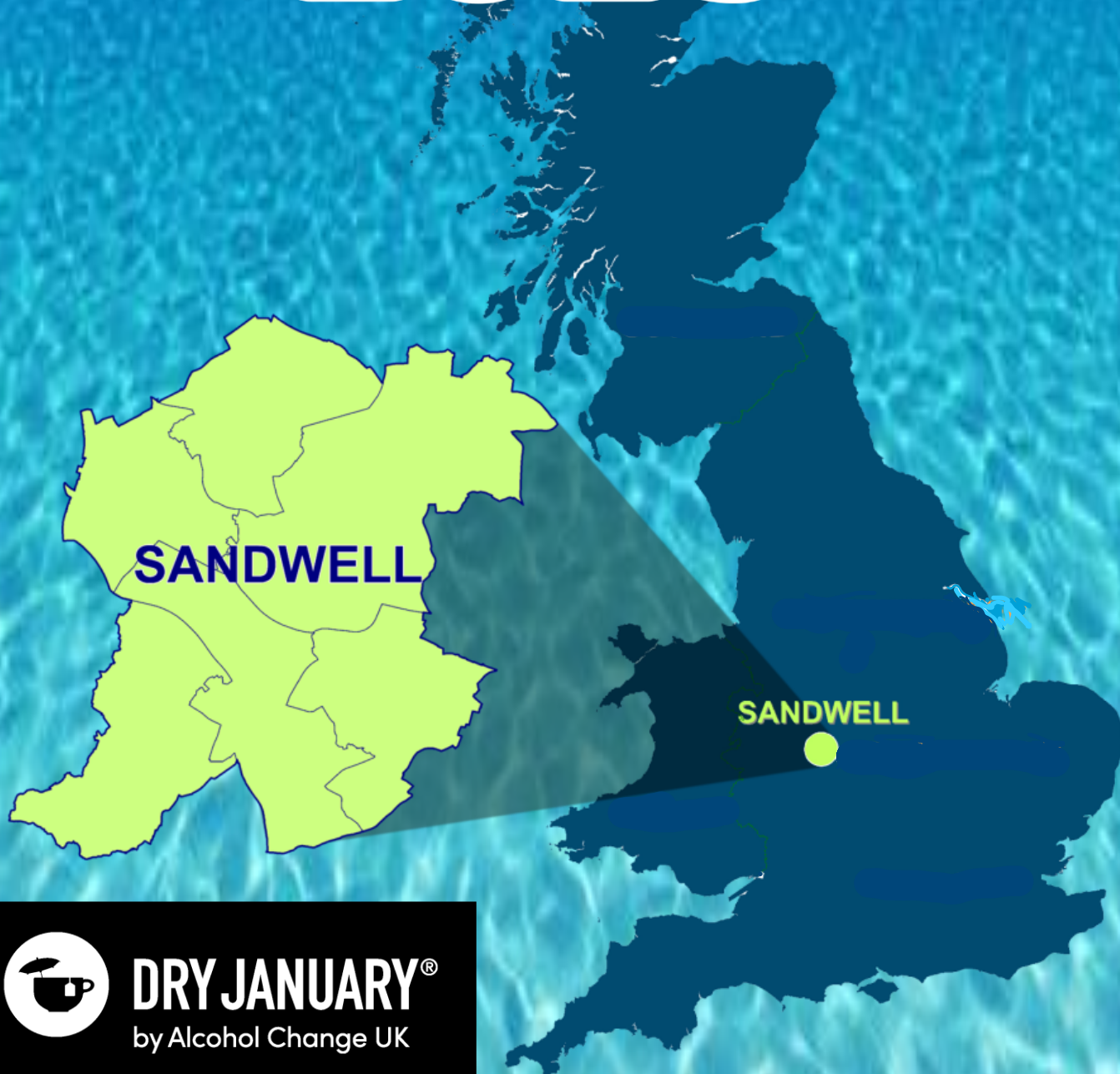


Recovery and Wellbeing in SANDWELL

2025



DRY JANUARY[®]
by Alcohol Change UK

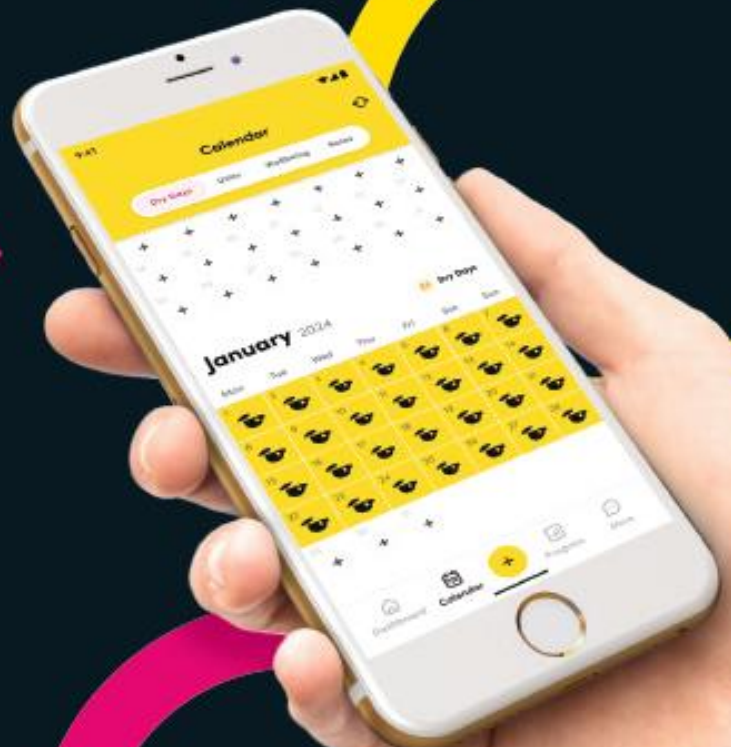


DRY JANUARY[®]

by Alcohol Change UK

Download the free **Try Dry[®]** app to double your chance of a totally alcohol-free month.

- Track your units, calories and money saved.
- Earn badges for taking control of your drinking.
- Go beyond January – set your own year-round goals.



Download the free Try Dry[®] app via the App Store or Google Play.

dryjanuary.org.uk

Alcohol Change UK is the operating name of Alcohol Research UK.
Registered office: 27 Swinton Street, London WC1X 9NW. Registered charity number 1140267.
Company limited by guarantee in England and Wales number 7462605.

Happy New Year and welcome to the January edition of news and opportunities around Sandwell that support recovery. This month we are celebrating the fantastic contribution from our wonderful Knit n Natter/ Craft groups across Sandwell to support the homeless and people in recovery.

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Overwhelming response to Recovery Yarns project

When we had the idea to ask Knit n Natter groups to knit hats and scarfs for the winter, we hadn't realised how many groups there actually are, in the end we managed to visit 18 different groups and were still hearing about groups we didn't have time to get to, apologies to those we didn't reach. Everywhere we went the response was amazing and everyone welcomed the project enthusiastically.



Where's Wally?





Then when the time came to return to collect the results, it has been unbelievable. Over 400 hats and 200 scarfs have been produced by the crafters and knitters of Sandwell, as well as a bag full of fiddle muffs. These were delivered to Cranstoun for their outreach teams, and to the Let's Chat Hub at the Bus Station in West Bromwich which is often visited by the homeless, with so many we also gave a few to Betel, a nearby recovery house in Alvechurch. Thank you to the knitters of Sandwell!



Leading the way in reducing drug-related deaths amid rising national rates



New data shows that Sandwell has one of the lowest rates of drug-related deaths in the country.

These low figures have been attributed to new ways of working and a whole-borough approach to provide help and support to people who use drugs.

Nationally, drug-related deaths are increasing, driven by a changing drugs market with stronger, contaminated supply. Sandwell is bucking this trend with drug-related deaths falling in the borough.

However, work continues to bring overdoses and drug-related deaths down as any death caused by drugs is one too many.

Help is available this winter and all year round for anyone who needs support around drugs or alcohol use.

Recent data published by the Office for National Statistics shows Sandwell's drug-related death rate has fallen further, now standing at 1.6 per 100,000 population – significantly lower than regional (6.3) and national (5.5) rates, which have been rising over recent years.

