

# March Early Help Newsletter



## Food Bank



## Housing & Benefit Advice



## Family Support



## Under 5's & SEND support



## Financial Support



## Information & referrals to local resources



Northfield Community Partnership is working with Birmingham Children's Partnership to support all families with children age 0-18 in our constituency.

**Phone:** 07516918133 Mon-Fri

**Email:**

northfieldfamilies@northfieldcommunity.org

**Website:** [www.northfieldcommunity.org](http://www.northfieldcommunity.org)

**Family Connect Referral Forms - [Click Here](#)**

**Route2Wellbeing Directory - [Click Here](#)**



Northfield Families -  
Northfield Community  
Partnership



northfieldfamilies



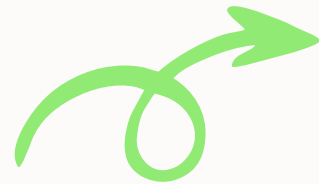
@NorthfieldEH

# Northfield Community Pantry Launch Day



On the 22nd February we had a very successful launch of our new community food pantry!

Please see next page for more info



Northfield Community



## JOINING INFO:

- Open every Thursday, 10am-2pm, NAF Shop, Northfield Shopping Centre
- £5 yearly membership fee
- £5 per weekly shop of up to 10 items
- Must live in the Northfield constituency
- Must not be a member of another pantry
- Must provide proof of address
- One membership per household

**CHECK YOUR POSTCODE!**



**NORTHFIELD**  
Community Partnership

**NAF**  
Northfield Arts Forum



Funded by  
UK Government



# We are hosting ...



**NORTHFIELD**  
Community Partnership



**Early Help**

## **Cost of Living Support Event**

Drop in and have a chat with organisations who can support you and your family.

We will be joined by some great local organisations who can offer support with

**debts, benefits, employment, education, food, fuel** and more!

**Wed 13th March 2024 | 9 AM - 1 PM**

**HAWKESLEY COMMUNITY CENTRE**

51 Edgewood Road B38 9RN



## Organisations joining us include ...



**Household  
Support Fund**




## Early Help Drop In Session at **Deelands Hall**

**Every Monday 11:30-13:30**  
Deelands Road. Rubery. Rednal. B45 9RR.

**Come and have a chat with one of the Northfield Families community connectors**

- Information about what we do and how we can support your family.
- Support to fill in our referral form.
- Information about local resources and activities.
- SEND & Under 5's information.
- Financial, food bank, housing and family support information.



**Northfield Early Help Line:** **07516918133**





## Early Help Drop In Session at **Weoley Castle Community Church**

**Last Friday of every month**  
**10:30am-12:00pm**  
115 Quarry Rd, Birmingham B29 5LE

**Come and have a chat with one of the Northfield or Selly Oak Families community connectors**

- Information about what we do and how we can support your family.
- Support to fill in our referral form.
- Information about local resources and activities.
- SEND & Under 5's information.
- Financial, food bank, housing and family support information.



**Northfield Early Help Line:** **07516918133**






## Early Help Drop In Sessions at **Hawkesley Community Centre**

**Every Friday 10am-12:30pm**  
51 Edgewood Road, Kings Norton B38 9RN

**Come and have a chat with one of the Northfield Families community connectors**

- Information about what we do and how we can support your family.
- Support to fill in our referral form.
- Information about local resources and activities.
- SEND & Under 5's information.
- Financial, food bank, housing and family support information.



**Northfield Early Help Line:** **07516918133**





## Early Help Drop In Sessions at



**Every Monday 9am-12pm**  
693/695 Bristol Road South B31 2JT

**Come and have a chat with one of the Northfield Families community connectors**

- Information about what we do and how we can support your family.
- Support to fill in our referral form.
- Information about local resources and activities.
- SEND & Under 5's information.
- Financial, food bank, housing and family support information.



