



Updated: 25/11/22

*Welcome to our new dedicated Support and Advice Newsletter. Here you will find all sorts of useful tips, guidance, support opportunities and advice across a wide range of topics.*

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## **Useful links**

<https://www.woodhouse.priacademy.co.uk/news-and-events/parental-assistance>

*Our parental assistance page with plenty of avenues of support.*

<https://your-local-pantry.force.com/s/member-sign-up>

*The Food Pantry – Quinton*

<https://www.theprojectbirmingham.org/housing-advice/>

*Support with housing*

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## **Key members of staff**

*You can approach any member of staff for support but here are some specific members of staff who may be best placed to support in the first instance.*

*Miss Mason – SENDCo and Assistant Head*

*Miss Lavelle – Assistant Head for KS2 and Attendance Lead*

*Mr Kennedy – Pastoral Support and Learning Mentor*

*Mr Oakley – Assistant Head for Early Years and KS1*

*Miss Davies and Mrs Jones – Main Office team*

*The best times to speak with these members of staff is in the morning or after school, alternatively; you can call the main office on 0121 464 1769 or email us on [families@woodhouse.uwmat.co.uk](mailto:families@woodhouse.uwmat.co.uk)*

# It's Christmas Time!

## It's always best to be prepared

Many parents may be planning to give electronic gadgets to their children this festive period. This guide is designed to help parents take a realistic approach to help keep their children safe when using the internet, social media and playing online games. Please click on each image below for more information.



**A Parent's Guide to Social Media**



**A Parent's Guide to Sharing Pictures**



**A Parent's Guide to Gaming**



**A Parent's Guide to Live Streaming**



**A Parent's Guide to Online Grooming**



**A Parent's Guide to Online Influencers**



**A Parent's Guide to Fake News**



**A Parent's Guide to Privacy Settings**

**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**



**Parents** please contact your school if you would like to attend a parents internet safety workshop or have any concerns.

**Schools** please [contact us](#) if you would like a SKIPS Safety Net session delivered to your parent groups or staff.

### Skips Educational

Web: [www.skipssafetynet.org](http://www.skipssafetynet.org)  
Email: [info@skips.com](mailto:info@skips.com)  
Tel: +44 121 227 1941

142 Newton Road  
Great Barr  
Birmingham B43 6BT

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Developed in partnership with



# Skips





## Welcome to Bring it on Brum!

Bring it on Brum! will return for our winter programme week commencing Monday 19th December 2022. Bookings will open from Monday 28th November 2022.

Look out for communications from your child's school which will include your Bring It on Brum / HAF / FSM Code. You will need this to book or register.

Head to [bringitonbrum.co.uk](https://bringitonbrum.co.uk) to find out what is on offer.

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The HAF code for Woodhouse is 3302136

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There is a range of information about activities and family support on their website.





# Woodhouse Clothing Bank

*We have a clothing bank in school where we are able to take donations of children's clothing and re-disperse them to families and children who need them.*

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*Please bring any donations, in a clean and re-usable condition, to the main office.*

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*Items we can accept include:*

*School shoes, School uniform, non-school uniform (t-shirts, hoodies, trousers etc.), non-school shoes (trainers, pumps etc.), coats, hats, gloves and scarves.*

*Items we cannot accept: Underwear, jewellery, accessories, adults clothing.*

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*Items will be laid out on a regular basis for you to come and have a look.*

*Please speak with a member of the office team for further details.*

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*In the meantime, if you have any queries at all or would like any more information, please speak with the main office or email [families@woodhouse.uwmat.co.uk](mailto:families@woodhouse.uwmat.co.uk)*



## Reducing Parent Conflict

Most relationships have their ups and downs, and disagreements and arguments are normal. But arguments between parents that are intense, hostile, and poorly resolved can be harmful to their children and put their mental health and long-term life outcomes at risk. Learning to argue in ways that are helpful rather than harmful is vital for maintaining healthy relationships, whether parents are together or not.

Schools have access to a range of digital resources provided by OnePlusOne that are designed to help parents reflect on conflict in their relationship with current or ex-partners, as well as the impact on their children. The resources use videos and animations that incorporate evidence-based techniques to promote behaviour change and help parents to argue in ways that are helpful rather than harmful.

The resources can be accessed at your discretion from a laptop, tablet or smart phone.

There are 3 workshops available:

- Me, You and Baby Too – Aimed at new and expectant parents.
- Arguing Better – Aimed at parents experiencing high levels of stress and couple conflict.
- Getting It Right For Children – Aimed at separating or separated parents experiencing high levels of conflict.

All workshops are free and can be completed at your own pace, discretion and convenience.

Contact Mr Kennedy or Miss Lavelle for more information or go to <https://www.oneplusone.org.uk/parents> to register for a free account and to access the resources.





# HelpinBrum

## Find Help In Brum Are you concerned about the rise in cost of living?

Find some helpful contact details for advice and support.

Birmingham City Council and partners are working to support and offer guidance to our residents during the cost of living crisis in the UK.

We want to support as many of our residents as possible across key areas which are outlined in this leaflet.

## Benefits and Money Advice:

During the cost of living crisis, it is also important to ensure you have access to the right benefits and money advice for you. There are several information portals below which can help.

