



Updated: 27/01/23

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.

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

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



CAT Parent Coffee Morning

The Communication and Autism Team are offering a chance for parents to meet up with other parents, and there will be topics for each session to help you understand various areas of needs and support when you have a child with Autism

All sessions are on a Friday 9.00-11.00am
10th February- Sharing a diagnosis (child or family)
10th March- ADHD
21st April- Executive Functioning
12th May- managing challenging behaviour
16th June- Preparing for school and transitions
14th July- Managing school holidays

Based at GBNFC Chinbrook Centre
213 Trittiford Road, Yardley Wood, Birmingham, B13 0ET

Timetable for each session
9.00-9.30 Time for individual questions
9.30-10.30 Time for focused topic
10.30-11 Time to chat

For more information please email Katie Price on Catherine.h.price@birmingham.gov.uk





**Early Help
Edgbaston**



gateway
Family Services CIC

EARLY HELP EDGBASTON

SUPPORT FOR ALL FAMILIES
LIVING IN EDGBASTON



HOW CAN WE HELP?

Early Help can support your family in lots of different ways;

-  Challenges at school
-  Parenting support
-  Health and emotional wellbeing
-  Housing + Debt advice
-  Domestic abuse
-  Getting back into work or training
-  Connections to the local community, meeting new people
-  Special Needs and Disabilities

Scan to complete
a Family Connect
Form to contact
the team

If you think that your family would benefit from
some advice, support or information around any
of these issues:

Please contact the team!



@EarlyHelpEdgbaston



@EarlyHelpEdg

earlyhelpedgbaston@gatewayfs.org

Please Call

0121 456 7821



SEND

BIRMINGHAM

www.localofferbirmingham.co.uk

SEND

**VISIT THE NEW BIRMINGHAM
SEND LOCAL OFFER WEBSITE**



Help, support, advice and information
for children and young people with
special educational needs and disabilities.

BE BOLD BE BIRMINGHAM



BIRMINGHAM
CHILDREN'S TRUST



Birmingham
City Council

- **Clear accessible SEND information, advice and support**
- **A searchable directory of help and support**
- **Specialist support services for children and young people with additional needs**
- **Information on leisure and things to do**
- **Advice on education, health, wellness and finance**
- **SEND Travel and Transport information and how to apply**
- **Information on childcare and Early Years education**
- **Information on Post 16 options and Preparing for Adulthood**
- **Have your say on the website on the feedback form on the home page**

SEND



Warm spaces across the city for Birmingham City Council staff to access a hot drink, Wi-Fi, charging points, toilets (where applicable)



