

Index to Acacia Resources List

We hope you find the attached resources list helpful. Please note that the information covers 2 main areas: Section 1 looks at generic services across Birmingham and Section 2 looks at local groups and things to do within South Birmingham.

Please see below for reference in locating some of the specific services and note that you can click Control & Click on the contents to take you straight to that section:

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Resources – useful websites and addresses

To ensure that information below is still current you may wish to check websites. Acacia are providing these resources for your information and are not necessarily recommending them.

Section 1.

Helplines

Cry-sis helpline - for support to families with excessively crying, sleepless and demanding babies. 08451 228 669 <https://www.cry-sis.org.uk>

Family Action – support and practical help for families including financial hardship, mental health problems, domestic abuse.

Helpline can provide immediate and long-term help and advice

Monday – Friday 6 pm - 10 pm, Saturday and Sunday 10am - 1pm 0808 802 6666

You can also email or text. See the Familyline page for more information

<https://www.family-action.org.uk/what-we-do/children-families/familyline/>

Family Lives - listening service on any aspect of parenting and family life providing information, advice, guidance, support, including bullying issues.

Mon - Fri: 9 am - 9 pm, Sat - Sun: 10 am - 3 pm.

0808 800 2222

NHS – Freephone – 111

<https://www.familylives.org.uk>

Samaritans – 08457 90 90 90 or Freephone - 116 123 – 24/7, <https://www.samaritans.org/>

SANE - 0300 304 7000 – 6pm - 11pm daily

www.sane.org.uk

Support Line - Provides emotional support on many issues. info@supportline.co.uk.

01708 765 200 (hours vary)

www.supportline.org.uk/problems

Websites - Helplines:

<https://helplines.org/helplines> - helplines on hundreds of topics, eg anxiety, debt, housing, addiction and much more

www.supportline.org.uk/problems/ - helplines and websites and many, many topics, eg anger management, anxiety, counselling, debt, abortion, anti-social behaviour and much more.

Self Help

<http://www.selfhelpguides.nth.nhs.uk/bsmhft/SelfHelp> – various topics from NHS Birmingham and Solihull

<https://web.ntw.nhs.uk/selfhelp/> Slightly different range of leaflets from NHS Northumberland, Tyne and Wear

<https://www.therapistaid.com/therapy-worksheets> - for worksheets on various topics including anxiety, depression, stress, relationships, assertiveness, parenting etc for children, adolescents and adults

<https://www.psychologytools.com/> - Psychology Tools (worksheets)

<https://www.cci.health.wa.gov.au/resources/looking-after-yourself> - CCI (Centre for Clinical Interventions) – Information sheets and worksheets

<https://www.nhs.uk/oneyou/every-mind-matters> (worksheets)

<https://www.mind.org.uk/>; info@mind.org.uk; Mind Info Line – 0300 123 3393. Information re services such as sleep problems, panic attacks and much more

<https://www.elefriends.org.uk/> – supportive online community, managed by Mind, mental health charity (see above)

<http://www.moodjuice.scot.nhs.uk/>; <https://www.nhs.uk/conditions/stress-anxiety-depression/> for self-help guides for anxiety and depression.

<https://web.ntw.nhs.uk/selfhelp/> - lots of self-help material on topics such as: controlling anger, depression and low mood, domestic violence, eating disorders, food for thought, health anxiety, hearing voices, obsessions and compulsions, postnatal depression, sleeping problems, shyness and social anxiety, self-harm, panic etc.

www.nationalselfharmnetwork – 0800 622 6000

DistrACT App for information and advice about self harm and suicidal thoughts -

<https://www.nhs.uk/apps-library/distract/>

NHS Apps: <https://www.nhs.uk/apps-library/category/mental-health/>

www.getselfhelp.co.uk;

www.mentalhealth.org.uk/howto - look after your mental health, overcome fear and anxiety, use exercise, mindfulness, sleep better.

<http://www.happyfeed.co> - gratitude journal App

Pregnancy, Birth, Breastfeeding and Parenting

Pregnancy

Hyperemesis Gravidarum - Facebook: Spewing Mummy (for other mothers' stories).

<https://www.pregnancysicknesssupport.org.uk/help/women-suffering>

Pelvic Girdle Pain (PGP) support - <https://pelvicpartnership.org.uk/>

Baby Buddy App - (Best Beginnings) to guide you through your pregnancy and first 6 months of your baby's life. When you've created your Buddy, she will bring you daily information personalised for you. <https://www.bestbeginnings.org.uk/baby-buddy>

Birmingham Women's & Children's Hospital, Edgbaston – preparing for your baby; multiple births; parent education; C Sections; parenting classes and much more.

Classes are only open for women (and their birth partners) booked under the care of BWH.

<https://bwc.nhs.uk/>

Bethel Doula – Provide support to vulnerable and isolated women in Birmingham during their pregnancies, their childbirth and after their babies have been born, seeking Asylum, or for whom English is a second language. Providing emotional support, encouragement, birth companion and practical help. 0121 306 0111 or 07881 300533.

doula@bethelnetwork.org.uk

<https://www.bethelnetwork.org.uk/doula>

Elayos Doula – <https://www.elayos.co.uk/#home-2-section>

From bumps 2 babies – 2, Orchard Close, Sutton Coldfield B73 5RF

Midwife consultations, pregnancy massage, doula service, post-natal massage, c-section massage, pregnancy classes, birth plan classes etc

07920 192 881

<https://frombumps2babies.co.uk/>

NCT (National Childbirth Trust) – information on pregnancy, birth, parenthood, local groups, **fathers** in distress and much more

Helpline - 0300 330 0700

<https://www.nct.org.uk>

British Pregnancy Advisory Service - support for miscarriage and abortions, etc

03457 304030

<https://www.bpas.org/>

Stillwaters - Pregnancy Crisis Centre, 25 York Rd, Kings Heath B14 7SA

They offer free, confidential pregnancy advice and can help with baby equipment and clothes. They also provide a safe, non-judgemental place to talk through and explore pregnancy crisis or loss with counselling for miscarriage and abortions.

0121 443 1721 or 07860 018 569

www.helphopehealing.co.uk

The Pinks N Blues – Birmingham-based group offers support for anyone who has experienced pregnancy loss(es) pre-24 weeks, they also offer support for those pregnant after loss.

<https://www.thepinksnblues.co.uk/>

Vitamin D - good read on <https://www.vitamincouncil.org/about-vitamin-d/how-do-i-get-the-vitamin-d-my-body-needs> (Vitamin D Council is based in California)

For a UK perspective try <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d> or <https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/vitamind.html>

Boring & lonely maternity leave – articles giving insight in to maternity leave

<https://www.bbc.co.uk/news/business-46221187>

<https://www.bbc.co.uk/news/business-46399467>

Birth Trauma

Birmingham Healthy Minds – provide support for those who have experienced birth trauma

0121 301 2525

<https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/>

The Birth Trauma Association – supports women who suffer PTSD after birth. Clear explanation of birth trauma. Good leaflets on a range of related topics to download. Useful reading suggested and weblinks. Helpful page for dads/partners.