To find out what benefits you are entitled to, it is best to use the Benefits Calculator provided by the Government. Find out more by using this link [www.gov.uk/check-benefits-financial-support](https://www.gov.uk/check-benefits-financial-support)

Birmingham City Council has also developed several support factsheets which provide useful information on a range of debt related issues. You can view and download information on [www.birmingham.gov.uk/debtadvice](https://www.birmingham.gov.uk/debtadvice)

If you are struggling with debt and need advice and support you can also visit [www.birmingham.gov.uk/helpinbrum](https://www.birmingham.gov.uk/helpinbrum) which can help direct you to the right information.

There are also other services who offer free and confidential advice:

- The Project - Benefit, debt and housing advice  
0121 453 0606 | [www.theprojectbirmingham.org](https://www.theprojectbirmingham.org)
- Citizens Advice Birmingham - Advice on benefits, debt, housing and more  
0344 477 1010 | [www.bcabcs.org.uk](https://www.bcabcs.org.uk)
- Disability Resource Centre - Advice and advocacy services for disabled people  
03030 402 040 | [www.disability.co.uk](https://www.disability.co.uk)

## Warm Welcome:

We are working with the local community and a partnership of voluntary and community sector organisations to expand a network of warm spaces. These spaces will be available for people to use and visit during the winter period and beyond.

There are several existing Warm Welcome Spaces within local communities across the city. Warm Welcome Spaces are:

- inclusive and non-judgmental
- heated and free to access

The services at each space will vary but may include:

- information on further support and available guidance
- opportunities to participate in activities and learn new things
- free internet access, computers and charging points
- a friendly environment to connect with others within the community

You can find details of our current Birmingham Warm Welcome Spaces at [www.birmingham.gov.uk/warmwelcome](https://www.birmingham.gov.uk/warmwelcome)

Keeping checking back online as more spaces will be launched weekly.

## Energy Efficiency:

As energy costs rise we are committed to reducing energy bills and helping everyone to keep warm as we head into the winter months.

There are several schemes already available for residents, with full information and guidance available at

[www.birmingham.gov.uk/energyhelp](https://www.birmingham.gov.uk/energyhelp)

There has been a significant rise in energy scams linked to the cost of living crisis.

There is some helpful support on the Birmingham City Council website to avoid these scams.

[www.birmingham.gov.uk/energyscam](https://www.birmingham.gov.uk/energyscam)

## Food Support:

The cost of living crisis has made it much more difficult for many people to afford food. If this is something you are experiencing, there are several information points below which can help.

### Foodbanks:

We know that accessing a foodbank or other projects for the first time can be daunting. However, the volunteers do their utmost to make visitors feel welcome.

With one visitor saying *"it was just a small personal touch that made you feel welcome and on the occasions where I was on a tiny budget, it also felt like somebody did care that times were tough."*

To find a foodbank or other food support please visit <https://www.birmingham.gov.uk/foodhelp>

### Healthy Start card

If you are 10 weeks pregnant or more, have a child under four years old, or you or your family get certain benefits, you may be able to qualify for a Healthy Start card.

The card has money on it to be used in shops to buy: plain liquid cow's milk; fresh, frozen, and tinned fruit and vegetables; fresh, dried, and tinned pulses; and infant formula milk based on cow's milk. You can also get free vitamins.

To find out more and way to apply visit [www.birmingham.gov.uk/healthystart](http://www.birmingham.gov.uk/healthystart)

### Free School Meals

You can also check if your child can get free school meals, visit [www.birmingham.gov.uk/school-meals](http://www.birmingham.gov.uk/school-meals) to see if you are eligible. (This will also automatically register you for the Holidays, Activities and Food Programme.)

## More Information Available

Even more information is available on the Birmingham City Council website [www.birmingham.gov.uk/helpinbrum](http://www.birmingham.gov.uk/helpinbrum) which can guide you to various organisations depending on the help you may require. Alternatively, phone 0121 303 9944 and one of our customer service team will be able to help you.

## Other Support Available

There is also a lot of support at a local and national level. Here are some key contacts if you need information or guidance:

### Age UK Birmingham

Information, advice and helpline services for older people (50+), their families and carers  
0121 437 0479 | [www.ageuk.org.uk/birmingham](http://www.ageuk.org.uk/birmingham)

### Birmingham Mind

Providing advice, information and signposting for people affected by mental health issues  
0121 262 3555 | [www.birminghammind.org](http://www.birminghammind.org)

### Moneyhelper

Advice to help improve your finances  
0800 138 7777 | [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

### Stop Loan Sharks

Investigates and prosecutes illegal money lenders and provides support for borrowers  
0300 555 2222 | [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk)

### Turn2Us

Information and financial support  
0808 802 2000 | [www.turn2us.org.uk](http://www.turn2us.org.uk)

### Birmingham and Solihull Women's Aid

Support for women and children affected by domestic violence and abuse  
0800 800 0028 | [www.bswaid.org](http://www.bswaid.org)

### Shelter

Housing advice 0808 800 4444 | [www.england.shelter.org.uk](http://www.england.shelter.org.uk)

### The Active Wellbeing Society

Listen and Connect support people to feel heard, connect with others, be active, live well and access information  
0121 728 7030 | [www.theaws.co.uk/listen-connect](http://www.theaws.co.uk/listen-connect)

### The Refugee and Migrant Centre

Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship  
0121 374 0140 | [www.rmcentre.org.uk](http://www.rmcentre.org.uk)

### Spitfire Services

Advice on money, benefit, housing and employment issues  
0121 747 5932 | [www.spitfireservices.org.uk](http://www.spitfireservices.org.uk)





# Parent Wise – A helping hand for parents and carers

As children get older and more independent, issues that affect them can be harder to spot and deal with.