The nationwide drugs market has been changing, with an emergence in increasingly dangerous drugs, including synthetic opioids which can be hundreds of times stronger than heroin. However, Sandwell has continued to adapt its approach, with services expanding harm reduction to keep residents safe amid these emerging challenges.

Sandwell's success has been attributed to an approach which is grounded in proactive, community-based programmes. This includes a new approach to outreach, which has led to more community engagement work and having a nurse out on the streets meeting people who use drugs across the borough and supporting them to access healthcare and treatment.

There is also an effective peer-to-peer naloxone distribution programme, which empowers residents to respond to overdose through training and providing them with the skills and equipment to reverse an opioid overdose.

Sandwell's approach also includes a range of tailored harm-reduction initiatives that adapt to meet the needs of people who use drugs in the borough, creating a safer environment for vulnerable people despite the intensifying risks in the drugs market.

Liann Brookes-Smith, Sandwell's Interim Director of Public Health, said: "We are proud of Sandwell's continued success in reducing drug-related deaths, but we recognise the ongoing challenges posed by an evolving drugs market.

"Our commitment to innovative, community-centred programmes is vital in saving lives. Every death is a tragedy, and we will continue working tirelessly to protect our residents and support those affected by substance use."

Councillor Jackie Taylor, Sandwell Council's Cabinet Member for Adult Services, Health and Wellbeing, said: "Every life lost remains a tragedy, and Sandwell's commitment to innovative, life-saving solutions is making a real difference to people's lives.

"Our community's health and safety are our top priorities, and it's encouraging to see Sandwell making such strides in reducing drug-related deaths. We will continue to work together, listening to our community and adapting our approach, to ensure that we protect the most vulnerable among us and save lives."

Natasha Simpson, Borough Manager for Cranstoun, which runs the drug and alcohol service in Sandwell, said: "This low rate of drug-related deaths is testament to the system-wide approach we have taken across the borough. Across a full range of services which support people, professionals understand the need for quick referrals to our services to ensure that people can get the help they need.

"We are also able to offer a full range of treatment options for people who use drugs at locations right across the six towns of Sandwell, meaning we can work with them wherever they are.

If you, or anyone you know, need support for drugs or alcohol, contact [Cranstoun Sandwell](https://www.cranstoun.org.uk) on 0121 553 1333 or email sandwellreferrals@cranstoun.org.uk

DECCA support anyone aged under 18, text 07781 472 746 or call 0121 569 2201.

At Cranstoun, we empower individuals to create positive change in their lives.

CRANSTOUN
Empowering People, Empowering Change





Sandwell residents encouraged to take on the 2025 Dry January® challenge

As the New Year begins, we are calling on residents in Sandwell to take on the Dry January® challenge by Alcohol Change UK in 2025.

Recognising the opportunity to reset their drinking habits, hundreds of thousands of people across the UK take a 31-day break from alcohol in January each year using the free tools and resources provided by Alcohol Change UK. The Dry January® challenge offers immediate health and wellbeing benefits including better sleep, more energy and improved mood, while reducing our blood pressure, cholesterol, diabetes risk and cancer-related proteins in the blood¹. It also boosts bank balances, as 86% of past participants report saving money with an average saving of £118 for the month.

To help as many people as possible have a successful 31-days alcohol-free and unlock maximum benefit, Alcohol Change UK offers participants of the Dry January® challenge a collection of tools and resources, including the free Try Dry app®, daily coaching emails and a vibrant online peer-to-peer community.

Available to download year-round, the Try Dry® app allows participants to work out their current drinking risk score and set personalised goals in the run up to the Dry January® challenge, before logging dry days, calories and money saved, earning badges for going alcohol-free at activities where they might usually drink, and receiving daily tips and motivation.

Research found that those taking part in the Dry January® challenge using Alcohol Change UK's tools and resources double their chances of a successful alcohol-free month vs those attempting to avoid alcohol on their own in January. What's more, 70% of Dry January® challenge participants are still experiencing significantly improved wellbeing six months later, along with reduced long-term alcohol-related health risks².

Dr Richard Piper, CEO of Alcohol Change UK, said: *"The New Year offers all of us an opportunity to reflect and set our goals for the 12 months ahead. Increasingly, for many people, this includes a desire to improve our relationship with alcohol. That's because there is a growing recognition of alcohol's impact on our health, wellbeing and quality of life - from headaches, sleepless nights and feeling 'off' the next day, to high blood pressure, anxiety, and cancer. These wide-ranging impacts affect so many of us.*

To find out more about the Dry January® 2025 challenge by Alcohol Change UK, including how to take part and download the Try Dry® app, the tool to rule your Dry January® challenge, please visit www.dryjanuary.org.uk.

Alcohol withdrawal warning: Important advice on alcohol withdrawal

If you drink very heavily or regularly, the Dry January® challenge may not be for you. People who are clinically alcohol dependent can die if they suddenly, completely stop drinking. If you experience fits, shaking hands, sweating, seeing things that are not real, depression, anxiety, or difficulty sleeping after a period of drinking and while sobering up, then you may be clinically alcohol dependent and should NOT suddenly, completely stop drinking. But you can still take control of your drinking. Talk to a GP or your local community alcohol service who will be able to get help for you to reduce your drinking safely. Find out more on the Alcohol Change UK website <https://alcoholchange.org.uk>.



**TAKING ON THE
DRY JANUARY®
CHALLENGE?**

BOSS IT

**WITH
TRY DRY®**

**Double your chances of having
a totally alcohol-free month**

Download the free Try Dry® app



dryjanuary.org.uk

Registered as a Charity No. 1140287. Company Limited by Guarantee in England and Wales No. 7462605.
Alcohol Change UK is the operating name of Alcohol Research UK. Dry January® is a registered trademark of Alcohol Change UK.

Supported by
 **betterhelp**
online therapy

SHOWTIME  www.facebook.com/ShowtimeCommunityProductions 

The 'Biggest Panto In Sandwell' is back!

CINDERELLA

THE MOST MAGICAL PANTOMIME OF THEM ALL


Wednesbury Town Hall
Holyhead Rd, Wednesbury WS10 7DF


15th to 18th January 2025
Wednesday, Thursday Friday, 7pm Shows Saturday 1pm & 5.30pm Shows

Ticket Price
£7.50
+ Online Booking Fee

"Showtime has proved you don't have to go to big venues to get a good quality pantomime."
Express & Star (2024)



 **0833 666 4466**

In co-operation with 



<https://www.ticketsource.co.uk/showtimewednesbury>

SMETHWICK PUPPETRY FESTIVAL

15-23 FEBRUARY 2025

ACROSS 10 VENUES IN SMETHWICK

PAY WHAT YOU CAN YOU CHOOSE THE PRICE!



Puppet shows, workshops, exhibitions and more, for children, adults and families

Full Programme & Booking:
bctouring.org.uk/puppet



SOUNDBATH SESSION

 **Free for adults living in Sandwell with a long term disability or condition**

 **Thimblemill Library, Thimblemill Road, Smethwick, B67 5RJ**

 **Friday's Fornightly**

 **1:00PM to 2:00PM**

 **HEALTHY SANDWELL**



Free Peer Support Skills

This course is designed to give learners an insight into what a peer group is, why we have them, what to consider when running a peer group and how they can be an advantage to our communities.



Monday 20th January 2025



Cranstoun, 128b Oldbury Road,
Smethwick, B66 1JL



10am - 2pm with buffet
at the end



To request a place please get in touch on either of the following:



tce@kaleidoscopeplus.org.uk



07813 722501



Cervical Cancer Prevention Week 2025

January 20 - January 26



Cervical Cancer Prevention Week 2025 is a dedicated awareness campaign aimed at educating people about cervical cancer, its prevention, and the importance of regular screenings. Cervical cancer is a largely preventable disease, and this week serves as a reminder to prioritize cervical health and take steps to reduce the risk of this cancer.

What is Cervical Cancer Prevention Week 2025?

Cervical Cancer Prevention Week 2025 is an annual initiative organized by various healthcare organizations, including cancer charities and healthcare providers. Its primary goal is to raise awareness about cervical cancer, encourage women to attend cervical screenings (also known as smear tests), and provide information about the HPV (human papillomavirus) vaccination.

When is Cervical Cancer Prevention Week 2025?

Cervical Cancer Prevention Week 2025 is observed from January 22nd to January 28th. It typically takes place during the last week of January each year.

