Prevention & Communities Grants Programme

Prospectus

Delivering the vision for Adult Social Care - services, activities and support to enable citizens to lead healthy, happy, independent lives within their own homes and communities.
Introduction

The Prevention and Communities Commissioning Team are excited to launch this prospectus for our programme of community-based activities, support and services for Birmingham’s Citizens.

This is part of the Council’s “Prevention First” Strategy, which aims for citizens to lead healthy, happy and independent lives in their own homes and communities and reduce the numbers of citizens needing expensive adult social care services, such as home support or care home places.

We are investing £4.9 million, over 2 years, in 49 projects across the City. As well as retaining some of the existing services we have taken this opportunity to try things not traditionally funded by Adult Social Care: for example; providers of arts and cultural activities, digital skills and support for hoarders. Just under half of the funding is allocated to new sorts of activity. The programme includes a broad range of support accessible to a wide range of communities; including older adults, citizens with learning disabilities, mental health issues, and physical disabilities or someone caring for a family member.

This prospectus gives an overview of each of the projects and contact information.

This Grants Programme is part of a wider investment in community based preventative activity totalling in over 11.6 Million. This includes Neighbourhood Network Schemes as well as new information advice and guidance services from January 2020. All of which are designed to support and complement the implementation of a strengths-based, community focused model in the adult social work service [Three Conversations]. For more information about the work of the team https://brumnns.wordpress.com/

To contact the Prevention and Communities Commissioning Team: PreventionandCommunities@birmingham.gov.uk
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Here you’ll find all the organisations that are listed in this document as well as their project and the page you can find it on.

Simply click on the number and it will take you to the page.

To return to this contents page, click the home icon which is located bottom left of every page.
Aesop is a social enterprise and a National Charity. Aesop’s vision is of a future when arts solutions for society’s problems are valued and available for all who need them. One of our programmes is Dance to Health.

Dance to Health is a nationwide pioneering community dance programme for older people. It combines evidence-based falls prevention principles with the creativity, expression and energy of dance. The weekly sessions are led by professional dance artists who have been fully trained and qualified in falls prevention exercise methods.

We support Older people (50+)

**Our Mission:** To enrich the lives of older people and others in need through a range of services we offer.

**Our Vision:** To make a positive difference, adding value to people’s lives by offering services to promote wellbeing and independence.

**Our Values:** Everyone Counts, Caring, Promote Wellbeing, Work in partnership and Innovative.

**About our Day Care:**

4 day care centres in Birmingham for older adults living with Dementia / Long Term Health Conditions open Monday - Friday. Short and long-term day care. Respite for Carers, Friendly trained staff providing personalised support Sessions to regain skills and try new ones, Promotion of healthy living through exercise, music and a wide range of inclusive activities: Meet new friends, preventing loneliness, fresh healthy cooked meals, an escorted door to door transport service if required. £37 per day inclusive of meals, excluding Transport. Contact us to arrange a free trial. No referrals forms are required as all information will be fully discussed within an informal confidential meeting to ensure we fully understand needs.

Please either call or email us direct or supply us, with the person’s permission, their contact details for us to make direct contact.
Age UK Birmingham provides services and support to older people (over 50) and their carers living in the city of Birmingham. Our mission statement is to promote the wellbeing of older people across Birmingham. To achieve this we provide information and advice, dementia support and activities to encourage social engagement.

We offer social and physical activities at our two community hubs in Edgbaston and Perry Barr to enable mental, physical and emotional stimulation and improved wellbeing.

We are also developing activities in local communities such as Ladywood, Bartley Green and other locations.

We provide a 12 week re-enabling and befriending service with support in the form of a volunteer buddy to work with older people on a 1-1 basis, over a 12 week programme. We also offer volunteering opportunities within the service to citizens, who can support the activities.

The service is for people aged 50 and over and their carers who live in Birmingham. The programme is citywide. Social and physical activities will be provided at our two community hubs (Edgbaston and Perry Barr). Other venues for activities are being identified. The service can be accessed through a self-referral or referral by family and friends/professionals.

We offer a menu of awareness raising talks to local community groups which will promote self-care, health awareness and encouraging healthy lifestyles.

The service is for people aged 50 and over and their carers who live in Birmingham. The service is citywide. In addition to telephone advice, locations are being identified to develop outreach drop in sessions.

The service can be accessed through a self-referral or referral by family and friends/professionals.

Contact
0121 437 0033 or 0121 437 0479.

Attend a drop-in session (no appointment needed) at one of our venues. Currently Kings Heath, Harborne, Highgate – others are being developed.

Appointments are available for disability form completion.
Allens Cross Community Association provides a community facility and wide range of activities and support programmes for and with the residents of Allens Cross and surrounding areas.

The Aging Creatively programme offers a wide range of groups to support older and vulnerable people in different ways:
- Men In Sheds (with Northfield Arts Forum) - Anyone 50+ who wants to learn or share practical skills (Tuesday afternoons)
- Allens Cross Arts Hours (with Northfield Arts Forum) – All ages welcome to share or learn creative activities (Wednesday afternoons)
- Friendship Club – Social activities (including bingo) for over 60’s (Thursday afternoons)
- Carry On Caring Southwest Birmingham – Peer support and advice for current and former carers Tuesday mornings monthly)
- Volunteers of all ages (18+) and abilities also welcome.

The centre is fully accessible. Contact the Allens Cross office below, both referrals and individual enquiries welcome.

Allens Cross Community Association

Allens Cross Lunch Club

Allens Cross Community Association provides a community facility and wide range of activities and support programmes for and with the residents of Allens Cross and surrounding areas.

The Allens Cross Lunch Club offers older people (70+, including those with early stages of dementia) in the wider Northfield area to meet new people, have a healthy two course lunch and wide range of activities (crafts, storytelling, bingo, quizzes, music, visiting speakers etc) alongside peer and volunteer advice and support.