Learning about potential dangers can give you the knowledge and skills to act if there is a problem. It could also help keep your child safe by preventing problems before they happen.

You know your child best, so if you've got a feeling something's up – you're right not to ignore it.

<https://parentwise.campaign.gov.uk/>



You can access the Cost-of-living support parents factsheet by using the link below: (There are links to access more information)

[http://www.woodhouse.priacademy.co.uk/admin/ckfinder/userfiles/files/Parents\\_cost\\_of\\_living\\_factsheet\\_2022\\_WPA.pdf](http://www.woodhouse.priacademy.co.uk/admin/ckfinder/userfiles/files/Parents_cost_of_living_factsheet_2022_WPA.pdf)



#### PARENT FACTSHEET

## Cost-of-living support

Find out what help and support is available to you and your family as the cost-of-living crisis continues to bite.

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**Get in touch with us to let us know if you're struggling with your finances**

**[enquiries@woodhouse.uwmat.co.uk](mailto:enquiries@woodhouse.uwmat.co.uk)**

We know everyone is feeling the pinch this winter and we want to support those families in our school community who are impacted the most. If you're struggling with your finances, please do get in touch to let us know, as there may be things we can suggest which will help. We want to do everything we can to help you and your child through this difficult winter.

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### Contact your local Citizen's Advice Bureau

#### Citizen's Advice Bureau (CAB)

You don't have to be a UK citizen to get support from your local CAB, you just need to be a resident of the local area. The CAB can help you with:

- > Getting benefits or other financial support organised
- > Accessing support for essential costs (food, bills, rent)

Visit the [Citizens Advice](https://www.citizensadvice.org.uk/)'s website or contact your local branch to book an appointment:

Citizens Advice Birmingham,

Ground Floor, Gazette Buildings, 168 Corporation Street, BIRMINGHAM. B4 6TF

03444 77 1010 (Information Helpline) 9.30 - 16.30 Monday to Friday

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### Check you're paying the right amount of tax

Make sure you're on the right tax code. If you aren't you might be due a refund. Use the [Money Saving Expert's](#) free tax code calculator to find out.

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### Claim any benefits you're entitled to

Use 1 of these benefits calculators to determine whether there are any benefits you could be claiming:

- > [Turn2us](#)
- > [Policy in Practice](#)
- > [Support for migrant families](#) – use this calculator if you are a migrant family, or if you have no recourse to public funds

You may be able to get benefits paid early if you're already feeling the squeeze - this is known as 'a short-term benefit advance' - you will need to contact the Department for Work and Pensions (DWP) office that's dealing with your claim:

Selly Oak Jobcentre, 125 Harborne Lane, Selly Oak, Birmingham, B29 6SP

Telephone: 0800 169 0190, Textphone: 0800 169 0314: Monday to Friday, 8am to 6pm

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### Check you've received all the government's cost of living payments

The government's [cost of living payment](#) is available for those receiving certain benefits or tax credits. You don't need to apply for these – if you're eligible the money should go straight into your account.

If you think you're due a payment, but haven't received one – [report a missing payment](#) to the government here.

**Be aware of scams!** If you receive any emails, texts or phone calls asking you to fill in an application form or asking for your bank details to receive a cost of living payment, **do not talk to them or send a reply**. Get more information on [cost of living scams](#) on the Money Saving Expert's website

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### Find out what help you can get with your energy bills

Take a look at these resources from [Simple Energy Advice](#), the [British Gas Energy Trust](#) and the [Money Saving Expert](#) website.

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### Let us know if your child is entitled to free school meals (FSM)

If your child is eligible for free school meals (FSM) you need to get them registered. This will allow them to get a free meal at school, and we'll get extra funding to support your child's learning. Apply here: <https://www.cloudforedu.org.uk/ofsm/birmingham>

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### See what other support you can get from your local authority

Birmingham City Council: <https://www.localofferbirmingham.co.uk/family-support/>

Local authorities have lots of different schemes that you might be eligible for, including:

- > The [holiday activities and food programme](#) – access to food and activities over the school holidays
  - > [Help with transport to school](#)
  - > [Help with the cost of uniform](#)
  - > <https://bhamforwardsteps.co.uk/support-for-families/>
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### Get free or low-cost food

If you're worried about not having enough food to feed your family, you're not alone. There are a number of places offering support.