How to Participate in Cervical Cancer Prevention Week 2025?

There are several ways to get involved and support Cervical Cancer Prevention Week:

- **Share Information:** Spread the word about cervical cancer prevention by sharing information and resources on social media. Encourage your friends and family to learn about the importance of screenings and vaccinations.
- **Attend a Screening:** If you are eligible for cervical screenings, schedule an appointment with your healthcare provider. Regular screenings can detect abnormal cell changes early, which can prevent cervical cancer.
- **Support HPV Vaccination:** Support efforts to vaccinate eligible individuals against HPV, which is a leading cause of cervical cancer. Encourage vaccination for yourself or your children if recommended by healthcare professionals.
- **Organize or Attend Events:** Look for local events, webinars, or workshops related to cervical cancer prevention during this week. Participate in these activities to gain more knowledge and meet others who are passionate about the cause.
- **Donate or Volunteer:** Consider donating to organizations dedicated to cervical cancer prevention or volunteering your time to support their initiatives.

Happier January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths		
6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat
13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough
20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today
 27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future		

ACTION FOR HAPPINESS Happier · Kinder · Together 

<https://actionforhappiness.org/calendar>



Events Calendar

Click **HERE** to see what's happening in Sandwell; listing a range of local events, activities and meetings of relevance to voluntary and community organisations.

Recovery Support Projects and Services

LIFE'S NO GAMBLE!

Struggling with your gambling?

Affected by someone else's gambling?
At risk of gambling related harm?

We can help.

Aquarius offers gambling support in your area. Whether you are affected by your own gambling or someone else's, our team is here to help. We know it can be difficult to reach out, but we're here to listen.

Gambling problems share many similarities with other addictive disorders. However, there are usually no visible signs or physical changes to directly indicate a problem.

For free, confidential advice on the problems caused by gambling, call:

0300 456 4293 or email: gambling@aquarius.org.uk



GamCare
Gambling Support Starts Here
Aquarius Gambling Service
In partnership with Gamcare

aquarius

Aquarius Head Office: 236, Bristol Road, Edgbaston Birmingham B5 7SL. T: 0121 622 2181 E: headoffice@aquarius.org.uk W: www.aquarius.org.uk Registered Charity No: 1014305 Registered Company No: 2427100

smokefree Sandwell

How to refer in to Sandwell's Stop smoking service?

Telephone
Speak to our Admin team on 0121 740 0040

Email
Email your name and telephone number to abl.sandwell@nhs.net

Website
Download a referral form at www.smokefreesandwell.co.uk

We are at Cranstoun Sandwell on Thursday afternoons and Friday mornings, to sign you up.

Get In Touch Today
0121 740 0040
smokefreesandwell.co.uk

FREE

Smokefree Sandwell, email: abl.sandwell@nhs.net, call 0121 740 0040 or text 'quitnow' to 62277 for help to quit smoking.

THREE MONTH FREE MEMBERSHIP

To support your treatment or building your recovery from alcohol or other substances, Sandwell Leisure Trust is offering full membership for any of our leisure centres, to access our facilities and classes

Referred by your Cranstoun keyworker or Recovery Project worker

At Sandwell Leisure Trust, we are dedicated to fostering health and well-being in our community. In partnership with Public Health, we are proud to introduce a new initiative aimed at improving the lives of individuals recovering from substance misuse.

GET IN TOUCH AND FIND OUT MORE AT: SLT-LEISURE.CO.UK

URJA C.I.C.

07472040006 / 07404143822

Urjald2019@gmail.com

Cranstoun
Alberta Building
Smethwick
B66 1JE

(SRTA) Project

A JOURNEY WE CAN TAKE TOGETHER

EAT HEALTHY FEEL WEALTHY

Start: 13th January 2025
Times: 11AM-1PM

Growing Opportunities

Gardening, Cooking and Crafts Club

**Do you like gardening and growing?
Do you have skills to share or want to
swap plants and tips?**

**Gardening, Cooking and Crafts Club is FREE
if you are aged 18 years old or over**

Come and take part in our 'hands on' activities:

- Growing food and flowers
- Healthy low cost cooking
- Garden crafts
- Confidence building and support
- Meeting new people







Join us for a weekly Gardening, Cooking and Crafts Club at one of our award winning garden sites



Salop Drive Market Gardens
Salop Drive, Oldbury, B68 9AG
Tuesdays 1 - 3pm



Malthouse Gardens
100 Oldbury Road, Smethwick, B66 1JE
Mondays 10 - 12pm



Barlow Road Community Gardens
Barlow Road, Wednesbury, WS10 9QA
Wednesdays 10 - 12pm
Thursdays 1 - 3pm

To join our FREE gardening groups contact the team on
0121 558 5555 option 2 or email
contactifa@idealforall.co.uk



IDEAL FOR ALL Making life better
for all of us

Registered charity number 1070112 and company limited by a guarantee number 03196518

EVERY DAY IS A STEP

WARLEY BOXING CLUB

CALL: 07854 496 073
FOR MORE INFO



FREE TRAINING


FOR ANYONE STRUGGLING WITH
DRUGS AND ALCOHOL ABUSE, ARE
WELCOME TO TRAIN FREE EVERY

**TUESDAY AND THURSDAY
5PM - 6.30PM**


WARLEY RUGBY CLUB, TAT BANK ROAD, OLDBURY, B69 4NH

FOLLOW US ON



HEALTHY SANDWELL
We find the support you need



CRANSTOUN
Empowering People, Empowering Change



Employment Plus



Do you need Free and Confidential Help with . . .

Employability

- Motivation & confidence
- CV/Interviews
- Help finding a job
- Work experience

Training

- IT Skills
- Training
- Qualifications



Wellbeing and Lifeskills

- UC/benefits help
- Relationships
- Money management/debt
- Housing

In Work Support

- Confidence building
- Help keeping a job
- Performance at work
- Finding a better job

**Please pop in for a warm welcome and a chat
with one of our expert advisors.**

Freephone: 0800 652 4276

Email: employmentplus@salvationarmy.org.uk

Website: www.salvationarmy.org.uk/employability

Cradley Heath Community Link



Recovery Project
Mini Café

The Community Café provides an open-door community space for the people of Cradley and offers additional support and personal development opportunities for people who also access Cranstoun services at the café.

- Safe place where help can be given on any issue, financial, personal, health, signposting where necessary and being a constant contact for those that need it.
- Community café on set days
- Work experience in our kitchen, café, foodbank, and shop
- Food safety qualifications

140 High Street, Cradley Heath, B64 5HJ
0121 820 5332




EMPOWER ME RECOVERY Support

Support Services

- > Advice Information and Guidance
- > Recovery Support Network
- > Social Activities

Supporting people in recovery from drug and/or alcohol misuse to develop new skills, improve health and wellbeing and get involved with their local community

Jubilee Park Community Centre
Powis Avenue TipTon, DY4 0RJ

Tuesday 10 AM - 2PM
Wednesday 10 AM - 2PM
Friday 10AM - 2PM

For more Information Contact Janet (Recovery Navigator) **0121 520 0234** Janet@bwa-org.uk





We find the support you need



Free Peer Support Skills



This course is designed to give learners an insight into what a peer group is, why we have them, what to consider when running a peer group and how they can be an advantage to our communities.

The purpose of the course is to encourage, empower and upskill people to enable them to support their peers and their communities by either volunteering or setting up their own support group.




Monday 20th January 2025

Cranstoun
128b Oldbury Rd, Smethwick, B66 1JE

10am – 2pm with buffet at the end

To request a place please:-

Ask a staff member
Email TCE@Kaleidoscopeplus.org.uk
or Text 07813 722501




We find the support you need



Creating brighter futures together

Follow Up Support Sessions
after Peer Support Skills Training

Our trainer will be available to support anyone who attended the Peer Support Skills course to receive guidance and signposting on the options of setting up their own Peer Support group, creating lasting impact and community power



Cranstoun, 128b Oldbury Road, Smethwick. B66 1JE

11:00am – 12:00pm – Refreshments available

Monday 27th January 2025
Monday 03rd February 2025
Monday 10th February 2025
Monday 17th February 2025



How to book:
Ask a staff member at Cranstoun or Text/Phone 07813 722501 or Email: TCE@Kaleidoscopeplus.org.uk



Building Recovery in Sandwell

HERE FOR YOU!

