

DECEMBER 2023 NEWSLETTER

Season's
GREETINGS

WE ARE
HERE TO
HELP
FAMILIES

Selly Oak
Families



You can contact us via:

Phone | Text | WhatsApp us on: 07483 090434

Email: SellyOak.Families@greensquareaccord.co.uk

Follow us on social media: [@SellyOakFam](https://www.instagram.com/SellyOakFam)



GreenSquareAccord's Selly Oak Families team, as part of the Birmingham Children's Partnership.
For more information please search 'Birmingham Children's Partnership' at www.birmingham.gov.uk



**PLEASE NOTE OUR OPENING TIMES OVER THE HOLIDAYS ARE:
MON-FRI 09:30-16:30. CLOSED ON 25TH, 26TH DEC & 1ST JAN,
WITH LIMITED STAFF ON 27TH, 28TH & 29TH.**

Our December newsletter includes opportunities, training, and events as well as information to support the health and wellbeing of all the family.

We are here to support local families and everyone supporting families through training, special events, Early Help Assessments, and direct support all year round.

December News Include:

- Your Selly Oak Families Offer -
- HAF -
- Support Service Information -
- Other News, Updates & Information -



Right Help, Right Time
Delivering effective support
for children and families
in Birmingham

Early Help supports children, young people and families before they go into crisis. We use the Right Help Right Time model to ensure families are getting the right support for their needs. Keep an eye out in our next newsletter about Introduction to Early Help training, available for free across the locality for partners supports children, young people and families.

To access support we ask that you complete a Family Connect Form. If you have any questions please call on 07483 090434 or email SellyOak.Families@greensquareaccord.co.uk. We are closed over the weekend. If you need urgent safeguarding support contact CASS on 0121 303 1888 or 0121 675 4806. For other support see details below of support available across Selly Oak.

We are here to support local families and everyone supporting families through training, special events, Early Help Assessments and direct support all year round.

Read on to see what's going on!

- Your Selly Oak Families Team -

We provide free and confidential Early Help for children, young people and families across the Selly Oak locality. This includes Billesley, Bournbrook, Selly Park, Bournville, Cotteridge, Brandwood, Kings Heath, Druids Heath, Monyhull, Highters Heath, Kings Norton North, Stirchley, Weoley & Selly Oak. Early Help connect families to your organisation or setting to ensure they get the right help close to home.

Your Selly Oak Families Offer

WE CAN SUPPORT YOU WITH...

Selly Oak Families



Birmingham's Children's Partnership
1 Lancaster Circus, Queensway, Birmingham B4 7DJ

Birmingham
Children's Partnership



www.localofferbirmingham.co.uk/bcp



Family Connect Form

The Early Help service is free, confidential and based on consent.

If you are supporting children, young people and/ or families who need help, to help connect families to various kinds of support available locally, please complete a [Family Connect Form](#).

ROUTE 2 WELLBEING
Find health & wellbeing services near you

Route2Wellbeing

Route2Wellbeing provides professionals and families with an extensive list of organisations and services available for children, young people and families across Birmingham.

Selly Oak Early Help can add relevant organisations to this online directory of support, so please let us know if your details are out of date or if you'd like to be added!

HAF

www.bringitonbrum.co.uk | #BringItOnBrum

Join Us This Winter!

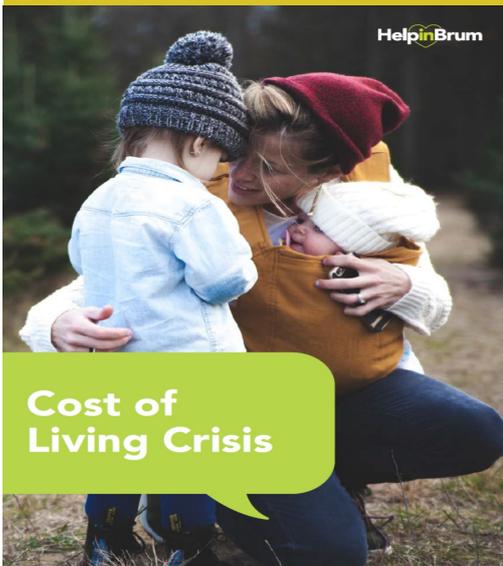
Join us this winter at our fun, free Bring It On Brum! holiday clubs taking place across Birmingham. Holiday clubs will be taking place from 27th December-5th January and include a huge range of different activities.

Don't miss out on winter fun and make sure to book your holiday clubs early!

[BOOK NOW](#)

Support Service information

Community Events & Support



[Click here to access information!](#)

Support Centre Timetable

Liverpool Street, Deritend, B9 4DS
Mon, Tues 9am - 5pm
Wed 9am - 1pm
Thurs, Fri 9am - 5pm

SIFA
fireside

9 Onwards
Emergency
Support

Homeless and Emergency Support



Physical & Mental
Health Support



Food



Advice and
information



Clothing &
Showers



Birmingham
City Council

10.30 - 12 noon

Appointments



EU
Settlement
Scheme



Supported
Accommodation
Advice (HTWS)



Physical & Mental
Health Support



Health and
Wellbeing Advice
(The ASH)



Department
for Work &
Pensions



Birmingham
City Council

12 Noon Onwards

Workshops (excl. Wednesdays)



Lunch



Creative Workshops



Music Therapy
Jam Sessions



Cookery Classes



IT Skills
Employment Support



Performance
Workshops



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

To find out more about your local Warm Spaces, please click [here](#).