Support available via email.

support@birthtraumaassociation.org.uk

<https://www.birthtraumaassociation.org.uk/>

ptsduk – advice for working through birth trauma and postnatal PTSD.

[https://www.ptsduk.org/what-is-ptsd/post-natal-](https://www.ptsduk.org/what-is-ptsd/post-natal-ptsd/?gclid=EAlaIQobChMIhcqb9IW15AIVyLHtCh39dwHTEAAYASAAEgLvNfD_BwE)

[ptsd/?gclid=EAlaIQobChMIhcqb9IW15AIVyLHtCh39dwHTEAAYASAAEgLvNfD_BwE](https://www.ptsduk.org/what-is-ptsd/post-natal-ptsd/?gclid=EAlaIQobChMIhcqb9IW15AIVyLHtCh39dwHTEAAYASAAEgLvNfD_BwE)

Medication in Pregnancy and whilst Breastfeeding

NHS inform - various helpful leaflets available in different languages

<https://www.choiceandmedication.org/nhs24/printable-leaflets> - for information on

medication in pregnancy and breastfeeding (open webpage, select medication type, select pink box “PILL pregnancy”); sleep hygiene and much more. Leaflets in different languages.

To go straight to **Sertraline** in pregnancy and breastfeeding, click:

<https://www.choiceandmedication.org/nhs24/generate/handyfactsheetperinatalsertraline.pdf>

Drugs in breast milk - <https://www.breastfeedingnetwork.org.uk/drugs-factsheets>

Breastfeeding

Breastfeeding Support in Birmingham – do ring and check that the information is up to date for each of the lists provided:

Birmingham Community Healthcare provide a list of venues.

<http://www.bhamcommunity.nhs.uk/patients-public/children-and-young-people/services-parent-portal/infant-feeding-team/breast-feeding-support-in-birmingham/>

Children’s Centres offer breastfeeding support at various venues. For more information see under ‘Children’s Centres’ in section 2.

City Hospital also has a list of days and times on their web site, click the ‘Information for mothers’ tab and then the ‘Breastfeeding support groups’ link on

<https://www.swbh.nhs.uk/services/maternity>

National Breastfeeding Helpline - 0300 100 0212. <https://www.breastfeedingnetwork.org.uk>

Breastfeeding sessions - Birmingham Women’s Hospital, Parent Education Room, Lower Ground Floor, Mindelsohn Way, Edgbaston B15 2TG,

Thursdays 10 am -12 noon (just turn up)

0121 472 1377

<https://bwc.nhs.uk/>

NCT – breastfeeding support helpline 0300 330 0700

Two mums share their experiences breastfeeding experiences <https://www.nct.org.uk/baby-toddler/feeding/early-days/breastfeeding-support>

Reflux

Living with Reflux - supports families with children living with reflux. They have a Facebook page and, within that, a closed group if you prefer.

<http://www.livingwithreflux.org>

refluxSupport – large library of current reflux articles, guides and advice, specialist products, online get togethers etc

<https://reflux.support/why-refluxsupport/>

Reflux Facebook page - search - Babies with Reflux and Silent Reflux, set up by mums suffering. A very helpful site.

New Zealand based site with some good resources <https://www.cryingoverspiltmilk.co.nz>

NCT, babycentre, mumsnet and netmums all have advice or threads on reflux (links below in parenting).

Wedgehog Reflux wedges and other reflux aids

<https://babyreflux.co.uk>

Parenting

The following websites have a wealth of information on pregnancy, child development, parenting, and much more

<https://www.familiesonline.co.uk>

<https://www.mumsnet.com>

<https://www.netmums.com>

<https://www.babycentre.co.uk>

<https://www.nct.org.uk>

<https://www.family-action.org.uk/>

<https://www.actionforchildren.org.uk>

Children's Centres offer a wealth of support including breastfeeding groups, HENRY healthy eating sessions, stay and play groups, speech and language support and much more. For more information and venues see 'Children's Centres' in section 2.

Parenting blog - <http://www.ahaparenting.com/blog/wake-up-happy-radical-self-care-parents>

Baby Bank Central – Birmingham – ask your keyworker to make a referral for new-born baby pack; baby/toddler equipment and clothes up to 2 years. For those with little funds

Birmingham Vineyard - 174 – 178, Barford Street, Birmingham B5 7 EP

Nearly new clothes, toys and equipment for under 5's. For more information contact

growbaby@birminghamvineyard.com or <https://www.birminghamvineyard.com/growbaby>

Dots – advice from Action for Children’s under-fives team, signposting to local services, parenting apps and websites. Topics include feeding and nutrition, milestones, speech and communication, sleep and night-time to name but a few.

<https://dots.actionforchildren.org.uk/>

Startwell – advice on helping children to eat healthily and move more in the early years of life with seven key messages: being a good role model by eating healthily and taking exercise, snacks, five a day, encouraging exercise, meal sizes, developing movement skills and limiting inactivity. The site also has recipes which give calories/five a day portion information etc

<http://startwellbirmingham.co.uk/>

Children’s information and advice service (CIAS) - information on **bereavement** and loss, parenting and family support, advice on all aspects of childcare and services, advice on free nursery educational funding for 3 – 4 year olds, special educational needs, etc.

0121 303 1888

<https://www.birmingham.gov.uk/fis>

NHS Birmingham Community Healthcare – Children and Families Parent Portal has links to numerous specialist services available in Birmingham. Some you can self-refer to; some need a referral from a professional, but the referral process is clearly explained and help, and advice given for parents and carers.

<http://www.bhamcommunity.nhs.uk/patients-public/children-and-young-people/services-parent-portal/>

Young Minds - Free advice and support for parents worried about their **children's behaviour**, emotional wellbeing and mental health. They can also arrange for an interpreter when you ring if necessary.

Parent's helpline - 0808 802 5544

<https://youngminds.org.uk/>

Gingerbread – provide information, advice and practical support for **single parents** on a range of issues including child maintenance, benefits and tax credits, housing, debt, contact, employment and education. They do operate a helpline but as the average wait to have your call answered is 20 minutes it is advisable to check the information available on the site first. They have access to interpreters and can arrange to call you back, usually on the same day.

0808 802 0925

<https://www.gingerbread.org.uk/>

ICON – information and advice about how to cope with crying babies. <http://iconcope.org/>

Parents with Prospects course – offers young parents opportunities to gain L1 qualifications. Units include antenatal care and preparation for birth, caring for young babies, developing communication and literacy with children, positive parenting skills, managing money for parenting etc <http://www.nclpparentingcourses.org.uk/programmes.html>

Same-Sex Parents

NCT – a series of five articles including one on two-mum families and another on books to share with babies

<https://www.nct.org.uk/pregnancy/same-sex-parents>

<https://www.nct.org.uk/life-parent/same-sex-parents>

Children with Additional Needs

Websites with information and support for parents and carers of children with a range of additional needs including autism, ADHD, Downs Syndrome, brain injuries, brain abnormalities and Cerebral Palsy.