**Northfield Early Help Line:** **07516918133**



# Northfield District Children Centres timetable

## Timetable of Activities

Northfield District Children's Centres  
 Monday 15<sup>th</sup> January – Friday 22<sup>nd</sup> March 2024  
 Kings Norton, Longbridge, Northfield and Weoley Castle  
 Frankley Plus Children's Centre: 0121 453 3515  
 Wychall Children's Centre: 0121 433 4130



## Where?

- Wychall Children's Centre, Staple Lodge Road, B31 3ER
- Frankley Plus Children's Centre, 131 New Street, B45 0EU
- Frankley Library, Balaam Wood Academy, B45 0EU

## Group Information

**Antenatal Breastfeeding Support** - Advice and support to get your breastfeeding journey off to the best start.

**Antenatal Solihull Approach** - An advice and guidance group for expecting parents.

**Art to Heart** - Group aimed at promoting emotional wellbeing through craft activities for you and your child.

**Baby Massage** - Massage course for babies aged 0-6 Months.

**Busy Babies** - Activities that will stimulate your baby's cognitive and language development.

**Breastfeeding Lounge** - A comfortable drop-in group for advice and support with breastfeeding.

**English for Speakers of Other Languages** - An opportunity to learn the basics of the English language.

**First Words Together** - Helping parents support their children in early communication and language development.

**HENRY - Healthy Families: Right from the Start** - A healthy lifestyle course aiming to create long term life changes for families.

**Introduction to Solids Workshop** - Information on introducing solid food to your baby.

**KIDS** - A stay and play session for children with additional needs.

**Little Talkers** - Language and communication stay and play style group for children aged 2+.

**Promoting Happier Parenting** - A parenting course offering advice and guidance.

**Rhythm & Rhyme** - Music and song time to support with early language development.

**Stay & Play** - Activity group for children aged 0-5 years.




**Step by Step** - A stay and play session for children with additional needs.

**Toddle Time** - Activities and experiences to support your child's next stage of learning and preparation for their two-year development check and for development following the check.



Like our Facebook page for updates and information - scan the QR Code or search: 'Northfield District Birmingham Forward Steps'.

## Northfield District Children's Centres: Timetable of Activities 15<sup>th</sup> January – 22<sup>nd</sup> March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Antenatal Breastfeeding Support (Once a month)</b> 10:00-11:30am Wychall Children's Centre <i>Booking essential</i>	<b>Antenatal Solihull Approach</b> 10:00-11:30am Virtual Contact Becki on 0121 453 3515 for further details.	<b>Antenatal Solihull Approach</b> 10:00-11:30am or 7:00-8:30pm Frankley Plus Children's Centre Contact Becki on 0121 453 3515 for further details.	 The best start for our children	<b>First Words Together (0-2 Years)</b> 10:00-10:45am Wychall Children's Centre
<b>Baby Massage (0-6 Months)</b> 10:00-11:00am & 11:30am-12:30pm Wychall Children's Centre <i>Booking essential</i> £5 per course – payable on the first week.	<b>Family Support phone drop-in available</b> Between 9am and 5pm Monday – Friday 0121 453 3515	<b>Promoting Happier Parenting</b> 10:00-11:30am 17 <sup>th</sup> January – 14 <sup>th</sup> February Wychall Children's Centre <i>Booking essential</i>	<b>Art to Heart</b> 10:00am-12:00pm Frankley Plus Children's Centre	<b>Busy Babies (Birth-Walking)</b> 10:00-11:30am Frankley Plus Children's Centre
<b>Promoting Happier Parenting</b> 1:00-2:30pm 19 <sup>th</sup> February – 18 <sup>th</sup> March Frankley Plus Children's Centre <i>Booking essential</i>	<b>Little Talkers (2+ Years)</b> 10:00-11:00am Wychall Children's Centre By referral only	<b>Rhythm &amp; Rhyme (Birth- 6 Months)</b> 10:00-10:45am 21 <sup>st</sup> February – 20 <sup>th</sup> March Frankley Plus Children's Centre	Would you like to volunteer within our groups?  If the answer is yes, then please contact Michele on 0121 453 3515 for more information.	<b>Stay &amp; Play (Birth-5 Years)</b> 1:00-2:30pm Wychall Children's Centre
<b>Rhythm &amp; Rhyme (Birth- 6 Months)</b> 1:00-1:45pm 15 <sup>th</sup> January – 12 <sup>th</sup> February Frankley Plus Children's Centre		<b>English for Speakers of Other Languages</b> 10:00-12:00pm Frankley Library	<b>Breastfeeding Lounge</b> 11:00am-12:00pm Virtual Contact Becki on 0121 453 3515 for further details.	"Do I need to book to come to a group?"  Groups do not require booking unless stated otherwise.
Healthy Start Vitamins are available in our centres - just ask our admin team at either Wychall or Frankley Plus Children's Centres about vitamins.	<b>Breastfeeding Lounge</b> 1:30-2:30pm Virtual Contact Becki on 0121 453 3515 for further details.	<b>HENRY - Healthy Families: Right from the Start</b> 1:00 - 2:30pm Virtual Contact Ruth on 0121 453 3515 for further details.	<b>Busy Babies (Birth-Walking)</b> 1:00-2:30pm Wychall Children's Centre	<b>Step by Step</b> 1:00-2:00pm Frankley Plus Children's Centre By referral only
<b>Breastfeeding Lounge</b> 1:30-2:30pm Wychall Children's Centre	"How much is it to come to a group?"  All groups are free of charge unless stated otherwise.	<b>Little Talkers (2+ Years)</b> 1:00-2:00pm Frankley Plus Children's Centre By referral only  <b>Toddle Time (Walking-3 Years)</b> 1:30-3:00pm Wychall Children's Centre	<b>Introduction to Solids Workshop (Once a month)</b> 1:00-2:00pm Virtual Booking essential	 Being active, eating well, achieving more.

