

# EARLY HELP LADYWOOD LOCALITY NEWSLETTER



Birmingham City Council, Birmingham Children's Trust and other statutory and VCS organisations in Birmingham are working in partnership to respond to needs during this challenging time. New early help schemes have been set up in 10 localities across the city to respond to Covid 19. Ladywood locality covers Aston, Bordesley & Highgate, Bordesley Green, Holyhead, Ladywood, Lozells, Nechells, Newtown, North Edgbaston, Soho & Jewellery Quarter and the Lead for Ladywood Locality is Maxine Reid 07764 977636  
ChildrenandFamilies@bsettlement.org.uk



## What is Early Help and Prevention?

Early Help means taking action to support a child, young person or their family early in the life of a problem, as soon as it emerges. It can be required from birth into early adulthood.

Early Help requires that agencies should work together as soon as a problem emerges or a need is identified to ensure the child gets the right response, and the right services.

Early Help is provided to prevent or reduce the need for specialist interventions unless they are absolutely the correct response to meet the need and resolve the problem.

Partners who work with children and need advice or support can contact their local team for guidance when working with families at Universal Plus and Additional Needs, as outlined in the Right Help Right Time (RHRT) document. Early Help is being offered across 10 localities in Birmingham.



## Free Workshops

Cyber Crime  
14th December 10.00am-11.30am  
Community Assets

Early Help Awareness Sessions  
for Professionals  
GP's  
15th December 12.00pm-1.00pm

For further information contact  
Rahana 07305058728  
or email  
ChildrenandFamilies@bsettlement.org.uk

## Ladywood Early Help Team

Alexandra, Hina, Jessica,  
Kashmir, Kate, Louis,  
Maxine, Michael,  
Michelle D G,  
Michelle T, Miranda, Nikola,  
Nowshin,  
Rachael, Rahana, Safina,  
Sophia, Theresa

## Prize Draw

Email PRIZE DRAW and your  
name, phone number and email  
address to:  
Rahana.Begum@bsettlement.org  
.uk

for your chance to win

1st prize

Sonic Toothbrush & Trainset

2nd prize

Cupcake Maker & Fisher Price

Toy Telephone

3rd prize

Bayliss & Harding Pamper  
Hamper & Children's Musical  
Toy

Prize will be drawn and winners  
notified on 15th December



**BIRMINGHAM  
CHILDREN'S TRUST**

**Birmingham  
Children's Partnership**





## Online Parenting Course

We've pre-paid for every parent in Birmingham to access a parenting course <https://inourplace.heiapply.com/online-learning/> 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.



## Birmingham Settlement Free Money Advice

For free, independent and confidential advice on welfare benefits, how to deal with your debts and manage your money telephone Birmingham Settlement Money Advice Team on 0121 250 0765 or for more information visit our website: [www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk)

## Birmingham Settlement Stay Learn & Play

Sessions are open to children aged 5 and under and their parents. Stay and Play is free and offers young children the opportunity to benefit from early years learning, helping prepare them for school, gain valuable life skills and build friendships from an early age.

Activities including reading, writing, creative play, singing and outdoor play, designed to support children's early years learning, improve English skills, encourage them to be creative and learn how to express themselves and to develop social skills. This early year's learning helps children grow in confidence and prepares them for the next step in their lives.

Stay and Play also offers a valuable source of support for parents, giving you the chance to meet other parents and develop friendships and support networks and can help you to identify ways to support your child's learning at home. Phone Jamilah on 07305 041135 or Anjna on 07535 524113 to book your place.



### Location

610 Community Centre  
610 Kingstanding Road  
B44 9SH

**Thursdays**

**10.00am - 11.30am**



### Location

Birmingham Settlement  
359-361 Witton Road  
Aston  
B6 6NS

**Mondays**  
10.00am-11.30am

**Wednesdays**  
1.00pm-2.30pm

**Fridays**  
10.00am-11.30am



### Location

The Big Red Shed  
Selwyn Road Playing Field  
79 Selwyn Road  
Birmingham  
B16 0SL

**Tuesdays**

**10:00am - 11:30am**

## Pause



Pause, delivered in partnership with Forward Thinking Birmingham, is a well-being drop-in service for anyone under the age of 25 with a Birmingham GP.