<https://www.cerebra.org.uk/>

<https://bliss.org.uk/>

<https://childbraininjurytrust.org.uk/>

<https://contact.org.uk/>

<https://www.autismwestmidlands.org.uk/about/>

Allens Croft Disability Resource Centre, Kings Heath B14 6RP – 675 0362 – for families with a child with special education needs/disability/under formal assessment.

Mental Health

Birmingham Healthy Minds (BHM) – NHS primary care psychological therapies service.

They offer advice, information and talking therapies. You can be referred by your GP, self-refer or go to one of the walk-in clinics.

To download an information leaflet follow the link at the bottom of their home page

<https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/>

To self-refer call 0121 301 2525

Addresses and contact numbers for the walk-in service can be found at

<https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/walk-in/>

BHM also provide the Amman walk-in service in Handsworth and Sparkhill where staff can speak Punjabi, Mirpuri, Urdu, Bengali and English. <https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/amman/>

The British Psychological Society - Information on how psychologists can help with mental health problems and how to find a psychologist. <https://www.bps.org.uk/>

British Psychotherapy Foundation - A leading organisation in psychotherapy and mental health, provides treatment services for adults and young people.

<http://www.britishpsychotherapyfoundation.org.uk/>

UK Council for Psychotherapy - It holds the national register of psychotherapists and can give details of local therapists. <https://www.psychotherapy.org.uk/>

Postnatal Depression

Association for Post Natal Illness –telephone helpline and information leaflets.
0207 386 0868 <https://apni.org/>

Royal College of Psychiatrists – they have a useful page on postnatal depression. The 'Further information' drop-down has good links.
<https://www.rcpsych.ac.uk/mental-health/problems-disorders/post-natal-depression>

PND and Me – <http://pndandme.co.uk/> plus Facebook and Twitter.
Weekly live chat, 8 pm – 9 pm on Wednesdays, #PNDHour.

Relaxation and Meditation

Birmingham Healthy Minds – mindfulness podcasts. A range of approaches to relaxation read by different people so check for a voice that suits you.
<https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/mindfulness-podcasts/>

Northumberland, Tyne and Wear NHS Foundation Trust – audio files of relaxation techniques including mindful breathing and progressive muscle relaxation.
<https://www.ntw.nhs.uk/resource-library/relaxation-techniques/>

South Glasgow Wellbeing Services – audio resources. In particular, two progressive muscle relaxations (one deep relaxation and a quick relaxation) in the Anxiety section and seven different relaxations including using imagery, focusing on breathing and muscle relaxation in the Stress section. <http://wellbeing-glasgow.org.uk/audio-resources/>

Beautiful guitar music - <https://youtu.be/ss7EJ-PW2Uk>

Finding peace in a Frantic World – three minute breathing space audio track
<http://franticworld.com/free-meditations-from-mindfulness/>

Headspace - you can sign up for free guided meditations, scroll to the bottom of the page for free app if that is more useful than the on-line version. Sessions on a wide range of themes such as sleep, anxiety, stress etc. <https://www.headspace.com/>

Mindspace – one-minute mindfulness meditations.
<https://www.mindspace.org.uk/2015/03/12/one-minute-mindfulness/>

InsightTimer – free meditations. <https://insighttimer.com/>

Relationships, Mediation and Counselling

Relationships

Couples' Compassionate Counselling Group - Assay Studios, Women's Consortium, 141 Newhall Street, B3 1BF. Free.

Tuesdays, 1pm - 2.30 pm

therapy@womensconsortium.org.uk

Booking: 0843 88 66 771 or 07477 859 626 <http://www.womensconsortium.org.uk/>

Relate provide relationship counselling for couples, for an individual experiencing relationship issues currently or from the past, family counselling and generic counselling for 7-18 year olds.

Fees are approximately £35 for the initial consultation and then £25 - £65 for subsequent sessions depending on income. Bursaries are sometimes available.

The nearest centre to South Birmingham is the main centre at 111, Bishopsgate Street, off Broad Street, Birmingham. 0121 643 1638

<https://www.relate.org.uk/>

Marriage Care UK – Dwyer House, 37, Victoria Road, Acocks Green B27 7XZ and St Mary's The Mount Parish Hall, 15, Glebe Street, Walsall WS1 3NX.

Can offer phone counselling. Fee: by donation.

0800 389 3801

<https://www.marriagecare.org.uk/>

The following links provide information and self-help for relationships

<https://www.careforthefamily.org.uk/family-life/marriage-support/testing-times-home/mental-health-and-marriage>

<https://www.babycentre.co.uk/x1041801/my-partner-wont-talk-to-me-about-our-relationship-problems-what-should-i-do>

<https://clickrelationships.org/netmums/>

<https://www.therapistaid.com/worksheets/relationship-gratitude-tips.pdf>

<http://www.supportline.org.uk/problems/relationships.php>

http://extension.missouri.edu/bsf/communicating/commun_handout8.pdf

The 5 Love Languages App - <https://www.5lovelanguages.com/mobile-apps/>

The 5 Love Languages Test - <https://www.5lovelanguages.com/profile/couples/>

Birmingham Healthy Minds – Couples' counselling. Referral through GP.

<https://www.twainmind.org/resources> - for info on pregnancy, parenting, Mindfulness etc.

Mediation

Black Country Family Mediation –Based in Walsall. Can also offer appointments in Dudley and Wolverhampton.

07887 936997

<https://bcfm.co/>

Greens Family Mediation Services - Temple Row, Birmingham B2 5LG. Interpreters available.

0121 233 2090

<http://greensmediation.org/index.html>

National Family Mediation Service – 252 – 260 Broad Street, Birmingham B1 2HF

03300 101 367

<https://www.nationalfamilymediationservice.co.uk/city/birmingham/>

Counselling

Rapha Listening Service - free and confidential befriending. rapha@bethelnetwork.org.uk

0121 389 0267 or 07825 221150

www.bethelnetwork.org.uk/rapha

Cruse Bereavement Care - 0121 687 8010 (helpline), enquiries@crusebirmingham.co.uk

<https://www.crusebirmingham.co.uk/>

SpringtoLife - Free one-to-one counselling; creative groups; massage; dietician appointments

07856 277028.

contact@springtolife.org

<http://springtolife.org>

Cedar Counselling – counselling on various issues, including relationships. Approximately £10 - £25 per session.

0121 605 9260

<https://www.cedarcounselling.co.uk/>

Morency Therapy – Bereavement, couples, psychological, depression, stress, anxiety, OCD etc fees from £30. Based in Alvechurch.

07530 854530

<https://www.morency.co.uk/>

St Martin's Counselling & Psychotherapy - St Martin's in the Bullring, Centre for Health & Healing

counselling@smchh.co.uk,

Professional counselling to help you to: reduce stress, make clearer decisions, increase self-discipline, improve relationships, couples' therapy, gain peace of mind, reduce negative thoughts. Small fee charged.