# Clothing Support



## **INCREDIBLE SURPLUS FOOD & CLOTHES SWOP SHOP** *including uniforms* **EVERY FRIDAY 10.30AM TO 11.45AM**

*You don't have to bring anything to swap - see what we have and pay what you can - this is not a food bank - vouchers not required - stop food being wasted*

**Weoley Castle Community Church**  
**115 Quarry Road Weoley Castle B29 5LE**

## ODDINGLY HALL

Coffee morning +  
Clothes bank

Every Wednesday  
10:00-11:15am



Free tea, Coffee & toast.

You can read a paper, play a card game, do a jigsaw or a craft, or just have a chat and there's also a play corner for tots.

Share community resources.

**18 Oddingley Road Kings Norton Birmingham B31 3BS**



FREE CLOTHING & EQUIPMENT FOR BABIES AND CHILDREN UNDER 5.

DROP IN TO SEE IF WE HAVE WHAT YOU NEED!

OPEN TUESDAYS DURING TERM TIME  
10AM - 12PM

ST MICHAEL'S CHURCH CENTRE  
17 REDSTONE FARM ROAD, B28 9NU  
BUS 4A TO GOSPEL OAK

WE GRATEFULLY ACCEPT DONATIONS OF NEW AND GENTLY USED ITEMS DURING OPEN HOURS & SUNDAYS 2:30-3:30 PM

FOR CLOSINGS OR TO CONTACT US CHECK OUT:  
[FACEBOOK.COM/GROWBABYEASTBRUM](https://www.facebook.com/growbabyeastbrum)  
OR CONTACT: 07480 900 500

No swaps needed,  
No questions asked

PROVIDING FREE  
PRELOVED SCHOOL  
UNIFORM TO  
BIRMINGHAM AND  
BEYOND!



Charity number: 1199754

[www.ruberyswopshop.co.uk](http://www.ruberyswopshop.co.uk)

# Food Support



• St Bart's •

Get more for your **£££'s**  
at **Your Local Pantry**



**Big names at small prices!**

[www.yourlocalpantry.co.uk](http://www.yourlocalpantry.co.uk)

[@St-Bartholomews-Church-Allens-Cross](https://www.facebook.com/St-Bartholomews-Church-Allens-Cross) [@st\\_bartschurch](https://twitter.com/st_bartschurch)

You can also call us on 07568 528826



Enjoy a hearty,  
**cooked meal on us!**

Join us for tasty  
food and great chat  
every week across  
**Birmingham!**

No need to book,  
just turn up!

(And it's free!)



More info  
about our  
meals in  
Birmingham

[foodcycle.org.uk](http://foodcycle.org.uk) | 02077 292 775



There are FoodCycle meals in  
West Heath, Longbridge and  
Weoley Castle



**PAY AS YOU  
FEEL**

**INCREDIBLE SURPLUS FOOD &  
CLOTHES SWOP SHOP**  
*including uniforms*

**EVERY FRIDAY 10.30AM TO 11.45AM**

*You don't have to bring anything to swap - see what we have  
and pay what you can - this is not a food bank - vouchers not  
required - stop food being wasted*

**Weoley Castle Community Church**  
**115 Quarry Road Weoley Castle B29 5LE**



**THE PANTRY**  
**@ SHENLEY COURT HALL**

This Pantry "operates" Mondays from 11am - 1pm  
for Shenley residence only.