- > Our free breakfast provision for all children and families, run from the canteen at Woodhouse every morning, from 8:35-8:55am
- > If you have a child under 4, and meet the eligibility criteria, you may be entitled to [healthy start food vouchers](#)



- Quinton and Oldbury Foodbank: <https://quintonoldbury.foodbank.org.uk/>  
St Boniface Church, Quinton Road West, Quinton, B32 2QD  
The Coffee Shop, 151 Castle Road West, Oldbury, Sandwell, B68 0EL
- Find a local foodbank with these websites: [Bankue!](#), [The Independent Food Aid Network](#), the [Trussell Trust](#), or your local [community fridge](#)
- Use food waste apps and websites like [Olio](#) (for free food and household items from your local community), [Too Good To Go](#) (for low cost food from local restaurants), or [Low Price Foods](#) (food that has passed its best before date, but is still safe to consume)

#### Further information

- Contact [StepChange](#), if you're struggling with debt
- Contact [Shelter](#) if you're having issues related to housing
- Get free household goods on [Freecycle](#)
- Contact the [Salvation Army](#) for emergency assistance
- See if you're eligible for [grants from Tum2us](#)
- Single parents can get support from [Gingerbread](#)

*There are a number of 'Warm Welcome' hubs popping up in Birmingham with over 2,500 hubs set-up nationwide.*

*Warm Welcome hubs are registered organisations that are opening up to offer a free, warm, welcoming space for people to go this winter. The hubs are family friendly spaces that offer a variety of things such as free WIFI, refreshments and hot food.*

*Head here for more info:*  
<https://www.warmwelcome.uk/>





## **WARM HOMES WEST MIDLANDS – Covering Birmingham & the wider West Midlands region.**

**FREEPHONE 0808 196 8298**

### **Overview**

Act on Energy encourages energy conservation by providing free and impartial advice to householders across the West Midlands. We have been addressing Fuel Poverty and Climate Change for over 20 years supporting households through their energy journey. This is an exciting opportunity to help us deliver a new programme – Warmer Homes West Midlands. This is an ambitious partnership programme working with Marches Energy Agency to provide for the very first time, a universal, top-level energy advice service for the fuel poor across the seven urban local authority areas in the West Midlands Combined Authority area. This is a large-scale energy advice programme that will help 7,500 vulnerable households.

Warmer Homes West Midlands key objective is for vulnerable consumers to become more confident and independent. We also aim to reduce fuel poverty and improve the health and wellbeing of communities across the WMCA area. This will be achieved by providing the following services to vulnerable residents: –

- Energy saving advice
- Energy saving measures
- Income maximisation advice.

Advice will be delivered by a team of qualified energy advisors, by telephone, through case work, and on home visits and community events, where it is safe to do so. A team of community outreach workers will ensure that as wide a range of people as possible will be able to take advantage of Warmer Homes West Midlands. They will be rooted in the communities where the programme operates.

For more information please go to <https://warmerhomesswm.org.uk/>



# Free Family Hot Meals



This Winter, Midland Mencap are offering **FREE** hot meals for families and young people in Birmingham.

## When:

- Thursday 10th November, 6pm - 7:30pm
- Tuesday 29th November, 6pm - 9pm  
(Watch the Football World Cup: England Vs Wales kick off 7pm)
- Thursday 8th December, 6pm - 7:30pm

## Where:

Weoley Castle Community Centre,  
Bottetourt Road, Weoley Castle, B29 5TE

(Table-top activities available)



## Register Your Interest:

Meals are free but must be booked in advance.

## To Book Contact :



0121 442 2944



families@midlandmencap.org.uk



**For more information contact :**

**Call: 0121 442 2944**

# READY TO FIGHT FOOD WASTE?



## RESCUE MAGIC BAGS OF SURPLUS, UNSOLD FOOD

FROM YOUR FAVOURITE SHOPS AND RESTAURANTS

Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers - just because it hasn't sold in time. The Too Good To Go app lets you buy and collect this food - at a great price - so it gets eaten instead of wasted. You won't know exactly what's in your order until you pick it up - it's all part of the surprise. Download the app to get started.

Download the app from the App Store or the Play Store, enter your postcode and see what is available near you.



OLIO x FareShare

HELP US RESCUE AND REDISTRIBUTE

**200 MILLION MEALS**

TESCO

BOOKER

PLANET  
ORGANIC

EUROSTAR  
RESTAURANT ASSOCIATES  
Great things together

IN PARTNERSHIP WITH

one|stop

COMPASS  
GROUP

The ★ PRET ★  
Foundation  
Registered Charity No. 1030155

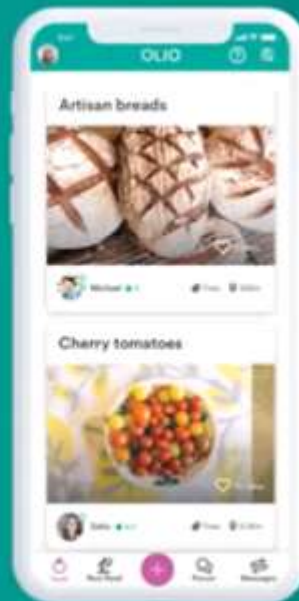
# Join the #1 free sharing app

Join millions of neighbours all over the world who are using OLIO to share more, care more and waste less.

Give & get free stuff and borrow & lend household items – all directly from your community.

Fight waste. Help your neighbours. Save our planet. Feel amazing!

**OLIO**  
The Food Waste Revolution



Download the app from the App Store or the Play Store



## Welcome to Quinton Pantry!

The Quinton Food pantry is collaboration between the Haven Community Project and B32 community. In response to the covid-19 pandemic we have both been involved with distributing food due to ongoing issues of Food Justice. We want to see a longer term solution to these issues of food injustice available for the people of Quinton and hope that the food pantry will form a part of this.