0121 600 6025

<https://www.smchh.co.uk/>

Carrs Lane Counselling – Birmingham City Centre, B4 7SX. Small fee charged.

counselling@carrslane.co.uk

0121 643 6363

<https://carrslane.co.uk/mission/the-counselling-centre/>

Islamic phone counselling – The Lateef Project. Free.

0121 301 5392/3 www.lateefproject.com (web page seems to be out of date, but they are still around)

Asian Family Counselling Service – 0121 454 1130. <https://asianfamilycounselling.org/>

Muslim Women's Network UK – Counselling can be face to face or via telephone. To be referred to a counsellor ring 0303 999 5786 or 0800 999 5786. Counselling is available in English, Urdu, Punjabi and Miripuri.

0121 236 9000

http://www.mwnuk.co.uk/counselling_196_c.php

My Time Counselling and Psychotherapy – 236, Bristol Road, Edgbaston B5 7SL

0121 766 6699

<https://www.richmondfellowship.org.uk/birmingham/my-time-community-counselling-and-psychotherapy/#toggle-id-1-closed>

British Association for Counselling and Psychotherapy (BACP) - Professional body that sets standards for therapeutic practice and provides information for therapists, clients of therapy and the general public. Website includes information about counselling and psychotherapy and how to find the right therapist.

Monday to Friday 8:45 am – 5 pm

01455 883 300

<https://www.bacp.co.uk/about-therapy/we-can-help/>

Women's Consortium – Counsellors, listening service including by email

listening@womensconsortium.org.uk. Wellbeing events and courses including health and fitness, meditation, art, etc.

0121 678 8875

<http://www.womensconsortium.org.uk/>

FGM, Domestic/Sexual Abuse and Violence

African Well Woman's Service

Birmingham Heartlands Hospital - 0121 424 2000 Monday – Friday, 9 am – 5pm. Alison Hughes (specialist FGM midwife) 07817 534274.

Birmingham Women's Hospital – 0121 472 1377. Natalie Shorthouse, clinic – Thursdays.

Daughters of Eve – re Female Genital Mutilation – 07983 030488 <http://www.dofeve.org/>

FORWARD – provides advice, support and signposting to other services, and answers questions about female genital mutilation (FGM), other harmful practices and violence and domestic and sexual violence

<https://www.forwarduk.org.uk/about-us/>

FGM specialist health services – <https://www.forwarduk.org.uk/how-we-work-for-women-and-girls/support-services/> and go to Access to FGM Specialist clinics, click on the link for up to date clinics including two in Birmingham.

NSPCC FGM helpline - 0800 028 3550

Bharosa - https://www.birmingham.gov.uk/info/20095/antisocial_behaviour_and_neighbour_disputes/1370/bharosa_domestic_abuse_service

Free domestic abuse service for ethnic minority women (particularly those from a South Asian background) living in Birmingham. T: 0121 303 0368/0369.

Muslim Women's Network UK – helpline 0800 999 5786 for women suffering from or at risk of abuse. http://www.mwnuk.co.uk/Helpline_181_c.php Also, information on and support for FGM. <http://www.mwnhelpline.co.uk/issuesstep2.php?id=16>
Although their clientele are primarily Muslim women, the helpline offers support to women of any faith or no faith and to men and boys who are concerned about women or girls, or are at risk of forced marriage themselves, for example.

Birmingham & Solihull Women's Aid – 42, Bristol Street, Birmingham, B5 7AA
Supports women and children affected by domestic violence, rape and sexual assault. Also has an FGM project. Drop-ins, no appointment needed.
Monday – Friday, 10 am – 4 pm.
Solihull – 07891 492327, appointments are needed. Venues will be confirmed at time of making the appointment. One venue in the North, one in the South.
Free Helpline 0808 800 0028 <https://bswaid.org/>

RSVP (Rape & Sexual Violence Project) - Self-referral on 0121 643 0301 (office), 021 643 4136 (helpline), <https://rsvporg.co.uk/> or info@rsvporg.co.uk
Waiting time approximately 3 months for an initial assessment.

Domestic violence booklet - <https://web.nrw.nhs.uk/selfhelp/>

National Domestic Violence Helpline –
0808 2000 247 for women <http://www.nationaldomesticviolencehelpline.org.uk/>
0808 801 0327 for men <http://www.mensadvice.org.uk/>

Mankind – Support for **male** victims of domestic abuse
01823 334 244 <https://www.mankind.org.uk/>

Finance

Birmingham Debt Clinics – drop in clinics run by Citizens Advice, click on the link at the bottom of the debt advice page given here for up to date venues and times.
0121 214 8367 (debt enquiries only) <http://www.bcabs.org.uk/page/view/debt>

Christians Against Poverty (CAP) - Offers debt advice <https://capuk.org/i-want-help>
They also offer a free CAP Money Course which teaches how to budget, save and prevent debt.
0800 328 0006 <https://capuk.org/i-want-help/courses/cap-money-course/introduction>
Debt advice is available in partnership with CAP at a number of local churches including Selly Park Church <https://www.christ-church-selly-park.org.uk/community.html>

Debt Advice line - 0121 303 2087 or 0121 216 3030

[http://www.birmingham.gov.uk/forms/form/166/en/contact the debt advice team](http://www.birmingham.gov.uk/forms/form/166/en/contact%20the%20debt%20advice%20team)

Riverside Money Advice - Riverside House, 21 Alcester Rd, Moseley B13 8AR.

Contact 0121 442 4484 or email info@riverside-moneyadvice.org.uk for an appointment.

Turn2us – they can help you complete a benefit calculation, find grants, find an adviser to help with benefits, debt, housing & legal issues etc. They also have a directory of local advisors that you can search yourself.

Monday – Friday, 9 am – 5:30 pm

Helpline 0808 802 2000

<http://www.turn2us.org.uk/>

St John’s Church, Harborne Debt advice – The Crossway, B17 0DT

Tuesdays 10 am – 1pm, Thursdays 10 am – 1 pm and 6:30 pm – 8 :30 pm

contact 07546 580565 or email debtadvice@crossway.org.uk for an appointment

Benefits advice is also available, provided by the Disability Resource Centre

Tuesdays 10 am – 1 pm, contact 07534 484933 for an appointment.

National Debt Line - 0808 808 4000

<https://www.nationaldebtline.org/>

Birmingham Settlement - <http://www.birminghamsettlement.org.uk/> - information and advice on

debts, welfare benefits, appeal process, financial planning etc. T: 0121 250 0777,

info@bsettlement.org.uk

Budgeting worksheets – produced by Citizens Advice Bureau

<https://www.citizensadvice.org.uk/Documents/Advice%20factsheets/Debt/d-budget-sheet.pdf>

Birmingham City Council – housing benefits and/or council tax support claim,

0121 464 7000

<https://www.birmingham.gov.uk/benefitsnewclaims>

GOV.UK - <https://www.gov.uk/> - Lots of useful information on public services - benefits advice and child tax credits to name a few.

