

# Recovery & Wellbeing



# in Sandwell

Newsletter #8

March 2024

**Welcome to the eighth monthly edition of the *Recovery & Wellbeing in Sandwell* newsletter, with information on places to go, things to do, and opportunities to build recovery for everyone.**

In this edition we continue to try to list as much that is going on locally as we can. Please share this with your networks and especially with people who may find it useful.

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Building  
Recovery in  
Sandwell

## Public Announcement

### **Recovery Project Grants Available: Supporting Recovery from Substance Misuse**

Sandwell Council's Public Health Team are inviting local Voluntary and Community Sector groups and organisations to apply for Recovery Project Grants to support people who are aged 18 and over and who are recovering from drug and/ or alcohol misuse.

Recovery from drug and alcohol misuse is much more than reduced use of or abstinence from these substances, it is about improving health and well-being, building self-esteem, creating new social networks, education, volunteering, and employment. Local organisations can support this through the provision of innovative non-clinical projects which sit beyond the traditional remit of specialist drug and alcohol misuse services.

Applications should seek to meet one or more of the following objectives:

1. Improving the health and well-being of people recovering from drug and/ or alcohol misuse through the provision of positive activities.
2. Supporting people in recovery from drug and/ or alcohol misuse to develop new skills.
3. Promoting community and social inclusion by reducing stigma related to drug and/ or alcohol misuse.
4. Supporting the development of a sustainable and local recovery community.

Constituted voluntary and community groups working within the borough can apply for grants of between £5,000 and £15,000 to support activity from April 2024 to March 2025.

The closing date for applications is **midday on Friday 5<sup>th</sup> April 2024.**

<https://www.sandwell.gov.uk/voluntary-community-sector-support/funding-voluntary-community-groups-1/1>

## News & Media

The second meeting of the *Sandwell Recovery Forum* will be hosted by Kaleidoscope + Group, at Hope Place on Thursday 14<sup>th</sup> March, 12.00 – 2.00 p.m.

**The purpose of this meeting is to connect the recovery community of Sandwell, discuss opportunities, organise visits or activities, and plan events including the annual Recovery Conference in September.**

There is a Recovery Projects meeting beforehand at 10.30 which you are welcome to attend as well, there will then be a buffet lunch at 12.00 and the Recovery Forum will take place from 12.30 to 14.00.

**No booking needed, just come along.**



The Kaleidoscope Plus Group, Hope Place, 321 High Street, West Bromwich, B70 8LU

(Opposite the Library – was once West Brom Building Society).

**Public Transport:** Bus no's 41, 44, 47, 74, and 79 stop outside Hope Place or West Bromwich Bus Station is only a 5-minute walk away. There is also the W.M. Metro which also stops 5-minutes away.

If driving, turn down Lombard Street and immediately left after the small mechanics garage. Straight down the narrow driveway and if there is no one at the gate, please call Reception on 0121 565 5605 to request electric gate on right hand side opens. Then someone will come out to let them in. Please can visitors park as closely as possible as the car park isn't massive 😊



International Women's Day

**SAVE  
THE  
DATE!**

**INTERNATIONAL  
WOMEN'S DAY  
IS COMING**

**MARCH 8**

Learn more at [www.internationalwomensday.com](http://www.internationalwomensday.com)

International Women's Day 2024 is on March 8<sup>th</sup> and this year the theme is **Inspire Inclusion**, look out for local events and in the media for coverage.

We all have a part to play, when we inspire others to understand and value women's inclusion, we forge a better world.

And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment.



International Women's Day



**March 8**

[www.internationalwomensday.com](http://www.internationalwomensday.com)



International Women's Day

Let's forge a more inclusive world for women. Collectively, we can all **#InspireInclusion**.

**March 8**

[www.internationalwomensday.com](http://www.internationalwomensday.com)

**We will challenge  
gender stereotypes,  
discrimination & bias.**

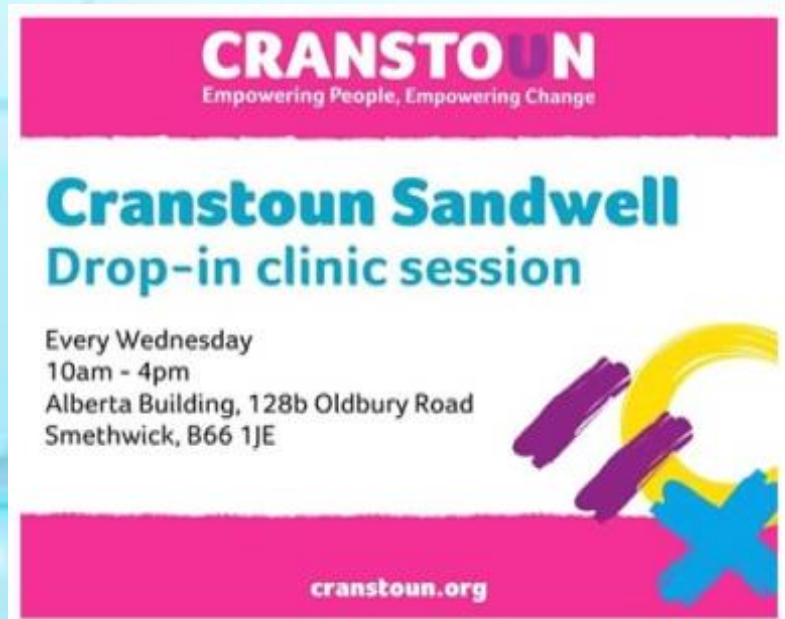
**#InspireInclusion**

# Recovery Support in Sandwell

## Drop-in to Cranstoun

Come and see Cranstoun Sandwell & the HepC Trust at our Wednesday Drop-in clinic session.

We're offering BBV testing with #HepB & #HepC screening (results within one hour) & same day referral to treatment, along with #harmreduction info in a supportive environment.



**CRANSTOUN**  
Empowering People, Empowering Change

## Cranstoun Sandwell Drop-in clinic session

Every Wednesday  
10am - 4pm  
Alberta Building, 128b Oldbury Road  
Smethwick, B66 1JE

cranstoun.org

The flyer features a pink header with the Cranstoun logo and tagline. Below is the event title in large blue font. The schedule and location are listed in black text. On the right, there is a graphic of a yellow and purple syringe with a blue 'X' over it. The footer contains the website URL.

Drop-in to Cranstoun advert, every Wednesday 10 – 4, advert

## Cranstoun in the community

Come along and see us at **St Mary's Bearwood** for advice & information around your own or someone else's alcohol or drug use. Look for our purple harm reduction vehicle in the car park!

Every Tuesday  
12 – 3pm.



**CRANSTOUN**  
Empowering People, Empowering Change

Do you have a question about  
your own or someone else's  
drug or alcohol use?



Cranstoun provide a weekly session from St Mary's Bearwood car park, providing free, non-judgemental advice & information around alcohol & other drugs.

Whether you want to know how to stay within safe alcohol limits, need advice or a referral for treatment, we are here to help you.

**Every Tuesday 12pm to 3pm**  
**St Mary's Bearwood**  
Bearwood Road, Bearwood, Smethwick, B66 4BX  
(Opposite Argos & Aldi)  
**From 25<sup>th</sup> July 2023**

cranstoun.org

The flyer has a purple header with the Cranstoun logo and tagline. The main text is in orange and black. It includes a photo of a purple van with the Cranstoun logo. The footer contains the website URL.

Cranstoun in the community flyer

# 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](mailto:abl.sandwell@nhs.net)



### Website

Download a referral form at [www.smokefreesandwell.co.uk](http://www.smokefreesandwell.co.uk)



**QUIT SMOKING**

Get In Touch Today  
0121 740 0040  
[smokefreesandwell.co.uk](http://smokefreesandwell.co.uk)

smokefree  
Sandwell

20 minutes - Heart Rate & Blood Pressure Drop  
2-12 weeks - Lung Function Increases  
1-9 Months - Reduced Shortness of Breath  
1 Year - Coronary Heart Disease Halved  
5-15 Years - Stroke Risk Reduced to Non-Smoker  
10+ Years - Risk of Cancers Significantly Decrease

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



**FREE**

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

# Projects supporting recovery in Sandwell with contact details to join or get your key worker to refer you.



AFSCS logo

## AFSCS - Recovery Support Program

This project aims at engaging service users into positive activities likely to divert them from relapsing. The following activities are designed to divert participants from drug or alcohol addiction and to engage them into healthy and positive activities:

- Employment support to become economically active
- Welfare support to move on into independent accommodation, white goods, furniture, and benefits supports.
- Volunteering opportunities on projects for to be more involved in the community.



84A High Street, Smethwick, B66 1AQ ☎ 0121 260 5845



[houda@afscs.org.uk](mailto:houda@afscs.org.uk)



[www.afscs.org.uk](http://www.afscs.org.uk)



[www.facebook.com/afscsuk/](https://www.facebook.com/afscsuk/)

\*\*\*\*\*



Community Links logo

## Cradley Heath Community Link - Recovery Café

An opportunity to engage with the Link and local community through a community café on set days each week. Residents will be able to attend training for food safety qualifications to enable them to work within the kitchens to prepare and deliver food from within the café.

Each person will be supervised while gaining experience working in the kitchen area to front of house and money handling, and within a few months gain a reference from CHCL to help place them in employment.



72 High Street, Cradley Heath, B64 5HA ☎ 01384 861637



[cradleyheathcommunitylink@gmail.com](mailto:cradleyheathcommunitylink@gmail.com)



[www.facebook.com/CHCLink?locale=en\\_GB](https://www.facebook.com/CHCLink?locale=en_GB)

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FPMS logo

## Friar Park Millennium Centre - Recovery Group

A recovery group to support individuals accessing the Cranstoun service that runs at the centre on: Tuesday 9.30-2pm; Wednesday drop in session 9.30-2pm, and Friday 9.30-2pm.

- Support groups meetings, being able to have a chat while relaxing with a cuppa
- Activities will include bike rides, local walks to open spaces and canal walks
- Team building exercises and physical activities in our large sports hall
- Workshops to build self-esteem and work towards employment or aim of individuals
- Volunteering opportunities within the community centre
- Bakes – For families, individuals to gain skills in making desserts, pizza and your ideas to cook at no expense to you.