Just pop in (with your proof of address) and  
register

You will receive a food parcel for your  
household with a selection of non-perishable  
food items

Call us on 0121 475 7521 before attending & make us aware of any allergies  
200 Green Meadow Road, Selly Oak, Birmingham, B29 4ED



# Other Support

## Shenley Welcomes



A new conversation café to practise English and meet others in your community.



Hi!

嗨

Hola!



For anyone who wants to practise speaking English



### Where?

Shenley Court Hall,  
200 Green Meadow Road  
B29 4ED

### For more information:

Contact Rich on 078 41379393 or  
[rich@churchcentral.org.uk](mailto:rich@churchcentral.org.uk)  
or visit  
[churchcentral.org.uk/shenleywelcomes](http://churchcentral.org.uk/shenleywelcomes)



### When?

Fridays, 1.45-3pm

Starting as a six-week trial  
Sessions on  
12th, 19th, 26th May & 9th, 16th, 23rd June



## NEWSTARTS CONNECT CENTRE



Money & Debt Advice  
Wednesday Drop-In  
4 Arden Road  
B45 0JA  
10am - 12noon



# My debts are becoming a problem

Okay, let's make a plan

**NATIONAL  
DEBTLINE**

Call us free:  
**0808 808 4000**  
[NationalDebtline.org](http://NationalDebtline.org)

## NORTHFIELD Community Partnership **digital** LITERACY PROJECT

### DIGITAL LITERACY

Enhancing the digital skills of citizens within the Northfield constituency.

### MONTHLY DIGITAL DROP INs

at Kings Norton Library  
278 Pershore Road South, Birmingham B30 3EU

Wednesday 10.30am-12noon

31st January 2024  
28th February 2024  
27th March 2024  
24th April 2024

### Cheryl

[cheryl@northfieldcommunity.org](mailto:cheryl@northfieldcommunity.org)  
07761943032

### Stan

[stan@northfieldcommunity.org](mailto:stan@northfieldcommunity.org)  
07564 393180



Computers also available to access for free every week day at  
Northfield Community Partnership,  
693 Bristol Road South, Northfield B31 2JT  
Monday -Friday 9-4pm (3pm on Friday)



# Training, Jobs & Volunteering



## Volunteer with HomeStart

At Home-Start we believe that every child deserves a happy childhood. We are looking for local people to join our volunteer army, because with more volunteers we can help more families who need us. Our home-visiting volunteers support once a week by offering emotional and practical support to families who are struggling with a range of issues.

As a volunteer you will receive- training and ongoing support and supervision.

To find out more please visit [www.homestartbirmingham.co.uk](http://www.homestartbirmingham.co.uk)  
T: 0121 476 3759 E: [contactus@homestartbirmingham.co.uk](mailto:contactus@homestartbirmingham.co.uk)

### Become a Bridge Builder...

Good listener? Passionate about combating loneliness and isolation?  
Open to making a new friend?

Please email [owen@northfieldcommunity.org](mailto:owen@northfieldcommunity.org) or call/message 07943 960106 to start your befriending journey. Training and ongoing support provided.



Bridge Builders



NORTHFIELD  
Community Partnership



[www.northfieldcommunity.org](http://www.northfieldcommunity.org)  
[www.facebook.com/NorthfieldPship](https://www.facebook.com/NorthfieldPship)

### Friendship, hope, compassion...

Could you make friends with an isolated young adult and help them build a bridge back into the community?

The pandemic left many local younger adults socially isolated and lacking in confidence to go out, be a part of the community and live a full life.

We believe one-to-one befriending can help people grow in confidence, recover and take positive steps forward. We offer this to adults aged 18-49 in the Northfield area.



Bridge Builders



NORTHFIELD  
Community Partnership



[www.northfieldcommunity.org](http://www.northfieldcommunity.org)  
[www.facebook.com/NorthfieldPship](https://www.facebook.com/NorthfieldPship)

### FREE ACCREDITED COURSES

March 2024

One Day Courses  
9.30am to 4.30pm

Are you over 19 unemployed/not in work and living in Birmingham?

