

Recovery & Wellbeing in Sandwell

This month:

News and What's On
Anonymous meetings
Recovery Support
Sandwell Directory



This month's unavoidable theme is of course the festive season, there's loads going on if you'd like to get into the festive spirits, and there is plenty of support around if you prefer not to 😊

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- Activities, groups, support services, events, etc
- Training, webinars, surveys, memberships, etc.

The next meeting of the **Sandwell Drug & Alcohol Partnership Board (SDAP)** is on Wednesday 18th December, 10am-12.00

If you would like to attend as an Expert by Experience email nick2_shough@sandwell.gov.uk. Over the past year those attending as Experts by Experience (lived or living) have made valuable contributions to some of the discussions, you are welcome to attend to see what goes on behind the services and you do not have to say anything unless you want to.





Sandwell Recovery Forum

Thursday 12th December, 3.30 – 7.00 p.m.

at Kaleidoscope+, Hope Place, (Opposite the Library),
321 High Street, West Bromwich B70 8LU

The Recovery forum is a social networking space for people in recovery to connect with others, find out what's going on to support recovery, and hear about activities or groups to support your recovery.

- A forum for the recovery community to meet and work together with refreshments provided,
 - Have a say in how services that affect you are planned and delivered and how to improve them,
 - Invited guest speakers,
 - Representation at policy boards and planning meetings,
 - An open forum for anyone who is in treatment or recovery,
 - **No booking needed, just come along.**



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 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. Someone will come out to let you in. Please can visitors park as closely as possible as the car park is small 😊



Knife Angel

Last week, Sandwell bid farewell to the Knife Angel. Over the past two months we have worked tirelessly to engage with schools, young people, and community groups to raise awareness, inspire action, and build resilience. [Watch the video.](#)

Residents from all over Sandwell have visited this thought-provoking sculpture which stands as a symbol of hope, remembrance and change, and has started many conversations among families and in our communities towards a safer future for all.



A new, fully funded programme aimed at helping schools tackle the root causes of violence was officially launched at the closing ceremony. The Change Makers Programme is an important part of the legacy of the Knife Angel because it will teach students how to challenge harmful behaviours, resolve conflict and stay safe all year round.

Young leaders who helped design the programme spoke powerfully at the ceremony about the positive change they want to see in their community, and it is up to all of us to support them in these efforts. [Find out more about My Tomorrow.](#)

Community Liver Health Checks

Wednesday 4 December

9am - 5pm

Tesco Car Park, New Square Shopping Centre, B70 7PP

Thursday 5 December

9am - 5pm

Community Link, 126 High Street,
Cradley Heath, B64 5HJ

Friday 6 December

9-4pm

Jubilee Park Community Centre
Glebefields Estate, Powis Avenue,
DY4 0RJ

- Just turn up- no appointment needed
- Non-invasive health check
- It only takes 7 minutes!



CRANSTOUN
Empowering People, Empowering Change

THE HEPATITIS  TRUST

HEALTHY SANDWELL
We find the support you need

There are free community liver health checks taking place at a number of venues in Sandwell this week with The Hepatitis C Trust and Healthy Sandwell!

To find out if you're eligible, visit

www.healthysandwell.co.uk/community-liver-health-checks/



Welcoming Spaces are here for you



www.sandwell.gov.uk/welcomingspaces



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.

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)

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

Learn more about available support:

<https://staffzone.blackcountryhealthcare.nhs.uk/.../help...>



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



Donate a winter coat at Sandwell libraries

Thank you

Donating an old winter coat can help many people living on the streets or those living below the poverty line and are pushed to choose whether to heat or eat – that’s where a coat donation can help.

To donate a good quality, second hand winter coat – take it to your nearest Sandwell library. Please make sure the coat is clean.

For more information about the appeal and to find your nearest library visit www.sandwell.gov.uk/wintercoatappeal

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



[Sandwell Clothing Bank](#) has a new Manager thanks to '[Awards 4 All](#)' funding from the National Lottery. The new Manager's name is Dolors and she has already started work, reorganising the Clothing Bank, introducing new, more effective processes and settling into the Sandwell Churches Link team.

Dolors says "I am very excited for the opportunity of being part of the Sandwell Clothing Bank. I believe that with the support of our volunteers and partner organisations we can make this project thrive, helping more people in need across the borough"





A GUIDE TO LIVING WELL THIS WINTER



NHS

**HEALTHY
SANDWELL**

 **Sandwell**
Metropolitan Borough Council

Sandwell Herald – out now!



The [winter edition of the Sandwell Herald](#) was distributed to homes and businesses in Sandwell last week (Monday 4 to Saturday 9 November).

This 24-page edition has a special focus on the brand new [Midland Metropolitan University Hospital](#), Smethwick, which opened its doors to patients in October. The new hospital and its many facilities are detailed in a special four-page section.

[Check out our Supporting Sandwell advice](#), including our ongoing support for

people during the winter months, and [have your say on how the council will spend its budget next year](#).

This edition details all the fantastic festive events coming up including [Christmas lights switch-ons](#), and there's a handy page on [Christmas and New Year bin collections](#).

Plus, there's lots of health and safety advice, including [police advice on staying safe during the darker winter nights](#), a focus on tackling serious violence with the [Knife Angel in Oldbury Civic Square](#) (which is staying until the end of November) and a feature on [our SHAPE projects with Sandwell young people](#).



FREE SHOP TOURS
 Families are invited to join a 1hr 30min session at Lidl, Friar Park, designed to help them make healthier food choices and save money. Learn about nutrition, understand food labels and gain tips on healthy swaps.
 Receive a **FREE £5 GIFT VOUCHER** on completion

To find out more and log your interest, please scan the QR code below or call Groundwork on 07970725526



FEMALE INSPIRATIONS

Chat, coffe and creativity.

- ✓ Meet others
- ✓ Learn new skills
- ✓ Discover benefits of creative journaling
- ✓ Relax

WE WILL BE MEETING MONDAYS
11 NOV, 25 NOV, 9 DEC, 16 DEC
9:30AM - 11:30AM
 Thimblemill Library
 Thimblemill Rd, Smethwick B67 5RJ

CONTACT US
 ☎ 07747733944
 ✉ outsidethebox.cic@gmail.com

SCVO **VISION 2030** **Sandwell**
 Connecting with your community

QUEEN OF KATWE



FRIDAY 6TH DECEMBER 6PM
 FREE ENTRY - EVERYONE WELCOME
 FREE LIGHT REFRESHMENTS - ENGLISH AUDIO
 2 HRS 5 MINS - AGE RATING PG
 BRUSHSTROKES, 253 HIGH STREET,
 SMETHWICK, B66 3NJ
 07827 258 680



Sandwell Borough of Sanctuary
 Present

INCLUSION AND INTEGRATION FORUM

Date: 5th December, 2024
 Time: 7:00pm
 Address: Oak Tree Centre, Tame Road, B68 0JP

Expect insightful discussions on:

- THE ROLE OF LOCAL COUNCILS AND SERVICES IN CREATING WELCOMING SPACES.
- HOW COMMUNITY ORGANIZATIONS AND BUSINESSES CAN OFFER PRACTICAL SUPPORT.
- STRATEGIES TO ENHANCE SOCIAL INCLUSION AND TACKLE THE BARRIERS FACED BY REFUGEES.

FOR MORE INFORMATION
 SALLY: 07832259658

[HTTPS://SANDWELL.CITYOFSANCTUARY.ORG/](https://sandwell.cityofsanctuary.org/)

SANTA FUN RUN



KIDS 1K RUN
5K FAMILY RUN

SUNDAY 8TH DECEMBER 2024
SANDWELL VALLEY COUNTRY PARK
RAISING FUNDS TO SUPPORT BETTER MENTAL HEALTH



REGISTER NOW!



5K TICKET INCLUDES SANTA SUIT

INFO@TOUGHENOUGHTOCARE.ORG | REGISTERED CHARITY NUMBER: 118740



BREAKFAST? COFFEE? MEET NEW FRIENDS?





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

Wednesday 4th December
10am -12pm

*Bring along your Christmas jumper!
Enjoy the Christmas spirit with us and your friends.*

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



2024
From 12 noon to 2pm.
20th November
18th December

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

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





WEDNESBURY YOUTH CLUB

MONDAYS & WEDNESDAYS 6PM – 8PM
FRIAR PARK MILLENIUM CENTRE, FRIAR PARK ROAD, WEDNESBURY, WS10 0JS
FOR YOUNG PEOPLE AGED 11+ YEARS

FREE ENTRY!