Friar Park Road, Wednesbury, WS10 0JS ☎ 0121 556 0139



[Leannejones32@yahoo.co.uk](mailto:Leannejones32@yahoo.co.uk)



[www.facebook.com/friarparkcommunitycentre/](https://www.facebook.com/friarparkcommunitycentre/)

## Personal Development & Wellbeing Programme

Weekly peer-led wellbeing support sessions guided by our training officer. People will be encouraged to share resources (I.T. will be provided by KPG) to support recovery. Examples of themes can include (but not limited to): Personal presentation; Organisation, Problem solving & decision making, Teamwork, Interview skills, Presentation skills, Communication and social skills, Health and nutrition, Budgeting and Managing finances, Goal setting, Creative arts.

In addition, we will offer open meetings for friends/ family who are affected by addiction. Our aim is to end the stigma and share experience in a confidential non-judgemental environment.

 321 High Street, West Bromwich, B70 8LU  0121 565 5605

 [info@kaleidoscopeplus.org.uk](mailto:info@kaleidoscopeplus.org.uk)  [www.kaleidoscopeplus.org.uk/](http://www.kaleidoscopeplus.org.uk/)

 [www.facebook.com/kaleidoscopeplusgroup](https://www.facebook.com/kaleidoscopeplusgroup)



Kaleidoscope + Group logo

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## The Salvation Army – Employment Plus Programme

The 'Inspirational Life Coaching' programme to improving the health and well-being of people recovering from drug and/or alcohol misuse through the provision of positive activities, developing new skills, increasing social inclusion, and enhancing local recovery networks.

- One-to-one sessions to improve general wellbeing and confidence and highlight skills
- Building resilience through strengthening personal insights and setting realistic goals, practical help with barriers such as travel.
- Positive activities, including walking groups, creative activities, and access to sports.
- Looking at CVs, transferrable skills, enhancing digital skills; access to iLearn the Salvation Army online learning portal.
- Supported signposting to community organisations to provide additional support.
- Encouraging peer-to-peer support and using 'lived experiences' to motivate and inspire.
- EDCs act as a bridge to employment by removing barriers and supporting employers.
- Explore local volunteering opportunities and in our Charity Shops, Churches, and Café.

 Merton Close (off Pound Road), Oldbury, B68 8NG  07702940944

 [Lee.horley@salvationarmy.org.uk](mailto:Lee.horley@salvationarmy.org.uk)  [www.salvationarmy.org.uk/oldbury](http://www.salvationarmy.org.uk/oldbury)

 [www.facebook.com/savegrowserve](https://www.facebook.com/savegrowserve)



Salvation Army logo



# GROWING OPPORTUNITIES

Are you in recovery from drug and alcohol misuse?  
Are you looking for ways to improve your wellbeing?  
Do you enjoy or would like to explore activities like gardening  
and cooking?

## WE CAN HELP!

We deliver a range of activities linked  
to the 5 Ways to Wellbeing from our  
Community & Therapeutic Gardens in  
Sandwell

*Ideal For All, Growing Opportunities Project flyer*



To find out more & join our free, friendly project get in touch today



**Salop Drive  
Market Garden**

Salop Drive, Smethwick, B68 9AG



**Barlow Road  
Community Garden**

Barlow Road, Wednesbury, WS10 9QA



**Malthouse  
Therapeutic Garden**

100 Oldbury Road, Smethwick, B66 1JE

T: 0121 558 5555 (Option 2)  
E: [contactifa@idealforall.co.uk](mailto:contactifa@idealforall.co.uk)  
Facebook & Twitter: @idealforall



**HEALTHY  
SANDWELL**  
We find the support you need

Funded by Healthy Sandwell

## Sandwell Asian Development Association (SADA) - W.B.A Boxing Club

Boxing Gloves logo



This is a no-contact boxing programme for men or women with activities including skipping, bag work and conditioning training. Members will attend two sessions each week for twelve weeks, with each two-hour session being one-hour of training followed by one-hour of group support and discussion with the coach. After the programme, participants will be able to continue to use the gym and can go on to become trained as fitness trainers.

Sessions will take place every Monday and Thursday from 7pm-9pm



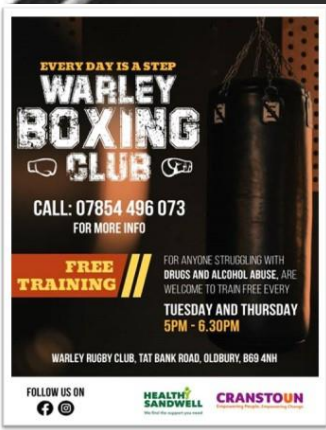
07931 636 452



[thara2dayal@yahoo.ie](mailto:thara2dayal@yahoo.ie)

Alpine Gymnasium, Unit F, Sams Lane, West Bromwich, B70 7EG

## Warley Boxing Club - No-contact Boxing Program



Participants will learn no-contact boxing for the first four months starting from basic boxing practices and progress gradually overtime. During this time, participants will build their bodies through physical exercise; improve their self-confidence and develop the commitment and love of attending regular boxing sessions.

After four months, participants will decide either to carry on with no contact boxing or join others undertaking normal boxing sessions and who can engage into more boxing contact and competition. The project will be delivering two sessions of 1.5 hour per week. Informal one-to-one mentoring will be delivered if necessary, to those in need of this support.



Warley Rugby Club, Tat Bank Road, Oldbury, B69 4NH



07976 599917



[c\\_cunningham9@hotmail.com](mailto:c_cunningham9@hotmail.com)



[https://www.facebook.com/teamwarley?locale=en\\_GB](https://www.facebook.com/teamwarley?locale=en_GB)

## West Bromwich leisure centre - Leisure Passes

Repeating the successful take-up of last year's offer, West Bromwich Leisure Centre is again offering free Leisure Passes to Cranstoun service users.



# Places Leisure

Part of Places for People  
*Places Leisure logo*

The benefits are:

- 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

This offer is only available if you are currently in treatment with Cranstoun Sandwell, you will need to ask your keyworker to refer you.

# Getting help and Support

A full up to date list of services, helplines and websites is available at

[www.healthysandwell.co.uk/talk](http://www.healthysandwell.co.uk/talk)



-  [www.sandwellhealthyminds.nhs.uk](http://www.sandwellhealthyminds.nhs.uk)
  -  Black Country Mental Health Helpline - 0800 008 6516 (24/7 Helpline)
  -  Papyrus (Crisis Line) - 0800 068 4141 (Hopeline UK 9am - Midnight)
  -  Samaritans - 116 123
  -  Kaleidoscope Sanctuary hub - 0800 008 6516
  -  Cruse Bereavement Care - 0808 808 1677 (Helpline, Monday - Friday 9.30am - 5pm)
  -  Tough Enough To Care (Local Men's support group) - 07398 933 134
- Survivors of Bereavement by Suicide (SOBS) - 0300 111 5065 (National Helpline, Mon to Sun 9am - 9pm)

Find other health & wellbeing services near you;

 <https://route2wellbeing.info/>

IF YOU'RE STRUGGLING, IT'S REALLY IMPORTANT THAT YOU GET SOME HELP.



# 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](mailto:gambling@aquarius.org.uk)



**Aquarius Gambling Service**  
In partnership with Gamcare



**aquarius**

*Aquarius Gambling Support flyer, call 0300 456 4293 or email [gambling@aquarius.org.uk](mailto:gambling@aquarius.org.uk)*



# Five Ways to Wellbeing

For Treatment or Recovery to be successful you need a plan, that will be a care plan or recovery plan agreed with your keyworker in a treatment or recovery service but what plan will you make for yourself when you've left the service?

In issue #7 we introduced the Five Ways to Wellbeing - five simple activities to improve your Mental Health & Wellbeing. Wellbeing is about feeling good and doing well in your day-to-day life. It includes feeling positive, having a sense of purpose, belonging and being able to cope with problems and change. The biggest difference we can make is to develop awareness and skills to help us look after and think about our own wellbeing. Each month we will focus on one of the Five Ways to Wellbeing (5W2W), actions we can all do to improve our wellbeing and how we feel.

## Connect

Connecting with the people around us is a great way to remind ourselves that we're important and valued by others. Being connected to others is the number one factor in maintaining mental wellbeing into old age, so it is important for us all to build and maintain social networks in our lives.

Here are some suggestions for staying connected:

- Arrange to meet people regularly.
- Join a local group or activity. There are nine recovery projects listed here on pages 7-10, join one and meet new people in recovery. Or there are hundreds of groups and activities around Sandwell in the community, many are listed on the following pages.
- Go on monthly dinner dates with friends at each other's homes.
- Reach out to somebody you've lost contact with. Send them a letter, an email or give them a call to let them know you are thinking about them.
- Take some time to get to know your neighbours. Invite them around for a cup of tea.
- If you feel comfortable you could try speaking to someone new, ask how their weekend was.

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

# Welcoming Spaces, Support Groups and Activities in Sandwell

Council buildings and many community centres are Welcoming Spaces.

<https://route2wellbeing.info/browse?source=bar&phrase=%23welcomingspaces>

All of Sandwell's libraries are Welcoming Spaces during their normal opening hours. There's no need to book or call ahead, just turn up. Click on the link below and select a library from the list to view opening hours and location.



A flyer for the Friar Park Millennium Centre. At the top, it says 'THE MILLENNIUM CENTRE FRIAR PARK WEDNESBURY' on both sides. The main text reads: 'Welcoming Space Monday - Friday 9AM - 9PM Saturday 9am - 2pm'. Below this, it says 'All families are welcome' and 'We will be offering FREE soup and bread, Hot drinks and squash'. A paragraph follows: 'As the cold weather approaches, we are providing a welcoming space for the public to welcome local residents, beat the cold weather &amp; rising bills. Come along, keep warm, have a cuppa, watch a film on our TV, have a chat and get help and support where needed.' The bottom section says 'COME ALONG! HOT SOUP AND DRINKS AVAILABLE FREE OF CHARGE'. At the bottom, it lists 'Friar Park Road Wednesbury WS10 0JS' and includes logos for 'WELCOMING SPACES', 'SCVO VISION 2030', and 'Sandwell'.