For those in recovery from Drug or Alcohol misuse. We will be offering different activities to support the development of emotional and physical well-being. We are an inclusive and welcoming environment where we will support you on your road to recovery. The Friar Park Millennium Centre can also offer opportunities to fulfil your interests/hobbies and volunteer opportunities. We can support you and signpost you to other support agencies. Just a phone call away!!!! We want to hear from you!

Social Cycle

Fridays 10:30 - 13:00 

Coffee, Cake & Chats

Wednesdays 13:30 - 15:30 

FRIAR PARK MILLENNIUM CENTRE,
FRIAR PARK ROAD,
WS100JS

Contact: 01215560139 or
fpmcprojectmanager@gmail.com

THE MILLENNIUM CENTRE
FRIAR PARK, WEDNESBURY

HEALTHY SANDWELL
We find the support you need!

HERE FOR YOU.

Friar Park Millennium Centre
Community organisation

Call now



Places Leisure
Part of Places for People

Because Community Matters

Free 12-week Leisure Passes

- Unlimited gym use
- Unlimited pool use
- Unlimited use of the Sauna/ Steam room for relaxation
- Unlimited exercise classes
- 14 days advance booking privileges
- Up to four junior memberships added
- Free use of Swimtag
- Access to the Places Locker app

West Bromwich Leisure Centre



You can refer yourself for help by visiting cranstoun.org/substance-self-referral-form or calling 0121 553 1333. Translation services are available.

Cranstoun Sandwell have made a short ‘walk through’ video for our service to help break down any worries people might have about coming to see us for the first time. Our intention is just a friendly welcome to say come along and this is what you might see when you are here.



Cranstoun Sandwell walkthrough video on YouTube: <https://youtu.be/hsLVNe787m4>

Cranstoun in the community

Come along and see us at various locations Sandwell for advice & information around your own or someone else's alcohol or drug use.

Cranstoun Sandwell Satellite Provision – 2024 (Subject to Change)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Smethwick	Smethwick Medical Centre • Weekly • 9am to 5pm • Appointment only	St Mary's Church Bearwood • Weekly • 12pm to 2pm • Drop-in	Smethwick Medical Centre • Once a month • 9am to 12pm • Appointment only		
Wednesbury	Wednesbury Town Hall • Weekly • 9.30am to 2pm • Drop-in & appointments	Friar Park Millennium Centre • Weekly • 9am to 2pm • Appointment only	Friar Park Millennium Centre • Weekly • 8.45am to 6.30pm • Drop-in & appointments	Wednesbury Town Hall • Weekly • 9.30am to 2pm • Appointment only	Friar Park Millennium Centre • Weekly • 9am to 1pm • Appointment only
Tipton	St Pauls • Weekly • 9am to 5pm				
Rowley	Community Link, Cradley Heath • Weekly • 9.30am -3.30pm • Appointments • Drop-in 2.30pm to 3.30pm			Cradley Community Centre • Weekly • 9.30am to 4.30pm • Appointment only	
Oldbury	Outreach locations across the week	Outreach locations across the week	Outreach locations across the week	Outreach locations across the week	Outreach locations across the week

	M	T	Wednesday	Wednesday	T	F
West Bromwich			West Bromwich Church & food bank • Weekly • 9am to 2pm • Appointments and drop-in West Bromwich Bus Station • Weekly • 1pm to 3pm Drop-in	Lyndon Primary Care GP surgery • Weekly • 9am to 2pm • Appointments and drop-in Hallam Street • Weekly • 9am to 5pm Appointments		

CRANSTOUN

Empowering People, Empowering Change

Women's Recovery Group



Women's Recovery Group

The Women's Recovery Group is held EVERY Friday at 1pm.

Each group lasts 1 hr 30 minutes and includes a short break.

The Women's Recovery Group can help if you:

- Would like to make positive changes to aid your recovery
- Would like support to increase your motivation to change
- Would like to establish coping strategies

The Women's Recovery Group uses a mindfulness based approach, which is non-judgemental that seeks to:

- Offer a mixture of techniques to help you make positive lifestyle changes
- Challenge unhelpful thoughts and behaviours
- Promote social engagement
- Increase recovery capital
- Discuss female specific issues and challenges
- Raise self-awareness

Sessions below:

- Building self-esteem
- Boundaries and relationships
- Assertiveness
- Mindfulness
- Stages of grief
- Drama triangle
- Healthy well-being
- Regulating emotions
- Women's day out
- Recovery walks
- International Women's Day
- Radical acceptance
- Self-acceptance



CRANSTOUN

Empowering People, Empowering Change

Everyone deserves a chance to work

Our FREE Individual Placement & Support can help you to step back into work



cranstoun.org

Individual Placement & Support

What we offer

One-to-one support, advice and guidance to support you with every step of the employment process. This includes applications and ongoing benefits advice.

Our local experienced Employment Specialists will continue to support you once you've started work

A personalised plan to make the most of new opportunities available to you.

Finding and matching you to job vacancies that match your goals and your abilities.

Support with contacting and promoting you to local employers.

What is IPS all about?

It is open to all those who want to work.

It aims to get you into competitive paid employment.

It attempts to find jobs that are consistent with your preferences.

It provides individualised support for the person and the employer.

It works quickly.

Our Employment Specialists work closely with treatment services.

Our Employment Specialists develop relationships with employers based on your work preferences.

Benefits counselling and support is included.



Cranstoun Sandwell - Individual Placement & Support

T: 0121 553 1333

E: ipssandwell@cranstoun.org.uk



Visit our website at: cranstoun.org



SUPPORTED RECOVERY HOUSING

We believe that no matter how bad the situation may seem, recovery is possible for everyone.

MORE INFO

0121 663 6520

www.lindalerecovery.co.uk



Your journey to freedom starts here

Struggling with drugs and alcohol addiction? Take the first step towards hope and freedom. Here at Betel we offer you the unwavering support you need to break free. Your story doesn't end with addiction - get in touch for a brighter future today.

Free Admission at Betel

- **Voluntary Admission:** All residents join and leave voluntarily.
- **Minimum Commitment:** We recommend a minimum stay of 12 to 18 months.
- **Interview Process:** A simple telephone interview is required before admission, and a medically assisted detox is available for those who need it.
- **Quick Admission:** After the interview, people are usually admitted within one to five days of their first contact.
- **Age Requirement:** Residents must be 18 years or older.



info@betel.uk

0121 594 0650



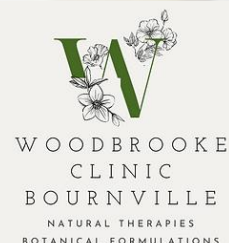
Gardens & Landscaping

We offer professional landscape & gardening at competitive prices and are happy to provide a free, no obligation quotation, with one of our experienced gardeners visiting you to view and advise on all potential work.



Furniture and Clearance

We offer a professional, discreet and sympathetic house clearance service. We will clear everything from clothing and small electrical items all the way up to large furniture, including the dismantling and disposal of sheds and greenhouses.



Book a course

Auricular Acupuncture Training Dates

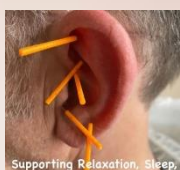
at Woodbrooke Clinic, Bournville

NADA GB, 5-point Detox Protocol is used worldwide in mental health and addiction settings for balancing the body and calming the mind. Including ear-seeds and needle free auricular therapy.



- 27th - 30th December 2024 – 4-day complete course
- 30th December 2024, 1 p.m. – Annual supervision and renewal

MTAT, FHT accredited 2-day course in Ear Acupuncture for Stress and Anxiety Management Protocol.



- 22nd - 23rd February 2025

To book a place on NADA or MTAT training or supervision register here:

<https://www.mtat.uk/book>

Holistic Therapy Treatment Appointments



Available on an appointment only basis, our natural therapy treatments are experienced at our special clinic space, amid the tranquil setting of George Cadbury's former Grade II listed Georgian home and Quaker study centre Woodbrooke House and Gardens.