- Level 2 Safeguarding Children, Young People and Adults at Risk Friday 8th March
- Level 2 Food Safety for Catering Friday 15th March
- Level 2 Occupational Health and Safety Friday 22nd March

Brandwood Community Centre

157 Allens Croft Road, B14 6RP

LIKE & FOLLOW for more



COMMUNITY FUND

Contact us today to book your space  
[www.brandwoodcentre.co.uk](http://www.brandwoodcentre.co.uk)  
Email: [Alisona@brandwoodcentre.co.uk](mailto:Alisona@brandwoodcentre.co.uk)  
0121 443 3310

BRANDWOOD CENTRE

# Events/Activities

**Fairytale Party Planners**

## EASTER DISCO

Wednesday 3rd April  
12.30-2.30  
Cotton Village Hall  
B45 8PD

**Includes**

- Disco and games
- Visit from the Easter bunny
- Easter hat parade
- Egg and spoon race
- Easter egg hunt
- Party dances

\*Additional charge for food, drinks and face painting

**07804699541**

Children - £4.50  
Adults - £3

Tickets must be purchased from us in advance  
Babies under 2 are free but must be booked a ticket

**fairytale**  
PARTY PLANNERS

**TCV**  
The Conservation Volunteers

Health for Life

HOLLOWAY HALL

IT'S FREE

**Ley Hill**

10am - 1pm

## Growing Food Together

Join Us Every Monday Morning  
Make New Friends

aneesah.davies@tcv.org.uk  07801 686019

**tinytalk**  
Baby Signing  
Toddler Talking

TinyTalk SW B'ham & N. Worcs.

Monday	Thursday	Thursday	Friday
Holloway Hall	Hawkesley Community Centre	Northfield Baptist Church	Bournville Social Club
BABIES 10am	TODDLERS 9.45am	BABIES 1.30pm	BABIES 10am
TODDLERS 11.30am	BABIES 11.10am		TODDLERS 11.30am
NEWBORNS 1.10pm			

TODDLERS: Approx 18m - Preschool      BABIES: Birth -24 months      Newborns Birth -12 weeks

**Join in the fun - book now!**

 julieh@tinytalk.co.uk       07930 545789

**Let's Craft Together**

**WEST HEATH STAY AND PLAY**

**Fridays 9.30am - 11.30am**

£4 (for 1st child)  
£1 per extra child  
and £2 for under 1 yr old.

FOR MORE INFORMATION PLEASE CONTACT RACHEL BY TEXT MESSAGE TO 07496362083

West Heath Community Centre  
Condover Road, West Heath, B31 3QY

# Events/Activities

**50** things to do **five** before you're **Birmingham**

*Fifty low or no-cost activities*

**Fun Prompts**  
Use the free app and website at home or when out and about

**Play Your Way**  
Enjoy activities at your own pace, time and time again

**Find Local Events**  
Find free and affordable events near you

**Support Development**  
Interactions that can support early language, motor skills and wellbeing

Download the **FREE** app!













STARTING 9TH NOVEMBER

CLARION NETWORKS

TRIDENT REACH

With thanks to funding from Clarion Futures, Deelands Hall are excited to partner with Birmingham Community Boxing Project to offer

**FREE**

**KIDS BOXING CLASSES**

FOR CHILDREN AGED 5-10 YEARS

**THURSDAYS 4:00-5:00PM**  
**DEELANDS HALL, B45 9RR**

Get in touch with Bernie to book  
01134882231 / 0121 226 6829  
berniem@tridentreach.org.uk

2

CLARION NETWORKS

STARTING 9TH NOVEMBER

InUnity

COMMUNITY FUNDS

**FREE BOXING**

FOR YOUNG PEOPLE AGED 11-16 YEARS

InUnity are excited to partner with Birmingham Community Boxing Project to bring FREE boxing classes to young people in Rubery.