Accommodation

Accord - housing association

0300 111 7000

<https://accordgroup.org.uk/>

Bidding on Birmingham Council properties – <https://www.birminghamchoice.co.uk/>

Birmingham City Council housing repairs – use the link below to check whether your repair constitutes an emergency. If it does, the call 0121 216 3330.

If it isn’t an emergency, fill in the online form.

https://www.birmingham.gov.uk/info/50003/council_home_repairs_cleaning_and_maintenance/262/order_a_repair_to_your_council_home

Birmingham MIND Floating Support - once client has got a bidding number, they can support to set up utilities, education, training, accessing voluntary work

0121 359 1151 <https://birminghammind.org/services/support-in-your-own-home>

Housing enquiries - northfield.housing@birmingham.gov.uk

Northfield Homeless Hub – 0121 464 7850

New Starts - furniture, housing supplies and emergency food for families on a low income. They can deliver, or you can collect from their Bromsgrove site.

01527 882 410 <https://newstarts.org.uk/>

Northfield Community Partnership – offer help and support with housing applications

0121 411 2157 <https://www.northfieldcommunity.org/housing-sub>

The Project Birmingham - The Depot, Belton Grove, Longbridge B45 9PD

Offers support for **young people** who are struggling with debt, homeless or at risk of becoming homeless or in need of support with the benefits system.

Services include Money and Debt Advice, Housing and Homeless Prevention, Welfare Benefits Support, Employment Support and Crisis Support. More information can be found on the website.

They also offer bus tickets to get to appointments, Citizen Cards for those needing photo ID, new home starter packs and replacement birth certificates.

Drop in advice sessions available without an appointment for anyone under the age of 24, over the age of 25, then ring for an appointment.

Money and debt advice by appointment only.

0121 453 0606 <https://www.theprojectbirmingham.org/>

Foodbanks

The Trussell Trust – various foodbanks across Birmingham including the ones listed below.

<https://www.trusselltrust.org/>

B30 Foodbank - The Cotteridge Church, 24 Pershore Rd South, B30 3EJ (opposite Kings Norton train station)

Tuesdays and Fridays 2:30 pm – 4:30 pm info@b30.foodbank.org.uk

07582 143972 <http://www.thecotteridgechurch.org.uk/b30foodbank/>

Quinton and Oldbury Foodbanks

07732 157619 info@quintonoldbury.foodbank.org.uk

St Boniface Church - Quinton Rd West, Quinton B32 2QD

Wednesdays 11 am – 1 pm <http://www.stboniface.co.uk/our-community/food-bank/>

The Coffee Shop - 151 Castle Rd West, Oldbury, Sandwell B68 OEL

Fridays 10 am -12:30 pm

Northfield Community Partnership - 693 Bristol Road South, Northfield B31 2JT

Open five days a week

0121 411 2157

<https://www.northfieldcommunity.org/services> and click on Foodbank

Food Cycle (not a Foodbank) www.food.cycle.org.uk 0207 7729 2775– for **anyone** for a tasty community free three-course meal – Longbridge, Aston, Sutton.

Dads

Dads Matter UK – dads mental health information including leaflets and factsheets, support and services, <https://www.dadsmatteruk.org/>

TheDadPad – essential guide for new dads, developed with the NHS. <https://thedadpad.co.uk/>

www.ittakesballstotalk.com – information, self help and links

National Responsible Fatherhood Clearinghouse – national resource for fathers (amongst others!) that looks to encourage and strengthen fathers and families.

<https://www.fatherhood.gov/>

This Dad Can – lots of advice and support for dads including postnatal depression.

<https://www.thisdadcan.co.uk/>

PANDAS – pre and post-natal depression advice and support. Facebook with closed group for dads https://www.facebook.com/pg/pandasdads/about/?ref=page_internal

Main website with good blogs on dads PND

0843 28 98 401

www.pandasfoundation.org.uk

National Childbirth Trust (NCT) – Good information and articles covering topics such as pregnancy, labour and birth and life as a parent for dads and partners on their website,

Helpline 0300 330 0700

<https://www.nct.org.uk/>

Birmingham Women’s & Children’s Hospital, Edgbaston – parenting classes for 1st time parents, ‘dad’s only’ workshop (you are expected to have already attended the classes for 1st time parents), refresher courses for second and subsequent births. Click the ‘book your course’ link at the bottom of the parent education page <https://bwc.nhs.uk/parent-education> Classes are only open for women (and their birth partners) booked under the care of BWH.

Acacia Dads Survival Guide –

<https://www.acacia.org.uk/help-and-support/details.aspx?positionId=20>

Suggestions from the back of the survival guide:

Fathers Reaching Out <http://www.reachingoutpmh.co.uk/>

<https://www.dad.info/>

<https://www.home-start.org.uk>

<https://www.depressionalliance.org/>

<https://www.mind.org.uk/>

Rapha Listening Service - free and confidential befriending.

0121 389 0267 or 07825 221150

<https://www.bethelnetwork.org.uk/rapha>

Dads group – Chinnbrook Children’s Centre, 213, Trittifford Road, Billesley B13 0ET.

Usually first Saturday of the month but do ring or check the GBNFC Facebook page for up to date information.

0121 464 4189

<https://www.facebook.com/GBNFC-Childrens-Centre-161216534444541/>

Who let The dads Out – dedicated space for dads, grandads, male carers and their pre-school aged children. Monthly (usually second Saturday) 9:00 am – 10:30 am at St John’s Church, Harborne.

St John’s Church is undergoing a major re-build September 2019 – September 2020. An interim venue has yet to be announced.

For more details contact Tim at wltido@stjohnsharborne.org or the Church office on 0121 427 4601

Refugees/Asylum Seekers/Migrant Support

Hope projects - specialist support re housing, destitution, isolation, health, information, legal advice, counselling for survivors of rape and sexual violence

<https://hope-projects.org.uk/about-hope/>

Migrant Voice – Birmingham Network Worker: Salman Mirza, Communications Worker: Adam Ali.

07758 191798

www.migrantvoice.org/contact

The Refugee Council - 3 Stone Rd, Edgbaston B15 2HH.

0121 446 5118

<https://www.refugeecouncil.org.uk/>

The truth about asylum <https://www.refugeecouncil.org.uk/information/refugee-asylum-facts/the-truth-about-asylum/>

The Meena Centre – support for refugees and asylum seekers – 175 Hockley Hill, B18 5AN

https://helprefugees.org.uk/meena-centre/?gclid=EAlaIqobChMI9cS04_fe5AIVhbHtCh3pogANEAAAYASAAEgLOavD_BwE

Restore – Supports refugees with befriending, mentoring, equipping refugees for work sessions and activities for women, for men and for families.