To book an initial appointment please complete our enquiry form here:

<https://www.mtat.uk/enquire>

https://www.instagram.com/woodbrookeclinic_bournville/

<https://www.mtat.uk/>

Ear Acupuncture treatment, by appointment only
Woodbrooke Clinic, Bournville
1046 Bristol Road, Selly Oak, B29 6LJ



ANONYMOUS FELLOWSHIPS

PUNJABI / ENGLISH
ALCOHOLICS ANONYMOUS MEETING



EVERY THURSDAY
20.00 - 21.30

Oaklands Sports and Social Centre
1 Oakland Road
Handsworth Birmingham
B21 0NA

(JUNCTION OF OAKLAND ROAD & SOHO ROAD
BEHIND BABA DEEP SINGH GURUDWARA)

THIS MEETING IS TO ENCOURAGE THOSE FROM
SOUTH ASIAN COMMUNITIES WITH A DESIRE TO
STOP DRINKING. EVERYONE IS WELCOME.

BHO 07815 892007 NAV 07793 018641



PROBLEMS WITH ALCOHOL?

IF YOU WISH TO DISCUSS YOUR ISSUES PLEASE COME AND JOIN US
THE ONLY REQUIREMENT FOR MEMBERSHIP IS A DESIRE TO STOP
DRINKING

NEW AA MEETING
CRANSTOUN SANDWELL
ALBERTA BUILDING
128B OLDBURY ROAD
SMETHWICK
B66 1JE

FRIDAY 5TH JULY 2024 AT 2.30PM-4.00PM AND THEN EVERY FRIDAY.

FOR FURTHER INFORMATION PLEASE CONTACT IAN ON
07837 300989 OR CRANSTOUN DIRECT ON 0121 553 1333

PUNJABI / ENGLISH
ALCOHOLICS ANONYMOUS MEETING



ONLINE EVERY MONDAY
20.00 - 21.00
(UK TIME)

ZOOM CODE - 882 0208 0399
PASSWORD - 926724



THIS MEETING IS TO ENCOURAGE THOSE FROM
SOUTH ASIAN COMMUNITIES WITH A DESIRE TO
STOP DRINKING. EVERYONE IS WELCOME.

CONTACT - PUNJABIAA@OUTLOOK.COM

PUNJABI / ENGLISH
AL-ANON ONLINE MEETING



ONLINE EVERY WEDNESDAY
19.30 - 20.30
(UK TIME)

ZOOM CODE - 948 885 8745
PASSWORD - 655749

PLEASE NOTE THAT THIS MEETING IS STRICTLY
CONFIDENTIAL

THIS MEETING IS TO ENCOURAGE THOSE FROM
SOUTH ASIAN COMMUNITIES WITH A DESIRE TO
STOP DRINKING. EVERYONE IS WELCOME.

SHARON 07882 486946 JIN 07977 468184

Alcoholics Anonymous

Local Helpline: 01384 482 929

You are not alone. Together, we find strength and hope.

You are one step away.

Simply search your town or postcode to find your nearest AA meeting:



<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting>

- ALL **A.A.** meetings are 'Closed' meetings and restricted to alcoholics and those who have a desire to stop drinking.
- Open **A.A.** Meetings are open to ALL who may or may not have an alcoholic problem.



Order copies or download this free booklet:

<https://www.alcoholics-anonymous.org.uk/product/does-anyone-else-look-like-me-in-alcoholics-anonymous/>

UKNA – Narcotics Anonymous

Helpline: 0300 999 1212



Need Help?

If you have a problem with drugs, you've come to a good place. Find out how we can help.



Find a Meeting

Find a face-to-face or an online meeting anywhere in the UK.



Events

Find out what, where and when recovery events are happening.



Literature & More

Order literature, keepsakes and gifts.



For our Members

Find out how to change meeting details and how to be of service.



For the Public

Find out who we are and what we do for recovering addicts.



For Professionals

See what we are, what we do and how that helps people with a drug problem stay clean.



Audio Shares

Download experience, strength and hope shares that you can listen to when it suits you.

<https://ukna.org>



A global fellowship of men and women for whom drugs and/or alcohol had become a major problem

An international, community-based 12 Step programme for daily recovery that has worked for many thousands of addicts worldwide

Cocaine Anonymous

Monday's 7.30 to 8.30 p.m.

Weekly Newcomer Meeting

**Dorothy Parkes Centre
Church Rd, Smethwick, B67 6EH**



Cocaine Anonymous Central Area
www.centralukca.org

Birmingham contacts:

Nic 07960 161898

Tony 07538 588986

Cocaine Anonymous UK Area
www.cocaineanonymous.org.uk

Helpline 0800 612 0225

Helpline 0800 689 4732

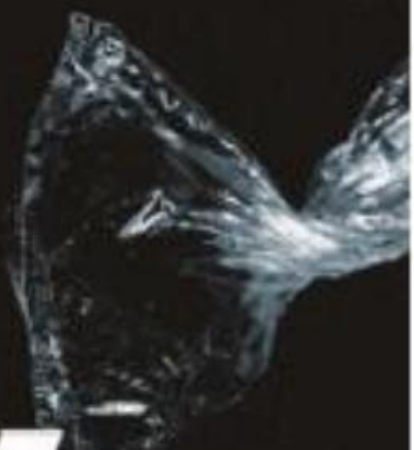


0800 612 0225

helpline@cauk.org.uk

www.cauk.org.uk

Cocaine Anonymous
Monday 7.30-8.30pm
Dorothy Parkes Centre
Church Rd
Smethwick
B67 6EH



**EVERY
MORNING,
I SWEAR
NEVER
AGAIN**



GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others do the same.

<https://www.gamblersanonymous.org.uk/> offers various aids for the compulsive gambler including a forum, a chat room, literature and a meeting finder.

Meetings are the core of Gamblers Anonymous and we have meetings every day of the week. No appointment is needed, just turn up.

Day & Time	Location	Contact
Monday 19.00-21.00	Quinborne: Quinborne Community Centre, 98 Ridgacre Road, Birmingham, B32 2TW	T: 0330 094 0322 E: quinborne.g.a@gmail.com
Wednesday 19.00-21.00	Wolverhampton: The Good Shepherd Church, 14A Windmill Lane, Wolverhampton, WV3 8HJ	T: 0330 094 0322 E: g.a.wolverhampton@gmail.com
Thursday 19.00-21.00	Cannock: Bevan Lee Community Centre, 28 Bevan Lee Road, Cannock, WS11 4PS	E: CannockGA@outlook.com
Sunday 19.30-21.00	Wolverhampton: The Good Shepherd Church, 14A Windmill Lane, Wolverhampton, WV3 8HJ	T: 0330 094 0322 E: g.a.wolverhampton@gmail.com

NHS West Midlands Gambling Harms Service



If you are worried about your own or someone else's gambling, help is available. Gambling treatment services are delivered virtually or in person. There is also a digital programme which can be accessed 24/7.

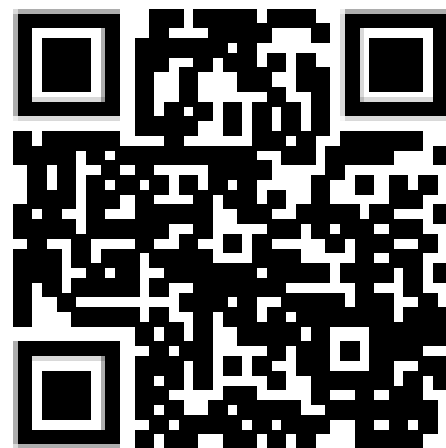
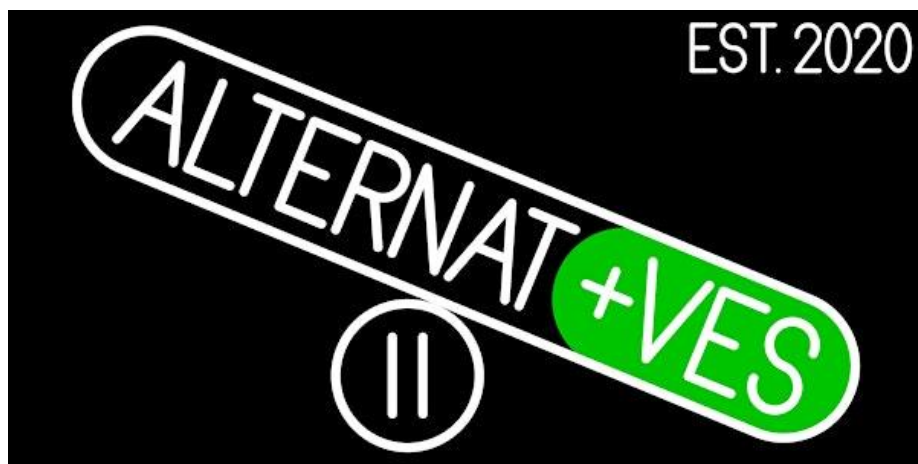
The service offers support for specific problems experienced by individuals, and support and advice to family members and carers.