For a small weekly subscription of **£4**, members of this Pantry will be able to purchase a weekly food shop including fresh fruit and vegetables and family favourites to stock up the cupboard and fridge.

### The address is:

Haven Centre  
54 Rilstone Road  
Quinton  
Birmingham  
B32 2NR

### Opening times:

Friday: 12pm - 1.30pm

We are always looking for new volunteers so please get in touch if you would like to help us to run the pantry or support any of the other projects that we currently offer.

If you have any queries, please email [rachel@havencommunityproject.com](mailto:rachel@havencommunityproject.com) 





*The Quinton and Oldbury Foodbank is located at St Boniface Church and is open every Tuesday from 10am – 12pm and every Wednesday from 11am – 1pm.*

*The Foodbank at The Coffee Shop has now closed due to not being a suitable size for the foodbank but is re-opening as The Brandhall Community Hub and will be offering a wide range of support to the community. This includes a Food Pantry; a food membership club giving access to low-cost food, including fresh goods, in a shop format. The Pantry is a similar setup to the one in Quinton at the Haven Centre.*

*Food Banks within the Trussell Trust:*

- 1. Quinton and Oldbury Foodbank, St Boniface Church, B32 2QD*
- 2. Smethwick, Holy Trinity Church B67 7AH*
- 3. Handsworth, New Wesleyan Church, B21 0LA*
- 4. Birmingham Central, Birmingham City Church, B1 3QQ*

*Please speak to a member of staff in school in you require support from the Food Bank. We are able to refer families.*





## Boloh Helpline

### Barnardo's Online English Conversation Club 2022-2023

Have you tried to talk to locals but are finding it hard to make conversation? Have you experienced that you started your conversation with 'How are you?' and then it ended with 'I am fine, thank you?' In the coming session, we will discuss how to engage in small talk.

You are invited to join our virtual English conversation club to practice English speaking, and to share your experience in building interpersonal relationships with local people.

**Date:** Thursday 20th October 2022

**Time:** 1:00 pm - 2:00 pm

**Venue:** Microsoft Teams meeting

**Topic:** *Small talk with local people*

**Registration:** <https://forms.office.com/r/DQD8v3Uwve>



Registration is on a first come first served basis. A confirmation email will be sent to your email address. Please email ([boloh.helpline@barnardos.org.uk](mailto:boloh.helpline@barnardos.org.uk)) if you have any further enquiries.



Department for Levelling Up,  
Housing & Communities

**Believe in  
children**  
 **Barnardo's**



## Boloh Helpline

### Barnardo's 網上英語會話小組 2022-2023

想主動與本地人聊天溝通，卻又不知道如何打開話匣子？向對方問候一句 How are you，對方回答 I am fine, thank you，接著便結束對話，這會是你的經歷嗎？這次我們一起討論如何與本地人聊天，打開話題，延續對話。

我們邀請你一起參與網上英語會話小組，一方面練習英語會話，另一方面分享你與本地人建立人際關係的經驗。

**日期：**2022 年 10 月 20 日(星期四)

**時間：**下午 1 時至 2 時

**地點：**Microsoft Teams 線上會議

**題目：**與本地人溝通

**登記：**<https://forms.office.com/r/DQD8v3Uwve>



活動名額先到先得。參加者將於 10 月中旬獲電郵通知確認參加活動資格。如有查詢，請電郵與我們聯絡 ([boloh.helpline@barnardos.org.uk](mailto:boloh.helpline@barnardos.org.uk))。



Department for Levelling Up,  
Housing & Communities

**Believe in  
children**  
 **Barnardo's**



# Rhyme Time

**At Quinton Library**  
**Ridgacre Road, Quinton,**  
**B32 2TW**

**Suitable for ages 0-5 Years**

**Every Friday 10:00-11:00**  
**(Term Time Only)**

**Join us for stories, rhymes and fun craft**  
**activities that help support and develop your**  
**child's language and communication skills**



For more information on what's  
going on in your area please call:  
Doddington Green Children's Centre on  
0121 4776440