It meets on Mondays and Tuesdays 10am-2pm, with a fee of £7 per day. Shencare community transport is available at an additional £3 per day (organised by Allens Cross), and the hall is fully accessible.

Contact the Allens Cross office below, both referrals and individual enquiries welcome!

Lauren Jansen-Parkes
0121 478 3310
axcommunity@outlook.com

Oliver Armstrong
ollynorthfieldartsforum@gmail.com
/allenscrosscommunityassociation

Amy Watson
0121 478 3310
axcommunity@outlook.com

Click here to visit website.
Apna Ghar is a registered Charity that has been set up to meet the physical, cultural and psychological needs of South Asian elders. We aim to provide services on a multi-faith basis, making enormous efforts to provide services that meet the needs of all South Asian elders.

Apna Ghar’s aim is to provide a day service to older people within their own community. We aim to create a friendly caring environment where we will offer the support our attendees need to maintain a stimulating and fulfilling lifestyle through a programme of activities, recreational pursuits and socialisation.

This service is aimed towards Asian elders from all religious groups. People who have got more complex needs are benefitted from this proposal as their needs are met. We also have an open door policy of people who can walk in. Attending this service helps to alleviate loneliness and they are encouraged to take part in various activities to sustain their mobility and health. Apna Ghar is continuously looking at service development it needs to have in order to meet the changing needs of Asian elders in the community they serve. We have users who call and email us directly to ask about the day care for their loved ones to come and join.

We are a constituted arts organisation, led and run by a diverse team of residents from Yardley constituency, committed to serving our neighbourhoods. Believing that everyone is an artist and that art has therapeutic benefits, we use arts-based activities for community development and to tackle social problems such as isolation & loneliness.

What does this project do?
Regular arts & crafts sessions led by professional artists to promote confidence, skill-sharing and creating a new friendships. WOYU+ is a two-year project; we are exploring a range of visual arts including drawing & painting, textiles, pottery, lino cutting, metal embossing, jewellery making & leatherworks. Participants can bring their own projects, turning the regular meeting venue into a community maker space.

Which Birmingham Constituencies does it cover?
Aimed at Yardley residents, however residents from other constituencies are welcome on the programme.

How do citizens, families or professionals refer to this service?
We recommend they get in touch with us via email or phone, prior to the session, so we can pre-register the participants, registration forms can then be filled in on the day. Although we do our best to welcome drop-ins, places are limited.

Which groups of citizens is this project for?
For women only. Aimed at women who are over 50, have a disability, long term health condition or mental health condition.
Birmingham Pre and Post Diagnosis Service

We provide residential, supported living and outreach care to autistic adults, and community support, through family and adult services that aim to promote understanding and offer specialist advice and support to families, autistic adults and professionals involved in their support.

What does this project do?
- Offers IAG support and some short term case work
- Offers social opportunities and support groups
- Offers autism training/workshops for individuals, parents/carers and professionals

Which groups of citizens is this project for?
Autistic Adults, their parents/carers/partners and professionals supporting them

Which Birmingham Constituencies does it cover?
City Wide

Any other information to help decide if this service is relevant?
How do citizens, families or professionals refer to this service
They need to contact our helpline or email to obtain more information and a referral form.

Anyone can refer into the service, but they must complete the AWM referral form. Anyone referring an individual on their behalf must have their consent and check they understand what they are being referred for.

Healthy through the arts

The Birmingham Centre for Arts Therapies (BCAT) is a registered charity which was set up in 1993 to provide an accessible arts therapies, and more recently an arts in health service throughout the Midlands.

The project offers 12 weeks of free professional arts therapies intervention using art, dance, drama and music. This intervention will help citizens prevent escalating mental health issues by providing a safe space in which to express, identify and find coping mechanisms that are hindering positive mental health. The intervention is offered on a one to one or group basis.

The project is open to all adult citizens in the Birmingham area. Arts therapies is an excellent way to self-express without relying on the verbal ability.

To access the arts therapies service citizens, families and professionals will need to contact the office to obtain a referral form.

To access free arts in health workshops for the CVS, organisations will need to contact the office to obtain a referral form.

To engage with the arts in health workshops in libraries, citizens will need to contact their local library and book a place as the sessions will be ‘drop in’. No referral form necessary to attend these.

The project also offers our libraries and other CVS organisations free arts in health and wellbeing workshops in art, dance, drama, music and games in order to provide safe spaces for people to engage with arts based activities to improve positive mental health, decrease isolation and to have fun.
Older Adults Inclusion Project

The Older Adults Inclusion project enables citizens, in particular vulnerable adults, to access quality, community based support. The project provides a varied menu of activities for clients who will be supported to tailor a package to their personal needs. The activities will be group sessions and 1:1 support. Activities are led by staff members in conjunction with a team of volunteers who will be trained and supported to deliver the activities. Activities include: Digital inclusion and IT training including support to access online benefits systems as well as using IT to increase social contact and how to shop online. Exercise including line dancing, Tai Chi, Vitalize, health walks, seated exercise, Choir and sing a long sessions, Quizzes and bingo to improve mental agility and maintain mental capacity. Art and crafts, Men’s Shed men’s engagement project, knitting and sewing, gardening this improves group work, reduces social isolation and grow healthy food, cooking and healthy eating, nutritious meals, raising awareness of diabetes, blood pressure, budgeting and money management support including PiP and other benefit advice. Support with utility switching or utilities management to improve financial security and avoid poverty, Housing and tenancy support, including support with hoarding, Bereavement support and Befriending.

We accept referrals from all citizens in the city. This can be a simple phone call or email made by the individual or maybe a relative, carer, social worker or health professional. Enquiries can also be submitted via our website.