Friar Park Welcoming Space, Monday - Saturday

A flyer for the Kaleidoscope Sanctuary Hub. The title is 'Kaleidoscope Sanctuary Hub' in white and yellow text on a purple background. Below the title, it asks 'Feeling alone, overwhelmed or that things are too much for you right now?'. There is a circular photo of a man looking at his phone. A speech bubble contains the text: 'Kaleidoscope Sanctuary Hub is a safe place for you to access support, outside of support services normal opening hours.' Below this are three bullet points with checkmarks: 'The service is for anyone aged 18 and over, who lives in Sandwell or is registered to a Sandwell GP.', 'You can access support for yourself or if you are concerned about someone you are supporting right now.', and 'At Kaleidoscope Sanctuary Hub you will be able to speak to a friendly support worker, who will give you a safe space to talk. We will listen, support, offer advice and empower your recovery journey.' A note at the bottom states: 'Please note: Kaleidoscope Sanctuary Hub is not suitable for people needing urgent medical attention (for example, after self-harm) - for urgent medical care please attend your nearest A&amp;E or call 999.' The contact information is '0121 289 6111 Mon-Thurs: 6pm-11pm Sat-Sun: 6pm-11pm'. It also mentions 'Kaleidoscope Sanctuary Hub will currently be offering support via phone/ video link. There is a planned expansion of the service, which will include face to face support. Details coming soon!' and 'For more information, please visit www.kaleidoscopeplus.org.uk'. At the bottom, it lists social media handles: '@kaleidoscopeplusgroup', 'The Kaleidoscope Plus Group', '@kaleidoscope\_pg', and '@kaleidoscope\_pg'. The logo for 'The Kaleidoscope Group' is also present.

The Kaleidoscope Sanctuary Hub flyer, call 0121 269

## OPEN IN TIPTON, WEDNESBURY, WEST BROMWICH



Correct as of 12th January 2024

A Place of Welcome offers your neighbourhood a place where everyone can go for a friendly conversation and free refreshments, if and when they need it

Bethel Christian Fellowship, Gads Lane, West Bromwich, B70 8QL - Wednesdays 11:00 - 13:00

The Gap Christian Family Centre, Hargate Lane, West Bromwich, B71 1PH - Wednesdays 11:30 - 13:00 \*currently no wheelchair access

Wednesbury Baptist Church, Vicar Street, Wednesbury, WS10 9HF - Wednesdays 12:00 - 13:30

Great Barr Library, Birmingham Road, Great Barr Birmingham, B43 6NW - Thursdays 9:30 - 13:00

The Elite Church, 88 Owen Street, Tipton, DY4 8ET - Thursdays 9:30 - 11:15 and Saturdays 16:00 - 18:00

St Francis of Assisi, Parish Church, Freeman Road, Friar Park, Wednesbury, WS10 0HJ - Thursdays 10:00 - 12:00

Way 2 Wellbeing, Wednesbury Sons of Rest Community Centre, Foley Street, Wednesbury, West Midlands, WS10 9HG (by Brunswick Park) - Thursdays 10:00 - 12:00

St Matthew's Church Hall, 106 Dudley Road, Tipton, DY4 8DJ - Thursdays 10:00 - 12:30 (term time)

Wednesbury Library, Walsall Street, Wednesbury, WS10 9EH - Thursdays 11:00 - 12:30

Thursdays Time, New Road Methodist Church, Mount Street, Great Bridge, Tipton, DY4 7DE - Thursdays 14:00 - 15:30

Friar Park Millennium Community Centre, Friar Park Road, Wednesbury, WS10 0JS - Fridays 10:00 - 13:00

Jubilee Park Centre, Powis Avenue, Tipton, DY4 0RJ - Fridays 11:00 - 12:00



A place where everyone can feel safe to connect, belong and contribute!



SUPPORTED BY :



Strengthening Communities Enabler  
Carrie Blount  
07377 918101  
carrie.blount@lichfield.anglican.org

## OPEN IN TIPTON, WEDNESBURY, WEST BROMWICH



Correct as of 12th January 2024

A Place of Welcome offers your neighbourhood a place where everyone can go for a friendly conversation and free refreshments, if and when they need it

4 Community Trust HUB West Bromwich, Wiltshire Way, Hateley Heath, West Bromwich, B71 1JU - Mondays - Thursday 09:00 - 14:00 and Fridays 09:00 - 13:00

South Staffordshire Water Community Hub, Union Street, Wednesbury, WS10 7HD - Mondays 09:00 - 10:00 and 14:00 - 15:00

Community Transport, West Bromwich Bus Station 0 Stand D, St Michael Street, West Bromwich, B70 7AB - Monday to Friday 9:00 - 13:00 and Saturdays 9:00 - 12:00

Crafternoon, Wednesbury Sons of Rest Community Centre, Foley Street, Wednesbury, West Midlands, WS10 9HG - Mondays 12:30 - 15:30

Stone Cross Library, Beverley Road, West Bromwich, B71 2LH - Mondays 14:30 - 16:30

Hill Top Methodist Church, Wesley Community Centre, New Street, Hill Top, West Bromwich, B71 2EJ - Tuesdays 10:00 - 11:30

Hill Top Community Centre, Hill Top, West Bromwich B70 0RZ - Tuesdays 10:00 - 12:00 (includes an optional wellbeing walk)

St Mark's Parish Church, Ocker Hill Road, Tipton, DY4 0UT - Tuesdays 11:00 - 13:00

Great Bridge Community Forum, Farley Park Lodge, Whitehall Road, West Bromwich, B70 0HF - Tuesdays 12:00 - 14:00

St Mary Magdalene Church, Beaconview Road, Charlemont Farm, West Bromwich, B71 3PJ - Wednesdays 10:00 - 12:00

The Good Shepherd with St John, 4 Bromford Lane, West Bromwich, B70 7HP Wednesdays and Fridays 10:30 - 12:00

St Andrew's Church, 18 Dudley Street, West Bromwich, B70 9LR - Wednesdays 10:30 - 12:00



A place where everyone can feel safe to connect, belong and contribute!



SUPPORTED BY :



Strengthening Communities Enabler  
Carrie Blount  
07377 918101  
carrie.blount@lichfield.anglican.org

Places of Welcome in Tipton, Wednesbury, and West Bromwich

## Sandwell Community Hubs

Community Hubs advert

TWO NEW COMMUNITY HUBS  
10am to 4.30pm

FOR RESIDENTS TO  
ACCESS SERVICES  
AND  
RESOLVE ISSUES

Central Library  
High Street  
West Bromwich  
B70 8DZ



CUSTOMER  
SERVICE

Blackheath Library  
High Street  
Blackheath  
B65 0EA



## Get online at The Lets Chat Hub



Do you need to do a job search?  
Sign into your Universal Credit  
account?  
Check your emails?

Pop into The Lets Chat Hub,  
West Bromwich Bus Station, near stand D  
B70 7NN

We are open Monday to Friday 9am-1pm

Please ask a member of staff at the hub  
if you need support

Two new community hubs have opened in Sandwell at Blackheath Library, and at West Bromwich Central Library, both running 10 to 4.30 on Wednesdays.

Full details here: [https://www.sandwell.gov.uk/.../community\\_hubs\\_pilot\\_at...](https://www.sandwell.gov.uk/.../community_hubs_pilot_at...)

**NHS**  
Black Country Healthcare  
NHS Foundation Trust

## SANDWELL TALKING THERAPIES

Previously known as  
**Sandwell Healthy Minds**

A service for people who are feeling  
**STRESSED, ANXIOUS, LOW IN MOOD OR DEPRESSED**

"How can Healthy Minds help me?"



"You will be able to talk about your concerns"

"You will be listened to without judgement"

"You will learn skills and strategies to help you make positive changes in your life"

You can choose how we support you.

- FACE TO FACE
- TELEPHONE
- VIDEO LINK
- ONLINE PROGRAMME
- LIVE COURSES

To book your initial appointment, call  
**0121 612 6650**  
or self-refer via  
[www.sandwellhealthyminds.nhs.uk](http://www.sandwellhealthyminds.nhs.uk)



**NHS**  
Black Country Healthcare  
NHS Foundation Trust

## Let's Talk Sessions

<p><b>Wolverhampton</b></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p><b>West Park Walk</b> Weekly, every Monday 1:30pm-2:30pm</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p><b>Molineux Coffee Afternoon</b> Monthly, every 1st Tuesday 2pm-3:30pm</p> </div>	<p><b>Walsall</b></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p><b>Walsall "Buzz" Session</b> Monthly, every last Monday 12:30pm-2:30pm</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p><b>Bescot Coffee Afternoon</b> Monthly, every 2nd Tuesday 2pm-3:30pm</p> </div>
<p><b>Sandwell</b></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p><b>Sandwell "Buzz" Session</b> Monthly, every 3rd Tuesday 12:30pm-2:30pm</p> </div>	<p><b>Arboretum Walk</b> Weekly, every Thursday 1:30pm-2:30pm</p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p><b>Palfrey Pit Stop Men's Group</b> Every other Tuesday 10am-12pm</p> </div>
<p><b>Virtual</b></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p><b>Coffee &amp; Quiz Session</b> Every other Friday 11am-12:30pm on Microsoft Teams</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p><b>Virtual Walk</b> Monthly, every 2nd Thursday 10am-10:30am on Microsoft Teams</p> </div>	<p><b>Dudley</b></p> <div style="border: 1px solid black; padding: 5px;"> <p><b>Brewing Connections</b> Monthly, every 1st Monday 11:30am-1:30pm</p> </div>

Contact us:  
 Telephone: 07443 268842  
 Email: [bchft.letstalk@nhs.net](mailto:bchft.letstalk@nhs.net)

**Interested?**

Together with you to achieve  healthier, happier lives



Sandwell Talking Therapies, call 0121 612 6650 for an appointment.

Black Country Healthcare, Let's Talk Sessions, every 3rd Tuesday of the month, 12.30 – 2.30, call 07443268842 for details and booking.

**DOROTHY PARKES**  
Community Centre

**PART OF THE  
CHATTY CAFÉ  
SCHEME**

Having a chat can brighten  
your day

Kickstart a conversation,  
get chatting and reduce  
loneliness along the way

First  
drink  
free

Monday  
6pm-8pm  
&  
Wednesday  
10.30am-12.30pm

FOLLOW US ON TWITTER  
@DOROTHY\_PARKES

FOLLOW US ON FACEBOOK  
@DOROTHYPARKESCENRE

DOROTHY PARKES CENTRE, CHURCH ROAD, SMETHWICK, WEST MIDLANDS, B67 6EH  
0121 558 2998  
EMAIL: [ADMIN@DOROTHYPARKES.ORG](mailto:ADMIN@DOROTHYPARKES.ORG)  
[WWW.DOROTHYPARKES.ORG](http://WWW.DOROTHYPARKES.ORG)  
Charity no. 1093189



Dorothy Parkes Chatty Café, Monday 6-8 and Wednesday 10.30-12.30

**My Wellbeing Hub**

## Financial Wellbeing Programme

We want you to feel secure, confident and  
empowered to make the right decisions  
when it comes to your money.