The West Midlands Gambling Harms Clinic is a free and confidential service open to anyone who is:

- 18 years old and above
- registered with a GP in Sandwell
- having problems with their gambling, resulting in harm to themselves and other people.



You can self-refer by going to www.midlandsgamblingclinic.org/self-referral or calling 0300 123 0996.



Support for parents of people struggling with alcohol and other drugs.

Free support on how to help a loved one whose primary relationship is with: drugs, alcohol, and other addictive activities.

Every Sunday and Tuesday, 18.00 – 19.30 at Brett Young Carers Hub, Old Hawne Lane Halesowen B63 3TB

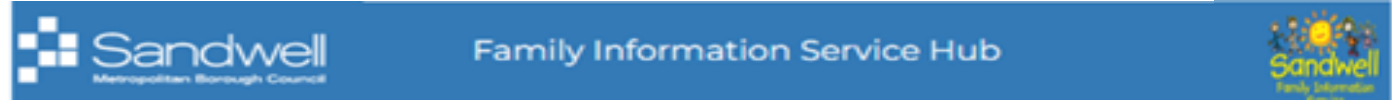
To book: use the QR code or click [HERE](#)



By training parents, we can transform drug and alcohol recovery

Tina and Dave have supported families using CRAFT since 2016. In 2022, we were really pleased to have completed the latest **Invitation To Change** Family Support training. Developed by the Center for Motivation and Change in New York. We love this approach, which is based upon science and kindness..

Useful links and resources



The Sandwell Family Information Service Hub. The directory includes childcare, services, activities and information to support families. Search for services available locally and nationally. If you cannot find what you are looking for, get in touch and they will be happy to help: <https://fis.sandwell.gov.uk/kb5/sandwell/directory/home.page>

Routes to Recovery via the Community

recovery planning worksheets for keyworkers or as self-help tools:

[Routes to recovery from substance addiction mapping user manual.pdf](#)



Public Health England *

Recovery Toolkit for Gambling

GamCare offer a range of information, advice and support to

people affected by gambling. There are also practical tools and resources available to

help <https://www.gamcare.org.uk/self-help/>



Drug Education, Counselling and Confidential Advice

DECCA is the alcohol and other drugs education and counselling service for young people in Sandwell.

- Telephone: 0121 569 2201/ 07500 785 889
- DECCA can take a referral over the telephone, just ensure that the young person has given their consent.
- [Click here to download a referral form](#), complete in full and then email to: decca_team@sandwellchildrenstrust.org

Screening & Brief Intervention/ Self-Help workbooks for Alcohol and for Substance Use are free to download from the **DECCA** website where you can also download the DECCA Big Guide leaflets: www.ourguideto.co.uk





The SCVO directory of voluntary sector groups and organisations in Sandwell, search for #Recovery at <https://route2wellbeing.info/>



The Anti-Stigma Network Team has announced that they've launched the Anti-Stigma Network channel on YouTube: [Ethics in Focus webinar: the power and principles of telling stories of substance use](#). You can catch the first webinar, 'Ethics in Focus: The power and principals of telling stories of substance use', please share it far and wide to help dismantle stigma!

Follow on social media for the latest updates and news: [Instagram](#), [LinkedIn](#), [BlueSky](#). Also, "Taking Action on Addiction" seeks to improve everyone's understanding of addiction to help end stigma and calls for addiction to be treated as a serious mental health condition. You can read more about it here: [Taking Action On Addiction | A campaign website to bring more understanding and help reduce the stigma surrounding addiction](#).

- **Exploring Cultural Experiences of Stigma**, Thurs 23 January 2025 , 12.30pm – 2pm
Stigma within some minoritised communities in the UK on issues like problematic drug and alcohol use, and a lack of knowledge of support available can lead to reduced help seeking from the people within these communities. Join us as another set of guest speakers talk about this and answer your questions on some of the complexities involved, and additional barriers to support.

- **Developing Inclusion – Substance use stigma in general practice**, Thurs 20 March, 12.30pm – 2pm
What positive steps can we make to ensure that stigmatisation within a GP setting is reduced for people who use drugs and alcohol? A person-centred approach, appropriate language and addressing implicit bias could be key. Hear from three healthcare providers across the UK and Ireland who share their experiences and tips for best practice.

Tickets are free and all are welcome: <https://www.ticketsource.co.uk/antistigmanetwork>

It's been over a year and a half since we launched the Network and there is still so much work to do to improve the understanding of the stigma and discrimination experienced by people harmed by drug and alcohol use,
but together we can end stigma.

Let's continue to welcome individuals and organisations of all kinds to join us, to ensure that people affected by drug and alcohol use are treated fairly, justly and with dignity.

Join the Anti-Stigma Network

Anyone can join the Anti-Stigma Network and there is no charge. We just ask that you commit to:

Call out stigma and discrimination when you experience it or observe it.
and
Work with other members to share how best to understand stigma and fight discrimination.

Join Now

WOMEN'S HEALTH SURVEY



Black Country
Integrated Care Board

Women in the Black Country are encouraged to share their experiences to help shape local women's health services. The NHS Black Country Integrated Care Board (ICB) is seeking the views of local women on a range of health issues, including heavy periods, the menopause, assisted conception as well as mental health and general wellbeing.

By sharing their perspectives, women will have a direct impact on shaping future health services, policy and support in the Black Country that reflect their real, lived experiences.

The public conversation is now open for those who use and support women's health services in the Black Country and will close on 26 January 2025.

Dr Ananta Dave, Chief Medical Officer for NHS Black Country ICB, said: "We know that women's health needs are often complex and varied, and it's our responsibility to make sure that NHS services fully meet these needs."

[Click here to take the survey.](#)

To learn more about what's going on in your local area, contact the NHS Black Country ICB's Involvement team by email involve.blackcountry@nhs.net or call 0121 612 1447.



December 2024 - January 2025



"We're familiar with the devastating effect cocaine can have on lives. What's interesting is the cultural normalisation that's contributing to the statistics. If drug use starts in a safe setting and escalates, at what point is intervention relevant – or possible? Using it as a way to avoid drinking too much (aside from using it to keep going for longer) is a twist on harm reduction that we may not have contemplated, but it's risky. The two substances combine to form toxic cocaethylene, increasing the risk of heart attack and stroke – but who's familiar with that? It's complicated, but we need to look at the stats and focus on an effective response – cocaine-related deaths increased by a third last year."

Read the December/January issue as an [online magazine](#) (you can also download it as a PDF from the online magazine)



SDCA VOLUNTEER

**We need
your
support!**

**VOLUNTEERS
NEEDED**



**PEER
VOLUNTEERS
NEEDED**

SDCA (Sandwell Deaf Community Association) is a charity promoting choice and independence.

1 - We are looking for volunteers to be involved in the various community groups and events which take place within SDCA and in the wider community.

2 - We are also looking for Peer Volunteers to be involved by supporting Deaf, Deafblind, and Hard of Hearing people in Sandwell and the wider community who may feel lonely or isolated.

**Do you hold BSL communication at Level 2 or equivalent?
Are you a native sign language user?**

Do you have an understanding of the difficulties that arise when living with hearing loss / sensory impairment?

If you answered yes, please contact Craig Potheary, our Well-Being Coach for more information or for an application form.



**Text/Facetime/WhatsApp:
07791921011**



**Email:
craig_potheary@sdca.co.uk**





Would you like to become a Community Cancer Champion?

Cultural barriers and a lack of awareness about “what cancer is?”, in communities can often lead to late diagnosis and poorer survival rates. We will look to address these issues through a proactive community engagement training programme.