Birmingham Mind is the largest Mental Health charity in Birmingham, providing services and support for 55 years

The grant funding from Birmingham City Council is a contribution to joint funded venture between the Council, the Clinical Commissioning Group and Birmingham Mind itself. The combined funding supports the organisation to deliver an:

- Advice Line operating 9 am-5 pm (Birmingham Mind funded)
- Crisis Advice Line between 5 pm and 11 pm 4 to 5 times a week (Birmingham City Council funded),
- Crisis Café service (s) open 7 evening a week in some locations and 4 to 5 evenings in others (Clinical Commissioning Group funded).

The 3 are funded separately but are integrated to ensure accessibility for people in crisis as well as pathways into and out of crisis services. The Crisis Advice Line Service provides: A listening ear Emotional support/ reassurance Appropriate advice and guidance Referral to other services, Signposting, Information/advice to maintain individuals’ wellbeing. Support to de-escalate a crisis, Help/guidance to identify options, Innovative engagement with individuals using social media and/or technology to maximise access to the service and Gateway into the city-wide crisis café services. The service is accessible to all citizens from all 69 wards and all neighbourhoods.

How do citizens, families or professionals refer to this service? Self-referral or by other professionals.
**Ageing Well**

Samaritans provide a listening service, giving emotional support to anyone in times of distress or despair. Whatever is on your mind, you are invited to speak to a Samaritan who will freely give time to allow you to explore your feelings and explore your options. Samaritan trained volunteers use active listening skills to allow people to talk in a completely confidential, non-judgemental, safe place.

Callers ring Samaritans with a whole range of concerns to discuss:

- Physical health
- Mental health
- Isolation and loneliness
- Relationships
- Violence and abuse
- Debt
- Employment issues
- Bereavement

It enables callers to be properly listened to in a confidential and non-judgemental setting – a very safe place. Callers will be in touch by phone, email, text message or face to face, whichever means of contact is best for them.

The service is freely offered to anyone who chooses to access it; no referral is needed.

It is open to citizens of all ages from all parts of the city.

Since 1899, Birmingham Settlement has been supporting people to lead fulfilling happy lives; providing services and actions that enable people to gain new skills, to build confidence and to establish social and community networks to create opportunity and to improve lives.

**What does this project do?**
The project focuses on building and developing an enhanced Ageing Well programme, with outcomes of improved wellbeing, reduced isolation and increased independence, with an extended reach beyond our current area of Aston and Witton to residents in neighbouring areas of Birchfield, Lozells, Newtown and Perry Barr; with outreach support to Kitts Green, Summerfield and Kingstanding.

**Which groups of citizens is this project for?**
Older adults aged 50+.

**Which Birmingham Constituencies does it cover?**
Primarily the Ladywood constituency; however, as clients come from all areas of the city, there will be some overlap with other constituencies.

Ageing well will be delivered in the context of a programme of holistic services at our Aston Centre. We will refer people to free services provide by a qualified and skilled multi-disciplinary team, including specialist money and debt advice, employability support, family support, training and volunteering.

**How do citizens, families or professionals refer to this service?**
Direct self-referral, referral via partner organisations, referral as part of partnership working in Ladywood NNS Constituency.
Social Day

Brandwood Centre provides a sustainable, secure, culturally diverse accessible space that is valued and supported by the people of Brandwood and surrounding areas.

Our mission is to promote, enable and facilitate activities, address the social, cultural, health, welfare, training and employment needs in order to enrich their quality of life.

Our aim is to engage, facilitate a social day for the over 50’s and deliver a wide range of activities including a light lunch and an opportunity to meet local agencies/organisations/businesses to give advice and support to older people enabling them to live independently in their own home.

Our social Day will be delivered every Tuesday from 10:30 – 4:00pm, we will support each participant with transport suggesting Ring & Ride. Our Social Morning is free however if you want to participate in the bingo in the afternoon there is a charge of £1. We will also have Social Services present once a month and Benefits & Debt advice every week making sure our participant receive up to date information and ensuring they receive the best information giving them a better quality of life from local agencies.

Our project is aimed at the elderly who may be isolated, lonely and disabled but with a little support will continue to lead a healthy independent life within their own home.

The Centre is based in Brandwood & Kings Heath Ward. However, we pride ourselves in offering an open-door policy which is reviewed annually. The Centre is a well-used small community facility in the heart of Birmingham. We are the first point of call to elderly residents who some have no family, live alone and are vulnerable but with the right support enables them to live independently for as long as possible.

The Brandwood Centre has an active Social media platform such as a Website, facebook, twitter and Instagram. We also deliver over 2000 leaflets every year on all the activities we provide.

Café Oasis Partnership and Outreach Project

Café Oasis is a community café within Sutton Coldfield United Reformed Church catering for a large number of service users from wider Sutton Coldfield, attracting its own customers but also people who attend the many groups meeting in the church centre.

While the service is open to all, a large proportion are retired people and those living alone. A warm and friendly atmosphere provides an ideal environment for social interaction, whilst enjoying good quality, affordable, healthy meals. For those with mobility problems, transport is provided. Volunteer opportunities are available. Our Community and Volunteer Support Worker works with volunteers to support both customers and volunteers pastorally and builds up connections with community groups.

We can signpost people to other services, but also directly to the Parish Nurse and Food Bank operated by the church, Food Cycle which provides free community meals on Wednesday evenings in church as well as the University of the Third Age, Stroke Club, Dementia groups and others who meet within the church centre. We will operate Health Fairs occasionally. We can support small community groups with somewhere to meet.

How do citizens, families or professionals refer to this service? The café is open Monday, Tuesday and Friday 10 am to 3 pm and is open to all.