Visit now

- Broad range of webinars
- Financial Health Check
- Financial Fitness Score
- Financial Fitness Hub



 MY  
FINANCIAL  
WELLBEING



Financial Wellbeing programme, scan QR code



Healthier Futures  
Black Country Integrated Care System

# Sandwell People Panel

Friar Park Millenium Centre, Friar Park Road, Wednesbury, W510 0JS



Join us for a cuppa at our People Panel and have your say on the things that matter most to you. With your help we can improve our health and care system and make sure all voices are heard and valued.

**SCAN ME**



**Saturday 2 March**

**1pm - 4pm**

People can book by calling **0121 612 1447** or email [involve.blackcountry@nhs.net](mailto:involve.blackcountry@nhs.net)

Sandwell People Panel, call 0121 612 1447

**Feel Good 50**  
Mental Health Support

**The Kaleidoscope Group**  
making brighter futures together

## Support Recovery for Drug and Alcohol Misuse

Funded by Sandwell MBC

Alcohol and drug use can greatly impact individuals, families and communities

We understand that every person and their relationship with alcohol and drugs is different.

Come along to our monthly open support group for the family, friends and carers of those who are affected by drugs and alcohol within Sandwell.

No one should have to face these issues alone, and at KPG we are here for you. Our team are here to welcome you and offer you the support you need in an open and friendly environment.

**Hope Place, 321 High Street, West Bromwich, B70 8LU.**

**10am - 12pm - refreshments available**

**Friday 8 September 2023**

Future sessions to be announced soon.

**HEALTH SANDWELL**

To book email: [Training@Kaleidoscopeplus.org.uk](mailto:Training@Kaleidoscopeplus.org.uk)




Drug and Alcohol Recovery Support Group, at Hope Place, Friday's 10-12.

**EVERYONE WELCOME**

**MIDLAND METROPOLITAN UNIVERSITY HOSPITAL**

**NHS Sandwell and West Birmingham NHS Trust**

**BSL Interpreter available on the evening**

### Our Youth Forum meetings for 2024 are on:

Tuesday 30th January	Tuesday 30th July	Time: Doors open at 5.30pm, Meeting starts 6.15pm through to 8.00pm
Tuesday 27th February	Tuesday 27th August	
Tuesday 26th March	Tuesday 24th September	Food and drinks provided from 5.45 p.m.
Tuesday 30th April	Tuesday 29th October	
Tuesday 28th May	Tuesday 26th November	
Tuesday 25th June	Tuesday 17th December	

**Are you aged 13-21? Interested in Health? Want to know more about our hospitals & community services?**

**BENEFITS:**

- Improve services
- Opportunities for volunteering and work experience
- Helps with CV's, UCAS applicants etc.
- Fun quarterly thank you activities, for example, Go Karting, Ice-Skating, Bowling, Adventurous Activities

**What is it?**

- The purpose of our forum is to give young people a voice, to work with us and tell us about the good stuff and help us make the others things better
- It's an opportunity to help shape future services
- A great way to meet other young people interested in health
- All expenses are covered - travel, food, drinks

**SCAN HERE TO REGISTER**



Booking essential 0121 507 2671 or email the team at [swbh.engagement@nhs.net](mailto:swbh.engagement@nhs.net)  
Interested? Join us on the last Tuesday of the month at Sandwell Education Centre, Hallam Street, West Bromwich B71 4HJ

Youth Forum meetings 2024, scan QR code

# LGBTQ+ SUPPORT GROUP

**EVERY WEDNESDAY**

**6PM - 8PM**

Oak Tree Centre, Tame Road, Oldbury, B68 0JP.

Free support group for members of the LGBTQ+ community where you can -

- Meet and socialise
- Make new friends
- Get information & advice
- Receive mental health support

Join us in a welcoming, friendly and safe space




For more information call **0121 803 6830**

[www.crossroads-caringforcarers.org](http://www.crossroads-caringforcarers.org)

**SCVO** connecting, creating, transforming

**VISION 2030**

**Sandwell** Metropolitan Borough Council

**CROSSROADS** Caring For Carers

Flyer for LGBTQ+ Support Group, call 0121 803 6830

**Motivation Mondays Mondays 12pm - 7pm**

Lifeline Advocates Support Drop In  
**Lifeline Advocates**

LIC Community Money Advice Connect Hub  
**Life and DEBT**

Walk & Talk 6pm - 7pm  
**Walk & Talk**

Lifeline SEN Group 6pm - 7pm  
**Lifeline SEN Group**

**Terrific Tuesdays**

**Tuesdays 1:30pm - 7pm**

It's a Man's Life Men's support group 1:30pm - 3pm  
**It's a man's Life** £2 per person

Love your Life Kidz Youth Club 4pm - 5:30pm  
**Love your Life Kidz** £1 per person

Welcoming Spaces Warm Hub 6pm - 7pm  
**WELCOMING SPACES**

**Wellbeing Wednesdays Wednesdays 11am - 5pm**

Lifeline Light Exercise 11:15am - 12pm  
**Lifeline Light Exercise** £2 per person

Coffee, Cake & Crumpets Well-being Session 12:30pm - 2:30pm  
**Coffee Cake & Crumpets** £2 per person

Me, You, Coffee & Zoom 1st Wednesday of each month 7pm-8pm  
**Me, You, Coffee & Zoom**

**Focus Fridays Fridays 11am - 3pm**

Lifeline Advocates Support Drop In  
**Lifeline Advocates**

LIC Community Money Advice Connect Hub  
**Life and DEBT**

Life in Community General Drop In  
**Drop In**

**Life in Community Autumn/Winter Timetable 2023**



at



**St John's Tipton Church Hall**

Or call or text 'HELP' to **07752 659257**

**FIND US ON SOCIAL MEDIA**

**Facebook: LifeinComTipton  
Twitter/X: @LifeinComTipton  
Instagram: LifeinComTipton**

Life in Community Autumn/ Winter Timetable, Text 'help' to 07752659257 to find out more.

**The Art Yard**  
gallery & studios

**Admission to The Art Yard gallery is Free, call in and look around our exhibitions**



**Better wellbeing art is just a step away**

19-20 Upper High Street  
Cradley Heath  
West Midlands  
B64 5HX

**No need to plan your route**

Our experienced Wellbeing Art Walk volunteers will lead the way

**Your fitness doesn't matter**

Our walks are a steady pace to suit everyone

**Finding a walk is easy**

Our walks are local and accessible on foot

**Regular walks.../**

**Where:**

- (1) Bearmore Recreation Park & St Lukes Green Space
- (2) Haden Hill Park & Corngreaves Nature Reserve
- (3) Warley Woods & Lightwoods Park

**Tel:**

**01384 910968**



The Art Yard

**OPENING HOURS**

Manned by volunteers call first to confirm times

Monday: 10am - 5pm

Tuesday: 10am - 5pm

Wednesday: 10am - 5pm

Thursday: CLASSES

Friday: 10am - 5pm

Saturday: 10am - 3:30pm

The gallery is closed on

Thursday & Sunday

Telephone for other times

Contact: **The Art Yard team**

Email: [infoartyard@gmail.com](mailto:infoartyard@gmail.com) Phone: **01384 910968**

**Email: [infoartyard@gmail.com](mailto:infoartyard@gmail.com)**

# COMMUNITY CAFE

With a charity table sale ....

**LAST SATURDAY OF EVERY MONTH**

**1pm-3pm**



**At The Gap Christian Family Centre, Hargate**

**Lane, West Bromwich B711PH**

**Grab a seat and treat yourself to a yummy food at our Cafe**



**Come and grab a bargain, toys, gifts, books and much more**

**PLUS...**

Community Café at The Gap Christian Family Centre, B71 1PH, on the last Saturday of every month, 1 – 3p.m.



## FREE ARTS & CRAFTS

WORKSHOPS FOR ALL THE COMMUNITY

WE ARE OFFERING COMMUNITY GROUPS IN SANDWELL 6-12 WEEKS OF FREE CREATIVE WORKSHOPS.

ART MUSIC DRAMA MOVEMENT & PLAY

CONTACT FOR DETAILS:  
RICHARDMOLE@ARTSTHERAPIESUK.ORG.UK  
T: 07570 962806

www.artstherapiesuk.org.uk



Free Arts & Crafts Workshops for Community Groups.

## Do you need help getting into Employment, Education, Training or Volunteering?

**New SWEDA outreach surgery every Monday 10am to 12pm from Monday 16th October 2023**

**Venue: Friar Park Millennium Centre, Friar Park Road, WS10 0JS**

- **Employment Support** - from deciding to find employment to starting your first day, our team can guide you through every step at your pace.
- **Business & Social Enterprise Support** - Helping you start up your own business or social enterprise.
- **Digital Skills** - Our IT team work with you to teach you all about using the internet safely, sending emails, job searching, how to use Word and Excel.
- **Welfare Advisory Services** - to make sure you are getting all the financial support you are entitled to.



To book an appointment contact us on:  
**0121 556 0139**



SWEDA, Employment, Education, Training and Volunteering outreach surgery every Monday, 10 – 12, at the Friar Park Millennium Centre.

## Do you need Free and Confidential Help with ...



## Drop-in Sessions Thursdays 10am - 1pm

5th, 12th, 26th October | 2nd, 9th, 23rd, 30th November | 7th, 14th December

Employment Plus UK

FOLLOW US ON TWITTER @DOROTHY\_PARKES

DOROTHY PARKES Community Centre

FOLLOW US ON FACEBOOK @DOROTHYPARKESCENRE

DOROTHY PARKES CENTRE, CHURCH ROAD, SMETHWICK, WEST MIDLANDS, B67 6EH

0121 556 2998

EMAIL: ADMIN@DOROTHYPARKES.ORG

WWW.DOROTHYPARKES.ORG

Salvation Army, Employment drop-in sessions at Dorothy Parkes centre, B67 6EH, Thursday's 10a.m. – 1 p.m.

# BLOOMING MENOPAUSE

Come along for a cuppa and cake with others experiencing the menopause. Chat, listen and share (if you want to) your menopause tips, stories and advice with others.

Free of charge. Everyone welcome, regardless of age or gender.