0121 661 4275

www.restore-uk.org

St Chad's Sanctuary – 72 - 74 Shadwell Street, B4 6HA. A place of welcome and hospitality for asylum seekers, refugees and immigrants. info@stchadssanctuary.com

0121 233 3127

www.stchadssanctuary.com

Section 2.

There are many classes and things to do such as Stay and Play groups in and around Birmingham, some of which are listed on the websites and apps below.

We have also given links to some classes, but prices vary, and timetables change periodically.

Websites and Apps giving Local Groups and Activities

mush App - <https://letsrush.com/>

Meetup - <https://www.meetup.com/>

Hoop App - <https://hoop.co.uk/>

netmums - <https://www.netmums.com/local/birmingham>

Mybump2baby - <https://www.mybump2baby.com/>

Club Hub - <https://clubhubuk.co.uk/>

Birmingham Mums - <https://birminghammums.co.uk/>

Brummie Mummies – local mums <https://www.facebook.com/brummiemummiesmail/>

Mummy Social App – social network set up to combat loneliness <https://mummysocial.com/>

Classes

Exercise – mother, mother and baby, baby/toddler

Barefoot Yoga – pregnancy yoga. Classes in Harborne and Kings Heath.

<https://barefootbirmingham.com/classes/pregnancy-classes/>

Blossom Yoga and Wellbeing – pregnancy yoga, mum and baby yoga, baby massage.

Classes in Bournville, Harborne and Edgbaston. <https://www.blossomyogaandwellbeing.com/>

Fab4Moms – exercise class at The Ark, Alvechurch and St Anne's, West Heath.

<https://www.facebook.com/pg/fab4moms/posts/>

OneFitMama – exercise classes for mums without the need to find childcare. Classes in Bournville, Harborne and Kings Heath.

OneFitCore to strengthen the pelvic floor class in Bournville.

<https://www.onefitmama.co.uk/birminghamsouth>

Yummy Yoga Mummies – pregnancy yoga, birth preparation and baby massage. Classes in Edgbaston, Harborne, Solihull and Sutton Coldfield. <https://www.yummyyogamummies.com>

Classes for babies, toddlers and pre-schoolers.

Best baby and toddler groups in Birmingham - <https://www.birminghammail.co.uk/whats-on/family-kids-news/best-baby-toddler-groups-birmingham-13864777>

Do just check that any information given is still current, information provided by Brummmie Mummies Facebook page, brummiemummiesmail.

Baby Glowbugs – glow in the dark baby group for 0 – 18 months. Sessions in Edgbaston and Stirchley <https://www.babyglowbugs.co.uk/>

Baby Sensory – introduce your baby to a world of sensory delights. Classes in Bournville, Edgbaston, Harborne and Kings Heath. <https://www.babysensory.com/birmingham-south/>

Mess Around – messy play without the mess at home! Classes in Harborne, Kings Norton, Selly Oak and Shirley. <https://www.messarounduk.com/birmingham/>

Music with Mummy – helps with rhythm, learning and speech development. Classes in Bournville and Stirchley. <https://birmingham.musicwithmummy.co.uk/>

Rhythm Time – teaching little ones about music and rhythm. Classes across South Birmingham including (but by no means only) Bournville, Edgbaston, Harborne, Longbridge, Northfield, Quinton and Selly Oak. <https://rhythmtime.net/classes?doSearch=1&franchise=27>

Tiny Talk – baby signing and toddler talk. Classes across South Birmingham include Bournville, Harborne, Northfield, Quinton, Selly oak and Solihull. <https://www.tinytalk.co.uk/>

Tots Play – multi-activity, developmental play classes in Edgbaston and Kings Heath. Different classes depending on the age of little one. <https://www.totsplay.co.uk/birmingham-south-central>

Tumble Tots – classes designed to enhance your child's physical development skills alongside social and cognitive development. Classes in Bournville and Solihull. <https://www.tumbletots.com/>

Stay and Play/Toddler Groups

OFTEN TERM TIME ONLY

Many churches, community halls and libraries either run their own groups or host them. Websites aren't always up to date so it's worth ringing local places to see what they have on. Do check the information before you set out where we have given specific days/times. If you find anything that needs updating it would be lovely if you could let us know. This is not a comprehensive list of the area.

Try: <https://www.achurchnearyou.com/> to find out about baby and toddler groups.

Birmingham Forward Steps – have a Stay and Play finder; enter your full postcode and you will have a list of groups in your area that are supported by a Community Network Officer.

<https://bhamforwardsteps.co.uk/stay-and-play/>

Birmingham

Stay and Play – Gas Street Church, Birmingham B1 2JT

Wednesdays 10:15 – 11:45 suggested donation of £1.50 per family

<https://www.gasstreet.org/stayandplay>

Stay and Play – Birmingham Vineyard, 174 – 178, Barford Street, Birmingham B5 7 EP

Fridays 9:30 – 11:30

<https://www.birminghamvineyard.com/growbaby>

Bournville

Stay and Play – Rowheath Pavillion, Heath Road, Bournville B30 1HH.

Mondays 10:00 – 11:45

<http://rowheathpavilion.co.uk/>

Tweedle Tots (0 – 4) – Wednesdays 9:30 – 12 noon and 12:30 – 3:00;

Thursdays 9:30 – 12 noon

Tiny Tweedle Tots (0 – 18 months) – Tuesdays 10:00 – 12 noon

Bournville Social Club (upstairs), 91 Mary Vale Road, B30 2DN <https://www.tweedletots.com/>

Cotteridge and Stirchley

Little Pineapples – Church of the Ascension Hall, Pineapple Grove, Stirchley, B30 2TJ

Thursdays 9:15 – 10:45

<https://www.facebook.com/LittlePineapplesStirchley/>

Saplings – The Cotteridge Church, Pershore Road South, B30 3EJ

Fridays 9:30 – 11:30

£2.50

<http://www.thecotteridgechurch.org.uk/stay-play/>

Stirchley Parents and Toddlers - Stirchley Baths, Bournville Lane, B30 2JT

Wednesdays and Fridays, 10:00 – 12 noon £2.50

<https://stirchleybaths.org>

Dorridge, Sheldon and Solihull

Ticky-Boo – sensory stay and play. Pay per family, not per child.

Tuesday – Friday mixed-age sessions (0 – 4 years)

Thursdays - age-restricted session (0 – 2 years)

07817 033292

<https://www.ticky-boo.uk.com/category/sensory-stay-and-play-group>

Edgbaston, Harborne and Quinton

Moor Pool toddler group – Moor Pool Hall, 37, The Circle, Harborne, B17 9DY

Fridays 10:00 – 11:30

<http://www.moorpoolhall.org.uk/>

Mother and Toddler group – Carters lane Baptist Church, Carters Lane, Lapal B62 0BX
(whilst it is technically Halesowen, it is only just out of Quinton, heading towards Bartley Green)

Tuesdays and Thursdays 10:00 –

0121 550 4678

Stay and Play – St Germain’s Church, 180 Portland Road, Edgbaston, B16 9TD

Thursdays 9:45 – 11:30 **FREE**

0121 429 3431

<https://www.stgermains.org.uk/stay-play>

Teddies – St Boniface Church, Quinton B32 2QD

Mondays 10:30 – 12 noon £1.70 - £2.50 (depending on family size), They suggest using their Facebook page for up to date information.