- WARM DRINKS & SNACKS
- ARTS & CRAFTS
- SOMEONE TO TALK TO
- SPORTS
- POOL TABLES
- GAMES CONSOLES
- OFFSITE TRIPS

JUST YOUTH 100% Deaf-led by Sandwell

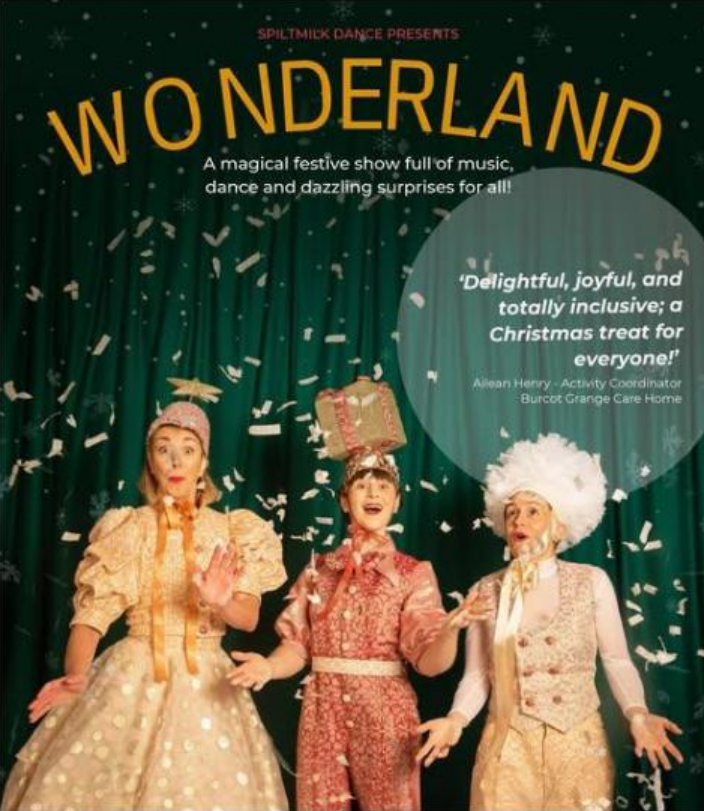
FOR MORE INFORMATION, PLEASE EMAIL:
YOUNGPEOPLE_SERVICES@SANDWELL.GOV.UK

SPILTMILK DANCE PRESENTS

WONDERLAND

A magical festive show full of music, dance and dazzling surprises for all!

'Delightful, joyful, and totally inclusive; a Christmas treat for everyone!'
Aileen Henry - Activity Coordinator
Burcot Grange Care Home



Dorothy Parkes Centre
Tue 3rd Dec - 10:30am
Free performance

Book online: www.smethwickarts.co.uk

Smethwick ARTS
BLACK COUNTRY TOURING

You are Invited!

CHRISTMAS FAYRE

Saturday, December 14th 2024
11am - 3pm

Sant Nirankari Mission
Centre for Oneness
Great Western Street
Wednesbury
WS10 7LL

www.nirankari.org | centre4oneness@hotmail.com

Free entry
Come and join in with the Christmas festivities!
ENTERTAINMENT. TOMBOLA . REFRESHMENTS
& MUCH MORE



Greetings ISLAND

50 Sandwell SANDWELL VALLEY PRESENTS

SANTA AT THE VALLEY

SATURDAY 14 DECEMBER & SUNDAY 15 DECEMBER

BOOK NOW



[Santa at the Valley](#)

Santa is back and has agreed to make a special stop at West Bromwich!

Come and join us on Saturday 14 and Sunday 15 December at Sandwell Valley Visitor Centre from 10am – 4pm.

A family event with free entry, with a visit to Santa at an additional cost.

Explore the Christmas stalls for festive gifts to help start your Christmas shopping, enjoy the magic of our snow showers and don't forget to visit the tea rooms for their festive menu.

[Book your tickets here!](#)



Christmas is a time to love
FAMILY AFTERNOON

1pm-3pm | **07** | December 2024

The GAP Christian Family Centre,
Hargate Lane, West Bromwich B71 1PH

Visit Santa in his Grotto £5 per child (Booking advisable) Hair braids, glitter tattoos, Christmas craft, cake and craft sale, Fill the GAP cafe and more..

Contact Kirsty@thegaponline.org for more information. For Santa's bookings scan the QR code



SCAN ME



YOU ARE INVITED TO A
Christmas Afternoon Tea

SATURDAY 14TH DECEMBER
2PM - 5PM

HELD AT
**THE GAP CHRISTIAN FAMILY CENTRE,
HARGATE LANE, WEST BROMWICH B71 1PH**

Come along and enjoy the Christmas atmosphere with a Christmas Afternoon Tea, Mince pies and festive music

Plus back by demand entertainment from singer

Tanny Bluel



Tickets £10 each
email Kirsty@thegaponline.org or call 0121 525 4442 for bookings



WINTER HAF 5-16 years

HOLIDAY ACTIVITIES

Sports coaching - Breakfast with Santa (23rd December) - Arts & Crafts - Soft Play activities - Outdoor activities - Daily Mile - Cooking activities - Board Games - Switch Sports - Sensory Room - Library use - Christmas activities

Friar Park Millennium Centre
Friar Park Road, WS100JS

Monday 23rd December 9:30 - 10:30
Tuesday 31st December 9:30 - 10:30
Thursday 2nd January 9:30 - 10:30
Friday 3rd January 9:30 - 11:00

BOOKINGS ARE REQUIRED - These must be done online at holidayactivities.com 01215560139

THE MILLENNIUM CENTRE FRIAR PARK, WEDNESBURY



Breakfast with Santa

NEW LOCATION!!

ST FRANCIS XAVIER SCHOOL
MCKEAN ROAD
OLDBURY B69 4BA

SATURDAY
14th December
10am - 12pm

Continental breakfast items and refreshments
Write a letter to Santa
Visit Santa in his Grotto
Crafts & activities
Make memories

Scan the QR Code to book



admin@singlepointplus.com
Tel: 0121 344 1303

TICKET PRICES
ADULTS - £4
CHILDREN - £5
FAMILY OF 4 - £16

**AFTERNOON TEA
WITH
SANTA**

**FOOD AND GIFT INCLUDED
TAKE YOUR OWN PHOTO WITH SANTA**

5pm - 8pm
Every Thursday & Friday from
21st November until 20th
December 2024
EXCLUDING THE 6TH DECEMBER
Each sitting lasts 1 hour

**£10 PER CHILD
BOOKING
REQUIRED**

Group booking
available

Friar Park Millennium Centre
Friar Park Road | WS10 0JS

0121 556 0139 | e.connectorworker@yahoo.com

The Henry Smith
Charity

THE MILLENNIUM CENTRE
FRIAR PARK, WEDNESBURY

SANDWELL
Holiday Activities

THE MILLENNIUM CENTRE
FRIAR PARK, WEDNESBURY

FREE
A Family Event

**Winter
Activities**

FREE EVENT - BOOK WITH
LEANNE!!

11am - 2pm

REGISTER
NOW

Craft activities - Bouncy Castles - Surprise guest
- Food - Movie area - Ball Pit access

Book your space with LEANNE on
01215560139 or
leannejones32@yahoo.co.uk

January
3rd

The West Bromwich Emergency Pet Pantry Christmas give away!!

Free treats

Free pet food



Come along to The Lets Chat Hub in West Bromwich Bus Station, near Stand D On Saturday 21st Dec between 10am and 3pm to collect a free pet gift bag containing pet food, treats and a choice of toy.



No pet should go hungry, especially at Christmas.



December Kindness 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- | | | | | | | |
|--|---|--|---|--|---|---|
| 1 Spread kindness and share the December calendar with others | 2 Contact someone you can't be with to see how they are | 3 Offer to help someone who is facing difficulties at the moment | 4 Support a charity, cause or campaign you really care about | 5 Give a gift to someone who is homeless or feeling lonely | 6 Leave a positive message for someone else to find | 7 Give kind comments to as many people as possible today |
| 8 Do something helpful for a friend or family member | 9 Notice when you're hard on yourself or others and be kind instead | 10 Listen wholeheartedly to others without judging them | 11 Buy an extra item and donate it to a local food bank | 12 Be generous. Feed someone with food, love or kindness today | 13 See how many different people you can smile at today | 14 Share a happy memory or inspiring thought with a loved one |
| 15 Say hello to your neighbour and brighten up their day | 16 Look for something positive to say to everyone you speak to | 17 Give thanks. List the kind things others have done for you | 18 Ask for help and let someone else discover the joy of giving | 19 Contact someone who may be alone or feeling isolated | 20 Help others by giving away something that you don't need | 21 Appreciate kindness and thank people who do things for you |
| 22 Congratulate someone for an achievement that may go unnoticed | 23 Choose to give or receive the gift of forgiveness | 24 Bring joy to others. Share something which made you laugh | 25 Treat everyone with kindness today, including yourself! | 26 Get outside. Pick up litter or do something kind for nature | 27 Call a relative who is far away to say hello and have a chat | 28 Be kind to the planet. Eat less meat and use less energy |
| 29 Turn off digital devices and really listen to people | 30 Let someone know how much you appreciate them and why | 31 Plan some new acts of kindness to do in 2025 | | | | |

ACTION FOR HAPPINESS

Happier · Kinder · Together

autism
west midlands

Christmas Parent/Carer Event

Come and join our Christmas Parent and Carer Event at **Dartmouth Park Community Pavilion**. This is a wonderful opportunity to connect with others and find out more about the support we offer.