HelpinBrum

WARM WELCOME LOCATIONS FOR BIRMINGHAM CITY COUNCIL STAFF ONLY



LOCATION	ADDRESS	OPENING TIMES	WI-FI	CHARGING POINTS	TOILETS	HOT DRINKS
1. Acocks Green Library	Shirley Road, Bham B27 7XH	Not open every day check times	Yes	Yes	Yes	No
2. Aston Library @ Old Fire Station	Ettington Rd, Aston, Bham, B6 6ED	Not open every day check times	Yes	Yes	Yes	No
3. Balsall Heath Library	Mosley Road, Bham B12 9BX	Not open every day check times	Yes	Yes	Yes	No
4. Bartley Green Library	Mosley Road, Bham B12 9BX	Not open every day check times	Yes	Yes	Yes	No
5. Beeches Pool and Fitness Centre	Beeches Rd, Great Bar B42 2HQ	Mon-Thur 6am-10pm, Fri 6am-9pm, Sat/Sun 7am-6pm	No	Very limited	Yes	Cafe on site
6. Billesley Tennis Centre	Whealers Lane, Billesley B13 0ST	Mon-Fri 7am-10pm Sat/Sun 8pm-5pm	No	Very limited	Yes	Cafe on site
7. Birchfield Community Library	Trinity Road, Bham B6 6AH	Not open every day check times	Yes	Yes	Yes	Yes
8. Boldmere Library	119 Boldmere Road, Bham B73 5TU	Not open every day check times	Yes	Yes	Yes	Yes
9. Cocks Moor Woods Leisure Centre	Alcester Road South, Kings Heath, Bham B14 6ER	Mon-Thur 6am-10pm, Fri 6am-9pm, Sat/Sun 7am-6pm	No	Very limited	Yes	Cafe on site
10. Druids Heath Library	Idmiston Croft, Bham B14 5NU	Not open every day check times	Yes	Yes	Yes	Yes
11. Erdington Library	Orphanage Road, Bham B24 9HP	Not open every day check times	Yes	Yes	Yes	Yes
12. Erdington Leisure Centre	Orphanage Road, Erdington, Bham B24 9HU	Mon-Thur 6.30am-10pm, Fri 6.30am-9pm, Sat/Sun 7am-5pm	No	Very limited	Yes	Cafe on site
13. Frankley Library	Balaam Wood Academy, Bham B45 0EU	Not open every day check times	Yes	Yes	Yes	No
14. Glebe Farm Library	Glebe Farm Road, Bham B33 9NA	Not open every day check times	Yes	Yes	Yes	No
15. Hall Green Library	1221 Stratford Road, Bham B28 9AD	Not open every day check times	Yes	Yes	Yes	No
16. Handsworth Library	Soho Road, Bham B21 9DP	Not open every day check times	Yes	Yes	Yes	Yes
17. Harborne Library	High Street, Bham B17 9QG	Not open every day check times	Yes	Yes	Yes	No
18. Kings Heath Library	2 High St, Kings Heath, Bham B14 7SW	Not open every day check times	Yes	Yes	Yes	No
19. Kings Norton Library	Pershore Road South, Bham B30 3EU	Not open every day check times	Yes	Yes	Yes	No
20. Kingstanding Library	Kingstanding Road, Bham B44 9ST	Not open every day check times	Yes	Yes	No	No
21. Ladywood Leisure Centre	Ladywood Middleway, Ladywood, Bham B16 8T	Mon-Thurs 6.30am-10pm, Fri 6.30am-9pm, Sat/Sun 7am-3pm	No	Very limited	No	Cafe on site
22. Mere Green Library	30A Mere Green Road, Bham B75 5BT	Not open every day check times	Yes	Yes	Yes	No
23. Northfield Leisure Centre	Bratol Rd South, Northfield, Bham B31 2PD	Mon-Thurs 6am-10pm, Fri 6am-9pm, Sat/Sun 7am-6.30pm	No	Very limited	Yes	Cafe on site
24. Northfield Library	77 Church Road, Bham B31 2LB	Not open every day check times	Yes	Yes	Yes	No
25. Perry Common Library	College Road, Bham B44 0HH	Not open every day check times	Yes	Yes	Yes	Yes
26. Quinton Library	Ridgacre Road, Bham B32 2TW	Not open every day check times	Yes	Yes	Yes	Yes
27. Sutton Library	Lower Parade, Sutton Coldfield, Bham B72 1XX	Not open every day check times	Yes	Yes	Yes	Yes
28. Sheldon Library	Brays Road, Bham B26 2RJ	Not open every day check times	Yes	Yes	Yes	No
29. Sparkhill Library	641 Stratford Road, Bham B11 4EA	Not open every day check times	Yes	Yes	No	No
30. South Yardley Library	Yardley Road, Bham B25 8LT	Not open every day check times	Yes	Yes	Yes	Yes

WARM WELCOME LOCATIONS FOR BIRMINGHAM CITY COUNCIL STAFF ONLY



LOCATION	ADDRESS	OPENING TIMES	WI-FI	CHARGING POINTS	TOILETS	HOT DRINKS
31. Spring Hill Library	Spring Hill, Bham B16 7BH	Not open every day, check times	Yes	Yes	No	No
32. Stirchley Library	Baumville Lane, Bham B30 2JT	Not open every day, check times	Yes	Yes	Yes	Yes
33. Stechford Leisure Centre	Lower Parade, Sutton Coldfield, B72 1XX	Not open every day, check times	Yes	Yes	Yes	No
34. The Shard (Shard End Library)	All Saints Square, Shard End Crescent, Bham B34 7AG	Not open every day, check times	Yes	Yes	Yes	Yes
35. Tower Hill Library	Tower Hill, Bham B42 1LG	Not open every day, check times	Yes	Yes	Yes	No
36. Walmley Library	Walmley Road, Bham B76 1NP	Not open every day, check times	Yes	Yes	Yes	No
37. Wyndley Leisure Centre (Pool)	Clifton Road, Sutton Coldfield B73 6EB	Mon-Thur 6.30am-10pm, Fri 6.30am-9pm, Sat/Sun 7am-5pm	No	Very limited	Yes	Cafe on site
38. Ward End Library	Washwood Heath Road, Bham B6 2HF	Not open every day, check times	Yes	Yes	Yes	Yes
39. Weoley Castle Library	76 Beckbury Road, Bham B29 5HR	Not open every day, check times	Yes	Yes	No	No
40. Yardley Wood Library	Highfield Road, Bham B14 4DU	Not open every day, check times	Yes	Yes	Yes	Yes
41. Woodcock Street	10 Woodcock Street, Bham B7 4BL	Not open every day, check times	Yes	Yes	Yes	Yes
42. Kingstanding Wellbeing Centre	Dulwich Road, Kingstanding, Bham B44 0EW	Not open every day, check times	Yes	Yes	Yes	Yes
43. Small Heath Wellbeing Centre	Muntz Street, Birmingham B10 9RX	Not open every day, check times	Yes	Yes	Yes	No
44. Edgbaston Reservoir	115 Reservoir Road, Ladywood, Bham B16 9EE	Not open every day, check times	Yes	Yes	Yes	No
45. Kings Heath Park	Vicarage Road, Kings Heath, Bham B14 7TQ	Not open every day, check times	Yes	Yes	Yes	No
46. Lickey Hills Country Park	Lickey Hills CP Women Lane, Radnal, Bham B45 8ER	Not open every day, check times	Yes	Yes	Yes	No