 @bfsedgbaston

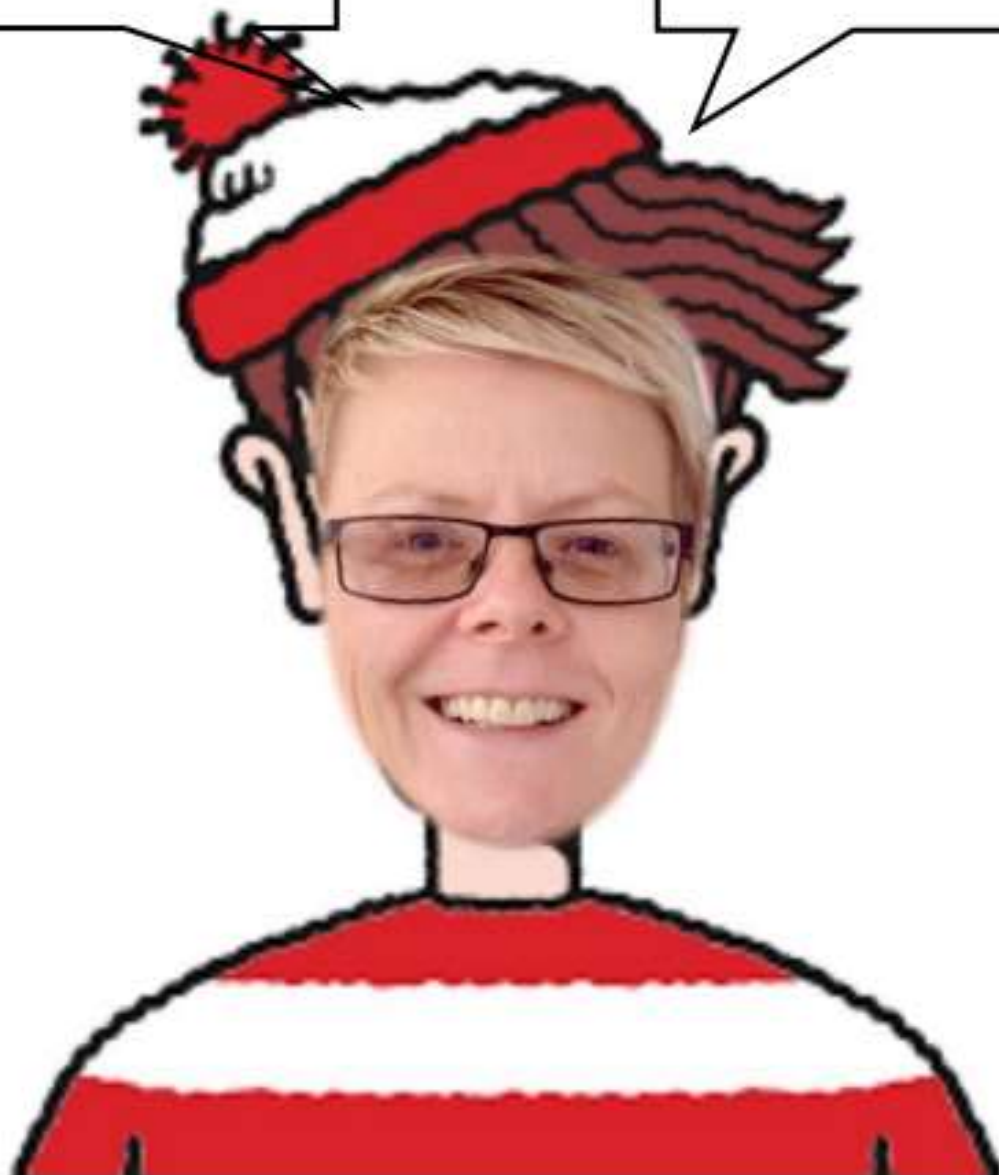


# Where's Wendy?

Wendy can be found working with pupils. She can support pupils with their emotional well being.

Wendy can be found working with staff.

She is trained to help staff with a variety of issues that are affecting their life.



**Did you know Wendy is a qualified therapist?**

**She is qualified in Counselling and Cognitive Behaviour Therapy.**

**If you'd like to speak to Wendy ask at Reception.**

**Wendy is in school on Thursdays.**



# Pause.

**Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.**

**Pause can help, we listen and help you find solutions – no referrals or long waits, you choose when and how to use our service. Pause supports anyone under the age of 25 with a Birmingham GP via phone, video call or face to face session.**

**To find out more and register for support, visit:  
<https://forwardthinkingbirmingham.nhs.uk/pause>  
or call our Registration Line **0207 841 4470**  
(please note local call charges do apply).**

**Drop-in sessions will be offered around the Birmingham area, not just in City Centre. For up to date locations, visit our website for more information.**

**Pause can offer:**

- **A non-judgemental listening ear.**
- **Self-help strategies, skills for managing difficult situations and feelings.**
- **Detail of other support services that can help.**

**Each session last around 20-30 minutes which focuses on ways forward.**

**Our Service Operates:**

- **Monday, Wednesday, Thursday, Fridays - 10am-6pm**
- **Tuesdays 12pm-8pm**
- **Saturdays 10am-5pm**
- **We are Closed Sundays & Bank Holidays.**



# Help for all families in Birmingham



Food  
& Energy



Youth  
Support



Domestic  
Abuse



Emergency  
Funding



Money &  
Debt Advice



Data & IT



Under 5's  
Support



School Uniforms  
& Clothing



Parenting



Special Needs  
& Disabilities



Bereavement



Housing



Sexual  
Health



Mental  
Health



Play

**Birmingham**  
Children's Partnership





# Birmingham

## Children's Partnership



### Edgbaston

EarlyHelpEdgbaston@gatewayfs.org  
0121 456 7821

### Erdington

ErdingtonFamilies@compass-support.org.uk  
0121 748 8199

### Hall Green

Hallgreen.families@greensquareaccord.co.uk  
07570 953519 (9:30am to 4:30pm)