Join us for some festive nibbles, a free prize draw and Christmas crafts.

Thursday 5th December · 10am - 12pm
Lloyd Street West Bromwich B71 4AS

COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...

NHS 111 online

Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

[Nhs.uk/mental-health](https://www.nhs.uk/mental-health)

PAPYRUS

Under 35s can Call 0800 068 4141, Text: 88247 or Email: pat@papyrus-uk.org 24/7

[Papyrus-uk.org](https://www.papyrus-uk.org)

SAMARITANS

Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours

[Samaritans.org](https://www.samaritans.org)

mind

Call MIND's Mental Health Helpline 9am to 6pm, Monday to Friday on 0300 102 1234

[Mind.org.uk](https://www.mind.org.uk)

shout
85258

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

[Giveusashout.org](https://www.giveusashout.org)

CALM

Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Whatsapp 0800 585858

[Thecalmzone.net](https://www.thecalmzone.net)

[ChristmasCountdown.uk](https://www.ChristmasCountdown.uk)

Recovery at Christmas

Adapted from: <https://www.taborgroup.ie/news/recovery-at-christmas/>

For those suffering with addiction, as well as those in recovery, the festive season can be an exceptionally difficult time. Remaining sober can be especially challenging during Christmas with family get-togethers, parties and other social occasions. Christmas is meant to be a time of inclusion, but the focus on alcohol makes it difficult to avoid.

For anyone in recovery or trying to abstain from using substances, here is a list of do's and don'ts to help you get through the festive season.

Things you should try TO DO over the festive season:

- Ensure that you have telephone numbers for people who can support you
- Try to get to as many meetings as possible
- Use the Fellowship, meetings and your sponsor
- Avoid 'wet' places and parties
- Take control of the situation – don't invite people to you
- Be good to yourself. Allow yourself some treats
- Keep in touch with safe friends/family/support
- Keep balance and variety in your activities: TV, exercise, relaxation, walks in the fresh air
- Plan ahead by making a relapse/prevention plan
- Take the risk and join in the fun, but, give yourself a get-out clause for potentially difficult situations such as family parties.
- Speak to someone "Safe" before you go to a gathering and when you return from it
- Be clear and unapologetic with statements you make such as "I am not drinking alcohol, thanks, but I'd love lemonade" or "I won't have that to eat I'm just after eating, but thanks anyway" or "I'm not gambling at the moment."

Things you should try NOT TO DO over the festive season:

- Don't hide away and isolate
- Don't stagnate in front of the TV
- Don't project
- Don't become complacent or procrastinate
- Don't go somewhere without a 'get-out clause', make it easy to leave a difficult situation

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

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/>



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



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**

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

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..


Alternat+ves ITC Zoom groups

- Free and open to all, no registration required
- Facilitated by parents with lived experience
- Absence of stigmatizing language and "advice"
- Positive holistic approach, cross talk welcome

Online Zoom Link Sun & Tues 6 pm UK (1 pm ET)
8149 8667 810

In person E-mail **Brett Young Carers' Hub (B63 3ST)**
alternatives@gmx.com
for joining details

Website **<https://www.alternat-i-ves.org>**



PUNJABI / ENGLISH
AL-ANON ONLINE MEETING



AL-ANON
for families & friends of alcoholics

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



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.

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



Aquarius Gambling Service
In partnership with Gamcare



Aquarius Head Office: 236 Bristol Road, Edgbaston Birmingham B5 7SL. T: 0121 622 8181 E: headoffice@aquarius.org.uk W: www.aquarius.org.uk
Registered Charity No: 1014305 Registered Company No: 2627600

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



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

smokefree Sandwell

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



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



Sandwell Leisure Trust

CRANSTOUN
Empowering People, Empowering Change



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

Building Recovery in Sandwell

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



Employment Plus



Do you need Free and Confidential Help with . . .



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



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,
WS10 0JS

Contact: 01215560139 or
fpmcprojectmanager@gmail.com



Friar Park Millennium Centre
Community organisation

Call now



Beat It Percussion

UPCOMING SOUNDBATH SESSION

December 4 th Wednesday 6.30 – 7.30pm arrive from 6.15	Community Trust Hub Wiltshire Way, West Bromwich B71 1JU
December 11 th Wednesday 5 – 6pm arrive from 4.45	Friar Park Millennium Centre, Wednesbury, WS10 0JS
December 13 th Friday 1 – 2pm arrive from 12.45	Thimblemill Library, Smethwick B67 5RJ






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

Adults Intensive Swimming Lesson Programme

Sandwell Aquatics Centre | B67 7EW

FREE 5 day course for beginners.

Starts W/C 30th September 2024

12:00-12:30 Monday to Friday.

A photograph of a swimmer in a pool, wearing a black cap and goggles, swimming towards the camera. The water is blue and splashing around the swimmer.

FREE

www.slt-leisure.co.uk



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 across Sandwell for advice & information around your own or someone else's alcohol or drug use.

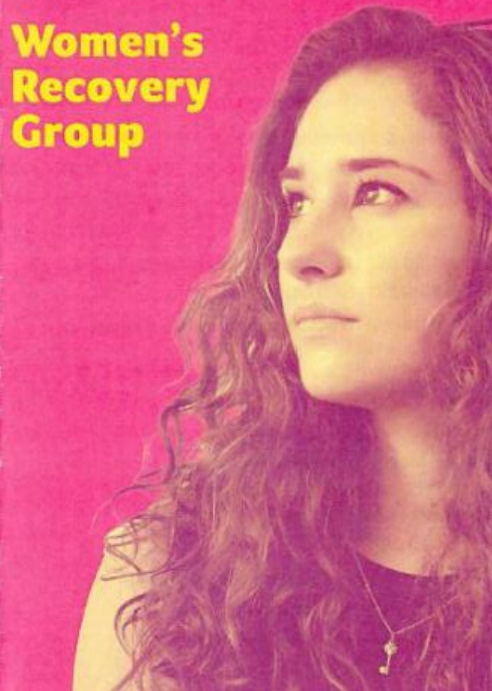
Cranstoun Sandwell Satellite Provision – 2024 (Subject to Change)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Smethwick	Smethwick Medical Centre <ul style="list-style-type: none"> • Weekly • 9am to 5pm • Appointment only 	St Mary’s Church Bearwood <ul style="list-style-type: none"> • Weekly • 12pm to 2pm • Drop-in 	Smethwick Medical Centre <ul style="list-style-type: none"> • Once a month • 9am to 12pm • Appointment only 		
Wednesbury	Wednesbury Town Hall <ul style="list-style-type: none"> • Weekly • 9.30am to 2pm • Drop-in & appointments 	Friar Park Millennium Centre <ul style="list-style-type: none"> • Weekly • 9am to 2pm • Appointment only 	Friar Park Millennium Centre <ul style="list-style-type: none"> • Weekly • 8.45am to 6.30pm • Drop-in & appointments 	Wednesbury Town Hall <ul style="list-style-type: none"> • Weekly • 9.30am to 2pm • Appointment only 	Friar Park Millennium Centre <ul style="list-style-type: none"> • Weekly • 9am to 1pm • Appointment only
Tipton	St Pauls <ul style="list-style-type: none"> • Weekly • 9am to 5pm 				
Rowley	Community Link, Cradley Heath <ul style="list-style-type: none"> • Weekly • 9.30am -3.30pm • Appointments • Drop-in 2.30pm to 3.30pm 			Cradley Community Centre <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Weekly • 9am to 2pm • Appointments and drop-in West Bromwich Bus Station <ul style="list-style-type: none"> • Weekly • 1pm to 3pm Drop-in 	Lyndon Primary Care GP surgery <ul style="list-style-type: none"> • Weekly • 9am to 2pm • Appointments and drop-in Hallam Street <ul style="list-style-type: none"> • 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



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

Useful links and resources



Family Information Service Hub



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/>



At what point is intervention possible?

We're so quick to compartmentalise – as if that makes treatment easier. Early trauma, chaotic drug use... rehab. Social scene, few too many drinks, hiding a hangover... be careful not to overdo the legally sanctioned fun.