Adele McEvilly
07708 763505
mcevilly10@icloud.com

Alan Eaton
secretary@scurc.org.uk

Visit website here
Community Actions for Local Opportunities (CAFLO) is a new charity that manages and runs services from the community centre in Hodge Hill (formally known as Firs and Bromford Sports and Community Centre). Current services include youth clubs, sports clubs and activities for the elderly.

The Nifty 50 project has been designed by local people and will provide a range of community-based services that will support local people who are aged fifty or over in order to improve health and wellbeing and to reduce social isolation. To achieve this the project will provide:

1. Two inclusive exercise and fitness sessions each week that are designed to get physically healthy. Two healthy eating sessions each week providing participants with a healthy hot meal while also teaching basic cookery skills and nutritional information.

2. Volunteer training courses and ongoing volunteer support to encourage more local people to make a positive contribution in the community and help run additional services from the community centre.

3. One session each month promoting mental health awareness and support for people who need to access additional or professional mental health care organisations.

4. One monthly social session to promote social integration between different generations and all users of the community centre.

How do Citizens, families or professionals refer to this service? Ring Tina O’Dell or come into the community centre.

What we do?
- Access for All enables disabled citizens in Birmingham to access the community and its assets.
- At CPM we provide specialist support to citizens so they are able to go into their local communities and access all services and facilities from cinemas to horse riding; sailing to shopping in the local high street.
- At our centre in Harborne, we offer a menu of activities ranging from Tai Chi; social media and art therapy.
- It is easy to refer to our service, social services, self-referral, Health, family and friends. Please see contact methods for an informal visit.
Winter’s Spring: Dōngtiān de chūntiān

CCC-B promotes the physical, social and economic wellbeing of the Chinese community in Birmingham & West Midlands through delivering services and activities directly and through partnerships.

Winter’s Spring develops volunteers to support isolated older Chinese citizens, meeting language & cultural needs.

Volunteers will man a befriending telephone service; conduct home visits; plan and deliver a Wednesday social club, encourage citizens to attend the club and other activities, support them to join in. They will also organise and run peer support sessions which will enhance continuing skills development.

Target group is Chinese people aged 50+ although activities are open to all 50+.

We are located on Bradford St Digbeth with an outreach hub on Thorp St Chinatown. We serve the Chinese community citywide. Call Amy Cui or Chloe Yip

Our service provides specialist welfare benefits advice to clients with mental health problems and their carers/families in Birmingham. We offer-face appointments for clients within 3 mental health community setting.

These are Orsborn House in Handsworth; Small Heath Health Centre and Northcroft in Erdington. Telephone appointments will also be available if clients are not able to attend one of these locations.

A dedicated Caseworker will complete a comprehensive benefits check with each client to ensure that they are receiving all the benefits to which they are entitled. Where an eligibility for benefits is identified, all clients will be assisted to complete the relevant benefits applications and to challenge any incorrect decisions through to the First Tier tribunal stage. Where clients have existing debt, employment or family issues, we will also offer a fast-track referral to further support from our other in-house services e.g. our specialist debt team and appointments with pro bono solicitors/employment advice. All clients are referred by Community Mental Health professionals located within the Adult Social Care constituency teams.
Clouds End CIC is the first social enterprise in the UK to work with people who hoard.

The project will work with 100 people with hoarding issues citywide. It will offer 16 multi agency training courses to raise awareness and support innovative one to one work and mentored buddying for support workers.

It will introduce The Hoarding Charter – the first of its kind in the world. Birmingham will be the first hoarding aware city.

Please contact Clouds End CIC with any cases you might have and we can start to connect agencies who might be able to collaborate to help.

Caring For Carers is a service which supports carers who will soon or have recently lost the person that they cared for. The aim of our service is to rebuild the carer’s life following the loss of their loved one and to ensure that:

• The carers own needs to not escalate and that they do not become socially isolated
• We find a new purpose for the carer now that their caring role has come to an end

What will we offer carers?

Our service will offer the following support options to carers following the loss of their loved one:

• Access to Peer Support Sessions: A chance to meet like minded people who can share their experiences with you
• Healing Gardens: Group horticulture sessions to help create community based ‘Healing Gardens’
• One-to-One Support: A member of our team will visit you to assist you with practical and emotional support
• Social Media: We will connect you to our social media channels which connect like minded individuals together
• Community Integration: We will focus on your strengths, hobbies and interests to ensure that you are doing the things that you want to do.

The service will support carers in the Perry Barr constituency
We take referrals from all sources whether it’s family members, partner organisations, social workers, GP’s, hospitals and hospices. Carers can refer themselves directly to the service if they wish.

Please call or email us directly and a member of the team will contact you.
Compass Support is a registered charity and social business providing a range of services in communities across North Birmingham. Services include employment support, positive activities for young people, family support services and services for older people at risk of social isolation. All services are open access and free for users.

Our Wellbeing First project offers a range of support services and activities that aid mental and physical health. The services provided include:

- Independent Living Support
- Wellbeing activities
- Bereavement Support groups
- A befriending Service
- Exercise programmes tailored to the over 50’s or those with limited mobility
- One-to-one counselling sessions
- Hoarding and self-neglect services

This project has been designed with the aim of providing support to potentially vulnerable adults, including: people with learning disabilities, people with physical disabilities, people with mental health conditions and those who are, or are at risk of becoming, socially isolated.

The Wellbeing First project is presently available in the Castle Vale Ward and the Sutton Coldfield Reddip Ward. To refer in to the service please contact the health and wellbeing team at Compass Support via phone or email.

DeafPLUS is a national charity that works to empower deaf people to take control of their own lives by developing their potential and supporting them to achieve independence. We provide a range of advice and support services covering employment, social welfare, lipreading classes, and health and wellbeing support.