Pause is a safe space where you can talk about anything that is worrying or upsetting you. You may want to talk about school, friendships, family, or maybe about feeling anxious or sad. We will listen and introduce techniques to help you manage how you are feeling.

We can provide one-to-one sessions, group workshops, or simply share our resources for you to read up on in your own time.

Our team of emotional health and well-being practitioners and volunteers will empower you to make decisions that will improve your mental and emotional health.

[www.forwardthinkingbirmingham.nhs.uk/pause](http://www.forwardthinkingbirmingham.nhs.uk/pause)

Please note: the service does not run on Sundays or Bank Holidays.



# Early Help Family Connect Form

We provide free and confidential early help for children young people and families across the Ladywood locality, you can complete a Family Connect Form if you are a professional for a family, or a family can complete their own Family Connect Form.

By completing and submitting the Family Connect Form with as much information as possible about you and your family needs, the Locality will be able to advise you on what support is available. This will be done either by giving advice, signposting to services and community support or linking to early help workers within the locality. To complete a referral online visit [www.birmingham.gov.uk/info/50224/birmingham\\_children\\_s\\_partnership/2156/birmingham\\_children\\_s\\_partnership\\_-\\_resources](http://www.birmingham.gov.uk/info/50224/birmingham_children_s_partnership/2156/birmingham_children_s_partnership_-_resources)



**Free and impartial advice**  
over the phone, at your home and in your community.  
Supporting you to better heat your home and keep warm

**We can work with you to:**

- Reduce your household energy use
- Save money on your bills
- Improve your available income
- Access home energy efficiency measures and grants

Helping residents in the West Midlands area to live in **warmer and more energy efficient homes** across the following areas:



Our friendly energy advisors can respond to your energy issues, big or small.

Call us for free on **0808 1968298**  
And press option 1 for our red areas and press option 2 for our yellow areas.

**Email us at:**  
[warmerhomesWM@mae.org.uk](mailto:warmerhomesWM@mae.org.uk)  
if you are a Walsall, Wolverhampton, Sandwell or Dudley customer  
or Contact Kamila Rai 01789 333169 [www.actonenergy.org.uk](http://www.actonenergy.org.uk)

**Or email us at:**  
[warmerhomesWM@actonenergy.org.uk](mailto:warmerhomesWM@actonenergy.org.uk)  
if you are a Birmingham, Solihull or Coventry customer



**“** I'm now more aware of how I'm using energy in my home and where I can make savings on my bills. Thank you for also helping me with topping up my meter - Dudley customer **”**




Warmer Homes West Midlands CIO Act on Energy Unit 14 Lazenby Business Park, Pitchall, Salford Priors, Warwickshire, WR11 5SN. Act on Energy is a registered charity, number 1075679 and registered in England and Wales, company number 141022. For more information about Warmer Homes West Midlands go to [www.warmerhomeswm.org.uk](http://www.warmerhomeswm.org.uk)

## SEND

The SEND Locality Team is a group of professionals that supports schools and families in the wellbeing and Special Educational Needs or Disabilities of children and young people. The team includes an Educational Psychologist, Specialist Advisory Teachers, Speech and Language Therapist, an Occupational Therapist and a Parent Link Officer.