<http://www.stboniface.co.uk/our-church/children/>

Toddler group – Run by St John’s, Harborne at Harborne Baptist Church B17 0DE from September 2019 until September 2020 (check the website in the summer of 2020)

Mondays and Wednesdays 10:00 – 11:30 £2 per family

<https://www.stjohnsharborne.org/toddlers>

Kings Heath

Kings Heath Primary Stay and Play – Valentine Road, Kings Heath B14 7AJ

Mondays 9:00 – 11:00 £2 first child, £1 each additional child

0121 464 9202

Music Tots – New Life Nursery School, 80, High street, Kings Heath B14 7JZ

Fridays 1:30 – 3:00

0121 444 1230

<https://www.newlifenurseryschool.org.uk/music-tots/>

smAll Saints – All Saints, Vicarage Road, Kings Heath B14 7RA

Mondays 1:30 – 3:00

<http://www.allsaintskingsheath.org.uk/community-matters/> click the ‘All Saints Outlook’ link for up to date information

Riverside Stay & Play, Wednesdays at 10 am, 21 Alcester Rd, Moseley B31 8AR.

T: 0121 442 4484

<https://riverside-church.org.uk/children/>

Kings Norton

Noah’s Ark - Monyhull Church, St Francis Drive, Kings Norton B30 3PS

Tuesdays and Fridays 10:15 – 11:45

07806 079657

info@monyhullchurch.org

Longbridge

Humphrey's House – Longbridge Baptist Church, 278, Turves Green B31 4BW

Wednesdays 9:30 – 11:15 £1 for one child, £1.30 for two or more children

0121 476 2741

<https://longbridgebaptist.org.uk/children-and-youth/humphreys-house-preschool-group/>

Maypole

Maypole Methodist Church – Sladepool Farm Road, Maypole B14 5DJ

Tuesdays 9:30 – 12:30 South Birmingham Twins club

Thursdays 9:30 – 11:30 Stay and Play

Northfield

Baby and toddler group - Northfield Baptist Church, 789 Bristol Street South, Northfield

B31 2NQ,

Thursdays 9:30 – 11:30

0121 476 6678

<http://www.northfieldbaptist.org.uk/whatson.htm>

Chatterbeans Stay & Play - Northfield Methodist Church, Chatham Road, Northfield B31

2PH

Tuesdays 9:30 - 11:15 £1.50 per child. Advised to contact before visit to confirm details

Contact: Amy Oliver 07743 795897

chatterbeans@outlook.com

Jollytots - Crossway Church, St Heliers Rd, Northfield B31 1QS.

Mondays 10:00 - 11.30 **FREE**

0121 477 7188.

<https://crossway.org.uk/whats-on>

Little Friends – Quaker Meeting House, Meeting House Lane, Northfield B31 1RH

Tuesdays and Thursdays 9:45 – 11:45 £2.50 For babies/children up to 2 years 6 months

Contact Janet Blann 0121 476 0111

Little Sunshines - Allens Cross Community Centre, Tinkers farm Road, Northfield B31 1RH

Mondays, Wednesdays and Fridays 9:30 – 12:30

0121 478 3310

Stay and Play – held in the Pastoral Centre of St Laurence Church, 173, church Road, Northfield B31 2LX

Mondays 9:30 – 11:00 £2.50 for one child, 50p for additional children

0121 475 1518

<https://www.stlaurencenorthfield.org/whats-on.html>

Rubery

Rubery Village Stay and Play – St Chad’s Church, New Road, Rubery B45 9JA

Wednesdays 10:00 – 11:30

0121 238 3168

Selly Oak and Selly Park

Christ Church Baby and Toddler Group – 953, Pershore Road, B29 7PS

Mondays and Thursdays 10:00 – 11:30 £1.80 for one child, 90p for each additional child

0121 471 2379

<https://www.christ-church-selly-park.org.uk/children.html>

Little Wrighlers – Encounter Church, Exeter Road, Selly Oak, B29 6EU

Tuesdays 10:00 – 12:00 £1

0121 471 1133

<https://www.encounterchurch.uk/little-wrighlers>

Selly Beans – Selly Oak Methodist Church, Langleys Road, Selly Oak B29 6HT

Tuesdays 9:30 – 11:30 You need to register as there is sometimes a waiting list

0121 472 1060

Weoley Castle

Little Wrighlers – Encounter Church, 109, Weoley castle Road, Weoley Castle, B29 5QD

Mondays 10:00 – 12:00 £1

0121 471 1133

<https://www.encounterchurch.uk/little-wrighlers>

Parent and Toddler group – St David’s Church, Shenley Lane, Shenley Green B29 4HH

Mondays, Wednesdays and Fridays – 9:30 – 11:30

0121 477 0003

Parent and Toddler group - Weoley Castle Community Church, 115 Quarry Rd, B29 5LE

Wednesdays and Fridays 9:15 –

<http://weoleycastlecommunitychurch.org.uk/activities/>

West Heath

Little Stars – St Anne’s, West Heath B31 3JT

Tuesdays and Thursdays 9:30 – 11:45 £2 per child plus 25p for a hot drink for adults.

Runs **every week** except for the week between Christmas and New year.

<http://www.stannewestheath.co.uk/stayandplaygroup.html>

Children’s Centres

Offer help, support and activities such as breast-feeding advice, baby clinics, speech and language, stay and plays, health, nutrition, baby massage, holiday activities and are a

wealth of local information. Each centre has slightly different things on offer and there is no centralised way of finding the information so it's a case of checking with them.

Doddington Children's Centre – 0121 477 6440 28, Doddington Grove, B32 4EL

They produce a monthly 'What's on' for Edgbaston, Bartley Green, Quinton and Harborne that they are happy to email out. It is the easiest way of knowing what is on offer and where, as they have seven possible venues.

You can speak to a member of the family support team during a 'Time to Talk' session if you pre-book.

GBNFC Children's Centre – 0121 464 4189 213, Trittifford Road, B13 0ET

Facebook seems to be the best way of checking what is happening

<https://www.facebook.com/GBNFC-Childrens-Centre-161216534444541/>

Northfield Children's Centre at Wychall – 0121 433 4130 Staple Lodge Road, B31 3ER

Northfield Children's Centre at Frankley – 0121 453 3515 131, New Street, B45 0EU

Facebook gives up to date information as to what is on at the Wychall site, the satellite site at Frankley, plus Greaves Hall and a couple of churches.

<https://www.facebook.com/northfielddistrictbirminghamforwardsteps/>

Local Venues with a Range of Activities

Alvechurch – The Ark, St Laurence Parish Church, School Lane, Alvechurch, B48 7SB

Click the events link

<http://www.thearkalvechurch.co.uk/>

Bartley Green and Quinton – Woodgate Valley Country Park. 450 acres of countryside.