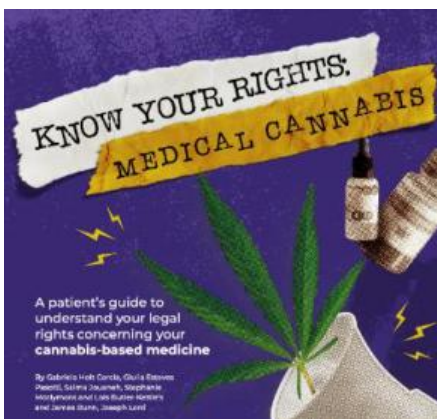
Slightly confusing then, to look at a substance through both lenses. We're familiar with the devastating effect cocaine can have on lives. What's interesting is the cultural normalisation that's contributing to the [statistics \(p6\)](#). If drug use starts in a safe setting and escalates, at what point 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.

As we [look back on the year](#) we're grateful for inspirational partnerships and individuals who tackle obstacles at full tilt and don't take 'go slow' for an answer. Keep going – we're right there with you!

Read the December/January issue as an [online magazine](#)

Medical Cannabis - Do you know your legal rights?



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.

Directory

Contents

- Activities, groups, support services, events, etc p36
- Training, webinars, surveys, memberships, etc p53

▪ *Connect in Community Spaces and Support Groups*



Bearwood Community Hub

Community Wellbeing Service

Free

Improve your mental, physical, social and economic wellbeing

1:1 Holistic Listening, Therapy, Mindfulness and Coaching Service
Information, Advice & Guidance

Appointments from 9am-1.30pm
Tuesday to Friday (term time)
To book contact Maddison at maddison.lifecoach@gmail.com or call during office hours (9am - 3pm) on 07719732352

Bearwood Community Hub
Therapy Room
Bearwood Yoga,
28a Abbey Road, B67 5RD

or at Wednesday Warm Welcome
Bearwood Baptist Church,
Rawlings Rd, B67 5AD

I feel so much better after just saying everything out loud.
service user, 2023

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

WHEN

LAST SATURDAY OF EVERY MONTH
10:30am - 12:00pm

WHERE

GREETS GREEN ACCESS CENTRE
Tildasley Street, West Bromwich
B70 9SJ

CONTACT

AMEENA: 0121 525 3909

Ameena@yca-sandwell.org.uk

WHEN

2ND SATURDAY OF EVERY MONTH
10:30am - 12:00pm

WHERE

DOROTHY PARKES CENTRE
Church Road, Smethwick
B67 6EH



Let's Talk Hope in Sandwell Support Group



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



Community Hub
Union St, Wednesbury WS10 7HD
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



Jubilee Park Community Centre Autumn 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cost of Living Team 9am – 3pm	Employment Job Club session 9am-3pm	Play & Stay 9.30am -11am	General advice Drop in 10am-2pm	Welcoming Space Warm Hub 9am-3pm	Martial Arts 10am-12pm (paid sessions)
General advice Drop in 10am-2pm	Wellbeing Art Class 10am-12pm	General advice Drop in 12pm-2pm	Food Parcels 11am -2pm	Employment Support 9am – 3pm	
Beat It Percussion 6pm-7pm	Welfare Service 9am-3pm	Digital Basics Class 1pm-3pm	Adult Weight Management 12.30-2pm	Zumba Gold 10am-11am	Every 1 st & 2 nd Saturday Councillor Surgery 10am-12.00pm
	Kick Boxing 6.00pm-7.00pm (paid sessions)	Empower me Recovery support 10am-2pm		Empower me Recovery support 10am-2pm	

Jubilee Park Community Centre Number: 0121 520 0234 / Email: jubileepark15@gmail.com

What's on at The Dorothy Parkes Centre

Monday	Monday cont...	Tuesday cont...	Wednesday cont...	Friday	Saturday
<p>Grief Kind Space 10am - 12pm</p> <p>Weekly drop-in session for people to come together and share their experiences of grief - FREE</p> <p>Community Allotment 10am - 1pm (see overleaf)</p> <p>Art in Bloom 10am - 1pm (FREE)</p> <p>FREE creative arts project Community, gardening, art & poetry</p> <p>Talbots Solicitors Free Law Clinic</p> <p>Wills, PoAs, Trusts and Estates 1st Monday of the month 10am - 1pm (See overleaf)</p> <p>Knitting and Crochet Group 12.30pm - 2.30pm</p> <p>Suitable for beginners (£3)</p> <p>Gentle Yoga 1.30pm - 2.30pm</p> <p>Seated Yoga £3.50</p> <p>Girls Friendly Society 5.15pm - 6.30pm (Term time)</p> <p>Girls (7-13) Friendship Group smethwick@girlsfriendlysociety.org.uk</p>	<p>Taekwondo - 4 - 8 years 5.30pm - 6.15pm</p> <p>Ladies Only Taekwondo 7pm - 8pm</p> <p>@ Uplands Manor Primary Lisa: 07970694564</p> <p>PB Fitness Exercise & Nutrition £7.00 7pm - 8pm Carl: 07561 238016</p> <p>Cocaine Anonymous 7.30pm - 8.30pm</p> <p>Support group for anyone with issues around alcohol and drugs Tony: 07538 588986</p>	<p>Your Health Sandwell 2.30pm - 4pm</p> <p>Adult weight management Sophia: 07386 650968</p> <p>Kumon Tutoring 3.30pm - 6pm</p> <p>English and Maths Grace: 07754 611780</p> <p>Yoga 7pm - 8pm</p> <p>Enhance your overall wellbeing with the power of yoga wildbrackenwellbeing@gmail.com</p>	<p>Gentle Yoga 10.30am - 11.30am</p> <p>Seated Yoga £3.50</p> <p>Jewellery Group 1pm - 3pm</p> <p>Suitable for beginners (£3)</p> <p>Kim's Sewing Group 6.30pm - 8.30pm Kim: 07940 814104</p>	<p>Community Allotment 10am - 1pm (see overleaf)</p> <p>Talbots Solicitors Free Family Law Clinic Alternate Fridays 10am - 1pm (See overleaf)</p> <p>Places of Welcome 10am - 12pm</p> <p>Meet new people and make friends. Open to all. FREE + refreshments</p> <p>Gentle Exercise 10.30am - 11.30am</p> <p>Older adults and those with disabilities £3.50</p> <p>Good Afternoon Club 1pm - 3.30pm</p> <p>Social group for over 55's</p>	<p>Kumon Tutoring 9.30am - 12pm</p> <p>English and Maths Grace: 07754 611780</p> <p>GKR Karate 10am - 12pm</p> <p>Self-defence for 5+ and adults @ Uplands Manor Primary Dave: 07767 886482</p> <p>Let's Talk Hope Cancer support group 2nd Saturday of each month 10.30am - 12pm Ameena: 0121 525 3909</p> <p>Community Litter Pick 1st Saturday of every month Please contact the centre for more information</p>
Thursday					
Fun Fit					
Wednesday					
Community Allotment					
10am - 1pm (see overleaf)					
Slimming World					
Various times day/evening					
Mel: 07935 447265					
Chatty Cafe					
10.30am - 12.30pm					
Kickstart a conversation, get chatting and reduce loneliness					
First drink free					
Art Works for Wellbeing					
10.30am - 1.30pm					
Come and be creative (FREE)					
Councillor Surgery					
1st Thursday of each month					
6pm - 7pm					
Come along and see your local Councillors & discuss your issues					
CMJ Studios					
4pm - 8.30pm					
Dance classes					
Charlotte: 07800 874640					
Community Litter Pick					
1st Saturday of every month					
Please contact the centre for more information					
Sunday					
GKR Karate					
9.00am - 12.00pm					
Self-defence for 5+ and adults					
Dave: 07767 886482					
Potter's House Church					
10.30am - 12.30pm					
Come and join us every Sunday					
Pastor Samson: 07960 904032					

Please note that this timetable is for information only and may be subject to change. Some sessions are only held during school terms all may be subject to change. Always check with the session provider directly. The Dorothy Parkes Centre are not responsible for the accuracy of information provided to them by our Users. Copyright © 2022 and published by The Dorothy Parkes Centre, all rights reserved. If you would like to hold a meeting, community group or private function at the centre, please call us to discuss or complete an enquiry form on our website



New benefits calculator to help Sandwell residents

Are you missing out on a boost to your income? Our benefits calculator will help you to find out if you are entitled to benefits that you aren't claiming, or if your entitlement to benefits has changed.

Our benefits calculator can be used by anyone living in Sandwell, or by organisations supporting Sandwell residents.

Use it to check your entitlement to all benefits including Universal Credit or a reduction to your Council Tax bill.

[#SupportingSandwell](#)

Sandwell Family Information Service

Helping you to find the services, support, and activities available to you in Sandwell.