**COME & GET INVOLVED**

**THURSDAYS 5:15PM-6:15PM**  
**DEELANDS HALL, B45 9RR**

Parental consent required  
Follow QR code to register or go to [www.inunityuk.org/registrationform](http://www.inunityuk.org/registrationform)

1



# Library Events

## Thursday Storytime



**Northfield Library**  
**every Thursday**  
**11.00 - 11.30 am**

For children aged 2 - 5 years and their carers  
Just come along no booking required  
enquiries: 0121 464 1007



## Book-a-Boo!

### Baby and Toddler Session at Northfield Library

An informal book, rhyme and play session  
for under 2's and their parent or carer  
Baby changing facilities available



Come along the first Friday of the month  
no booking required enquiries 01214641007

Friday 6th January	11:00 - 12:00
Friday 3rd February	11:00 - 12:00
Friday 3rd March	11:00 - 12:00
Friday 14th April	11:00 - 12:00
Friday 5th May	11:00 - 12:00
Friday 2nd June	11:00—12.00



**Follow the local libraries  
Facebook pages to keep up to  
date with new events!**

**Weoley Castle Library -**

[www.facebook.com/weoleycastlelibrary](http://www.facebook.com/weoleycastlelibrary)

**Kings Norton Library -**

[www.facebook.com/kingsnortonlibrary](http://www.facebook.com/kingsnortonlibrary)

**Frankley Library -**

[www.facebook.com/FrankleyLibrary](http://www.facebook.com/FrankleyLibrary)



## IT'S EMPLOYABILITY, BUT NOT AS YOU KNOW IT



AN EPIC RESIDENTIAL ADVENTURE FOR AGES 15-17 YEARS OLD



WE DON'T BELIEVE IN TRADITIONAL LEARNING, AND EMPLOYABILITY IS NO DIFFERENT. WE'RE WORKING WITH THE NATIONAL CITIZEN SERVICE TO DELIVER A FULLY-FUNDED PROGRAMME THAT HELPS YOUNG PEOPLE.

### WHATS INCLUDED?

THANKS TO GOVERNMENT FUNDING, WE ARE ABLE TO OFFER THIS PROGRAMME ABSOLUTELY FREE. THAT INCLUDES:

- TRAVEL TO AND FROM YOUR VENUE
- ALL MEALS
- 2 NIGHTS' ACCOMMODATION
- ALL PASTORAL CARE



TEAM BUILDING



OUTDOOR ACTIVITIES



EPIC CHALLENGES



FOR ALL ENQUIRIES PLEASE CONTACT  
OPEN HOUSE CIC  
AT  
[INFO@OPENHOUSECIC.COM](mailto:info@openhousecic.com)



# OPEN HOUSE

FREE GROUPS FOR AGES 9+



### MONDAY

4.30-6.30pm  
Youth Club

Hawkesley Community  
Centre

### WEDNESDAY

4.30-6.30pm  
Youth Club

Dell road  
Cotteridge

### FRIDAY

4 - 5.30pm  
Roller Disco

Hawkesley Community  
Centre



### MORE INFO

OpenHouseCIC  
 OpenHouseCommunityGroup  
[www.openhousecic.com](http://www.openhousecic.com)