### Hodge Hill

EarlyHelp-Hodgehill@family-action.org.uk  
07976 199894

### Ladywood

childrenandfamilies@bsettlement.org.uk  
07764 977636

### Northfield

NorthfieldFamilies@northfieldcommunity.org  
07516 918 133

### Perry Barr

PerrybarrEHnetwork@spurgeons.org  
0121 752 1900

### Selly Oak

EarlyHelp.Billesley@gmail.com  
0121 441 4556

### Sutton Coldfield

SuttonEHnetwork@spurgeons.org  
0121 752 1860

### Yardley

EarlyHelpYardley@barnardos.org.uk  
0121 289 4875





**Healthy Start  
paper vouchers  
will soon be  
replaced with a  
prepaid card**

**Apply online [NOW](https://www.healthystart.nhs.uk/how-to-apply/)**

The Healthy Start scheme is changing, with a new online application process and prepaid card, to replace the paper vouchers. Paper vouchers will no longer be issued after **31<sup>st</sup> March 2022** so it is very important that you apply for a prepaid card as you will no longer receive vouchers after the 31<sup>st</sup> March 2022. **You will not automatically be transferred onto the new scheme.**

**To apply for the first time or get your new prepaid card, go to the Healthy Start website [www.healthystart.nhs.uk/how-to-apply/](https://www.healthystart.nhs.uk/how-to-apply/) and follow the steps for applying.**

Pregnant women and families with children under the age of 4 may be eligible for help to buy healthy food and milk if they are on certain benefits. Healthy Start vouchers are currently worth **£4.25** per week per child under the age of four – but if you have a child under one year, you could get two vouchers a week giving you **£8.50**

**Sign up online today – [www.healthystart.nhs.uk/how-to-apply/](https://www.healthystart.nhs.uk/how-to-apply/)**

*(If you do not have access to a computer or phone, ask your health visitor, midwife, Children Centre, or another organisation that you receive support from)*



**A BOLDER  
BRIGHTER  
BIRMINGHAM**



**Birmingham**  
City Council





## **Healthy Eating/Recipes**

- [Startwell 2020 \(startwellbirmingham.co.uk\)](http://startwell2020.startwellbirmingham.co.uk)
- [www.nhs.uk/change4life/recipes](http://www.nhs.uk/change4life/recipes)
- <https://my.whisk.com/feed>
- [Healthy eating on a budget | BHF](#)
- [Diabetes-UK-African Caribbean-Guide.pdf \(nhsforhvalley.com\)](#)
- [FINAL A5\\_Healthyeating\\_SAsian7.qxd \(diabetes.org.uk\)](#)
- [www.tomkerridge.com/full-time-meals/](http://www.tomkerridge.com/full-time-meals/)
- <https://www.youtube.com/watch?v=c-2gPJUOiqM&list=PLb1P0NWdnLLMAWayc9Iblm-8abQ8oHcG8> - healthy eating webinars

## **Keeping Active**

- [Disney Shake Up Games | 10 Minute Shake Up | Change4Life \(www.nhs.uk\)](#)
- Startwell being active - [180 Katie - Startwell 2020 \(startwellbirmingham.co.uk\)](#)
- [PE With Joe | 2021 - YouTube](#)

## **Useful sites**

- **Pregnancy start4life:** [www.nhs.uk/start4life/](http://www.nhs.uk/start4life/)
- **Birmingham Safeguarding Children Partnership:** [Home - Birmingham Safeguarding Children Partnership \(lscpbirmingham.org.uk\)](#)
- **Birmingham Forward Steps:** [Birmingham Forward Steps – The best start for our children \(bhamforwardsteps.co.uk\)](#)
- **Supporting children's mental health:** [Coronavirus: wellbeing activity ideas for families \(place2be.org.uk\)](#)
- **Mental wellbeing:** [Home - Kooth](#)
- **ICON:** [ICON - Babies cry you can cope - Advice and Support | ICON \(iconcope.org\)](#)
- **Food Banks:** [All Food Banks | Find FoodBanks Brum](#)
- **Healthy Start webinar:** <https://www.youtube.com/watch?v=ko3TPO7EurE>



**We've all been through a tough time** recently.

*The following organisations have partnered to provide services and support, which might make life a little bit easier...*

Birmingham Children's Partnership includes: Birmingham City Council, Birmingham Children's Trust, Birmingham and Solihull Clinical Commissioning Group, Birmingham Community Healthcare NHS Foundation Trust, Birmingham Women's and Children's NHS Foundation Trust, West Midlands Police and Birmingham Voluntary Sector Council.

*There is support available for domestic abuse, parenting courses, mental health support, financial help, alcohol and drug problems, bereavement support and more.*

Follow these links to find out more: <https://www.birmingham.gov.uk/love>

[https://www.birmingham.gov.uk/info/50224/birmingham\\_children\\_s\\_partnership/2156/birmingham\\_children\\_s\\_partnership\\_-\\_resources](https://www.birmingham.gov.uk/info/50224/birmingham_children_s_partnership/2156/birmingham_children_s_partnership_-_resources)

*Alternatively, speak to a member of the Inclusion Team for more advice / support.*

*In most cases, you can self-refer for support.*

*One example of support they can offer is with emergency food and supplies grants of up to £100.*



# From Birmingham with Love



We've all been through a tough time with Covid-19 and repeated lockdowns. For many families it can get harder over Winter, which is why we're here to help. Here are some of our partners' most used services and support, which might make life a little bit easier...