Find childcare providers, funded childcare, SEND support, Family Hubs, youth services, health and wellbeing resources, and much more!

Scan the QR Code to access the FIS Hub



 fis.sandwell.gov.uk

@ SandwellFIS



EARLY STAGE MEMORY LOSS GROUP

Every Tuesday 10:00 AM- 16:00PM






- SPEAK TO OUR DEMENTIA ADVISOR.
- ACCESS TO A VARIETY OF ACTIVITIES INCLUDING BOARD GAMES, DOMINOES, KNITTING & MUSIC.
- THE OPPORTUNITY TO TAKE PART IN OUR EXTEND EXERCISE AND GET MOVING.
- A FREE HEALTH ASSESSMENT, BI WEEKLY HEALTH TALKS, PRACTICAL SUPPORT WITH BENEFITS & CLAIMS, TRAVEL, FUNERAL ARRANGEMENTS.
- REMINISCENCE ABOUT AFRICAN CARIBBEAN CULTURE THROUGH SOCIALISATION.
- COMPUTING + MEMORY ACTIVITIES

MORE INFORMATION

0121 525 9177 opt 1 

www.WBACRC.ORG.UK 

West Bromwich African Caribbean Resource Centre, Thomas street B70 6LY 

Company Registration Number: 3916617
Registered Charity Number: 1091956

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

2024

From 2pm to 4pm.

30th October

27th November



11th December

Want more information? Contact us!

 07791921011 Phone/Text/Facetime

 craig_pothecary@sdca.co.uk



SinglePoint Plus & New Beginnings Community Partnership

YOUNG PARENTS GROUP

A group for parents up to the age of 19

Opening Hours

EVERY WEDNESDAY


9.30am till 11am
Term Time Only

No Booking Required

St Marks Church
Thimblemill Road, Smethwick B67 6LP

FOR MORE INFO CONTACT EARLY YEARS PEER SUPPORT
ON 0121 544 1393
OR EMAIL EARLY.YEARS@SINGLEPOINTPLUS.ORG

Supported By
Sandwell Family Hubs
Helping Families Thrive




Their future begins with Early Learning in Sandwell

Your child needs you!



Start right. Finish well.



Ready to learn.



Childcare support is expanding!

Visit the Childcare Choices website to find what childcare support options are available to you





Engage, connect, and discover new partnerships through our:

Community Network Meetings

NEW meetings dates arranged!

Community Network Meetings are a great opportunity for professionals across all sectors, working with babies, children and young people in Sandwell to come together on a locality basis and get to know each other, network and assist in making working together easier.

Come along and join us to:

.....hear about Sandwell's NEW Practice STaR Model

...find out more about any new and exciting local programmes/ activities for CYP

.... connect, network and link in with other local Partners!

If you would like to join us at one or more of our upcoming Community Network Meetings, please book your place(s) using the links below:

LOCALITY and VENUE	DATES and TIMES	BOOKING
OLDBURY - Christchurch C of E Primary School, Albert Street, Oldbury B69 4DE	Mon 7 Oct 2024 9.30am – 11.30am	https://buytickets.at/scvo/1374047
	Mon 10 Feb 2025 9.30am – 11.30am	
	Mon 16 June 2025 9.30am – 11.30am	
ROWLEY - Cradley Heath Community Centre, Reddal Hill Road, Cradley Heath B64 5JG	Tues 8 Oct 2024 1.00pm – 3.00pm	https://buytickets.at/scvo/1374055
	Tues 25 Feb 2025 9.30am – 11.30am	
	Thurs 5 June 2025 9.30am – 11.30am	
SMETHWICK - Brasshouse Community Centre, Brasshouse Lane, Smethwick B66 1BA	Fri 11 Oct 2024 1.00pm – 3.00pm	https://buytickets.at/scvo/1374074
	Thurs 6 Feb 2025 1.00pm – 3.00pm	
	Thurs 12 June 2025 1.00pm – 3.00pm	
TIPTON - St Pauls Community Centre, Brick Kiln Street, Tipton DY4 8QL	Weds 23 Oct 2024 10.00am – 12.00noon	https://buytickets.at/scvo/1374068
	Weds 12 Feb 2025 10.00am – 12.00noon	
	Weds 11 June 2025 10.00am – 12.00noon	
WEDNESBURY - Friar Park Millennium Centre, Friar Park Road, Wednesbury WS10 0JS	Weds 9 Oct 2024 1.15pm – 3.15pm	https://buytickets.at/scvo/1374085
	Weds 5 March 2025 1.15pm – 3.15pm	
	Weds 4 June 2025 1.15pm – 3.15pm	
WEST BROMWICH – WB Collegiate Academy, Kelvin Way, West Bromwich B70 7LE	Weds 13 Nov 2024 9.30am – 11.30am	https://buytickets.at/scvo/1373999
	Weds 26 Feb 2025 9.30am – 11.30am	
	Weds 18 June 2025 9.30am – 11.30am	

Please note: **Booking is essential**, all meetings are face to face only and places are limited. For further information, please email angel@scvo.info



**Sandwell
Safeguarding
Adults
Board**

S.H.I.P. SETS SAIL

'We need to talk about Hoarding'

ON Wednesday 27th November 2024, 10am - 1pm
@Brasshouse Community Centre

'Hoarding: Inside out' Training Workshop

ON Tuesday 10th December 2024
(2 sessions) 10am - 1pm OR 1.30pm - 4.30pm
@Greets Green Access Centre, Tildasley Street, West
Bromwich B70 9SJ

OFFICIAL LAUNCH
Sandwell Hoarding Improvement PartnerSHIP
Symposium

ON Thursday 23rd January 2025, 10am - 1pm
@Brasshouse Community Centre

BOOK NOW
please book on here via our training platform



Are you part of the
LGBTQ+ community?

Are you aged
50+?

LGBTQ+ NEEDS & CHALLENGES SURVEY

Sandwell Council Public Health wants to learn more about the needs and experiences of the LGBTQ+ community. Your responses will help us understand what works well, what needs improvement and how we can better support you.

Please scan the QR code to share your thoughts. Your time and views will help address health concerns faced by the LGBTQ+ community in Sandwell and improve experiences with healthcare services.



<https://consultationhub.sandwell.gov.uk/public-health/lgbtq-needs-challenges-2024/>

THANK YOU!



Yoga Sessions

at Brasshouse Community Centre

FREE to all pregnant ladies and new moms. Babies and toddlers welcome.

No booking required, equipment is provided. Fully qualified instructor.

Yoga improves strength, balance and flexibility.



Starting Wednesdays,
9:30am - 10:30am
16 October - 18 December

Phone: Bryony- 07749 847818
Email: info@nsdt.org.uk
Address: Brasshouse Lane,
Smethwick, B66 1BA (Free Parking)




STEP ON FREE ARTS & CRAFTS

WORKSHOPS FOR ALL THE COMMUNITY

JOIN US HERE ON

Starts Monday 7th October 10.30am-12.00pm

Monday 14th, 21st, 28th, October

Monday November 4th, 11th, 18th, 25th

Monday December 2nd, 9th & 16th.

Please check in with the venue above to book your place.

WORKING TOGETHER TO SUPPORT YOUR MENTAL HEALTH IN 2024



Getting help and Support

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

www.healthysandwell.co.uk/talk



-  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.

27

West Bromwich Emergency Pet Pantry



PET FOOD DONATIONS NEEDED



We accept in date tins,
sachets and biscuits
plus other essential
items

Offering emergency short term help for struggling pet owners.
Referrals accepted, must provide valid reason for needing help

Caring for your pets in times of need

We can be contacted via email louisecolledge.petpantry@gmail.com

Kellyfletcher.petpantry@gmail.com

Or call us on 07500 039967

Organisations and charities can also scan our QR code to access our
online referral form



Thank You



Over the past few weeks thanks to your donations, we have been able to provide 10 local pet owners with dog/cat food, helping these much loved pets stay with their owners during financial hardship. Your help is so appreciated.

Due to the past few weeks demands, we are currently running low on both dry dog/cat food, and puppy/kitten food




Our donation points are set up at
South Staffs Water Hub - Union St, Wednesbury
Lets Chat Hub - West Bromwich Bus Station
Prince Albert Pub - Sams Lane, West Bromwich
West Bromwich Leisure Centre - Moor St





Thank you in advance for any help you can provide xx

'Cost of Living' Virtual Coffee Morning

Please join Citizens Advice Sandwell & Walsall, for the next [Virtual Coffee Morning](#), there will be updates on the 'Cost of Living' financial capability subjects and useful information for frontline workers and volunteers.