What does this project do?
Under the BWELL project, we hold bi-weekly coffee mornings for our community members which offers exciting workshops from local services in a peer support environment, and a range of wellbeing activities and events in the local community with the aim of encouraging social integration and accessibility.

Which groups of citizens is this project for?
The project supports d/Deaf citizens. The uppercase D is used to describe people who identify as culturally Deaf and are actively engaged with the Deaf community. They are usually born Deaf. Lower case d refers to the medical condition of having hearing loss. We aim to support people across the spectrum of deafness who use oral communication or British Sign language.

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Which Birmingham Constituencies does it cover?
The project is designed to support citizens across the whole of Birmingham.

Any other information to help decide if this service is relevant? Deaf people often feel isolated and marginalised in society. Unfortunately, they are not given access to the same opportunities or resources as hearing people. The service has been designed to reach out to these groups and work to redefine their experience in society.

How do citizens, families or professionals refer to this service? People can contact us via email or telephone. Information is provided on our website – deafplus.org. We also actively use our social media accounts to promote services and engage with our client group.
Tea and T’internet

DigiKick is a non-profit aimed at bringing the community together by using the internet as a tool. We help older people learn how to use the internet to feel more connected and independent. We also do work with younger people, aimed at helping them put the internet down and develop employment skills.

What does this project do?
The Tea and T’internet project is a 12-week project aimed at helping groups of up to 12 older people learn how to use the internet and feel confident and safer online.

Which groups of citizens is this project for?
This project is for older people, ideally, those who are isolated.

Which Birmingham Constituencies does it cover?
We are running projects all over Birmingham. The first set of projects will be in:
- Erdington
- Yardley
- Birchfield
- Northfield

How do citizens, families or professionals refer to this service?
No referral needed. People are encouraged to attend even if they cannot come to an entire project or session. If there are any questions, contact Chris Laband.

Independent Living Support Service (Safe and Sound)

Disability Resource Centre is one of the leading disability charities in the West Midlands and is run by disabled people, for disabled people and last year we supported over 4,500 disabled people.

Safe and Sound is a unique, empowering programme designed to help vulnerable people learn how best to look after themselves and lead happy, healthy, independent lives within their own homes and communities. Building on seven years’ experience of successfully delivering Safe and Sound across Birmingham, our refreshed programme will provide training and support to 640 vulnerable people.

ILSS (Safe and Sound) is a weekly 8 week course that covers a range of topics to give disabled people the skills, confidence and knowledge to live independently and safely within their home and community.

The courses are delivered city wide and as well as the 8 week courses, we will also deliver taster sessions for those who are unable to commit to the course but would benefit from one of the sessions. Participants accessing the service will also have access to advice and advocacy where this is required. Referrals to the service can be made by contacting DRC.
Sight Loss Support Services – Focus on Health & Wellbeing

Focus Birmingham is a specialist charity providing expert support, advice and information to anyone in the Birmingham area affected by sight loss or other disabilities as well as enabling them to lead independent and fulfilling lives in an inclusive society.

Focus Birmingham are launching a new health and wellbeing programme as part of Birmingham City Council’s Prevention and Early Intervention Programme.

Focus Birmingham’s programme is designed to deliver a range of physical and emotional wellbeing activities for older people and those with a visual impairment promoting the benefits of leading a healthier lifestyle. Examples of activity include Oomph, Yoga and Dance. They will build the core strength, coordination, balance and mobility of our citizens, thus reducing the risks of trips and falls, which in turn, can lead to social isolation and disengagement.

The programme will be aligned with the following BCC Prevention Outcomes:

- Increased social participation
- Healthier lifestyles
- Citizens are able to access a relevant and diverse community offer

Citizens are able to access opportunities to actively participate in their neighbourhoods and community/communities.

The programme is framed to proactively support increased social participation through facilitating key group activities, as well as to support our Volunteer Champions facilitating and supporting people to fully access these groups.

The health and wellbeing programme will be delivered across the city at accessible venues to ensure maximum reach and will form part of the full range of Sight Loss Support Services we are proud to provide here at Focus Birmingham.

Referrals can be made via our Gateway Hub on 0121 478 5222

Grange Park & Digby North Residents’ Association

Grange Park & Digby North Residents’ Association is made up of residents who meet to discuss a range of social, environmental & economic issues that affect them in their local area.

The association employs a project worker to provide an outreach service for elderly, vulnerable people who live within the B9 and B10 areas of Birmingham. The worker works five days per week visiting clients in their own homes and supporting them to remain included within their local communities.

In addition to reducing their social isolation, clients are given advice on how to remain healthy and keep safe both inside and outside their homes.

Citizens, their families and professionals can refer to this service directly by contacting the Community Care Worker using the contact details given.

Community Care Worker Project

Community Care Worker
0121 772 6422
noreenmadden76@yahoo.co.uk
Welcome to Gro-Organic
We are “Urban Community Gardeners” or (if we just get down to the nitty gritty) - a bunch of local people who are passionate about creating community spaces for everyone to enjoy. We love to make friends, share and learn skills, but most importantly – have lots of fun together!

What does this project do? Come and join this project which is a fun and creative horticultural programme working with the whole community. Where we help people within the community lead happier, healthier lives through therapeutic gardening and arts and crafts activities.

This project is a fun and active skilled based programme running weekly in Stechford and Yardley. Participants and volunteers will learn new skills, work together and build new relationships, gain pride in their own contributions.

Which groups of citizens is this project for? The Dig-It programme is a community based programme that actively engages local residents. It aims to working with and engage the whole community. The programme offers a great opportunity for local people with specific expertise and skills or just a willingness to roll up their sleeves and get stuck in.

Which Birmingham Constituencies does it cover?
The programme will benefit the communities within Stechford & Yardley. In the longer term, it is envisaged that other schemes will be adopted within Birmingham as a whole.