Disability & SEND Advice & Support



Family Fund
Helping disabled children

Grants available for families with disabled children

[CLICK HERE TO APPLY FOR GRANT SUPPORT](#)



RESOURCES,
INFORMATION
AND SUPPORT
ALL IN ONE PLACE

The SEND Local Offer website - www.localofferbirmingham.co.uk



BIRMINGHAM
CHILDREN'S TRUST



Birmingham
City Council

Check out Birmingham's refreshed SEND Local Offer:

www.localofferbirmingham.co.uk

Pregnancy, Antenatal & Parenting

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

Online Parenting Courses

Just use your Birmingham postcode to access the resources.

To access the courses click [here!](#)



Use Easy Peasy App to support children's speech, language and communication development.

To access click [here.](#)

50

things to do

The 50 Things App - free App to help with home learning and language development—Click [here!](#)



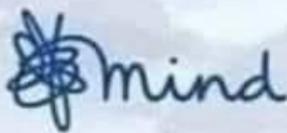
If you're pregnant or have children under the age of 4, you could get help to buy food and milk



You can find out more [here!](#)

COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



📞 0300 123 3393
📞 Helpline
🌐 mind.org.uk



📞 Text SHOUT to 85258
📞 24/7 text service
🌐 giveusashout.org

SAMARITANS

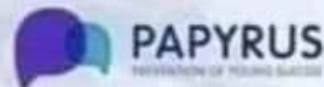
📞 116 123
📞 24/7 helpline
🌐 samaritans.org



📞 Text YM to 85258
📞 24/7 text service
🌐 youngminds.org.uk



📞 0800 58 58 58
📞 Helpline for men
🌐 thecalmzone.net



📞 0800 068 4141
📞 Under 35s Helpline
🌐 papyrus-uk.org

Pause
MERRY CHRISTMAS

The festive season can be a challenging time, but support is available from Pause! Pause is open for drop-in until the 23rd of December, Then re opens for drop in from the 27th to the 31st Back to normal service hours from the 2nd January 2024.

Check out the webpage to register and for our drop-in, dates, times and location
<https://forwardthinkingbirmingham.nhs.uk/pause>

ForwardThinking Birmingham The Children's Society

Health & Wellbeing



Find FREE activities at: www.theaws.co.uk/our-activities



Search 'The Active Wellbeing Society' on social media



For further information, or to add/edit your food provision shown on the map, contact: foodjusticenetwork@theaws.org



Domestic / Sexual Abuse Advice & Support

Further information

If you are a female victim of domestic abuse and you want to make a self-referral please initially contact Women's Aid on 0808 800 0028.

Women's Aid will refer your case to Cranstoun if appropriate.

Confidentiality

Cranstoun respects your right to privacy. At your first meeting with a Lead Worker, we'll explain how we keep things confidential.

Opening hours

Our staff work with you in your home or at an accessible community organisation. We're available Monday to Friday 9am-5pm.

Our Birmingham office

Cranstoun Lead Worker Services

Ashted Lock

Dartmouth Middleway

Birmingham B7 4AZ

T 0121 633 1750

E birminghamadmin@cranstoun.org.uk

Please visit our website to find out more:

cranstoun.org



Female domestic abuse services in Birmingham

CRANSTOUN
Empowering People, Empowering Change

To be a world-class leader in rebuilding lives.



Central office
Thames Mews
Portsmouth Road
Esher
Surrey
KT10 9AD
T: 020 8335 1830
E: info@cranstoun.org.uk
www.cranstoun.org

Registered Charity No: 1061582
Registered Company No: 3306337

CRANSTOUN
Empowering People, Empowering Change

Everyone deserves a life without domestic abuse

You don't have to deal with domestic abuse alone



Domestic / Sexual Abuse Advice & Support

If you've ever been
raped, sexually assaulted or abused



Turn to us **We are here**

Sexual assault referral centres 'SARCs'
provide a safe space, specialist care and support 24/7

Go to nhs.uk/SARCs

Household Support & Advice



food justice network.

Birmingham, UK.



Scan this QR code to see the
Food Justice Network Map

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

Please make sure you have the Google Maps app downloaded.

To see all points on the map, or to choose a specific area, click 'Map
Legend', and make sure all of the area names have a blue tick next
to them.

We would love to hear from you!

We love collaborating on our events, both online & face-to-face,
so get in touch if you have an area of interest:
SellyOak.Families@greensquareaccord.co.uk

Want to be featured in our next newsletter?

Contact Amber at SellyOak.Families@greensquareaccord.co.uk



The Selly Oak Families and Early Help Team is managed by GreenSquareAccord on behalf of Birmingham Children's Partnership.

Our focus is to ensure children, young people and families get the support they need. We work closely with education, health, community/voluntary organisations and charities, both locally and across the city. Our locality covers Billesley, Bournbrook, Selly Park, Bournville, Cotteridge, Brandwood, Kings Heath, Druids Heath, Monyhull, Highters Heath, Kings Norton North, Stirchley, Weoley & Selly Oak.

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