 **Date: Wednesday 11th December 2024**

 **Time: 10am - 11am**

 **Location: Virtual Online: via Microsoft Teams Meeting:**
Citizens Advice 'Cost of Living' - Coffee Morning -
Virtual/Online
11th December 2024

Meeting link: [Citizens Advice 'Cost of Living' - Coffee Morning - Virtual/Online | Microsoft Teams | Meet-up-Join](https://teams.live.com/joinmeeting/9367950300388?p=ke8xSGHB15BVnOKJrm)
<https://teams.live.com/joinmeeting/9367950300388?p=ke8xSGHB15BVnOKJrm>

We will focus on 'what is new in financial capability at present', cover updates and tools regarding the current Cost of Living crisis and look at how we can work together to support families and residents within Sandwell.

Guest Speaker - if you want a 10 minute slot for your organisation to showcase something/a new project then please do let me know asap.

This is for Professionals, Staff or Volunteers (train the trainer style) and is not for residents or clients to attend.

Please share with your colleagues and volunteers, please do not hesitate to contact me if you have any questions and I look forward to seeing you there.

Citizens Advice Sandwell & Walsall

E: cheryl.s@citizensadvicesandwell-walsall.org

M: 07377 556395

STOP LOAN SHARKS

Intervention . Support . Education

Latest statistics

At least
32,000
People supported

856
Arrests

At least
£91.3m
Debt written off

426
Number of
prosecutions

609
Number of years in jail
for loan sharks

1.08m
Number of people in
England borrowing
from a loan shark

Got information about loan sharks? [Email us](#)  0300 555 2222 

Look After Your Health

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
BrassHouse Community Centre Brasshouse Lane, Smethwick B66 1BA	21st October	09.00 - 12.30
Lion Farm Action Centre The Vicarage, Shelsley Avenue, Lion Farm, Oldbury, B69 1BG	21st October	09.00 - 14.30
Lets Chat Hub West Bromwich Bus Station, near stand D St Michael Street, Sandwell Centre, West Bromwich, B70 7NN	22nd October	10.00 - 14.00
South Staffs Water Community Hub Unit 17 Union Street, Wednesbury, Uk WS10 7HD	22nd October	09.00 - 16.00
Great Bridge Library Sheepwash Ln, Tipton DY4 7JF	23rd October	09.30 - 16.30
Cradley Heath Library Upper High St, Cradley Heath B64 5JU	23rd October	10.00 - 17.00
Dr Arora GP Frank Fisher Way, West Bromwich B70 7AW	25th October	10.00 - 18.00
West Bromwich Leisure Centre Moor Street, West Bromwich B70 7AZ	25th October	09.30 - 16.30



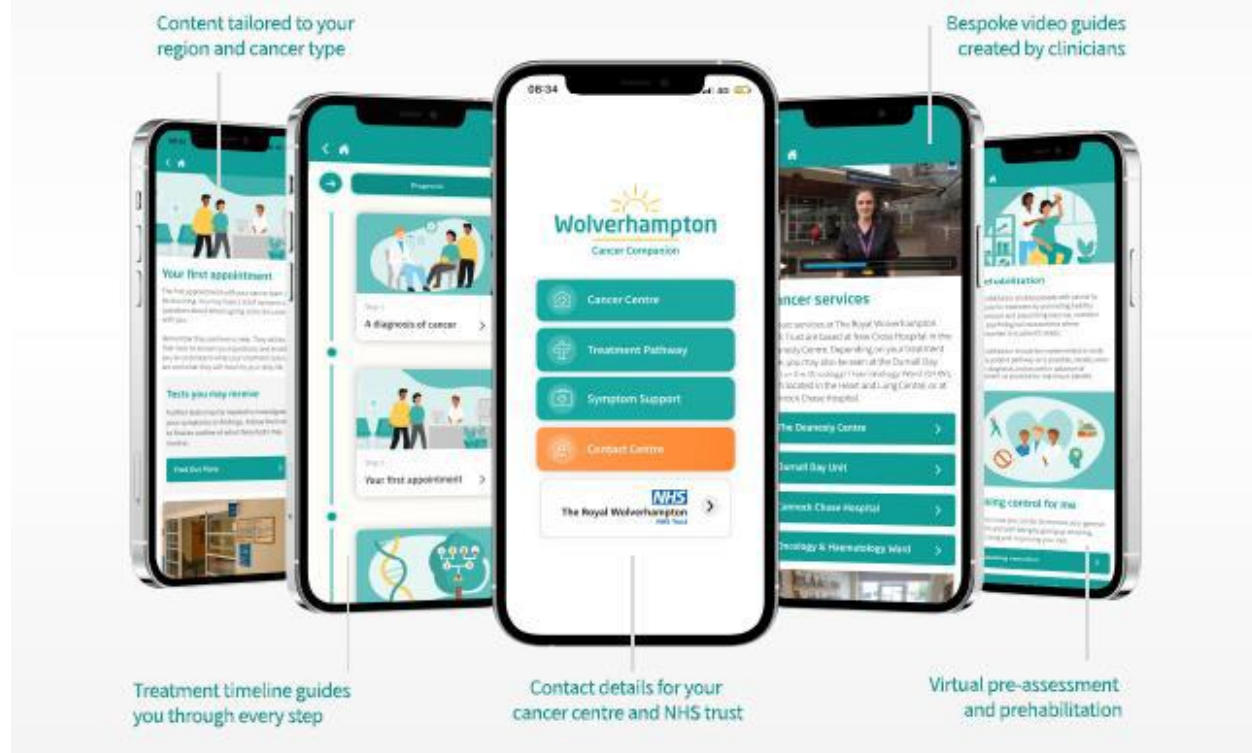
Call 0800 2545 163 or visit nhshealthcheck.randox.com

In partnership with



Cancer support at your finger tips

Introducing the new version of our award winning digital information tool.
Get the right treatment advice and support at your NHS Cancer Centre.



This app provides digital access to cancer information and cancer services in Sandwell and Wolverhampton. Once you have downloaded the app, you can navigate to the West Midlands site which will offer Sandwell and Wolverhampton facilities. Personal information is collected initially to help the app navigate people to the correct facilities. It provides information on available cancer services, the treatment pathway. Symptom support and there is an area for patient feedback as well.

Please see below videos to support Lung Cancer awareness month.

[What happens in every stage of lung cancer? | Cancer: Explained | Macmillan Cancer Support](https://www.youtube.com/watch?v=n6TE-Nkws6Q) [<https://www.youtube.com/watch?v=n6TE-Nkws6Q>]

Promotional video for Sandwell TLHC

[What happens at a targeted lung health check appointment](https://www.youtube.com/watch?v=xgM67zAZg8) [<https://www.youtube.com/watch?v=xgM67zAZg8>]

This project is funded by:





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 to book on this training please follow the below link <https://re-url.uk/W111> or contact Kassandra.styche@nhs.net for more information.

Following completion of the training there will be a chance to sign up as a Macmillan Volunteer to support the new Community Cancer Connectors Project in Sandwell.

Have you received diet and food advice during cancer?
We want to hear from you



We need your help

Are you from an ethnic minority group and had cancer (or looked after someone with cancer)?

We are looking to hear about your experience of the nutrition and diet advice you received.

Please complete this short survey by **8 November 2024**.

<https://forms.office.com/e/8XyUGHSgEpdng>

Any questions?: Email us: JInjore@macmillan.org.uk

Scan the QR code below



YOU OK MATE?
FEELING STRESSED OR ANXIOUS?

Remember, it's ok to talk.
Reach out to the services below:

<p>NHS 111 Option 2 Mental Health Crisis Line</p>	<p>24/7 Black Country Urgent Mental Health Helpline Call 0800 008 6516 or text 07860 025 281</p>
<p>Tough Enough to Care Text "TOUGH" to 85758 or scan the QR code for more</p>	<p>Albion Foundation Team Talk Call 08712719840 or scan the QR code for more</p>
<p>Cranstoun Alcohol & Drug Services Call 020 8335 1830 or scan the QR code for more</p>	<p>Sikh Helpline 03000 3000 63 or 07999 0043 63</p>

There is strength in seeking help.
Let's build better mental health for men in Sandwell.

Silver Linings

Are you 65+ and need advice?



The Silver Linings project provides tailored advice and support for over-65s, focusing on welfare benefits, financial literacy, and fuel advice. Services include:

- ✓ Ensuring full entitlement to welfare benefits
- ✓ Budgeting and managing debt
- ✓ Applying for hardship grants
- ✓ Referrals for specialist advice, including debt support
- ✓ Help with managing fuel bills and avoiding loan sharks

For more information please contact us on:

0121 533 2568

info@sandwellconsortium.co.uk

www.sandwellconsortium.co.uk



Book your FREE health check today

Someone in the UK dies from coronary heart disease every eight minutes and these deaths are largely preventable.

Knowing your heart health numbers is important for making positive lifestyle changes to reduce your risk.

