



Community News January 2024



Volunteer Recruitment Day

Looking for volunteers for your
projects in 2024?

Sign up for a stall at our volunteer
recruitment day 10am-4pm Tuesday
23rd Jan 2024 at Northfield Arts
Forum, Northfield Shopping Centre.

Book your place by emailing August on
august@northfieldcommunity.org



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.



**Second Friday of
every month**
Friday 12 January 2024

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

What you can expect:

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



Rubery Schools Community Swap Shop

Providing free preloved school uniform to Birmingham and beyond!

224 New Road, Rubery, Birmingham B45 9JH

Tel: 07736 958249

The Swap Shop is intended to help families, by providing free uniforms, PE kits, shoes, forest school clothes and anything else that may be needed for school.

Absolutely anyone is welcome to use and donate preloved clothing. Please help us to continue to help as many families as possible. Why throw your uniform away if it is in a good condition?

Uniforms can be expensive, family circumstances can change and sometimes keeping your children clean and warm can be more difficult than you'd ever imagined.

People have been extremely generous, and enabled us to help families access uniform they need - some families would have not been able to provide their children with warm winter coats, shoes or even cardigans and jumpers without the community's help.

First Words Together

National Literacy Trust

Would you like to

- ☒ Help your baby or toddler learn to talk?
- ☒ Get ideas for supporting communication?
- ☒ Receive five free toddler books?
- ☒ Spend quality time with your child?

First Words Together sessions are run on:

Day Fridays beginning 19th January Time 9.30 -10.am

Venue: Kings Norton Library Call or Email to book a place: 0121 464 1552 kings.norton.library@birmingham.gov.uk

Enjoy exploring rhymes, stories and games to play with your child once a week for five weeks!

FREE activities for families with children under 2

NHS Birmingham Community Healthcare NHS Foundation Trust

ChatHealth

Do you know where I can get some health advice?

The School Health Support Service can help students with all kind of things like...

Relationships, mental health, alcohol, bullying, self-harm, smoking, drugs and healthy eating

Text the School Nurse for confidential advice and support on 07480635485

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting **STOP** to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Better Care: Healthier Communities



Northfield Locality Early Help



Northfield Community Partnership is working with Birmingham Children's Partnership to support all families in our constituency.

Contact Our Early Help Team

07516918133

northfieldfamilies@northfieldcommunity.org

For referral forms
Google
'Birmingham Childrens
Partnership Resources'



NorthfieldFamilies



Northfield Families- Northfield
Community Partnership



BIRMINGHAM
CHILDREN'S TRUST

Birmingham
Children's Partnership



Northfield District Childrens Centres new activity timetable Jan-March

Northfield District Children's Centres: Timetable of Activities 15th January – 22nd March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Antenatal Breastfeeding Support (Once a month) 10:00-11:30am Wychall Children's Centre <i>Booking essential</i>	Antenatal Solihull Approach 10:00-11:30am Virtual <i>Contact Becki on 0121 453 3515 for further details.</i>	Antenatal Solihull Approach 10:00-11:30am or 7:00-8:30pm Frankley Plus Children's Centre <i>Contact Becki on 0121 453 3515 for further details.</i>	 The best start for our children	First Words Together (0-2 Years) 10:00-10:45am Wychall Children's Centre
Baby Massage (0-6 Months) 10:00-11:00am & 11:30am-12:30pm Wychall Children's Centre <i>Booking essential</i> £5 per course – payable on the first week.	Family Support phone drop-in available Between 9am and 5pm Monday – Friday 0121 453 3515	Promoting Happier Parenting 10:00-11:30am 17 th January – 14 th February Wychall Children's Centre <i>Booking essential</i>	Art to Heart 10:00am-12:00pm Frankley Plus Children's Centre	Busy Babies (Birth-Walking) 10:00-11:30am Frankley Plus Children's Centre
Promoting Happier Parenting 1:00-2:30pm 19 th February – 18 th March Frankley Plus Children's Centre <i>Booking essential</i>	Little Talkers (2+ Years) 10:00-11:00am Wychall Children's Centre <i>By referral only</i>	Rhythm & Rhyme (Birth- 6 Months) 10:00-10:45am 21 st February – 20 th 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.	Stay & Play (Birth-5 Years) 1:00-2:30pm Wychall Children's Centre
Rhythm & Rhyme (Birth- 6 Months) 1:00-1:45pm 15 th January – 12 th February Frankley Plus Children's Centre		English for Speakers of Other Languages 10:00-12:00pm Frankley Library	Breastfeeding Lounge 11:00am-12:00pm Virtual <i>Contact Becki on 0121 453 3515 for further details.</i>	"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.	Breastfeeding Lounge 1:30-2:30pm Virtual <i>Contact Becki on 0121 453 3515 for further details.</i>	HENRY - Healthy Families: Right from the Start 1:00 - 2:30pm Virtual <i>Contact Ruth on 0121 453 3515 for further details.</i>	Busy Babies (Birth-Walking) 1:00-2:30pm Wychall Children's Centre	Step by Step 1:00-2:00pm Frankley Plus Children's Centre <i>By referral only</i>
Breastfeeding Lounge 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.	Little Talkers (2+ Years) 1:00-2:00pm Frankley Plus Children's Centre <i>By referral only</i> Toddle Time (Walking-3 Years) 1:30-3:00pm Wychall Children's Centre	Introduction to Solids Workshop (Once a month) 1:00-2:00pm Virtual <i>Booking essential</i>	



