Duty Support
- Family Events
- Early Intervention support.

We have a daily Duty Worker and Family Support Practitioners who can offer advice and signposting around

- Low Level Housing Advice/ Signposting
- Debt, Welfare and Benefit Advice
- Community Signposting
- Children's Choices Support
- Food Bank/ Baby Bank Support
- Safer Sleep Referrals.
- Breastfeeding Support.
- Domestic Abuse Support.




### Support

Families can be referred for support from the Children Centres either by calling their nearest Children Centre, Or via Birmingham Forward Steps Website as a self-referral or via a professional referral.

[www.birminghamforwardsteps.co.uk](http://www.birminghamforwardsteps.co.uk)  
[www.spurgeons.org](http://www.spurgeons.org)  
for further information

### Contact Information

 Rookery Children's Centre  
Mount Pleasant Road, Handsworth, B21 9QA  
0121 752 1840

 Lime Tree Children's Centre  
Heathfield Road, Birmingham, B29 7LJ  
0121 752 1950



Perry Barr Children's Centres



## Perry Barr Family Hub

Find out what support local families can receive from Perry Barr Family Hub.



## Family Support

Sometimes children and their families might need some extra help, this might come from a range of different organisations, all working together.

Our Family Support Practitioners support local families via self-referral or professional referral. This can either be from contacting the nearest Family Hub or via the Birmingham Forward Steps Website.

An Early Help Assessment is carried out between the Family and Family Support Practitioners, which is a way of recording down what is going well in your family, what are the worries and what needs to happen to help things improve.

You might need help in one or more of the following areas:

- School, Education or Training
- Home and Life Relationships
- Health and Emotional Wellbeing
- Work, Finance or Housing
- Domestic Violence or Abuse
- Crime or Anti-Social behaviour

## Community Support

Our Family and Community Liaison Navigators help to establish links between Family Hubs and Health, Education, Faith, Community and Voluntary Sectors.

Community Support, help grow the local network of partners, to support how services can be delivered in different venues in each District, where you, our families tell us they are needed most, through Family Voices and Parent Consultations.

The team also supports with tackling poverty in the city by supporting families with Grants, Warm Clothes for Children, Safer Sleep schemes and supporting Families in Temporary Accommodation.

The team also lead on running events with our colleagues from SEND, Early Years and Family Support throughout the year from Eid, Christmas Parties to celebrating International Women's Day. They also support other local organisations with family events, such as Schools, Partner Organisations and Community Group.

"It's been great for the children to socialise, it was great opportunity to access a fun and safe space free of charge, with everything being so expensive."

April 2025, Eid Party



## Early Years Support.

Our Early Years Practitioners deliver weekly Play and Learn sessions that take place at each centre, these are free to attend, no booking required for children aged 0-5 years.



Our Play and Learn sessions help develop your child with supporting School-Readiness, Parenting Skills and any Early Intervention.

The Play and Learn sessions encourage both Indoor and Outdoor play, with Social Interaction with peers.

Our Early Years Practitioners also support with 2 years development screening.

"It would be lonely at times, we learn more from each other than being away from each other and this play and learn helps with this."

March 2025

## SEND Support

Our SEND team, deliver Stepping Stones Groups across the district which is a specific Play and Learn groups for children aged 0-5, who are diagnosed and undiagnosed with additional needs. These are referral only groups ensuring small group numbers for those who are attending.

The SEND team also deliver a bespoke "Footsteps" programme which offers support to the parents of children with SEND and offer them on-going support when their children begin nursery and school.

# Early Help Support

Early Help is a support service for children and young people aged 0–19 (or up to 25 if they have Special Educational Needs and Disabilities – SEND), as well as their families.

We're here to offer early support with a wide range of issues, including:

- Money and budgeting advice
- Housing and accommodation support
  - Bereavement and loss
  - Mental health and wellbeing
    - SEND guidance

...and many other areas where a helping hand might be needed.

Our focus is on stepping in early—before things get more serious—to help you manage challenges and avoid the need for more specialist services later on.



**family action**

## We help families.

If you're feeling overwhelmed, worried or upset about any aspect of your family life, we are here.

Through change, challenge and crisis, Family Action is here for your family. It's what we've done for over 150 years.

To access support, you can complete a Family Connect form – scan the QR code below or go online to [www.birmingham.gov.uk/bcp](http://www.birmingham.gov.uk/bcp).

You can come along to one of our drop in sessions: to find out more, check out our social media or visit your local Family Hub. [www.facebook.com/FamilyActionLadywoodandPerryBarrEarlyHelp](https://www.facebook.com/FamilyActionLadywoodandPerryBarrEarlyHelp)

You can also call or email us, at the details below.

**Contact us:**

Early Help Ladywood & Perry Barr:

- [BirminghamEarlyHelpLadywood@family-action.org.uk](mailto:BirminghamEarlyHelpLadywood@family-action.org.uk)
- [BirminghamEarlyHelpPerryBarr@family-action.org.uk](mailto:BirminghamEarlyHelpPerryBarr@family-action.org.uk)

T: 07816 086 607 / 07385 464 482

**Family Action Early Help West District**  
42 Crompton Road, Nechells, Birmingham, B7 5SN

 Scan to access a Family Connect form

[family-action.org.uk](http://family-action.org.uk)

Family Action, Registered as a Charity in England & Wales no: 264713. Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068166.

BIRMINGHAM CHILDREN & YOUNG PEOPLE'S PARTNERSHIP

## Need Support? We're Ready to Help.

To get started, simply complete a

## Family Connect Form.

You can also contact us directly:

[BirminghamEarlyHelpLadywood@family-action.org.uk](mailto:BirminghamEarlyHelpLadywood@family-action.org.uk)

[BirminghamEarlyHelpPerryBarr@family-action.org.uk](mailto:BirminghamEarlyHelpPerryBarr@family-action.org.uk)

 07816086607 - 07385464482

We accept **self-referrals** as well as **referrals from professionals**.

**Fareen & Aisha – Early Help Community Development Workers**