Health Checks last 25 minutes and include:

- Blood pressure
- Cholesterol
- Body composition
- Lifestyle advice

Date:
Friday 8th of November

Where:
Kaleidoscope Plus Group,
321 High Street,
West Bromwich,
West Midlands,
B70 8LU

To book your place scan the QR code or [click here](#).



Talking Therapies Plus

Feel healthier and happier with

Sandwell Talking Therapies Plus is a free and confidential service for individuals 18 and older.



**Talking Therapies
Plus**

We provide support for mental health challenges like anxiety, stress, depression, and bereavement. Our therapists are kind and understanding, and they never judge you.

We help you in the way that works best for you either by phone, video, email and face-to-face in a community location you are comfortable with. You are able to choose which area of the Black Country you receive treatment in.

Our Talking Therapies Plus service aims to support underserved communities across the Black Country. Underserved communities may include Black, Asian and minority ethnic groups; refugees and migrants; LGBTQ+ people; older adults; deaf and hearing-impaired people; and men.

We do this by taking a flexible, creative, and culturally appropriate approach to delivering Talking Therapies, for example, providing access to therapists with a range of language skills and matching service users to therapists with the same background.

Tell us what you're going through – we're here to help you feel better.

How to get our help

Step 1: Reach out

You can self-refer, or you can ask your GP, health professional, or community organisation to refer you using the 'Make a Referral' button below. We will call you back on the number you give.

You can also contact our Single Point of Access from Monday to Friday, 9am to 5pm by phone on 07717 680965.

Step 2: An initial chat

We'll quickly find out if our services are right for you with an initial phone call. During this call, we'll plan how we can best help you feel better.

Step 3: Begin your therapy

After the assessment, we'll suggest the best therapies for you and aim to start quickly, always keeping in mind what works best for you. We can also advise on help you can access while you are waiting for your therapy.

Get in touch today.



Make a Referral



Phone us on 07717 680965

What support will I get?

- Access to therapists with a range of language skills for group or one-to-one counselling (languages include Ukrainian, Russian, Patois, Punjabi, Urdu, Bengali etc.)
- Guided self-help to help with anxiety and low mood
- Bereavement support
- Domestic abuse support
- Peer support for young men
- Support in the outdoors and local neighbourhood centres
- Online tools so you can access therapy digitally, anytime
- Personalised employment support to enable you to remain in work, find work or return to work
- Access to courses at The Recovery College
- Additional support such as: digital training and equipment; trusted advocacy; pre-counselling preparation and other appropriate community support

Talking Therapies Plus is delivered by our partners, [Kaleidoscope Plus Group](#), [Life in Community](#), [European's Welfare Association](#), [Sandwell African and Caribbean Mental Health Foundation](#), [Cruse](#) and [Breakthru CIC](#)



Keep Learning – Training opportunities in Sandwell

Reach & Reconnect

Health and digital literacy for Sandwell residents

A new service to support individuals with accessing online services to improve Health and Wellbeing

Contact: Ian
 Mobile: 07976807743 or email: ian@sweda.org.uk






Reach and Reconnect

Do you struggle with the following?

- I just don't know where to get help
- I don't have a computer to access the internet
- When should I call 999 or 111?
- I can't make appointments online for my GP
- I don't know how to order my repeat prescription
- I don't understand my health condition

WE CAN HELP!

Contact Ian
 Office: 0121 525 2558
 Mobile: 07976 807743 or Email: ian@sweda.org.uk



Swim Bike Run Community Activator Award – West Bromwich

Saturday 4th & Sunday 5th January 2025

Passionate about promoting physical activity and making a difference in your local community?

This award will equip you with the skills and confidence to organise fun, inclusive swimming, cycling, and running activities for people of all ages and abilities. Be part of a movement that encourages healthy lifestyles and builds stronger, more active communities.

Minimum age: 14 years
Cost: £10 per person the remaining costs covered by a bursary.
Commitment: 9 hours in person learning.
Accreditation: 9 CIMSPA points

Contact Natalie: 07827444769 or info@dynamickids.co.uk for more information.

COACHING AND EDUCATION

BRITISH TRIATHLON







**WE FIND ANY
LEARNER.co.uk** 

FREE

FUNDED TRAINING

THROUGHOUT ENGLAND

**FREE
COURSES**

Who we Are

We Find Any Learner is a company which matches people to funded training courses using leading training providers nationally. All of our distance learning courses are free and suitable for most staff or volunteers regardless of previous qualifications. Funding is available for distance learning to anyone who is 19 or older and lived in the United Kingdom for 3 years or more and not doing another funded training program with another company.

Why choose Us?

- ✓ We work with multiple providers giving you a larger course selection
- ✓ Individual or group bookings can be made
- ✓ No cost to your organisation
- ✓ Over a decade of experience in matching people to funded training
- ✓ Friendly and professional service with no obligation

Benefits of Distance Learning

- ✓ Gain a nationally recognised qualification
- ✓ These short courses take approximately 6 to 12 weeks to complete
- ✓ Lots of flexibility
- ✓ No commuting to do the course
- ✓ Learn in your own time and at your own pace
- ✓ Large selection of courses
- ✓ Online or paper based learning

**WE FIND ANY
LEARNER.co.uk** 

☎ 01226 958 888

🏠 www.wefindanylearner.co.uk

✉ Info@wefindanylearner.co.uk



COURSE LIST

- ✓ Allergy Awareness
- ✓ Awareness of Bullying in Children and Young People
- ✓ Introduction to Neuroscience in Early Years
- ✓ Behaviour that Challenges
- ✓ Behaviour that Challenges in Children
- ✓ Understanding Adverse Childhood Experiences
- ✓ Cancer Support
- ✓ Children and Young People's Mental Health
- ✓ Care and Management of Diabetes
- ✓ Caring for Children and Young People
- ✓ Care Planning
- ✓ Caring for the Elderly
- ✓ Common Childhood Illnesses
- ✓ Common Health Conditions
- ✓ Counselling Skills
- ✓ Creating a Business Start-up
- ✓ Customer Service
- ✓ Data Protection and Data Security
- ✓ Dementia Care
- ✓ Dignity and Safeguarding
- ✓ End of Life Care
- ✓ Equality and Diversity
- ✓ Event Planning
- ✓ Falls Prevention Awareness
- ✓ Information, Advice or Guidance
- ✓ Lean Organisation Management
- ✓ Mental Health First Aid
- ✓ Mental Health in the Early Years
- ✓ Mental Health Problems
- ✓ Nutrition and Health
- ✓ Prevention and Control of Infection
- ✓ Personal Exercise , Health and Nutrition
- ✓ Preparing to Work in Adult Social Care
- ✓ Self Harm, Suicide Awareness & Prevention
- ✓ Business Administration
- ✓ Team Leading
- ✓ Warehousing
- ✓ Understanding Personal Care Needs
- ✓ Customer Service for Health and Social Care
- ✓ Safe Handling of Medication
- ✓ Special Education Needs and Disability
- ✓ Understanding Autism
- ✓ Understanding Business Improvement Techniques
- ✓ Understanding Coding
- ✓ Understanding Domestic Abuse
- ✓ Understanding Environmental Sustainability
- ✓ Understanding Safeguarding and Prevent
- ✓ Understanding Specific Learning Difficulties
- ✓ Understanding Technology Enabled Care
- ✓ Working with Individuals with Learning Disabilities

All courses are subject to funding availability, please check the website's course page for the current funding restrictions.

FREE

 **Awarding Body**
NCFE / CACHE / TQUK

 **Course Duration**
6 / 12 Weeks

Counselling Skills Level 2

Course Overview

Welcome to the Counselling Skills Level 2 course! This course will provide you with an introduction to the core counselling skills that can be used in a counselling relationship and in other helping activities. You will learn how to effectively communicate with clients, build rapport, and create a safe and supportive environment.

In addition to learning the practical skills, you will also explore how counselling theory underpins the use of counselling skills. Understanding the theoretical principles behind counselling can help you to better apply the skills in practice and develop a deeper understanding of the client's needs.

This course will also cover the ethical framework that informs the use of counselling skills. You will learn about the importance of maintaining boundaries, confidentiality, and informed consent when working with clients.

Finally, the course will help you develop the skills and qualities necessary to be an effective counsellor. You will learn how to reflect on your practice, receive feedback, and develop your self-awareness. Whether you are new to counselling or looking to enhance your existing skills, this course will provide you with a solid foundation in counselling skills.

What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

How do learners benefit?


Taking the Counselling Skills Level 2 course can benefit learners by providing a solid foundation for those interested in pursuing a career in counselling or other helping professions.

It can also help individuals to develop stronger personal relationships, improve their existing skills and knowledge, potentially leading to better job performance and career opportunities, and develop a deeper understanding of ethical principles and their application in counselling.