The Huntington’s Disease Association has provided support to the HD community in Birmingham for over 25 years through its local Specialist Huntington’s Disease Advisory (SHDA) service.

This service – available to all Birmingham city council residents affected by HD, including – but not limited to - those who are symptomatic, those at risk, carers/family members/ support network and other health & social care professionals - helps prevent crises, delays the need for dependency on other services and reduces isolation while proactively challenging the stigma that still surrounds the disease.

It does this by providing face-to-face support, telephone & email support, training to other health & social care professionals, coordination of other services, advocacy at multi-disciplinary meetings and support at HD clinics. As a result of this people affected by HD:
• Have a better understanding of HD.
• Feel emotionally supported.
• Feel less isolated.
• Feel better able to cope with their situation

Anyone can make a referral (including self-referral) by calling or emailing Poppy.
Community Advice

Overview. Karis Neighbour Scheme (KNS) is a local charity, encouraging local people to volunteer their time and skills to help meet needs in our neighbourhoods where these are going unmet.

We currently provide support to isolated older adults through befriending and neighbourly help. We also provide Ladywood Community Advice, which provides benefits advice and general advocacy support to citizens.

Community Advice - this project will provide advice such as help with accessing attendance allowance or warm home grants, whilst recognising that people may like to introduced to other activities or groups in the community leading to increased social participation and decreased loneliness.

This will include the befriending, activities and practical help that KNS provides.

Who is it for? This project is for individuals over 50 years of age who need help with accessing benefits. The priority is those individuals or would not be able to access other services particularly those who have great difficulty leaving their homes.

Where do we work? The project is in Ladywood and Edgbaston constituencies but specifically working in the Ladywood, North Edgbaston, Soho and Jewellery Quarter, Edgbaston and Harborne wards. Referrals will usually be by calling our office or by email.

Kinmos Volunteer Programme

Kinmos is a mental health charity based in Kings Heath/Moseley. Kinmos provides community-based activities and social connections to enable people to self-manage their lives through recovery and become part of the local community.

Kinmos is open to all who have mental health issues and are over 18 years of age. Kinmos works with people with lived experience of mental health to be the best person they can be.

Following a successful grant bid from BCC, Kinmos has launched an exciting new project, the Kinmos Volunteer Programme, which will aim to increase social inclusion within the local community.

The grant has enabled Kinmos to recruit a Volunteer Coordinator who will recruit and train volunteers from the local community. Volunteers will support service users either on a one to one basis or in groups to access opportunities in Birmingham for instance social and educational activities for example; swimming, accessing outdoor areas, support at appointments, art & creative activities, museums etc.

Everyone needs someone on their side when things get tough. We are looking to recruit a team of volunteers to help our service users find the confidence to enjoy activities in the local community, and to provide support during life’s challenges.

Accessing Kinmos to use our services or to become a volunteer is very straightforward. Citizens, families and professionals can refer for Kinmos services by either using our online referral form, which can be completed online or printed. If you wish to become a volunteer, an application form can be found on our website or give the team a call; Kinmos can be contacted by phone and our friendly staff will be on hand to discuss the process. You may wish to complete the referral /application form face to face with a member of staff at our centre, we are more than happy to arrange this.
Day Centre - Longbridge Methodist Church

We are a Christian community that aims to reach out and serve our local community.

What does this project do?
The daycentre provides places for 15 older people on a Tuesday and a Thursday and is based in our church centre. Transport is provided as well as a hot meal prepared in our own kitchen. We aim to provide social activities and occasional trips out. We offer advice and information to the people we support and their families and will help them access other services if necessary.

Which groups of citizens is this project for?
We support older people who may be isolated or struggling at home and we give carer’s a break. This includes people with physical disabilities and / or mild to moderate Dementia

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Which Birmingham Constituencies does it cover?
Northfield

We ask for a contribution of £11.50 per day to cover transport, a hot meal and to help with running costs.

Please note: Centre manager available on Tues, Wed, Thursday and Friday or leave answer phone message and we will get back to you.

Let’s Create

LouDeemY specialise in delivering projects within the combined field of Health and the Arts. We are experienced with working with a wide range of groups of all ages and backgrounds. We believe Creativity and Arts have a huge role in the learning and the healing process.

We will be delivering weekly Creative Arts sessions. Activities will include icebreakers and activities, drama exercises, verbal storytelling, comedy, creative writing, devising, improvising, pairs, small and large group work, working creatively as individuals, on own initiative and as a team, sharing performance work, music, singing, choir work, visual arts, painting, drawing, sculpting, papier maché, photography and filming.

The project will provide participants with a range of long lasting soft, transferable skills which will help increase self-confidence, self-worth, self-esteem, self-expression, communication and interaction with others. Small and larger group work will build trust and increase social interaction, thus uniting individuals and smaller groups, widening their contact with a larger cross section of society, identifying commonalities and exploring problem solving strategies together rather than in isolation.

Let’s Create is open to all and any citizens from the Birmingham area. Self-Referral, Informal Referral from Statutory, Voluntary and Community Organisations. We are based on the second floor with no wheelchair access.
Midland Mencap is a charity which works and campaigns for accessible and inclusive services and a better quality of life for everyone with experience of learning disabilities and additional needs. Midland Mencap provides three core offers that deliver a seamless, person centred and holistic support to individuals, their families and carers.

We provide a wide range of city wide accessible and affordable leisure, social and vocational activities in safe environments for adults with learning disabilities, their families and carers. So whether you want to let your hair down at a disco or learn how to make a healthy meal from scratch, Midland Mencap has something for you.