The key main areas that we will look at are;

- Health and Wellbeing
- Cancer Prevention and Early Diagnosis
- Cancer Screening Programmes
- Signs and Symptoms
- Living well and beyond Cancer

This training will aim to improve early diagnosis of cancer, addressing some of the health inequalities. Talking helps breakdown fear and barriers. This training program is designed in conjunction with Cancer Research UK, and will give participants the knowledge and confidence to have conversations in their community about cancer prevention, myth busting and early diagnosis.

This training will take place via Microsoft Teams.

If you would like more information contact Kassandra.styche@nhs.net

This training will run over 2 sessions and both sessions must be completed.

The sessions are via Microsoft teams:

- Tuesday 21st January – 10-12pm
- Thursday 13th February – 12-2pm

If you would like to book, please follow this link: <https://re-url.uk/WIZI>

This training is open to all so feel free to share widely in your communities.



Black Country Healthcare
NHS Foundation Trust

THE RECOVERY COLLEGE OPEN DAY

SANDWELL

10am-12pm

Friday 17th January

Quayside House

B69 2RD

Explore courses that support mental health and personal growth in a positive learning environment.

Meet the Team

Join a Taster Session

Refreshments Available

www.therecoverycollege.co.uk

Telephone: 0121 543 4061

Email: info@therecoverycollege.co.uk

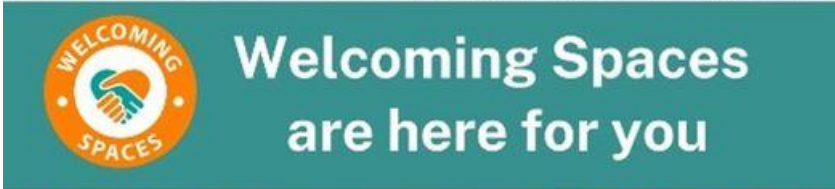




Welcoming Spaces

We know residents are worried about the high cost of living and would like to be able to drop into places where they can sit, chat and join in free activities.

With our partners in the voluntary sector, we are offering a network of Welcoming Spaces across Sandwell. Many council buildings and community centres are Welcoming Spaces.



www.sandwell.gov.uk/welcomingspaces



Here's what you can expect at our Welcoming Spaces:

- You will receive a warm welcome every time you come to our Welcoming Spaces
- You will be treated fairly and with dignity and respect at our Welcoming Spaces
- You will be able to join in a range of free activities, if you wish
- We will not tell anyone about your need for a Welcoming Space, but we are here to listen to any of your concerns
- We will put you in touch with other services that can help, if you wish

[#SupportingSandwell](https://twitter.com/SupportingSandwell)

Guide to living well this Winter:

<https://heyzine.com/flip-book/5237249130.html#page/1>



Urgent mental health support - without the wait.

If you're experiencing a mental health crisis, simply call 111 and press option 2 to access specially trained mental health staff who will assess your needs and connect you to the right services.

Prefer to text? Contact 07860 025 281 for support.

Sanctuary Hubs: Open evenings and weekends across the Black Country. No referral is required: Open 6pm-11pm weekdays, 12pm-11pm weekends.

- **Dudley Sanctuary Hub:** DY1 Community Centre, Stafford Street, Dudley, DY1 1SA
- **Sandwell Sanctuary Hub:** Hope Place, 321 High Street, West Bromwich, B70 8LU
- **Walsall Sanctuary Hub:** 1 Queen's Parade, Bloxwich, Walsall, WS3 2EX
- **Wolverhampton Sanctuary Hub:** 84 Salop Street, Wolverhampton, WV3 0SR



Or you can call NHS 111 and press option 2 or text 07860 025 281



Community Chats

Drop in and say hello to Leanne and Melissa who want to listen to your experiences of health and social care services in Sandwell and can offer signposting advice.

Sandwell Aquatics Centre
Londonderry Lane, Smethwick,
West Midlands, B67 7EW
The first Thursday every month
10:30am - 12pm



Portway Lifestyle Centre
Newbury Lane, B69 1HE

The second Thursday every month
10:30am to 12pm



South Staffs Water

Union St, Wednesbury WS10 7HD

Community Hub

The third Tuesday every month
10:30am to 12pm

Contact Leanne or Melissa for further information

07901 114140 (Leanne) 078852 14547 (Melissa)

Melissa.Elders@healthwatchesandwell.co.uk

Safeguarding_SSAB@sandwell.gov.uk





HARD OF HEARING GROUP

Are you hard-of-hearing/have a hearing loss?
Would like to meet other hard-of-hearing people and make new friends?




COME JOIN US!
Every other Wednesday 10am-12pm
West Bromwich Community Centre,
Gayton Road, West Bromwich, B71 1QS


2025	Jan	Feb	Mar	April	May	Jun
	8th 22nd	5th 19th	5th 19th	2nd 16th 30th	14th 28th	11th 25th
2025	July	Aug	Sept	Oct	Nov	Dec
	9th 23rd	6th 20th	3rd 17th	1st 15th 29th	12th 26th	10th

Want more information? Contact us!
 07791921011 Phone/Text/Facetime
 craig_pothecary@sdca.co.uk







THURSDAY SOCIAL CLUB



COME JOIN US!
Every Thursday.
Drinks, cakes, and sandwiches are available for purchase from 10 am. to 11 am.
The bingo books are on sale from 10 am. to 11:15 am.
Bingo begins at 11:30 am and ends at 1:30 pm.

West Bromwich Community Centre,
Gayton Road, West Bromwich, B71 1QS

Want more information? Contact us!
 07791921011 Phone/Text/Facetime
 craig_pothecary@sdca.co.uk


Deaf 71 Friday Social Club

Are you aged 18+? Do you like going out and socialising?
Are you profoundly Deaf and live in Sandwell?



STAY ACTIVE

If you do, then SDCA has a social group that meets up to socialise and take part in various activities.
The group meets on Fridays every fortnight from 5pm to 7pm (Subject to changes).
For more information please contact SDCA on the details below...

Text/Facetime/WhatsApp: 07791921011
 Email: craig_pothecary@sdca.co.uk





DeafBlind Group

Are you Deafblind living in Sandwell and the Black Country?
Would you like to meet other Deafblind people and make new friends?



Come and meet us at Bromwich Community Centre,
Gayton Road, West Bromwich, B71 1QS

2025
From 2pm to 4pm.

22nd January	19th February
19th March	30th April
28th May	25th June
25th July	20th August
17th September	

Want more information? Contact us!
 07791921011 Phone/Text/Facetime
 craig_pothecary@sdca.co.uk






SDCA HEALTH GROUP



The next Health Group will focus on:

Subject	Date	Time
Dudley CFRs - Saving life session	8th January 2025.	3pm to 5pm.
Diabetes awareness talk.	12th February 2025.	3pm to 5pm.
Cranstoun Sandwell: Alcohol and Drug awareness	12th March 2025.	3pm to 5pm.
Health Watch.	9th April 2025.	3pm to 5pm.
NHS: Cancer Awareness session	14th May 2025.	3pm to 5pm.

BSL Interpreter available



Health Group will be held at:
**West Bromwich Community Centre,
Gayton Rd, West Bromwich B71 1QS**



Text/Facetime/WhatsApp: 07791921011
Email: craig_pothecary@sdca.co.uk







BREAKFAST? COFFEE? MEET NEW FRIENDS?





**The Interceptor, Unit 8, New Square,
West Bromwich, West Midlands, B70 7PP**

All from 10am to 12 noon.

Coffee Mornings will be held on:

15th January 2025.	12th February 2025.	12th March 2025.
9th April 2025.	7th May 2025.	4th June 2025.
2nd July 2025.	13th August 2025.	10th September 2025.
8th October 2025.	5th November 2025.	3rd December 2025.

For more information, please see below..

Text/Facetime/WhatsApp: 07885 913225
Email: craig_pothecary@sdca.co.uk







Welcome To Sign Cafe



- Would like to meet other Deaf people and make new friends?
- Come on down to our Sign Café and enjoy socialising in a relaxing environment.
- For those who wish to practice their signing skills, this is the perfect opportunity.
- Why not come down and join us, food and drinks are available for purchase.

**West Bromwich Community Centre,
Gayton Rd, West Bromwich, B71 1QS**



2025
From 12 noon to 2pm.


24th January	23rd April
26th February	21st May
26th March	18th June

Please contact Craig Pothecary, our Well-Being coach, for more information


Text/Facetime/WhatsApp: 07885 913225
Email: craig_pothecary@sdca.co.uk








SDCA COCHLEAR IMPLANT SUPPORT GROUP



Welcome

- ...Are you aged 18+?
- ...Do you use a Cochlear Implant?
- ...want to share experiences?
- ...want to make new friends?
- ...want to share ideas on useful accessories that can work with the cochlear implant?