By taking this course, learners can develop the necessary skills, knowledge, and principles that are essential for success in counselling and related fields.

 01226 958 888

 www.wefindanylearner.co.uk

 Info@wefindanylearner.co.uk

**WE FIND ANY
LEARNER.co.uk** 

FREE

 **Awarding Body**
NCFE / CACHE / TQUK

 **Course Duration**
6 / 12 Weeks

Understanding Autism Level 2

Course Overview

This Understanding Autism Course covers the following topics:

Sensory Processing: How individuals with autism process sensory information, affecting their behaviour and communication.

Characteristics: The social interaction and communication difficulties and repetitive behaviours or interests that may be present in individuals with autism.

Co-occurring Conditions: The common conditions that occur alongside autism, such as anxiety, ADHD, and sensory processing disorder.

Misconceptions: The common misconceptions surrounding autism that can impact individuals with autism and their families.

Speech, Language, and Communication: The communication difficulties that individuals with autism may experience, and how to support effective communication.

Legal Frameworks: The legal frameworks that underpin support for individuals with autism, such as the Equality Act 2010 and guidance from organizations like NICE.

Completing this course will provide you with a comprehensive understanding of autism and equip you with the knowledge to provide effective support.

What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.


How do learners benefit?

This Level 2 Autism Course is an excellent way to enhance your professional development and prepare for careers in Education and Childcare. This course is particularly useful for job roles such as Teaching Assistant, Training Officer, and Nursery Worker. By gaining a comprehensive understanding of autism and how to support individuals with autism, you can contribute to making the workplace a more inclusive environment.

Completing this course can help your CV stand out and increase your chances of securing employment in many different job roles. The salary information for these job roles, ranging from £11,500 to £35,000 per year, is taken from the National Careers Service.

 01226 958 888

 www.wefindanylearner.co.uk

 Info@wefindanylearner.co.uk

**WE FIND ANY
LEARNER.co.uk** 



Funded by



Fully Funded Training

For a limited time only

You can Access "Skills for Care" Funded Training!

Courses Available for Individual Employers and PAs from October 2024 - March 2025

- Masterclass in being a good employer and PA rights & obligations
- Building Emotional Resilience
- Manual Handling
- Mental Health Awareness
- First Aid at work
- Disability Awareness
- 5 ways to wellbeing
- Introduction to Direct Payments Peer Support
- Understanding and Promoting Positive Mental Health And Wellbeing In The Workplace (PA's)
- Managing and promoting Positive mental Health and Work Wellbeing (Manager/IE's)
- Health and digital literacy
- Food Safety and Food Hygiene - Safer food results at home

Course Dates: October 2024 to March 2025 - In person and Online

Book via Eventbrite, copy this into your internet browser:

<https://www.eventbrite.co.uk/o/ideal-for-all-51422796373>

or contact us on

0121 558 5555-Opt 1 Email: dps@idealforall.co.uk



0121 558 5555 (option 1)
DPS@idealforall.co.uk

Funded by



Funded by



Making life better for all of us



Independent Living Group

Skills for Care fully funded FREE training available to support PA's and Individual Employers / Direct Payment Recipients.

To support you to attend we can help:

- Book you onto courses over the phone, via email or via Eventbrite.
- We will also cover costs of travel
- We can cover any PA costs so you are not out of pocket, should this be required
- Every session provides a lovely lunch/refreshments
- Training is varied with in person, online and evening courses too!

Partnering with experienced training providers, we will be running training courses from October 24 through to March 25.



To Book online and view venue details, [click here "Eventbrite"](#) or click preferred Area below. You can also register via Ideal for All on 0121 558 5555 Option 1 – dps@idealforall.co.uk



Email: contactifa@idealforall.co.uk
Telephone: 0121 558 5555 (option 2)
Facebook & Twitter: @idealforall

FULLY-FUNDED SUICIDE PREVENTION TRAINING IN SANDWELL

Leading suicide prevention charity, POPYRUS, has been commissioned to deliver suicide prevention training to those working across Sandwell (Oldbury, Rowley, Smethwick, Tipton, Wednesbury, West Bromwich).

FREE training places are available to all staff working directly with adults and children in Sandwell, including but not limited to these roles:

- Probation Officers/Police Officers including PCSOs (without specialised roles) and Prison Workers
- Leisure/Sport Coaches
- Neighbourhood Officers
- Sessional Youth Workers
- Community Group Workers
- Dentists/Pharmacists
- Early Years Workers/Childminders
- Teachers/Further Educators/Lecturers and Staff
- Social Work Assistants
- Foster Carers
- Day Centre Assistants
- Attendance Officers
- Faith Leaders

To find out more, and to secure your place, please scan the QR code, or email: englandcentral@papyrus-uk.org



© POPYRUS Prevention of Young Suicide Registered Charity Number: 1070806

contact For families with disabled children



WOULD YOU LIKE A FREE AUTISM WORKSHOP?

Are you an educational setting, parent carer group or support service supporting autistic people in the Midlands?

We offer FREE online autism workshops for your parents and carers who support autistic people including:

Understanding Autism | Overwhelm | Sleep
Mental Wellbeing | Transitions, and more!

All our sessions are delivered by people with lived experience of autism

To book a FREE workshop or find out more email autismhubmidlands@contact.org.uk



Scan me to find support for you



12 DIALOGUES

about being safe and safe to be around

online training for those working with boys / young men

funded by



with Michael Conroy,
founder of Men At Work CIC

option 1:

~~Friday 9th
November
09.15-15.15~~

option 2:

Tuesday 7th
January
09.15-15.15

limited places



Tuesday 7th January 2025 [CLICK BOOKING LINK](#)

Enter: Access Code **WMVRP**

<https://www.eventbrite.co.uk/e/1077273807959?aff=oddtcreator>

FREE WEBINAR

Autism and ADHD

LED BY CLINICAL PSYCHOLOGISTS PROFESSOR TONY ATTWOOD AND DR. MICHELLE GARNETT (AN AUDHDER)



Tuesday, 10th
December 2024,
9:00 – 10:00am
GMT (UK Time)



5 Reasons You Should Join Our FREE Autism & ADHD Webinar!

- 1** Led by Experts – Professor Tony Attwood and Dr Michelle Garnett bring decades of experience
- 2** For Everyone – Individuals discovering their AuDHD identity, parents, educators, and health professionals
- 3** Understand Overlap – Discover why autism and ADHD co-occur in up to 70% of cases
- 4** Gain Practical Insights – Learn about executive functioning, gender differences, and real-life experiences
- 5** Completely Free! – No cost to join, just valuable knowledge you can apply

December 10th, 9:00 – 10:00 am - Don't miss out!



[Domestic abuse newsletter and training sessions](#)

Read the latest newsletter from the [Domestic Abuse Team](#) which includes information on the UK government's range of domestic abuse initiatives and the Domestic Abuse Commissioner's immediate priorities for the criminal justice system.

The newsletter also highlights a wide range of upcoming multi-agency domestic abuse training opportunities. You can [find details of the dates and book on the training.](#)

Addiction Professionals
REGISTRATION BODY AND NETWORK

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Registration body and network for addiction professionals

Membership
We have a range of membership levels to suit Addiction Professionals throughout your career.
[Learn more](#)

Information for the public
We provide a guide to what sort of treatment is available for addictions and where to find it.
[View details](#)

29th RCGP/Addiction Professionals Managing Addictions in Primary Care Conference
Thursday 16th and Friday 17th January 2025.
[Find out more](#)



WHO WE ARE

FAVOR UK is a UK-wide based charitable think tank and human rights advocacy service led by people with living and lived experience of alcohol and other drugs representing the voices of communities affected by addiction. We are a UK wide membership organisation with over 5,000 members. We are also a advocacy case worker service provider. We are led, developed, managed and sustained by lived experience professionals

WHAT WE DO

ADVOCATE

We provide the knowledge and tools required to ensure people are aware of their own rights and have the confidence to voice them.

CAMPAIGN

We challenge public policy in order to remove obstacles and promote equitable access to treatment systems and options.

CHALLENGE STIGMA

We call out stigma and promote equality for people with living and lived experience of alcohol and other drugs.

OUR AIMS

1

To save and improve the lives of people affected by alcohol and other drugs by providing a voice of conscience.

2

To encourage and promote a more balanced investment into treatment services by public bodies and other funders.

3

Increase society's understanding of the links between trauma and the use of alcohol and other drugs, promoting the values of patience and empathy.

4

To influence and shape public policy, removing the tokenism around the way that the voices of living and lived experiences are heard.

5

To celebrate and promote a culture of hope through the UK Recovery Walk, and inviting communities to walk with us through towns and cities across the UK.



Happy Christmas from the Sandwell Recovery Community

#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

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