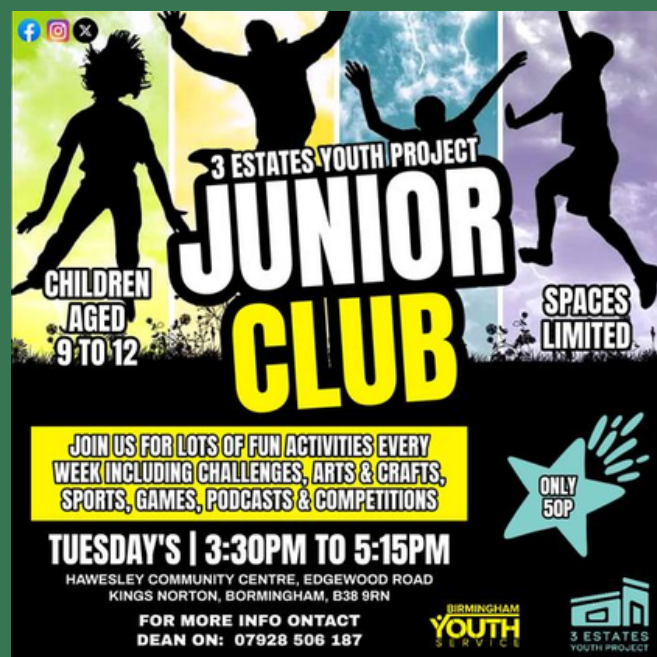


# HAWKELSEY COMMUNITY CENTRE YOUTH CLUBS

TUESDAY'S  
JUNIOR CLUB FOR 9 TO 12 YEARS  
OLD  
3:30 TO 5:15

WEDNESDAYS  
GIRLS GROUP FOR 10 TO 16 YEAR  
OLD  
4:30 TO 6PM

-----  
SENIOR YOUTH CLUB FOR 12 TO 17  
YEARS OLD  
6PM TO 8PM



3 ESTATES YOUTH PROJECT  
**JUNIOR CLUB**  
CHILDREN AGED 9 TO 12  
SPACES LIMITED  
JOIN US FOR LOTS OF FUN ACTIVITIES EVERY WEEK INCLUDING CHALLENGES, ARTS & CRAFTS, SPORTS, GAMES, PODCASTS & COMPETITIONS  
ONLY 50P  
TUESDAY'S | 3:30PM TO 5:15PM  
HAWESLEY COMMUNITY CENTRE, EDGEWOOD ROAD  
KINGS NORTON, BIRMINGHAM, B38 9RN  
FOR MORE INFO CONTACT  
DEAN ON: 07928 506 187  
BIRMINGHAM YOUTH SERVICE  
3 ESTATES YOUTH PROJECT



**GIRLS GROUP**  
IS BACK  
WEDNESDAY'S  
4:30 - 6PM  
FOR YOUNG WOMEN  
AGED 10 TO 16  
HAWKESLEY COMMUNITY CENTRE, EDGEWOOD ROAD, KINGS NORTON, B38 9RN  
For more info contact Dean on 07928-506187  
3 ESTATES YOUTH PROJECT  
BIRMINGHAM YOUTH SERVICE



3 ESTATES YOUTH PROJECT  
Cool!  
**YES WE'RE OPEN!**  
ALL YOUTH SESSIONS  
BACK THIS WEEK  
@3ESTATESYP



Birmingham  
City Council

Department  
for Education

# FREE HOLIDAY ACTIVITIES WITH FOOD

## LOOKING FOR THINGS TO DO WITH THE KIDS OVER THE HOLIDAYS?

Bring It On Brum! is running **FREE** activity clubs in Birmingham for children aged 4-16 who are eligible for benefits-related free school meals.

Activities include sports and games, arts and crafts, cookery, dance and music. Every child will be given a nutritious meal too!

If you're in need of a little inspiration to give your child a fantastic holiday, check out your nearest Bring It On Brum location and register today.



**FIND OUT MORE**  
**BRINGITONBRUM.CO.UK**



**@BRINGITONBRUM**






**autism**  
west midlands

## NORTHFIELD PARENT CARER SUPPORT GROUP

Join us for our Parent Support Group where you will be able to meet with other parents, share ideas, celebrate achievements, and offer support.

**What you can expect:**

- Guest speakers
- Focus upon wellbeing
- Embracing neurodiversity
- Support, advice & guidance
- Light refreshments




**Second Friday of every month**  
Friday 9 February 2024

**REGISTER AT:**  
<https://tinyurl.com/34jud4xb>

## Autism west midlands

Are hosting a  
parent/carer support  
group where you can  
meet other parents  
and find support!

Friday 9th February at  
10am!

Register: [Click here](#)




**autism**  
west midlands

**THURSDAY EVENINGS**  
25 JANUARY, 2024

# Dad's Group

This is a great opportunity to meet other dads, access information and resources and find out what Autism West Midlands has to offer.

One of our autism specialist advisors will be on hand to provide support. Refreshments provided.

Contact for enquiries:  
[amandap@autismwestmidlands.org.uk](mailto:amandap@autismwestmidlands.org.uk)

**REGISTER NOW**

Scan or press QR code to register




A support group just for Dads of children with autism. Please share this post to help as many families in Birmingham as possible.

Thursday 25 January  
7.00 - 9.00 pm

Autism West Midlands, 69  
Melchett Road, Kings Norton  
Business Centre King's Norton  
B30 3HP.

Free to Book [click here](#) or email  
[amandap@autismwestmidlands.org.uk](mailto:amandap@autismwestmidlands.org.uk)

This is a great opportunity to meet other dads, access information and resources and find out about what Autism West Midlands has to offer. An autism specialist advisor will be on hand to provide support and refreshments will be provided.