Portway Lifestyle Centre, Newbury Lane, Oldbury, B69 1HE  
6pm - 7pm  
Contact: Ruth.Childs@slt-leisure.co.uk  
~~Tuesday 20 February 2024~~  
Tuesday 19 March 2024

HIANA (Hope In A New Age), HIANA House, 141 Tat Bank Road, Oldbury, B69 4NH  
12.30pm - 1.30pm  
Contact: benjamin.j.hamula@hiana.org  
Thursday 7 March 2024



Blooming Menopause flyer, 2<sup>nd</sup> Saturday monthly at Brandhall Library, 11am - 12pm; and 3<sup>rd</sup> Thursday monthly at Portway Lifestyle Centre, 6pm - 7pm



**WOMENS GROUP AT THE LETS CHAT HUB**  
Every Monday 10am - 11.30am

Come along and meet other women, share stories, make friends. Cards and games available, music and option to bring craft projects along  
Free drink and biscuits provided

Held at The Lets Chat Hub, West Bromwich Bus Station, Near Stand D, B70 7nn

Contact Louise on 07974 626915 or email  
Louise.colledge@communitytransport.org for more information



Women's group at Let's Chat Hub at West Bromwich Bus Station, every Monday 10 - 11.30a.m





**NEW SESSION STARTING SOON**

## HADLEY STADIUM, SMETHWICK

WILSON RD, SMETHWICK B66 4NL  
INDOOR COURT



# back to netball



Back to Netball **introduces** people back to the game of netball. It's for women who **haven't played for a long time** or have **never played** at all and are complete beginners!  
**Come and join us!**

**Day:** Tuesday's Starting 21st November  
**Time:** 6-7pm  
**Price:** £3

Sign up directly:  
<https://bit.ly/sessionfinder>  
Use the above postcode

Contact Lucy for more information:  
07458106690  
[lucy.fletcher@englandnetball.co.uk](mailto:lucy.fletcher@englandnetball.co.uk)

Back to Netball, Hadley Stadium, Tuesday's 6-7pm, cost £3  
Walking Netball, Aquatic Centre, Monday's 10.30-11.30, Cost £3




## Walking Netball



**WHAT IS WALKING NETBALL?**  
Walking Netball is a **friendly and inclusive** programme, allowing women the opportunity to find their place in the sport.  
It's netball, but at a **walking pace** where the rules are **slightly tweaked!**

Here's to the Wild Ones.

**Brand new session Starting 20th November**  
Sandwell Aquatic Centre, Smethwick. B67 7EW  
**Mondays 10.30-11.30am**  
**£3.00**

**WHO CAN PLAY?**  
Walking Netball has been designed so that **anyone can play, regardless of age or fitness level.** Walking Netball is an **amazing community** that is full of life and laughter!

Scan me to book!



FOR MORE INFORMATION, CONTACT:  
[ZOE.STEPHENSON@ENGLANDNETBALL.CO.UK](mailto:ZOE.STEPHENSON@ENGLANDNETBALL.CO.UK)




*Let's talk*  
**HOPE**

*Crafty*  
**Cafe**

THURSDAYS  
1:00pm - 3:00pm  
AT YCA

For Anyone Touched  
By Cancer

JOIN US FOR NURTURING AND THERAPEUTIC  
SPACE WHERE CREATIVITY AND WELLBEING  
COME TOGETHER.

REDUCE ISOLATION  
BOOST MENTAL WELLBEING  
MAKING LASTING CONNECTIONS

GREETS GREEN ACCESS CENTRE  
TILDASLEY STREET  
WEST BROMWICH, B70 9SJ  
0121 - 525 3909

Let's Talk Hope provides support to people who have cancer or survived cancer, as well as their families and friends. Also raising awareness and signposting to relevant services that are available.

*Let's talk*  
**HOPE**

<p><b>WHEN</b></p> <p>LAST SATURDAY OF EVERY MONTH 10:30am - 12:00pm</p>	<p><b>WHEN</b></p> <p>2ND SATURDAY OF EVERY MONTH 10:30am - 12:00pm</p>
<p><b>WHERE</b></p> <p>GREETS GREEN ACCESS CENTRE Tildasley Street, West Bromwich B70 9SJ</p>	<p><b>WHERE</b></p> <p>DOROTHY PARKES CENTRE Church Road, Smethwick B67 6EH</p>

**CONTACT**  
AMEENA: 0121 525 3909

Let's Talk Hope in Sandwell Support Group

**Gentle Fit at Sandwell Aquatics Centre**

**Gentle Fit**

Gentle Fit is a chair based class aimed to improve mobility, strength and balance.

Using weights and bodyweight, the class will encourage increased bone density and balance which is very much needed as we get older

Following your feedback, our team have added a new chair based class onto the Sandwell Aquatics Centre group fitness timetable! Gentle Fit will be available to book in March.

If you have any feedback, requests or suggestions, please contact our **Site Fitness Coordinator:**  
anna.giles@slt-leisure.co.uk

Get **Cost of Living** tips and advice to your phone

Add us on WhatsApp - 07585 997453 and text **YES**

TO UNSUBSCRIBE TEXT STOP

[www.sandwell.gov.uk/supportingsandwell](http://www.sandwell.gov.uk/supportingsandwell)

# Healthy Living Support in Sandwell



## Make Every Contact Count

**Are you looking to make a lifestyle change?**

- Stopping smoking
- Lead a more active lifestyle
- Lose weight

Or simply take advantage of the NHS Health Checks we offer, we can help support you every step of the way to a fitter and healthier life.

To find out more please call us on 0800 011 4656 or 0121 569 5100

Text GETHEALTHY to 87007  
Email: [LS@nhs.net](mailto:LS@nhs.net)



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



**HEALTHY SANDWELL**  
We find the support you need

**Sandwell**  
Metropolitan Borough Council

Flyer for Making Every Contact Count, call 0121 569 5100

**Healthier Futures**  
Black Country Integrated Care System

**NHS**  
Sandwell and West Birmingham  
NHS Trust

# COULD IT BE CANCER?

**Our hotline for Sandwell and West Birmingham residents is now live.**

**Are you worried about the following?**

- Unexplained weight loss or not feeling hungry
- Unusual swellings, lumps or changes to your breast
- Changes to a mole
- A cough or hoarse voice that lasts for over 3 weeks
- Difficulties in swallowing
- Blood in wee or poo or changes in bowel habits for over 6 weeks
- Vaginal bleeding after menopause or between periods



Call our hotline on  
**0121 507 3330**  
Monday - Friday 8am - 4pm

Could it be Cancer? Sandwell and West Birmingham hotline, 0121 507 3330, Monday – Friday 8a.m. – 4p.m.

**NHS**

## BOOK YOUR FREE NHS HEALTH CHECK THIS MONTH

**YOU ARE ELIGIBLE IF...**

You are aged 40 – 74

You have a Sandwell address and/or registered to a Sandwell GP You do not have a pre-existing health condition.

The full list of conditions is available on the NHS webpage: <https://www.nhs.uk/conditions/nhs-health-check/>

Event	Date	Time
Sandwell Aquatic Centre	Monday 4 <sup>th</sup> March	13.45 - 19.30
Farley Park Lodge, Great Bridge Community Forum, Whitehall Road	Monday 4 <sup>th</sup> March	09.45 - 16.30
Wednesbury Leisure Centre	Tuesday 5 <sup>th</sup> March	10.15 - 15.30
Haden Hill Leisure Centre	Wednesday 6 <sup>th</sup> March	09.15 - 16.30
Oldbury Library	Thursday 7 <sup>th</sup> March	09.45 - 16.30
Tipton Sports Academy	Saturday 9 <sup>th</sup> March	09.15 - 16.00

In partnership with

Call 0800 2545 163 or visit [nhshealthcheck.randox.com](http://nhshealthcheck.randox.com)

**NHS HEALTH CHECK**  
Helping you prevent diabetes, heart disease, kidney disease, stroke & dementia

**RANDOX HEALTH**

**HEALTHY SANDWELL**  
[www.healthysandwell.co.uk](http://www.healthysandwell.co.uk)

Are you a smoker or ex-smoker?  
Are you aged between 55-74?  
Do you have a Sandwell GP?

If you've answered yes to all three, then  
you'll be receiving an invite for a free lung  
health check soon.

Visit [www.swbh.nhs.uk/services/lung-health-checks](http://www.swbh.nhs.uk/services/lung-health-checks)  
or scan the QR code below for more  
information.



Cancer Screening, scan QR code

If you have any questions  
regarding this study then please  
contact [sop.transformeucl.ac.uk](mailto:sop.transformeucl.ac.uk)



Ethics ID number: 26401.001



## SHARE YOUR EXPERIENCES OF PROSTATE CANCER

We are conducting research to improve Black men's experiences of advanced prostate cancer and cancer treatment. This work will help us to better understand how to reduce inequalities in prostate cancer and provide better support for Black men. As part of this, **we'd like to hear from you.**

We are looking for **Black men** in the UK who would be willing to be **interviewed** about their experiences of **advanced prostate cancer and its treatment.**

By sharing your views, you can **help to make a difference** for Black men living with prostate cancer.

Interviews may last up to 1 hour and can be online or in person.

You will receive a £20 voucher as a thank you for your time.

If you would like to take part or would like more information, please scan the QR code above or use this link: <https://tinyurl.com/r98x6asa>

Prostate Cancer Research, appeal for volunteers

## Contact us:

☎ 01902 826 655

✉ [bcicb.dementiasupport@nhs.net](mailto:bcicb.dementiasupport@nhs.net)

The office hours are:

Monday - Thursday | 8:00am - 5:00pm

Friday's | 8:00am - 4:30pm

Outside of these hours please contact the Alzheimer's Society Dementia Connect Support Line on: 0333 150 3456.

Open 7 days per week.

Calls to this telephone number are charged at local rate.

*In an emergency, please call NHS 111*

Main office based at:  
Murray Hall Community Trust, The Bridge,  
St Marks Road, Tipton, DY4 0SL

Service funded by:



AUGUST 2022

[murrayhall.co.uk](http://murrayhall.co.uk)



## Sandwell Community Dementia Service



## Support For Dementia

Sandwell Community Dementia Service provides advice, information and support to people worried about their memory and those with a dementia diagnosis in Sandwell.



# WOMEN'S HEALTH EVENT



## Tuesday 9 April 2024

10AM - 2PM

SANDWELL COUNCIL HOUSE, OLDBURY  
COUNCIL CHAMBER



**EVERYONE IS AFFECTED, EVERYONE IS WELCOME.** On Tuesday 9 April, we are holding a Women's Health Event at Sandwell Council House in the chamber and annexes. We will host several providers which all are there to provide awareness and support on a variety of health and wellbeing topics including: Domestic abuse, Carer & parenting support, Menstruation to Menopause, Weight management, and Fitness.