HARBORNE
BAPTIST
CHURCH

Harborne Park Road, Harborne,
Birmingham B17 0DH
www.harbornebaptistchurch.org
0121 427 7141

Join us for a morning of creativity!

Creative Wellbeing

ARTS & CRAFTS

WARM SPACE



Fridays 10:30am - 12:30pm
at Harborne Baptist Church

Choose to do an organised Arts & Crafts activity, bring something you're working on, or just enjoy free refreshments and being in our Warm Space.



WARM SPACES



@ Harborne Baptist Church



SUNDAYS 11:00am-12:00pm

Sunday Worship Service

Everyone is welcome to join us for our Christian worship service, where we meet to pray, sing and listen to a short talk based on the Bible.



MONDAYS 11:30am -12:30pm

« Move it or Lose it » - an EXERCISE CLASS

Come along to free, friendly and fun exercise classes! Exercises for all levels and abilities. Improve balance, confidence, mobility, flexibility, strength and independence.



WEDNESDAYS 11:30am-1:30pm

Community Café

Drop in for a hot meal and good company for a « pay as you feel » meal (no minimum donation). **Food served from 12:00pm.**

Powered by The Real Junk Food Project Central.



THURSDAYS 10:30 - 12:30

Place of Welcome

Drop in for relaxed chat, friendship and refreshments, all for free! Everyone Welcome!



FRIDAYS 10:30am - 12:30pm

« Creative Wellbeing » - Arts & Crafts

Choose to do an organised Arts & Crafts activity, bring something you're working on, or just enjoy free refreshments and being in our Warm Space.

**HARBORNE
BAPTIST
CHURCH**



Harborne Baptist Church
Harborne Park Road, Harborne,
Birmingham B17 0DH
www.harbornebaptistchurch.org
0121 427 7141

**MOVE IT
OR LOSE IT!®**

**- An Exercise Class
with a Difference!**

FABS

Flexibility | Aerobic | Balance | Strength



Mondays 11:30am - 12:30pm

Harborne Baptist Church

Harborne Park Road B17 0DH



**For more information, email the Instructor -
amber.cahill@moveitorloseit.co.uk
Or phone the church office at [01214227141](tel:01214227141)**



**Part of Warm Spaces
@ HBC & Birmingham
Warm Welcome**



Ласкаво просимо
ברוך הבא
karibu
महाराज है
Hoşgeldiniz
maligayang pagdating
환영하다
सुवागत
خوش آمدید
willkommen
ようこそ
أهلا بك
Добро пожаловать
ຍິນດີຕ້ອນຮັບ
bienvenidos

PLACES OF
WELCOME

THURSDAY
10:30am-12:30pm

Open to everyone,
so please drop in!
There is no charge!



A relaxed, safe space where
everyone in the community can
come and feel at home.

You will find a friendly face,
a cup of tea/coffee and
a conversation if and when needed.



**Harborne
Baptist Church**

📍 Harborne Park Road, Harborne, Birmingham B17 0DH
🌐 www.harbornebaptistchurch.org ☎ 0121-4277141

A decorative border of various fruits including a pear, avocado, banana, orange, waffle, strawberry, blueberry, apple, kiwi, and watermelon slice surrounds the central text area.

Harborne Baptist Community Cafe

Every Wednesday

Doors open	11:30am
Lunch served	12 - 1:30pm
Doors close	2pm

Starting 11 January 2023

Harborne Baptist Church
Harborne Park Road
B17 0DH

Pay As You Feel

The Exchange

25 January 16:30 – 18:00

3 Centenary Square B1 2DR

Free

Everyone welcome to celebrate
the launch of The Exchange
as a place of welcome.