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

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

LED BY ADULTS WITH ADHD

NEW GROUPS STARTING SOON!

Free online 6 week course for parents and carers

We run our courses every half term. You can choose to join one that is held in the evening or one held in the morning.

To find out the dates and times of our next course and to register, scan this code

or visit <https://www.eventbrite.com/ccc/nurturing-adhd-kids-courses-2610449>

If it says **SOLD OUT**, email us directly Contactus@brewseducation.org and we can send you the Zoom link

Supported by

LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

Are you trying to support them but find that everyone gives you different advice?

In this 6 week course, you will

- learn about ADHD
- Understand the effect on our mental health
- Understand the reasons behind behaviours
- Gain confidence in advocating for our children
- Learn new strategies
- Help our kids be confident, resilient and be their best selves

Phone: 0731 116 7485

Email: contactus@brewseducation.org

Birmingham Resilience Education and Wellbeing Services CIC

What parents have said about this course

This course is literally game-changing for parents, caregivers, teachers and anyone living with a child (or adult) with ADHD. So much misunderstanding, frustration and worry could be prevented if everyone had access to this amazing resource.

Essential course for any parent of a child with ADHD. It changed the way I see my son and my ability to respond to his needs effectively.

Very informative, friendly, no pressure, enjoyable sessions

CIC Business Registration: 13240865

FREE online parenting courses

Every parent in Birmingham can access these free parenting courses using the code 'COMMUNITY'

<https://inourplace.co.uk/>

UNDERSTANDING YOUR CHILD



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



Antenatal

View courses

- [Understanding pregnancy, labour, birth and your baby](#)
- [Understanding pregnancy, labour, birth and your baby: for women couples](#)



Postnatal

View courses

- [Understanding your baby \(0 - 6 mths\)](#)
- [Understanding your preterm or sick baby in hospital](#)
- [Understanding your preterm or sick baby now you're home](#)



Children and Young People

View courses

- [Understanding your child: from toddler to teenager \(6 mths - 19+ years\)](#)
- [Understanding your child with additional needs \(6 mths - 19+ years\)](#)
- [Understanding your teenager's brain](#)
- [Understanding your child's feelings](#)
- [Understanding your child's mental health and wellbeing](#)
- [Understanding the impact of the pandemic on your teenager](#)
- [Understanding the impact of the pandemic on your child](#)

Birmingham School Health Support Service

NHS

**Birmingham
Community Healthcare**
NHS Foundation Trust

SCHOOL NURSE VIRTUAL DROP-IN CLINIC

Every
Tuesday
and
Thursday
from
4:30-5:30pm

Your School Nurse is here to help you feel healthy, happy and safe during your school years and to get the best from your education.

Join the link and talk to a School Nurse. We provide a confidential and friendly service.

<https://nhs.vc/BCHC/C-F/Schl-Nurse/Drop-In>

 **Best Care
Healthy Communities**

 **attendanywhere®**



Ref: 0118-1156121