The team of professionals attached to a cluster of schools is a revolving team who see the schools and families on a regular basis providing practical early help and support. For information on SEND visit [www.lscpbirmingham.org.uk/images/BSCP/Publications/Covid-19/SEND\\_information\\_pack\\_\\_April\\_2020\\_\\_\\_1.pdf](http://www.lscpbirmingham.org.uk/images/BSCP/Publications/Covid-19/SEND_information_pack__April_2020___1.pdf)



## Family Support

**Local Offer Website:** <https://www.localofferbirmingham.co.uk/parents-carers-and-young-people/>


**School**

- School SENCO
- SEND Information Report on school website
- Access to specialists/outside agencies, e.g. CAT PAC, coffee mornings/drop ins

**Specialist Advice**

- Speech and Language Therapy Advice Line – see later slide
- Occupational Therapy Advice Line – see later slide
- Online booking for consultations with SALT and OT
- Link Advisors

[Parentlinkservice@birmingham.gov.uk](mailto:Parentlinkservice@birmingham.gov.uk) 0121 303 8461  
Programme of parent webinars



Making a positive difference every day to people's lives

## Kooth

Effective and personalised digital mental health care. At Kooth we create welcoming communities and services for everyone.

Children and young people – 1 in 5 children and young people suffer from mental health illness in any given year. At Kooth we believe every young person has the right to thrive and to access high quality mental health care.

Kooth.com is commissioned by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People. With over 4,000 logins per day, we provide end to end support whatever the need. For further information visit [www.koothplc.com](http://www.koothplc.com)

## Food Banks

Everyday people go hungry because they cannot afford to provide for their basic needs and the needs of their families due to unfortunate personal circumstances which could affect any one of us. If you need a food bank voucher telephone Birmingham Settlement Money Advice Team on 0121 250 0765

## West Midlands Police Neighbourhood Teams

strive to make life better and safer for everyone in the communities they serve and work with a range of partners to support and safeguard vulnerable individuals and groups within the community to prevent them becoming victims of crime or disorder.  
ladywood@west-midlands.pnn.police.uk

## Samaritans

Thousands of dedicated volunteers will be helping people to cope over the festive period 24 hours a day, 7 days a week  
call 116 123  
if you need support

## MIND

If you need mental health support call  
0300 123 3393  
Closed 25th-28th &  
31st Dec & 1st Jan

## For COVID-19 support

[www.birmingham.gov.uk/info/50247/national\\_guidance\\_during\\_covid-19/2065/coronavirus\\_covid-19\\_information\\_in\\_other\\_languages/7](http://www.birmingham.gov.uk/info/50247/national_guidance_during_covid-19/2065/coronavirus_covid-19_information_in_other_languages/7)

## Shelter Housing

Emergency Helpline if you are homeless, have nowhere to stay tonight, are worried about losing your home, are at risk of harm or abuse in your home.

Online housing advice if you want a quick answer, want to find out your housing rights, want to find out your next steps.

Webchat if you can't find what you need on our housing advice pages, need help to take your next step, don't want to call us.

For advice and guidance (including legal matters within the next 7 days) call 0344 515 1800 between 9.00am-5.00pm, Monday to Friday. For further information visit [www.shelter.org.uk](http://www.shelter.org.uk)

### ESOL classes

can be accessed at:-  
Heartlands Academy  
0121 464 3931  
New Hope Global  
0121 455 8144  
Aston Learning Centre  
0121 675 5921

### Disability Swimming Session

Ladywood Leisure Centre  
03301 099150  
Saturday's  
2.00pm - 3.00pm  
£3.00 per person,  
carer free

A FREE CLUB FOR YOUNG PEOPLE TO MEET, GET FIT AND SOCIALISE

## FEMALE ONLY FITNESS CLUB

Mondays 5pm-7:30pm  
AGE 11-18



ZUMBA  
SELF DEFENCE  
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CIRCUIT TRAINING  
HIIT  
BODY TONING  
YOGA  
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BECOME YOUR BEST SELF!  
359-361 WITTON ROAD, ASTON, B6 6NS  
TO JOIN CONTACT: 07864691221

birmingham  
cattlamant

## Colour in the Christmas Tree



What do snowmen eat for breakfast?

Frosted Flakes or Ice Crispies