Friendly space



Free hot drinks
and refreshments



Free activities



Everyone Welcome

We're opposite
Birmingham Library



Be Empowered.....



Early Support Programme for SEND Parent Carers

Be Empowered Workshops

The first Face to Face workshop of this academic year

Wednesdays 10am – 1pm (for 6 weekly sessions)

Starting Wed 11th, Wed 18th, Wed 25th January, Wed 1st, Wed 8th, and
Wed 15th February 2023

**At Northfield Community Partnership, St Nicholas Place, 81 The Green,
Kings Norton, Birmingham, B38 8RU.**

Are you a parent of
a child with special
or additional
needs?

Do you want to meet with other
parents and learn more about
local and national services and
what they can offer?

Do you want to feel more
confident about working with
practitioners and making
decisions about your child's
journey?

We warmly invite you to a series of workshops that have been written by and are led by trainers who are parent/carers of a child with additional needs themselves.

These workshops are for parent/carers of children and young people of any age, with any additional need, with or without a diagnosis. They are an attempt to support parent/carers through times of change and at whatever stage of the journey participants may find themselves.

TO BOOK – Complete the booking form and return to:

BeEmpowered@birmingham.gov.uk

For more information please contact: Christine Legore on 07770 762 056

DEADLINE FOR RECEIVING COMPLETED BOOKING FORMS IS WEDNESDAY 14TH DECEMBER 2022!

N.B We are unable to provide creche facilities.



Be Empowered Workshop – Early Support Programme for SEND Parent Carers

Booking form for DAYTIME **FACE TO FACE Be Empowered Workshops**

JANUARY – FEBRUARY 2023 – On a WEDNESDAY, 10am – 1pm

Starting Wed 11th Jan 2023, then continuing Wed 18th Jan, Wed 25th Jan,
Wed 1st Feb, Wed 8th Feb and finishing Wednesday 15th February 2023.

Please note there is no charge for these workshops.

Venue:

**Northfield Community Partnership, St Nicholas Place,
81 The Green, Kings Norton, Birmingham B38 8RU.**

Please complete all sections in BLOCK CAPITALS.

To ensure that we can process your form swiftly please ensure the form is fully completed and the consent
overleaf is signed and dated.

Your Details:

Parent Carer Name

Address

Postcode Telephone (Mobile) Number

Email Address

Age of your child(ren) and their individual additional needs

Any special requirements or access requirements:

Name: Signature: Date:



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 to find out what is on offer.

The HAF code for Woodhouse is 3302136

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.

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

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.

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.

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



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

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

If you are struggling with debt and need advice and support you can also visit 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
- Citizens Advice Birmingham - Advice on benefits, debt, housing and more
0344 477 1010 | www.bcabcs.org.uk
- Disability Resource Centre - Advice and advocacy services for disabled people
03030 402 040 | 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

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

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

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

Free School Meals

You can also check if your child can get free school meals, visit 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 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

Birmingham Mind

Providing advice, information and signposting for people affected by mental health issues
0121 262 3555 | www.birminghammind.org

Moneyhelper

Advice to help improve your finances
0800 138 7777 | 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

Turn2Us

Information and financial support
0808 802 2000 | 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.bsawaid.org

Shelter

Housing advice 0808 800 4444 | 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

The Refugee and Migrant Centre

Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship
0121 374 0140 | www.rmcentre.org.uk

Spitfire Services

Advice on money, benefit, housing and employment issues
0121 747 5932 | www.spitfireservices.org.uk

A message for Ukrainian parents in Quinton
Це повідомлення для українських батьків у Quinton.



Hi, my name is Jude.

Привіт! Мене звати Jude.

I live on Quinton Road West (B32 2RJ).

Я живу на Quinton Road West (B32 2RJ).

A Ukrainian family is living with me.

Зі мною живе українська сім'я.

They would like to meet other Ukrainians living in Quinton.

Вони хотіли б познайомитися з іншими українцями, які живуть у Quinton.

Please send me a WhatsApp message if you would like to get in contact with them.

Будь ласка, надішліть мені повідомлення WhatsApp, якщо ви хочете зв'язатися з ними.

Thank you. Дякую.

Jude

WhatsApp 07813636161

SMS or phone call only (SMS або телефонний дзвінок)
07716329900



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)



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.

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

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.

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

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.

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:

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

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.