Midland Sailing Club is based at Edgbaston Reservoir close to the city centre. The Club is experienced in working with all ages and disabilities and has sailing boats that are especially designed for people with disabilities. Sailing is a great activity for people with a disability as it is exciting but safe and being out on the water in lovely surroundings is always a pleasure.

The Club is an RYA registered Training Centre and part of the national Sailability Programme, that supports people with a wide range of disabilities learn to sail. ‘Sail Birmingham’ is the Club’s community programme and offers Introductory Taster Sessions to anyone interested in trying it out, regular drop-in ‘Sail and Play’ sessions during the spring and summer and courses for those wanting to learn more. Come along to a free Introductory Taster Session from March to May 2020 and try something new!

‘Sailing for All’ is designed for adults with physical or learning disabilities and older people too. The Access Dinghies can be used by people with significant physical disabilities and they can be sailed individually or in pairs, with a carer or sailing instructor. All equipment will be provided. The activity takes place in Ladywood but is open to all Birmingham residents.

‘Sail Birmingham’ will be running Open Days and Familiarisation Sessions during February and March 2020 for social work teams, carers and citizens to show people around the Club and see how the special Access Dinghies work and how safe and easy to use they are. Citizens, families or professionals can refer to this service by contacting Midland Sailing Club via email or phone.

Refreshments will be available after each session, giving participants the chance to socialise together if they wish. Carers and family members are very welcome at the Club too.
Moseley Road Baths is a heritage Grade 2* listed swimming baths at the centre of Balsall Heath life. For the last 18 months, it has been run by a community charity which has reinvigorated the pool, doubled the number of sessions and availability, and substantially increased swimmer numbers.

We offer swimming sessions for the disabled, the elderly, mental health users and will shortly extend to this to a dementia friendly hour. Changing rooms are adjacent to the pool, facilitating straightforward access (with hoist whenever required) and the water is said to be warmer than most Birmingham pools! Carers are very welcome either to swim or to relax out of the pool. And our customers can follow up their swimming with chat and conversation in our tea room.

So come along, enjoy the health benefits of swimming in a unique setting and the company of fellow swimmers. Keep swimming!

Come along and enjoy. Posters and publicity for the Baths are available widely around health centres, places of worship and other community facilities around Balsall Heath, or through social media.

The Muath Trust was established in 1990 and is one of the largest community led third sector initiatives in the United Kingdom.

The Muath Trust plays a pivotal role in helping the community integrate within wider society by helping build its capacity and encouraging its members to play a more effective role within society.

We offer a range of support and services for over 50’s and cares:

- Comprehensive Information, Advice and Guidance covering a range of topics such as Benefits, debts, price comparison etc.
- Physical activities such as walking football and extend classes Friendship & Lunch clubs raising awareness session such as home safety and crime prevention trips.

This project is for all users who are over 50 and/or cares with particular experience supporting the Arabic speaking community.

We are based in Sparkbrook covering the Hall Green and Ladywood constituency.

Referrals can be made by contacting Muath Trust via phone or email.
NCP is a Community Anchor and charity that provides a holistic range of services from its HUB in Northfield Town Centre.

The Project is a south Birmingham based Homeless prevention charity that provides AQS quality assured Housing, Welfare Benefit and Debt advice and case work.

Offering support services tailored to the specific needs of older citizens in the Northfield constituency. Offering housing support, benefit maximisation, odd job schemes, food parcel delivery service, crisis support, digital literacy, volunteering and employment opportunities. In the community and in people’s homes if citizens are unable to access services within the community. The service is open to all adults 50 + and covers the Northfield Constituency.

Referrals to the scheme will be by a combination of methods for Professionals: by referral form: contact info@futureproof.org
Citizens and Families: contact 0121 411 2157 – for initial conversation and appointment.

Opnocs (Older people’s new opportunities consortium) is a registered charity with over 140 members that for 20 years has provided services for older people some of whom experience social isolation whilst others that seek friendship and social contact.

The project provides volunteer visiting and telephone befrienders. Regular trips out are arranged as well as health and well-being events. Opnocs supports a weekly chair yoga session and a weekly coffee morning. A quarterly newsletter is sent to all members.

Our members predominately live in the Hall Green Constituency. Other members live in the Selly Oak and Yardley Constituencies.

Referrals to the service can be made by requesting our referral document.

Our members predominately live in the Hall Green Constituency. Other members live in the Selly Oak and Yardley Constituencies.
Befriending Peer Support Service

Organisation for Sickle Cell Relief & Thalassaemia Support (OSCAR) is a voluntary organisation and registered charity (1109849) currently based in Jewellery Quarter. Our aim is to work in partnership to help improve the quality of health, social and economic well-being for children, young people, families and adults living with Sickle Cell and Thalassaemia in Birmingham. This is a city-wide service primarily aimed at adults, senior citizens, carers and friends affected by Sickle Cell Anaemia and Thalassaemia Disorder, experiencing loneliness or may have become socially isolated.

What to expect
• Regular peer open session
• Befriending support
• Social, recreational and arts activities
• Advice and Information
• Healthy Lifestyle workshops
• Benefits
• Meet new people
• Peer Support
• Have fun and stay active
• Improve wellbeing
• Become a volunteer

If you or someone you know would benefit from this service, then visit www.oscarbirmingham.org.uk for more information or contact a member of the team at OSCAR Birmingham on 0121 212 9209. Referrals from professionals for any element of the service can be made by contacting admin@oscarbirmingham.org.uk.

The Form of Clouds

Re:Future Collective is a not for profit arts and architecture collective. We work from Perrott’s Folly in North Edgbaston to run arts, health and well-being programmes with the local community.

What does this project do?
The Form of Clouds is an arts, health and well-being activity programme for 18-55yrs and is based on a social prescription model. The workshops will allow participants to take a break from the pressures and challenges they are facing in daily life, express themselves freely and indulge their creativity in a relaxed and friendly environment.