GET YOUR FREE NHS OR OCCUPATIONAL  
HEALTH CHECK

### Stands

- Fibromyalgia support
- Volunteering
- Mental Health support
- Cancer support



### Scheduled sessions

10.30am Sound Bath taster session  
12noon Endometriosis lived experience  
1pm Ovarian Cancer Awareness



Are you over 40, living in Sandwell and been meaning to get your free NHS Health Check? Then let us make it easy for you. Our NHS provider will be available on the day for you to pre-book your check.

This month's focus is women's health. We recognise that whilst the term women is used within this message, transgender and non-binary colleagues may also be affected and will require support and flexibility relevant to their needs.



### Get involved in Sandwell

There are a number of ways in which you can get involved in activities that help to protect and improve the environment in Sandwell:

- Contact [Litterwatch](#) to find out about activities in your area
- Join one of the active [Friends of Parks groups](#)
- Find out more about the activities run by [Birmingham and Black Country Wildlife Trust](#)
- Find out about [canals in Sandwell](#)



### Planting trees in Sandwell

If you are making plans to green up your garden or community space here is some information to help you:

- [The Woodland Trust](#) has lots of information on planting trees including a list of [British trees and shrubs to plant in your garden](#).
- The RHS has planet friendly gardening tips: [10 ways to be more sustainable in your garden](#).
- The council has a [Trees Strategy which can be viewed here](#). We are currently recruiting a tree planting officer, and developing a tree planting plan to plant 15,000 trees by 2030.

**Green Doctor**



**GREEN DOCTOR**



Green Doctors offer energy saving advice, guidance on renewable energy, help with energy debts, and install free energy saving items.

Contact [wmgreendoctor@groundwork.org.uk](mailto:wmgreendoctor@groundwork.org.uk) | Call 0121 530 5516

[Register for food waste collections](#)

# Training & Development Opportunities



☎ 0121 525 1127 ✉ support@scvo.info 📘 🐦

Membership Benefits

Subscribe to our E-Bulletin

## SCVO courses –

**Supporting and representing voluntary, community and social enterprise organisations in Sandwell.**



**Funding - A Journey of Discovery:**  
**7th March, 10 - 11am** at SCVO, 1st Floor, Landchard House, Victoria Street, B70 8ER.

SCVO supports and facilitates funding opportunities across Sandwell. Find out how in our short session, including the support we offer organisations to identify relevant funders and complete funding applications.



**Volunteering Bite Size:**  
**19th March, 2 - 3pm, Online.**

SCVO supports and promotes volunteering across Sandwell. Find out about the services we offer organisations to recruit, train and manage volunteers, and give them the best possible experience.

**More information on SCVO courses & booking link**



**BEYONDLEARNING**

## FREE Entry Level 1 ESOL Course

*(English for Speakers of Other Languages)*

Every Tuesday for Sandwell residents age 18+

13<sup>th</sup> February – 18<sup>th</sup> July

10.30am – 1.30pm

At Beyond Blue, 19a Spring Court, Spring Head, Wednesbury, WS10 9AD.

Contact Lydia 07365 807032 / 0121 269 5990  
[info@beyond-blue.co.uk](mailto:info@beyond-blue.co.uk)



**SANDWELL COLLEGE**  
 A CAREERS COLLEGE

APPLY FOR DIPLOMAS, BTECS, T LEVELS & APPRENTICESHIP CAREER QUALIFICATIONS

Your Future Starts Here!

# Open days

VISIT OUR

SANDWELL COLLEGE, SPON LANE, WEST BROMWICH B70 6AW

**We are looking forward to welcoming you to campus for our 2023/4 open days.**

<p><b>OCTOBER 2023</b></p> <p>THURSDAY 12 OCTOBER 2023 4PM-7PM                  SATURDAY 14 OCTOBER 2023 11AM-3PM</p>	<p><b>MARCH 2024</b></p> <p>TUESDAY 5 MARCH 2024 4PM-7PM                  SATURDAY 9 MARCH 2024 11AM-3PM</p>
<p><b>NOVEMBER 2023</b></p> <p>THURSDAY 16 NOVEMBER 2023 4PM-7PM                  SATURDAY 18 NOVEMBER 2023 11AM-3PM</p>	<p><b>JUNE 2024</b></p> <p>THURSDAY 13 JUNE 2024 4PM-7PM                  SATURDAY 15 JUNE 2024 11AM-3PM</p>
<p><b>JANUARY 2024</b></p> <p>TUESDAY 16 JANUARY 2024 4PM-7PM                  SATURDAY 20 JANUARY 2024 11AM-3PM</p>	<p><b>TALK TO US!</b>  <b>CALL 0800 622 006</b></p>

**PRE-BOOK YOUR PLACE TODAY AT OUR OPEN DAYS**  
 CHECK OUR WEBSITE FOR LATEST UPDATES

[sandwell.ac.uk](http://sandwell.ac.uk)  
 THE BEST COLLEGE FOR THE JOB



**SKILLS FOR LIFE**  
 Multiply

Would you like to improve your numeracy skills to maximise your income?

Multiply is a new government-funded programme to help adults access free numeracy and financial literacy courses to build confidence and skills with numbers for everyday life and in the workplace.

You can refer yourself or someone else directly to the programme -

For further information or to register your interest please email [multiply@citizensadviceandwell-walsall.org](mailto:multiply@citizensadviceandwell-walsall.org) or scan the QR code and one of our team will be in touch.





## Become a Swimming Teacher

Apply to join the Swimming Teacher Recruitment Academy in Sandwell with Sandwell Leisure Trust

[swimming.org/ios](http://swimming.org/ios)




## Sandwell College Community Offer

SANDWELL COLLEGE

### Apprenticeship Events



[sandwell.ac.uk/apprenticeships](https://sandwell.ac.uk/apprenticeships)

### Apprenticeship Vacancies



### Adult Courses



[sandwell.ac.uk/adult-courses](https://sandwell.ac.uk/adult-courses)

### Free Adult Job Readiness Courses



See our latest events, vacancies and courses.

Discover your career; discover your potential; achieve your ambition.

## Job Opportunities



## DO YOU KNOW AN ASPIRING APPRENTICE?

Open to all ages

### JOBS AVAILABLE NOW

We are delighted to invite our community to attend our 'Apprenticeship Recruitment Event'. This event will inform aspiring learners about Apprenticeships and an array of vacancies available across the region. Employers will be exhibiting from a variety of sectors including:

- Automotive
- Childcare
- Construction
- Dental
- Engineering
- Hairdressing & Barbering
- Health & Social Care
- Professional Services

If you are working with anyone that is unemployed or looking for an apprenticeship vacancy, please share this invite and we look forward to supporting them on their journey.

**SANDWELL COLLEGE**  
A CAREERS COLLEGE

**Tomorrow's People**  
LEARNING • RECRUITMENT • TRAINING • APPRENTICESHIPS



search for opportunities to volunteer in Sandwell



## Volunteering Portal, Let's Go Sandwell

Whether it's making friends, improving job prospects or boosting confidence, volunteers often gain as much as they give. Hundreds of people help out community organisations in Sandwell with tasks ranging from social media support to telephone befriending, giving as much or as little valuable time as they can. SCVO hosts the web site [www.letsgosandwell.info](http://www.letsgosandwell.info), dedicated to promoting local volunteering opportunities. There are usually more than 100 different ways to help out on offer there.

Take a look to get a current view of who needs help – you may be surprised how your skills could be put to good use, whatever they are. And if you're an organisation looking for volunteer support get in touch to have your opportunities promoted.

For any volunteering queries and support contact SCVO's Growing Participation and Volunteering Mentor - Kim Fuller - [kim@scvo.info](mailto:kim@scvo.info)

## Volunteer with Cranstoun

**100% of our volunteers said they would recommend volunteering with Cranstoun to a friend\***



**CRANSTOUN**  
Empowering People, Empowering Change



\*Cranstoun's volunteer survey, Nov 2022.

Find out about the range of #volunteering opportunities or simply get in touch to see if we can find you your perfect role: <http://ow.ly/yXG2500ByZo>

# UKNA Meeting List (within 5 miles of Oldbury)

Day & Time	Location	Format	Formats
 Monday 18:55 -20:30	<b>Truth in Lye:</b> Atlantic Recovery Centre, Dudley road, Brierley Hill, DY9 8BQ	Physical, Open to addicts only, BEG,  BT, CPT, CW, JFT, SH, WA	<b>BEG</b> - Beginner/Newcomer <b>BK</b> - Book Study  <b>BT</b> - Basic Text <b>CPT</b> - 12 Concepts <b>CT</b> - Chit <b>CW</b> - Children Welcome <b>JFT</b> - Just For Today Study <b>LC</b> - Living Clean Study <b>LIT</b> - Literature Study <b>M</b> - Men <b>NP</b> - No pets <b>PA</b> - Parking Available <b>QA</b> - Questions & Answers <b>SH</b> - Share meeting <b>SPK</b> - Speaker <b>TOP</b> - Topic <b>VAR</b> - Format Varies <b>VR</b> - Video Required <b>W</b> - Women <b>WA</b> - Wheelchair Accessible
Monday 19:30-21:00	<b>Monday Night Hockley Meeting:</b> Main Hall, Lodge Road Church Centre, 143/4 Lodge Road, Hockley, B18 5BU	Physical, Open to addicts only, VAR, PA, WA	
Tuesday 19:30-21:00	<b>Halesowen A New Hope Group:</b> Large meeting room 1, Life Central Church, 2 Little Cornbow, Halesowen, B63 3AJ	Physical, "Open to all" on request, BEG, LIT, SPK, VAR, PA, WA	
Wednesday 19:30-21:00	<b>Men's NA Living Clean Meeting:</b> Here4youth, 1 Castle Street, Dudley, West Midlands, DY1 1LA	Physical, "Open to all" on request, LC, M, TOP, CT, NP, SH, BK, WA	
Thursday 19:00-20:00	<b>Maxstoke NA Meeting:</b> Maxstoke Village Hall, Church Lane, Maxstoke, B46 2QN	Physical, "Open to all" on request, LIT, WA	
Friday 12:30-14:00	<b>Stourbridge Friday Freedom:</b> Atlantic Recovery Centre, Dudley road, Brierly Hill, Stourbridge, DY9 8EL	Physical, "Open to all" on request, VAR, WA	
Saturday 11:00-12:30	<b>Stourbridge Saturday Women's:</b> Back Room, CGL, Atlantic House, Dudley Road, Stourbridge, DY9 8EL. <b>Zoom :</b> <a href="https://meetings.ukna.org/meeting/saturday-womens/link">https://meetings.ukna.org/meeting/saturday-womens/link</a>	Hybrid, "Open to all", CW, VAR, W, PA, WA, VR	
Saturday 16:00-17:40	<b>Dudley Just for Today:</b> Here4youth, 1 Castle Street, Dudley, DY1 1LA	Physical, "Open to all" on request, BEG, BT, JFT, QA, SPK, Lithuanian	
Sunday 09:30-10:45	<b>Dudley Just for Today:</b> Main room, Cranstoun Here4YOUth Dudley, 1 Castle Street, Dudley, DY1 1LA	Physical, "Open to all", JFT, WA	

Downloaded at 05/07/2023 - 13:11, only correct at the time of download.