The next Cochlear Implants group will meet on the following dates below:

15th January 2025	2nd July 2025
5th February 2025	6th August 2025
5th March 2025	3rd September 2025
2nd April 2025	11th October 2025
7th May 2025	5th November 2025
4th June 2025	3rd December 2025

All from 1pm to 3pm.

Cochlear Implants Group will be held at the West Bromwich Community Centre, Gayton Road, West Bromwich, B71 1QS.

Text/Facetime/WhatsApp: 07791921011
Email: craig_pothecary@sdca.co.uk



PROUD TO PLAY IN SANDWELL

YAY FOR PLAY!

All to play for – Go Play create better play opportunities for all children & young people Sandwell!

→ FIND A PLAY SESSION NEAR YOU

- Go Play Sandwell Website <https://goplaysandwell.co.uk/>
- Go Play Sandwell Facebook <https://www.facebook.com/GoPlaySandwell/>

Coping with Bereavement

As we get older, coping with the loss of a loved one can become very difficult. There is no single "right" or "wrong" way to process loss. Individuals may show a wide range of feelings, including:

- Disbelief or denial, continuing on as if nothing has changed.
- Feelings like anger, panic, shock or emotional numbness.
- Difficulty sleeping, tiredness, loss of appetite, quick change of mood, trouble concentrating, anxiety, or depression.
- Vivid imaginations of seeing or hearing the deceased.
- Feelings of guilt due to perceived failures or inability to prevent the death.

Recognising and allowing these different reactions is an important part of the healing process.

Things That Can Help

- Talk about your feelings and your loss - it's ok not to feel ok.
- Reach out for support and communicate your needs to others who can help.
- Try to maintain your normal routine as much as possible.
- Take care of yourself - sleep and rest, spend time with family/ friends/ neighbours/ local community groups.
- Be patient - it takes time for things to feel different, bereavement can be like a rollercoaster.
- Be careful, as accidents are more likely during periods of stress.

If you are having a medical emergency or you are in a life-threatening situation, please call 999 or attend your local A&E department

"At the beginning all you can feel is the overwhelming sadness. As time passes, even though the sadness remains, it is alongside happy memories and memorable times spent together."

Unknown author
message from Tree of Life, Dying Matters Awareness Week 2024

For some people, the emotions or difficulties related to someone dying may lead to thoughts of self-harm or suicide.

If you are thinking about self-harm or suicide, or you are concerned about someone who may be, please contact SAMARITANS* on 116 123

*Available any time, day or night for confidential support.

If you need help to improve your health and well-being or require further information, please contact Healthy Sandwell Team on:

0800 011 4656
0121 569 5100

www.healthysandwell.co.uk



Bereavement, Grief and Loss

Are you, or someone you know, looking for bereavement, grief or loss support?



If you would like to discuss any feelings around your loss, please read this leaflet or scan the QR code for more information.

Free Local & National Bereavement Support

Bennetts Funerals – GriefChat:
www.bennettsfunerals.co.uk/bereavement-support. For an instant chat with a professional bereavement counsellor.
Monday – Friday 9am – 9pm

Black Country Support After Suicide:
Rethink Mental Health – 0800 008 6516

- 1-1 practical and emotional support across 6 personalised weekly support sessions - face to face sessions, online, telephone or WhatsApp.
- 1-1 suicide bereavement counselling for between 6-8 weekly sessions.
- Bereavement peer support groups – closed support groups with a maximum of 6 participants.

Blue Cross:
Support to cope with the loss of a pet, either through death, enforced separation or theft.
0800 096 6606
Email: plsmail@bluecross.org.uk
Live chat also available
Monday – Sunday: 8.30am – 8.30pm

CRUSE Bereavement Care:
Local branch (Smethwick): 0121 558 1798
National branch: 0808 808 1677

Dorothy Parkes Centre (Smethwick):
Loss Matters - 0121 558 2998

Kaleidoscope Plus Support Groups (West Bromwich):
Contact number - 0121 565 5605
Bereavement Group - monthly meetings on Tuesdays, 11am-12.30pm
Bereaved by Suicide Group - First Tuesday of every month 6.30 pm – 8pm

Murray Hall Community Trust:
Contact number: 0121 612 2939
Bereavement Support Group – drop-in sessions, monthly on the 3rd Friday of each month from 10am – 12pm.
Murray Hall Community Trust, The Bridge Community Centre, St Marks Road, Tipton, DY4 0SL

National Bereavement Service:
Grief support and practical & legal administration support after someone has died.
Monday - Friday 9am-6pm,
Saturday: 10am-2pm, Sunday: CLOSED
Helpline: 0800 0246 121. Email: info@thenbs.org
Live Chat via the website

SOBS (Survivors of Bereavement by Suicide):
9am-9pm every day
National Support line: 0300 111 5065
Local support phone: 07376 303 438
The Birmingham group also run a virtual Punjabi speaking women's group.

Sue Ryder at Dorothy Parkes Centre (Smethwick):
The Grief Kind Space offers face to face informal support drop in sessions every Monday between 10am-12pm, at Dorothy Parkes Centre, Church Road, Smethwick, B67 6EH.
Online support with a qualified counsellor available on www.sueryder.org/grief-support/

Silverline:
0800 470 8090 Free, confidential telephone service for older people - friendship, conversation and support 24 hours a day, 7 days a week.

Winston's Wish:
08088 020 021 Specialist practical support and guidance to bereaved children, their families and professionals.
Monday - Friday: 8am-8pm

Support lines

Need to talk to someone?

24/7 support lines

Samaritans - 116 123
Free for anyone at anytime for any reason
Email: jo@samaritans.org

Silverline - 0800 470 8090
Free, confidential telephone service for older people - 24 hours a day, 7 days a week.

Black Country Mental Health Helpline
0800 008 6516 (24/7 Helpline)

Day/ Evening support lines

Cruse (nationwide bereavement support)
0808 808 1677
Monday, Wednesday-Friday: 9.30am-5pm;
Tuesday: 1pm-8pm; Saturday – Sunday: Closed

Grief Encounter - Grieffalk helpline
0808 802 0111
Monday - Friday: 9am-9pm

Kaleidoscope Sanctuary Hub (Primary mental health support at Hope House, West Bromwich)
0121 289 6111 or 0121 565 5605
Monday - Friday: 6pm-11pm
Saturday & Sunday: 12 (noon)-11pm

Marie Curie - Free bereavement support
0800 090 2309
Monday - Friday: 8am-6pm; Saturday: 11am-5pm

National Bereavement Service
0800 0246 121
Monday - Friday 9am-6pm,
Saturday: 10am-2pm, Sunday: CLOSED

SOBS (Survivors of Bereavement by Suicide)
0300 111 5065 everyday 9am-9pm

HARM OUTSIDE THE HOME SAFETY PLAN



1 Bedroom checks

Complete regular bedroom check. Look out for drug use, weapons and new possessions that you have not purchased or funded.

2 Embrace the music

Listen to the music that your child is listening to and have conversations about what is being said...learn from them (don't just tell them to turn that racket off!)

3 Opinions matter

Ask questions about what their opinion is on "carrying a weapon" and speak about the consequences of this.

4 Out of sight

If you are worried about your child carrying knives, then purchase a lock box.

5 Knife Amnesty

Look up the new laws regarding knife possession and find out where your local knife amnesty box is

6 Communicate

Understand who their friends are, speak to their parents and have an open line of communication.

7 Set Boundaries

Set clear boundaries around curfew times and expectations of this.

8 Hang Outs

Ask questions about where they are going in the community and understand where they hang out.

9 Open Conversations

Have open conversations with school if you have any worries that something might be going on in the community and access support.

10 Breaking curfew?

If you are concerned that your child is not returning for curfew, don't know where they are or who they are with, report them as missing via 101.

For more advice or any concerns you have please contact
CE_Team@sandwellchildrenstrust.org



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#Progression_not_perfection
#You're_in_recovery_when_you_say_you_are

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Nick2_shough@sandwell.gov.uk

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