Visitors centre is situated off Clapgate Lane, Bartley Green, B32 3DS.

On the same site you will also find Woodgate Valley Urban Farm and Hole Farm Trekking Centre. Follow the 'things to see and do' link.

https://www.birmingham.gov.uk/info/20089/parks/404/woodgate_valley_country_park

Bournville - Rowheath Pavillon, Heath Road, Bournville B30 1HH

<http://rowheathpavilion.co.uk/>

Harborne - Moor Pool Hall, 37, The Circle, Harborne, B17 9DY

<http://www.moorpoolhall.org.uk/what-s-on/regular-activities.html>

Kings Heath – The Hub, Hazelwell, 318, Vicarage Road, Kings Heath B14 7NH

http://www.hubhazelwell.org.uk/whats_on.htm

Selly Oak - Touch Base Pears, 750, Bristol Road, Selly Oak B29 6NA

Lots of activities for children – inclusive children's theatre performances, messy play, sensory play, transport time.

Selly Oak library is based here and has things on for children too.

Click the link on the 'what's on' page <https://www.touchbasepears.org.uk/>

Stirchley - Stirchley Baths, Bournville Lane, B30 2JT

<https://stirchleybaths.org/events/regular-events/>

Libraries

Most local libraries run story times and other activities. Unfortunately, the main Birmingham library website doesn't give a great deal of information. However, most libraries have their own Facebook page and/or twitter feed which they can update themselves. Check there for weekly/monthly activities.

During the summer holidays libraries run a themed reading challenge and offer extra sessions for older children with stories, crafts, authors etc.

Parks

Some Birmingham parks have their own Facebook page or website eg Cotteridge park <https://cotteridgepark.org.uk/> where they list activities.

Free activities can be found on the Park Lives website including Green Fit Baby classes.

Parklives - <https://www.parklives.com/councils/birmingham>

Green Fit Baby – <https://www.facebook.com/wellfitmums/>

Swimming Baths and Leisure Centres

Not all the local swimming baths are run by Birmingham City Council. Each has its own schedule of swimming lessons and open sessions suitable for babies, toddlers, first swimming lessons etc. Some information is available on the council website

https://www.birmingham.gov.uk/directory/17/leisure_centres_and_facilities

And click on 'swimming'. Information also available for women only activities.

Birmingham Community Leisure Trust – works in partnership with the council and runs several of the leisure centres. <https://www.birminghamleisure.com/>

Miscellaneous Local Advice and Support

MAC Project (Mother & Child) for mums who are care leavers:

<https://www.centralenglandlc.org.uk/mac-project-resources>

Ashiana Community Project - 21 – 25, Grantham Road, Sparkbrook B11 1LU

Runs a number of projects with specific targets and can accommodate a range of community languages. They can provide advice for housing, benefits, employment and finance; work with women – support with everyday issues whilst building self-esteem, provide social groups etc; also work with Early Years, youth, sport etc

0121 687 6767

<http://acpgroup.org.uk/>

B31 Voices - <http://b31.org.uk/> plus Facebook and twitter for local news and information

Birmingham City Council Customer Service Centres – visit a centre for advice on benefits, housing, council tax etc. Appointments are offered to those with complex financial and housing enquiries and can be booked via telephone.

0121 371 3030 https://www.birmingham.gov.uk/directory/28/customer_service_centres

Fircroft College – 1018, Bristol Road, Selly Oak B29 6LH

Fircroft offer courses on a range of topics. Some of the courses are free, others are subsidised according to criteria. Courses include English, mathematics, a number of personal and social development courses including mindfulness, parenting skills and coping with stress.

0121 472 0116 <https://www.fircroft.ac.uk/>

Harborne Kids – Barnardo’s children’s charity shop. 117, High Street, Harborne B17 9NP. Sells babywear, nursery furniture, prams, buggies, toys and games.

0121 427 8897

Home-Start - Offers support, friendship and practical help to parents with at least one child under 5. You can self-refer or be referred for their support by your health visitor, doctor or another professional.

<https://www.home-start.org.uk/Pages/Category/things-we-can-help-with>

Home-Start Birmingham South – 0121 476 3759 <https://homestartbirminghamssouth.org.uk/>

Areas covered - Northfield, West Heath, Rubery, Rednal, Longbridge, Frankley, Weoley Castle, Kings Norton, Selly Oak, Bournville, Brandwood, Billesley.

Support with isolation, having a hard time coping with child’s illness, struggling with emotional and physical demands of having young children, struggling with a disability or relationship problems, tired, unhappy, exhausted, and much more.

Volunteers with parenting experience visit families with young children at home.

Practical support with getting to appointments, budgeting, nutrition etc.

Family Group runs once a week in term-time so parents can get out, meet others, and become more involved in their own community.

Information and links to other organisations including health and educational services.

Attendance at meetings and moral support, especially in relation to dealing with case conferences or solicitors and court cases.

Home-Start Birmingham Central and South West – 0121 794 7225

Areas covered – Bartley Green, Edgbaston, Harborne, Ladywood, Quinton and Soho.

Kaleidoscope Plus - 321, High Street, West Bromwich B70 8LU. For people in Sandwell (Walsall and Wolverhampton)

Provides talking therapies and a vast range of community wellbeing activities designed to support people to manage their own health and well-being, and to stay well.

0121 565 5605 <https://www.kaleidoscopeplus.org.uk/>

Karis Neighbour Scheme - Supports people living in the Ladywood, Harborne and Edgbaston areas. Offers a broad range of help including practical support, advocacy and befriending. Children and families help includes accessing the local Baby Bank and Food Bank.

0121 455 7524

<http://karisneighbourscheme.org/>

Northfield Community Partnership - 693 Bristol Road South, Northfield B31 2JT
A 'one stop shop' providing a range of services including computer training and support, employment support, housing and benefit advice, Food Bank referral and Umbrella sexual health service

0121 411 2157

<https://www.northfieldcommunity.org/services>

POhWER – information, advice, support and advocacy services. All services are free, independent and confidential. The Birmingham Hub offers a large number of services.

0300 456 2370

<https://www.pohwer.net/birmingham>

Salus Fatigue Foundation – local charity that provides support and education for people affected by chronic fatigue.

07809 246674

<https://salus.org.uk/>

SSAFA - Tennial Grange, Tennial Road, Harborne B32 2HX

Offers help to the armed forces community in a number of ways although focus is on providing direct support to individuals in need of physical or emotional care.

0800 731 4880 local office 0121 427 6459

<https://www.ssafa.org.uk/>

The Springfield Project - Springfield Road, Moseley B13 9NY

Various activities across Moseley, Hall Green and Tyseley – including stay and play, HENRY healthy eating course, baby massage, job club, debt, housing and benefit advice, family support.

Women-only and men-only groups too.

0121 777 2722

www.springfieldproject.org.uk



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