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>

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/>
-

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](#)
-

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

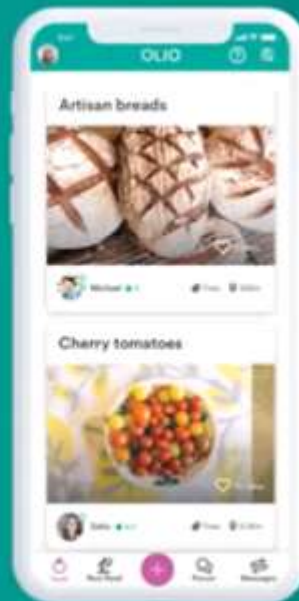
Join the #1 free sharing app

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 



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) 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)。



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

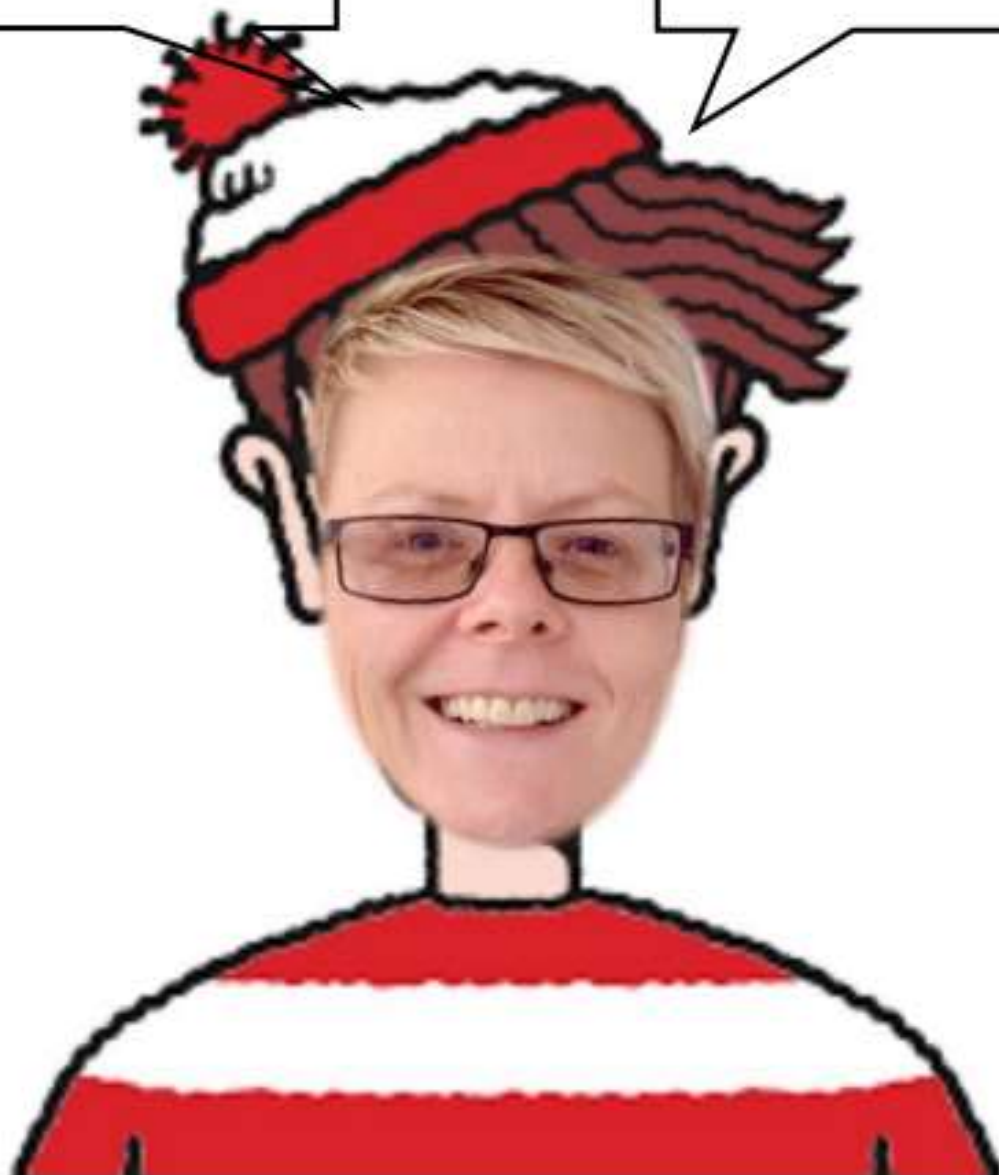


Where's Wendy?

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 **31st March 2022** so it is very important that you apply for a prepaid card as you will no longer receive vouchers after the 31st 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/ 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/

(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
- <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/
- <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/
- **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>



Help for all families

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

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.

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 8th 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 9th 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.



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 9th 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.