1. **Online parenting course.** We've pre-paid for every parent in Birmingham to access a [parenting course](#). Just enter the access code "COMMUNITY" at the top of the page to claim. There are courses for parents, carers and grandparents of children from bump to 19. Learn about how your child develops, and get tips to manage their behaviour.



2. **Mental health support.** In these difficult times we have to look after our mental health. For young people aged 11-25 there are forums, guides and counselling available at [Kooth](#). If your child 0-25 needs support, get in touch with Pause by calling 0207 841 4470 or [email](#). Adults can get support from [MIND](#) by calling 0121 262 3555. Or for urgent help call [Forward Thinking Birmingham](#) on 0300 300 0099.



3. **Financial help.** If you've lost your job, or are struggling for food or rent there are services that can help. [Local welfare provision](#) can make a big difference if you are in a crisis and need food, fuel or basic white goods. [Discretionary Housing Payments](#) may be able to help with rent. And there are [food banks](#) across Birmingham that are here to help.



4. **Domestic abuse.** For women and children affected by domestic abuse please see [guidance](#) or confidentially contact [Birmingham and Solihull Women's Aid](#). For Men, please contact [Respect](#).



5. **Problems with drugs or alcohol.** A new, discrete app called Staying Free is available on Android or Apple. Use the code "birmingham11" for pre-paid access. To speak to someone call [Change Grow Live](#).



6. **Bereavement support.** It's a terrible time to lose a loved one — you can get help by calling 0121 687 8010 or from [Cruse](#).



7. **Early help for families.** If anyone in your family needs more help, from public services or community groups, then please contact our [voluntary sector local leads](#). We have ten areas which can connect you to support across the city.

If you are worried about a child, please call Birmingham's Children's Advice and Support Service on 0121 303 1888. In an emergency, including child abuse, contact the Police on 999. You can also [chat](#) to the Police.



# SEND BRIEFING PARENT WEBINAR

October 2022



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

[Developing joint Attention](#) – Tuesday 11<sup>th</sup> October 2022 11-11:30am

[Supporting Language Development Through Play](#) - Tuesday 18th October 11-11.30

[Using a Now and Next board](#) - Tuesday 1st November - 11-11:30

[Using Objects and sensory Cues](#) - Tuesday 8th November - 11-11:30

[Offering Choices](#) - Tuesday 15th November - 11-11:30

[Using a communication board](#) - Tuesday 22nd November - 11-11:30

[Creating opportunities](#) - Tuesday 29th November - 11-11:30

[Using a Song Bag](#) - Tuesday 6th December - 11-11:30

## Speakers:

*Speech and Language Therapists from the Outreach and SEND Therapy Team*

These sessions are suitable for parents of children who have difficulties with their early communication development in the areas of attention, social interaction, understanding of simple language and use of words/other means to convey their wants and needs".

Please email [bchc.sendtherapy@nhs.net](mailto:bchc.sendtherapy@nhs.net) if you are unsure whether these webinars would be suitable.

Each webinar will last approximately **30 minutes** and take the format of a presentation followed by an opportunity to ask questions

<https://www.localofferbirmingham.co.uk/product-category/speech-and-language-therapy/>

**All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.**



# SEND BRIEFING PARENT WEBINAR

October 2022



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## Occupational Therapy

### DIY: Encouraging Independence in self-care

**Speakers**  
**Sarah Gallagher**  
SEND Occupational Therapists

This Family Webinar will look at strategies to support your child to become independent in their self-care activities such as dressing, washing, toileting and feeding.

**Wednesday 7th December 2022**

**1:30pm – 2:30pm**

<https://www.localofferbirmingham.co.uk/product/ot-diy-encouraging-independence-in-self-care-early-years-age-7th-december-2022-130pm-230pm/>

All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.



# SEND BRIEFING PARENT WEBINAR

October 2022



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## Occupational Therapy

### Managing Sensory outside the home for primary

**Speakers**  
**Katie Green**

**SEND Occupational Therapists**

This family webinar will look at the impact of sensory difficulties on your child whilst away from the home. You will learn strategies to support your child's sensory needs whilst away from the home.

**Wednesday 8<sup>th</sup> March 2023**

**9:30am –10:30am**

<https://www.localofferbirmingham.co.uk/product/managing-sensory-outside-the-home-primary-school-age-wed-8th-march-2023/>

### Managing Sensory outside the home for secondary

**Thursday 9<sup>th</sup> March 2023**

<https://www.localofferbirmingham.co.uk/product/managing-sensory-outside-the-home-secondary-school-age-9th-march-2023-130pm-230pm/>

**All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.**



BIRMINGHAM  
CHILDREN'S TRUST





# SEND BRIEFING PARENT WEBINAR

*October 2022*



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

## Occupational Therapy Toileting with OT

**Speakers**  
**Gordon Heath**  
SEND Occupational Therapists

This Family Webinar will look at strategies to support independent toileting. You will learn how to create an effective toilet time routine and how to adapt the bathroom environment to promote independent toileting.

**Thursday 9<sup>th</sup> February 2023**

**9:30am – 10:30am**

<https://www.localofferbirmingham.co.uk/product/toileting-with-ot-thursday-9th-february-2023-930am-1030am/>

**All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.**



BIRMINGHAM  
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