# Narcotics Anonymous.

Helpline - 0300 999 1212

Website - [www.ukna.org](http://www.ukna.org)



DATUS logo

**LIFE** stands for Living Independently for Everyone. These are confidential mutual aid groups open to anyone who has struggled with any kind of addictive behaviour. The meetings include evidence-based therapeutic tools drawn from **ACT** (Acceptance and Commitment Therapy) and **CBT** (Cognitive Behavioural Therapy).

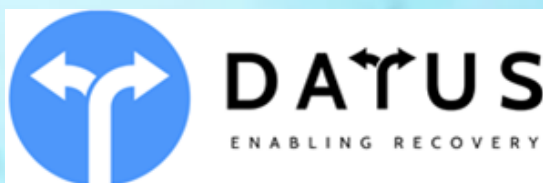
Sessions are led by someone with personal experience of addiction. Attendance at all meetings is open and no referral is required. Meetings do not require abstinence, but you may be asked to leave if you appear intoxicated.

**Contact:** [info@datus.org.uk](mailto:info@datus.org.uk) for further information or visit [www.datus.org.uk](http://www.datus.org.uk)

DAY	TIME	LOCATION	FORMAT
Mondays	1.30pm - 2.30pm	Online <a href="https://zoom.us/j/91291630875">https://zoom.us/j/91291630875</a>	ACT Training Online
Tuesdays	6.00pm - 7.30pm	<b>The Cotteridge Church</b> , 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ	LIFE Face to Face
Wednesdays	1.00pm - 2.30pm	<b>Northfield Baptist Church</b> , 789 Bristol Rd South, Northfield, Birmingham. B31 2NQ	LIFE Face to Face
Thursdays	10.30am - 11.30am	<b>DATUS, St Anne's Parish Centre</b> , 45 Alcester St, Digbeth. B12 0HP and also online at <a href="https://zoom.us/j/93705482550">https://zoom.us/j/93705482550</a>	LIFE Online & Face to Face
Thursdays	12.30pm - 2.00pm	<b>DATUS, St Anne's Parish Centre</b> , 45 Alcester St, Digbeth. B12 0HP and also online at <a href="https://zoom.us/j/986444692">https://zoom.us/j/986444692</a>	LIFE Online & Face to Face
Saturdays	11.00am - 12.30pm	Online <a href="https://zoom.us/j/94497124180">https://zoom.us/j/94497124180</a>	LIFE Online
Sundays	10.00am - 11.30am	Online <a href="https://us06web.zoom.us/j/81049143421">https://us06web.zoom.us/j/81049143421</a>	LIFE Online

Download the Zoom app here: <https://zoom.us/download>

## Support Groups for Family & Friends affected by substance use



DATUS logo

These are confidential mutual aid meetings for people affected by the addictive behaviour of someone close to them.

The groups use tools from Cognitive Behaviour Therapy and Rational Emotive Behaviour Therapy in combination with the highly acclaimed **CRAFT (Community Reinforcement and**

**Family Training)** programme.

The programme is designed to help those affected by a loved one's addictive behaviour to learn new ways of dealing with the challenges, thoughts and emotions that they experience. Sessions are facilitated by someone with personal experience of family members in addiction. Attendance at all meetings is open and no referral is required. Check the dates for meetings that take place on Mondays, details below.

**Contact:** Maggie Thompson: 07925 022 953 ([maqqie.thompson@datus.org.uk](mailto:maqqie.thompson@datus.org.uk))

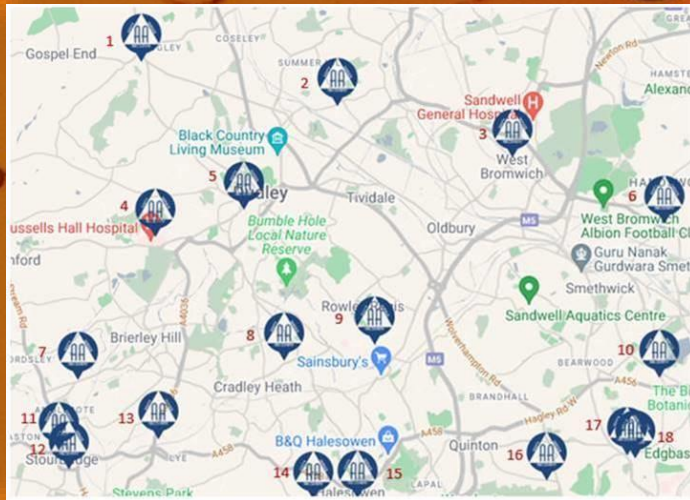
DAY	TIME	LOCATION	FORMAT
<b>Mondays 2 per Month</b>	<b>12.00pm - 1.30pm</b>	<b>Kingstanding Leisure Centre</b> , Dulwich Rd, Kingstanding, Birmingham B44 0EW	<b>LIFE - CRAFT Face to Face</b>
<b>Fridays Each Week</b>	<b>12.00am - 1.30pm</b>	Online <a href="https://zoom.us/j/95514346157">https://zoom.us/j/95514346157</a>	<b>LIFE - CRAFT Online</b>

Download the Zoom app here: <https://zoom.us/download>

# Mutual Aid & Recovery Support Groups

## AA Meetings within 5 miles of Oldbury Council House

<https://www.alcoholics-anonymous.org.uk/>



AA meetings in Sandwell map

- ALL meetings, unless otherwise stated, are 'Closed' meetings and restricted to alcoholics and those who have a desire to stop drinking.
  - Open (O) AA Meetings are open to ALL who may or may not have an alcoholic problem.
  - Online meetings are those which meet through electronic media, not in a physical place.
  - To find an online meeting to access visit: <https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/online>
- Local Helpline: 01384482929

Day & Time	Ref	Location	Format
Monday 11.00-12.30	13	<b>Lye:</b> Atlantic House, Dudley Rd, DY9 8BQ	
Monday 13.00-14.30	17	<b>Harborne Living Sober:</b> Harborne Baptist Church, Harborne, B17 0DH	
Monday 19.30-21.00	5	<b>Dudley:</b> Top Church, High St DY1 1QD	
Monday 19.30-21.00	16	<b>Quinton:</b> St Boniface Church, Quinton Rd West, Quinton, B32 2QD	
Monday 20.00-21.30	18	<b>Harborne:</b> St Mary's: St Mary's RC Church, Vivian Rd, Harborne, B17 0DN	
Tuesday 19.30-21.00	11	<b>Stourbridge:</b> Quaker Meeting House, Scotts Rd DY8 1UR	
Tuesday 19.45-21.15	2	<b>Tipton Big Book:</b> St Paul's Community Centre, Brick Kiln St, DY4 9BP	
Wednesday 12.00-13.30	2	<b>Tipton St Paul's Daytime:</b> St Paul's Community Centre, Brick Kiln St, DY4 9BP	Open meeting
Wednesday 19.30-21.00	8	<b>Cradley Heath:</b> Large Hall, Cradley Heath Community Centre, Reddal Hill Rd, B64 5JG	Open on request
Thursday 11.00-12.30	2	<b>Tipton Ladies:</b> St Paul's Community Centre, Brick Kiln St, DY4 9BP	Women's meeting
Thursday 19.30-21.00	2	<b>Tipton St Paul's:</b> St Paul's Community Centre, Brick Kiln St, DY4 9BP	
Thursday 19.30-21.00	10	<b>Edgbaston:</b> 9 Lyttleton Rd, off St Augustines Rd, Edgbaston, B16 9JN	
Thursday 20.00-21.30	6	<b>Handsworth:</b> Oaklands Community Centre, 1 Oakland Rd, Handsworth, B21 0NA	English/Punjabi
Thursday 20.00-21.30	9	<b>Blackheath:</b> Sons of Rest, 135 Birmingham Rd, Rowley Regis, B65 9HH	
<b>Updated 05/03/2024</b>			



Friday 19.00-20.00	12	<b>Stourbridge Women's Topic:</b> New Road Methodist Church Centre, 29 New Rd, DY8 1PQ	Women's meeting
Friday 19.30-21.00	1	<b>Sedgley</b> Community Centre, Ladies Walk, DY3 3UA	
Friday 20.00-21.30	14	<b>Halesowen:</b> Hasbury Community Centre, 38 Wall Well, B63 4SJ	Open on request
Saturday 10.00-11.30	15	<b>Halesowen:</b> Lifecentral Church, Little Cornbow B63 3AJ	
Saturday 16.00-17.30	3	<b>West Bromwich Na Zdrowi:</b> Wesley Methodist Church, 291 High St, B70 8ND	Polish Speaking
Saturday 18.30-20.00	4	<b>Dudley:</b> Dove House, Bushey Fields Hospital, Russell's Hall, DY1 2LZ	Open meeting
Sunday 11.00-12.30	14	<b>Halesowen Morning:</b> Hasbury Community Centre, 38 Wall Well, B63 4SJ	Open on request
Sunday 19.00-20.30	7	<b>Brierley Hill:</b> The Oakfield Community Centre, 245 Brettel Ln, DY5 3LT Helpline: 01384482929	

## Bring Me Sunshine

*Bring me sunshine, in your smile*

*Bring me laughter, all the while*

*In this world where we live*

*There should be more happiness*

*So much joy you can give*

*To each brand new bright tomorrow*

*Make me happy, through the years*

*Never bring me, any tears*

*Let your arms be as warm*

*As the sun from up above*

*Bring me fun, bring me sunshine*

*Bring me love*

Songwriters: Arthur Kent / Sylvia Dee, 1966. Bring Me Sunshine Lyrics © Music Sales Corporation, Campbell Connelly and Co. Ltd., Music Sales Corp., Edward Proffitt Music.

In this world where we live there should be more happiness...

Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today  
dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

The Action For Happiness monthly calendar

<https://actionforhappiness.org/calendar>

Learn simple daily habits to boost your wellbeing

**10 Days of Happiness**

Free online program to boost your wellbeing

[Join the Program](#)

Try out and share a free 10-day program with actions to build resilience, enhance your relationships and find positive ways forward.