Sessions run fortnightly on a Wednesday evening from 5:30pm – 8pm and Sundays from 1.30pm- 4pm at the Church of the Redeemer Wellsprings space.

Which groups of citizens is this project for?
People aged 18-55 that are experiencing loneliness or isolation, which is contributing to/exacerbating mental health conditions. Referrals from social workers and GP’s from the following medical practices are welcome: Karis Medical Practice, Bath Row Medical Practice, Harborne Medical Practice and The Wand Medical Practice. Participants can self-refer by emailing us on mail@refuturecollective.com or telephoning 07724304059.
We will help vulnerable households in Alum Rock, Ward End, Nechells, Bromford and Hodge Hill through a preventive approach to tackling fuel poverty. We will also be helping clients to claim all social security benefits and allowances.

The clients can be referred to us through our website or calling the office. As well as coming to the office Monday to Friday 9.30am to 5.00pm.

“...We strive to improve quality of life of people of all nationalities and cultures of citizens residing in the East Birmingham Area” Small Heath Community Forum, Ashiana Community Project and Narthex are part of the East Birmingham Collective.

In 2017 the collective commenced the delivery of its own ‘Prevention and Early intervention’ model and currently has in place a range of services to support vulnerable adults. Digby South Residents Association and Muslim Educational Consultative Committee (MECC) is being enhanced with the introduction of new partners, Ashiana Community Project (ACP) and Narthex Sparkhill to provide a comprehensive range of services and support mechanisms to offer vulnerable citizens across East Birmingham.

What does this project do? Aim to empower and make difference to their lives. The project will involve a process of behavioural change at a neighbourhood level for all stakeholders to consider and develop local models that provides the right care and support to achieve positive outcomes for Prevention First. The partner organisations will be the community anchors with access and reach of vulnerable people close to their home offering with a range of services to align and address their barriers.

Which groups of citizens is this project for? 50+ older people and their carers. The majority of the targeted areas have a high BAME concentration and our provision caters for their cultural sensitivities. There are significant language and cultural barriers and over a number of years developed structures to develop a strong and reputation trust to access the most vulnerable within these cohorts.

We cover Hall Green, Hodge Hill, Ladywood and Yardley constituencies. Referral can be made by yourself / Professionals by appointment only.
Birmingham St Mary’s Hospice provides end of life care offering personalised support across Birmingham and Sandwell whether, that is in your own home, in your community or at the hospice. The hospice is a lead provider of bereavement services, and has a key role within the communities we serve in breaking down cultural barriers around death and dying.

The aim of the project is to provide community-based bereavement support to anybody in the community regardless of any connection with Birmingham St Mary’s Hospice. Establishing meeting places in four local constituencies of Selly Oak, Edgbaston, Hall Green and Northfield.

A community based setting encourages socialisation and provides a platform to connect and build relationships this, also contributes to a reduction in social isolation.

Many issues can develop after bereavement such as depression, hoarding, attempting suicide, dependency on drugs or alcohol and withdrawing from society. The service aims to support people adopt a healthier lifestyle providing a platform to enable individuals to develop coping mechanisms to work through their grief.

We plan to advertise our bereavement support groups utilising marketing materials, community centres, GP’s, district nurses, leisure centres, and social work teams within the four constituencies.

A Life Line when all Seems Lost

We are positive about the contribution of older people alongside others in our communities to make them fantastic places to live for us all. At the Body, Mind, Spirit Partnership we believe that living life well into older age is improved by remaining active and connected and with the opportunity to share the skills and experience each person has gathered through their lives. We work through 12 local partners based in neighbourhoods who host and enable local activities run by and for local people across the city and hopefully in your neighbourhood. Through participating in activities local people able able to make friends and connections locally, find a place where they can make a contribution towards community life and keep themselves active, healthy and well and happy.

Our activities are welcoming to those who haven't been before and have become places where people who find their circumstances have changed find a friendly welcome. For us it’s all about good relationships that keep people connected and well in their neighbourhood.

Activities include Making and doing, Physical activity, Welcome and social, Hospitality. Locations in Aston, Balsall Heath, Bournville, Garretts Green, Hall Green, Highgate, Kings Heath, Ladywood, Sparkhill, Kingstanding, Perry Common, Small Heath. No referral necessary. Go to our website to find the organisation local to you and just go along and join in. Individual contact details on each organisation’s page so you can contact them to see if the activity is suitable etc for you.
Happy Healthy Tuesday

The Unity Hubb at St. Margaret’s Church has 3 key functions, community development, heritage and venue hire. We offer heritage tours to promote our 21 historical monuments, it’s also a great space to host meetings, conferences and small events. We offer activities to local people bringing a diverse community together in a safe place.

Happy Healthy Tuesday offers a variety of activities to support local women to come together to build friendships, tackle isolation, experience alternative health advice, share skills, take part in exercise classes, build confidence, gain knowledge, have difficult conversations, cook together eat together and to have some FUN all in a safe environment.

These activities are for local women over 50 years old and local vulnerable women. This project serves the constituency of Hodge Hill. Women can come and self-refer; families and professionals can contact the centre manager for referral.

Women & Theatre is a charity that has been pioneering new ways of addressing contemporary issues since 1983. We aim to reflect the language and lives of ordinary people, giving voices to those not usually heard. Our Community Performance Club will provide uplifting activities that encourage participants to be active, sociable, learn new skills and collaborate to deliver entertaining events that bring people together and strengthen community connections. The courses and events will promote wellbeing and reduce isolation of older adults, carers and wider community members.

The project is for older adults and carers. The project will take place in Selly Oak constituency, particularly in the Brandwood and Druid Heath Areas.

Contact Jess Pearson our General Manager to book onto a course or find out about a taster session.