# Useful links and resources

**The Sandwell Networkers Forum** meets on the first Tuesday of every month at the Pavilion in West Smethwick Park, to promote any event, activity, group, or service. Follow the Facebook page:

<https://www.facebook.com/groups/sandwellnetworkers>

\*\*\*\*\*



**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:

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

\*\*\*\*\*



## Recovery Toolkit for Gambling

We offer a range of information, advice and support to people affected by gambling. There are also practical tools and resources available to help you. <https://www.gamcare.org.uk/self-help/>

\*\*\*\*\*

BBC Hooked Podcast, presented by women in recovery:

<https://www.bbc.co.uk/programmes/p07q3jb7/episodes/downloads>

Kacey McCann, recovery blog from Wolverhampton:

<https://kaceymccann.co.uk/blog/>

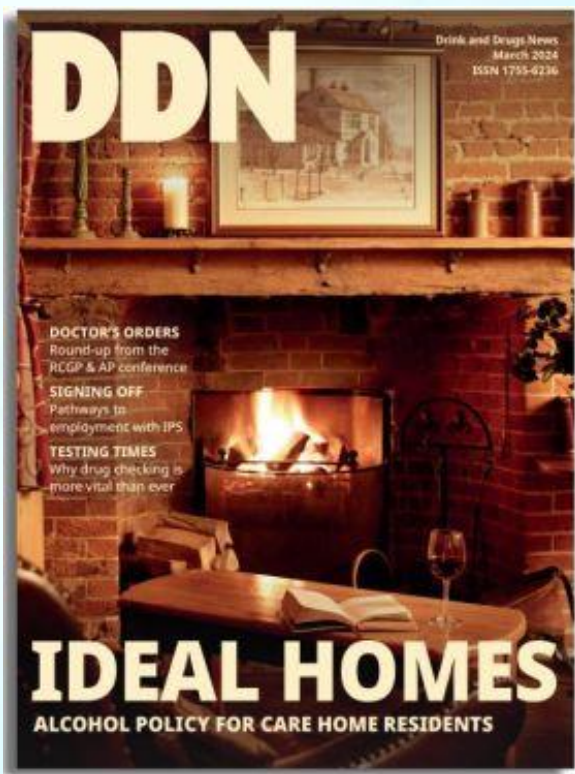
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Screening & Brief Intervention/ Self-Help workbooks for Alcohol and for Substance Use are free to download from the **DECCA** website where you can also download the DECCA Big Guide leaflets: [www.ourguideto.co.uk](http://www.ourguideto.co.uk)



# Drink & Drugs News

March 2024

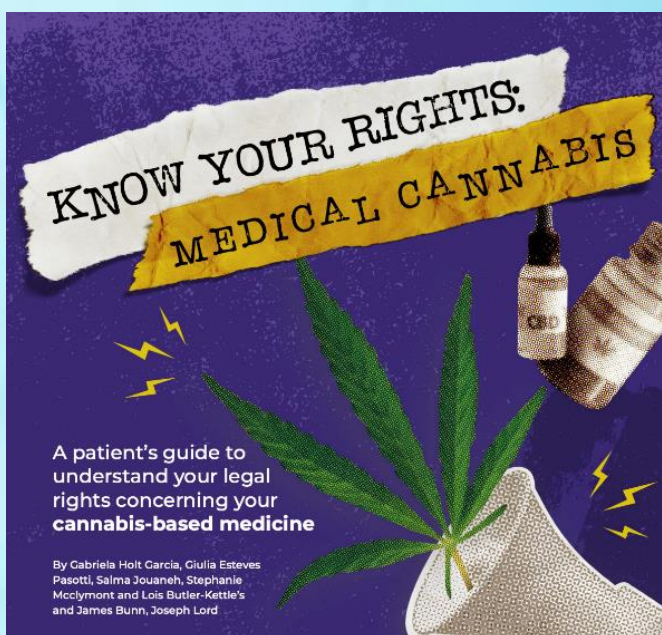


## INSIDE

- 4 **NEWS** Warning on drug strategy funding; barriers to rehab in Scotland
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- 24 **REFERRAL** Acting quickly

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

## Medical Cannabis - Do you know your legal rights?



*Know Your Rights, Medical Cannabis flyer*

Medical use of cannabis, when prescribed by a registered specialist doctor was legalised in the UK in 2018.

Drug Science UK has launched the guide for patients

['Know Your Rights: Medical Cannabis'](#).

You can [download](#) the guide for free – please share with anyone you feel might find this helpful.

# *The Anti-Stigma Network*



*Stigma campaign logo*

## *The Anti-Stigma Guide: Edition 4*

Sign up for the 4th edition of the Anti-Stigma Network members newsletter, at: <https://www.antistigmanetwork.org.uk/>

Want to learn more about stigma? Visit the [anti-stigma resources](#) page.

Read the latest blog by David Best about [Recovery Capital and Recovery Cities](#).

***What is stigma?*** From: <https://www.antistigmanetwork.org.uk/what-is-stigma>

"Stigma, stated simply, is a set of negative and often unfair beliefs. Stigma can be experienced on a societal, structural, and personal level. It is employed largely unconsciously but at times also consciously. Either way people harmed by drug and alcohol use are systemically dehumanised, marginalised and discriminated against.

This must change, because it is harmful to us all individually and to society as a whole. Lives are lost, people are shamed, society's progress is limited by stigma.

We must end stigma, because the harms are too great, and because collectively we can. We believe a network of mutual support can move us towards our aim.

And because it is long overdue. People who use, or have used drugs and alcohol, and their family and carers have been excluded from more enlightened approaches to similar health conditions for far too long.

We believe we all have a role to play to educate ourselves and take action."

# Sowing the seeds of recovery

If you're looking for help and support around recovery from alcohol or other substances, our Cranstoun Sandwell team is here to help.

Visit [www.cranstoun.org](http://www.cranstoun.org) or call 0121 553 1333. You can also email [sandwell@cranstoun.org.uk](mailto:sandwell@cranstoun.org.uk)

We're making sure there's good support in place for people in recovery and looking to build on what's already available.

More than 120 people attended our Roots of Recovery event at Sandwell Council House, Oldbury, in September.

Volunteers from Cranstoun Sandwell with their own experience of substance use helped to run the event, which included stalls from 25 organisations and workshops from Aquarius, Resolv, Trading Standards and Sandwell Council of Voluntary Organisations (SCVO).

Beat It Percussion provided a sound bath relaxation session and we heard from community groups that offer activities for people in recovery.



Professionals from partner organisations networking at the Roots of Recovery event

Educational materials displayed at the Roots of Recovery event

You can still watch the highlights video from the

## 2023 Recovery Event 4 Sandwell

that took place last September on YouTube, making recovery visible and believable to all, if you can't see it, how will you even know it is possible?

If you would like to be involved in planning the next conference, come along to the Recovery Forum at Hope Place on 14<sup>th</sup> March (see page 4)

<https://www.youtube.com/watch?v=HSQtj1JsQYI> or find it by the title ["Recovery Event 4 Sandwell 2023, Roots of Recovery"](#)

## The APA 2023 free virtual conference: Living the Stigma: Understanding Addiction & Overcoming Prejudice took place in November.

**DID YOU MISS OUR #APAconf23?**

**Watch on demand!**



The day was a really interesting with some really powerful talks, thanks to fantastic speakers, sponsors, and the **750+ delegates** who joined online from around the world.

In case you missed out and want to watch the fantastic talks from speakers including Claire Murdoch CBE, Dan Carden MP, Jo Huey and Adam Holland, you can do so via the [conference page](#).

Simply click 'watch again' on the sessions you'd like to view. The presenter slides are also able to download now via our [blog](#).

## Contaminated Heroin and Xanax Alert

**PLEASE ALERT ANYONE YOU KNOW WHO MAY BE AT RISK**

<https://cranstoun.org/news/contaminated-drug-alert/>

There have been confirmed reports in various locations around Britain of unusually strong opioids contained in a number of drugs; heroin, OxyContin (oxycodone) and 'street benzos'. In this alert we are asking people to be extra cautious as these strong opioids may be in widespread circulation, rather than confined to particular areas. There have been a number of recent deaths across Britain linked to them.

These strong opioids contain **fantanyls** and **nitazines** which are **30-500 times stronger** than heroin.

We would advise people who use heroin to be additionally cautious, especially if they inject.

- Go easy: always test a dose and wait for peak effects to pass before taking more especially if injecting, combining different drugs together, or if tolerance has dropped.
- Never use alone or go off by yourself shortly after using. If you cannot use in the company of others contact [BuddyUp](https://cranstoun.org/help-and-advice/harm-reduction/buddyup/) <https://cranstoun.org/help-and-advice/harm-reduction/buddyup/> for remote support that will send help if things go wrong.
- Avoid mixing drugs, but if you are doing so, use far less of each drug than you would usually.

Make sure you always carry naloxone, to reverse the effects of an overdose should one occur. You should have two on your person as you may need to give/be given multiple doses if affected. Contact your Cranstoun Sandwell on 0121 553 1333, if you need more naloxone.

**Please help us prevent overdoses in Sandwell, if you see or hear anything of concern please share this with us by emailing [sandwellalerts@cranstoun.org.uk](mailto:sandwellalerts@cranstoun.org.uk), or by calling 0121 553 1333, start by saying "I have a Sandwell alert".**

**Naloxone video tutorial:** <https://www.youtube.com/watch?v=SnMMLmsGPAI>

**Cranstoun guidance on contaminated substances and increased overdose risks:** <https://cranstoun.org/news/drugs-contaminated-with-synthetic-opioids-an-updated-collective-message/>

**Cranstoun Report on escalating opioid crisis:** <https://cranstoun.org/news/launch-of-contaminated-drugs-report/>

# CELEBRATE RECOVERY



Recovery Cartoon , Ann Geyer, New Possibilities

*#Recovery\_is\_possible*  
*#Recovery\_is\_out\_there\_RIOT*  
*#Recovery\_is\_contagious-Pass\_it\_on*  
*#Recovery\_is\_all\_our\_business*  
*#Progression\_not\_perfection*  
*#You're\_in\_recovery\_when\_you\_say\_you\_are*



*Public Health Sandwell*  
Oldbury Council House, Freeth Street, PO BOX 2374, Oldbury, B69 3DE  
**07741 817 800**  
Nick2\_shough@sandwell.gov.uk

Follow on:

