





## BRiS Publications

February 2025 R&W Newsletter: <https://heyzine.com/flip-book/746f4e6164.html>

January 2025 R&W Newsletter: <https://heyzine.com/flip-book/536f959439.html>

December 2024 R&W Newsletter: <https://heyzine.com/flip-book/b2da3274ac.html>

November 2024 R&W Newsletter: <https://heyzine.com/flip-book/ba314d2cc9.html>

October 2024 R&W Newsletter: <https://heyzine.com/flip-book/e242b90b2a.html>

September 2024 R&W Newsletter: <https://heyzine.com/flip-book/74657e5d0f.html>

August 2024 R&W Newsletter: <https://heyzine.com/flip-book/ca126b4acd.html>

July 2024 R&W Newsletter: <https://heyzine.com/flip-book/523a1c340c.html>

A4-A5 'My Recovery Handbook' <https://heyzine.com/flip-book/83028766ec.html>

Alcohol SBIT (Screening & Brief Intervention Tool): <https://heyzine.com/flip-book/e4b9d2f71c.html>

Substances SBIT (Screening & Brief Intervention Tool): <https://heyzine.com/flip-book/16f777ecbc.html>

CRAST (Complex Risk Assessment Screening Tools): <https://heyzine.com/flip-book/672d47c14c.html>

### Useful Recovery Resources

NTA Routes to Recovery 1: <https://heyzine.com/flip-book/9b29e50508.html>

NTA Routes to Recovery 2:

<https://www.gov.uk/government/publications/routes-to-recovery-from-substance-addiction>

Recovery support services and lived experience initiatives UK Guidance: <https://www.gov.uk/government/publications/recovery-support-services-and-lived-experience-initiatives>

National LERO Standards: <https://www.clero.co.uk/clero-standards>

Welcome to the Recovery and Wellbeing in Sandwell Newsletter for March 2025. This month's edition has all the usual features news, what's on, recovery support, useful resources, and the community directory.

We are reflecting on some of the activities of the Sandwell Recovery Community over the last two years as this is the last monthly newsletter edition and chance to do so. From April we are changing back to a quarterly release in the format of an ebulletin (how this started) focused specifically on treatment and recovery support available in Sandwell.

Please continue to send contributions and notices that are relevant and open to people in recovery from addictive behaviours to:

[Lydia1\\_Ewins@sandwell.gov.uk](mailto:Lydia1_Ewins@sandwell.gov.uk)

If you do not wish to receive future releases, please send an email requesting to be removed.

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## News

### Sandwell Herald – out now!

The [spring edition of the Sandwell Herald](#) is distributing to homes and businesses in Sandwell this week (Monday 24 February to Saturday 1 March).

This 24-page edition has a special focus on the 2025/26 council budget, as well as profiling our support for older, vulnerable and disabled adults and updating on regeneration projects.



Check out our Supporting Sandwell feature, including our Welcoming Spaces and advice on paying bills and accessing financial support.

This edition details fantastic spring events at Sandwell Museums, the return of SHAPE Your Talent and SHAPE looking back at 10 years of giving our young people a voice in Sandwell's future.

Plus, there's lots of health advice and safety information, including ongoing work to improve road safety and to tackle violence, knife crime and anti-social behaviour, and how to best report issues to help make Sandwell a safer place.



We find the support you need

**Public Health Sandwell**, has recently released a new directory of prevention, [please download to access latest resources in Sandwell](#)

The Kaleidoscope Group are hosting **FREE winter wellness sessions** at the Salvation Army in Cradley Heath (B64 5EP). Learn how to beat the winter blues and improve your overall wellbeing.

There are four weekly sessions every Wednesday, starting on the 5 March and finishing on the 26 March, between 10am - 12pm. To book a place, email [tce@kaleidoscope.org.uk](mailto:tce@kaleidoscope.org.uk) or call 0121 565 5605.





## Warley Amateur Boxing Club



**The other evening, I had the pleasure of visiting one of our grant funded recovery projects, Warley Amateur Boxing Club with a colleague. We went along to capture some pictures and meet the group.**



We met Craig Cunningham who runs the sessions for people in recovery, along with John Nash who is the Chair of WABC. John told us that in the past they have run projects for ex-offenders which they would like to find funding to run again, as well as ideas they have of running sessions for people with physical disabilities, young people or others from deprived groups.

Thank you all for having us, it really was a pleasure to stay for the session and see the work and effort that you all put into it. Just watching the pad work and the warm down made my arms and stomach ache!

Sessions run from 5pm until 6:30pm on Tuesdays and Thursdays, anyone who has struggled with drugs or drink is welcome to turn up, the address is Warley Rugby Club, Tat Bank Road, Oldbury, B69 4NH or call Craig for more info [07854 496 073](tel:07854496073).



# Sandwell Recovery Forum

For the next meeting of the Recovery Forum on Thursday 13<sup>th</sup> March, 3.30-6.30pm, we will be hosted by **Ideal For All** at the Independent Living Centre, Oldbury Road, B66 1JE



**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.**





## What's Happening in March?

### Sandwell Networkers Group

Meets on the first Tuesday of every month at West Smethwick Park Pavilion, which is beautiful and has a free car park. The next meeting is [Tuesday 4<sup>th</sup> March](#), 9.30-12.30.

On average between 20 and 30 people attend each meeting. Members are from third sector organisations, health groups including NHS and SMBC departments.

The Networkers Group have 547 members, all of whom are emailed the past month's Meeting Report, listing the attendees, their contact details and a brief description of their current activities and projects.

There is also a closed Facebook group called Sandwell Networkers Group with 696 members. People can post details of the latest projects or achievements.

### Sandwell Churches Link Annual Conference

#### 'Listening Well in Sandwell'

We'd love you to join us at our Annual Conference. Come along to hear more about the work of Sandwell Churches Link, but also about some of the awesome projects run by the community groups and churches we partner with. It's going to be amazing!

Thursday March 27th

**Venue: Salvation Army Corps, Merton Close, Oldbury, B68 8NG**

10am to 2pm Lunch will be provided- free Entrance but donations appreciated. To book tickets follow this link:


[https://www.tickettailor.com/events/sandwellchurcheslink/1523810?mc\\_cid=d29e6134cc&mc\\_eid=3c5781836e](https://www.tickettailor.com/events/sandwellchurcheslink/1523810?mc_cid=d29e6134cc&mc_eid=3c5781836e)



HELPING PETS IN NEED  
WEST BROMWICH EMERGENCY PET PANTRY

# TABLE TOP SALE

Saturday 1st March 9:30am onwards



Inside West Bromwich Bus Station

*Come on down and grab a bargain!*

All monies raised will go towards the running of West Bromwich Emergency Pet Pantry and the continued support we offer

Organised by Tipton Town Libraries Local History Group

## LOCAL HISTORY EVENT

Saturday 1st March 2025  
10.15-12.30 p.m.

GLEBEFIELDS LIBRARY  
St. Marks Road, Tipton, DY4 0SZ

### CELEBRATING PRINCES END, THE CRACKER AND THE RAILER

Join us for our latest local history event. Bring in your photos of Princes End, the Cracker or Railer and share your memories for our forthcoming book about these iconic places.

**FEATURING**

- The Lost Pubs Of Princes End
- Princes End Railways
- Community Stalls
- Refreshments



Tipton Town Libraries Local History Group  
For more information please contact the History Group on [tlhistorygroup@outlook.com](mailto:tlhistorygroup@outlook.com)



JOIN US FOR OUR

## WEAVING WORKSHOPS

& CONTRIBUTE TO THE NEW PUBLIC GALLERY AT THE LOCAL HOSPITAL



LEARN HOW TO DO PAPER & FABRIC WEAVING

REFRESHMENTS INCLUDED!

WEDNESDAY 5TH & 12TH MARCH  
2-4 PM

EVERYONE'S WELCOME - JUST TURN UP

BRUSHSTROKES, 253 HIGH STREET, SMETHWICK, B66 3NJ  
07827 258680

**Brushstrokes**  
Community Project



Free Entry

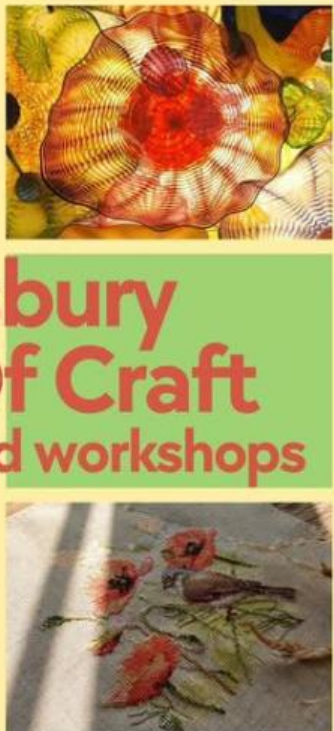
Wednesbury Creative Network present

## Wednesbury World Of Craft

exhibition and workshops

Saturday 29 and Sunday 30 March  
11am - 3pm

At Wednesbury Museum and Art Gallery  
Hollyhed Rd, Wednesbury, WS10 7DF



Book on to glass fusing and hand cut paper workshops at [ticketsource.co.uk/wednesbury-creative-network](https://ticketsource.co.uk/wednesbury-creative-network) £5 per person per workshop

Supported by

**CREATIVE BLACK COUNTRY**

ESSEX COUNTY COUNCIL  
ARTS COUNCIL ENGLAND

Sandwell Museums





**artisan  
craft  
fayre**

10am - 3pm  
**Saturday 8th March**

art, photography,  
sculpture, glasswork,  
woodwork, leatherwork  
miniature creations,  
artist teddy bears  
needle felt and more...

refreshments  
available

**The Art Yard Gallery**  
19-20 Upper High Street  
Cradley Heath  
B64 5HX

## Family Pizza Bake

**Monday 10th March 5pm - 630pm**

Comment below to book!  
Friar Park Millennium Centre  
WS10 0JS




**FREE**

**LGBTQ+ Saturday**

**MORNING COFFEE**

**10am till 1130am**

**Coffee, tea, cake & toasties**

**THE MILLENNIUM CENTRE**  
FRIAR PARK, WEDNESBURY



## Recovery Art Event

Jubilee Park Community Centre  
Powis Avenue Tipton, DY4 0RJ  
18th March 2025 10am - 2pm



Please join us to  
promote your projects  
and networking

Please confirm your  
attendance to ensure  
catering services.

For more information  
please contact: managing  
director Jaswinder Kaur  
07472040006  
Or  
Ranbir  
07466728505  
or  
Jubilee park on 0121 520  
0234

**Building Recovery in Sandwell**



## Free Peer Support Skills

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



TBC, Reserve a place NOW



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



10am - 2pm with buffet  
at the end



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



tce@kaleidoscopeplus.org.uk



07813 722501





## **Staging Recovery film screening at The Mockingbird Cinema**

**For the first time, Staging Recovery have created a film. This unique event is strictly limited so don't miss out on your chance to attend.** The piece is set in a dystopian future and explores themes around homelessness, unity and power.

Join us for a film screening of the latest piece from [Staging Recovery](#), an ensemble of people from the West Midlands exploring their individual and collective recovery journeys through theatre and drama.

The screening will take place at [The Mockingbird Cinema](#) on **7th March 2025 at 2pm**. We ask that audience members arrive promptly at 1.45pm. The film has a running time of approximately 30 minutes.

As the venue capacity is very limited we recommend booking as soon as possible!

Entry is free but pre-booking is essential via Eventbrite:

<https://www.eventbrite.co.uk/e/staging-recovery-film-screening-tickets-1261052304389>

For group bookings, if you wish to book more than 3 tickets, please contact us directly on [admin@geese.co.uk](mailto:admin@geese.co.uk)

**If you have any questions/queries, don't hesitate to get in touch:**

[admin@geese.co.uk](mailto:admin@geese.co.uk), 0121 449 6222. See you soon!

**[Book now!](#)**





**On 8 March 2025, celebrate International Women’s Day under the theme, “For ALL women and girls: Rights. Equality. Empowerment.”**

This year’s theme calls for action that can unlock equal rights, power and opportunities for all and a feminist future where no one is left behind. Central to this vision is empowering the next generation, youth, particularly young women and adolescent girls—as catalysts for lasting change.

“For ALL Women and Girls”, this year’s International Women’s Day is a rallying cry to take action in three key areas:

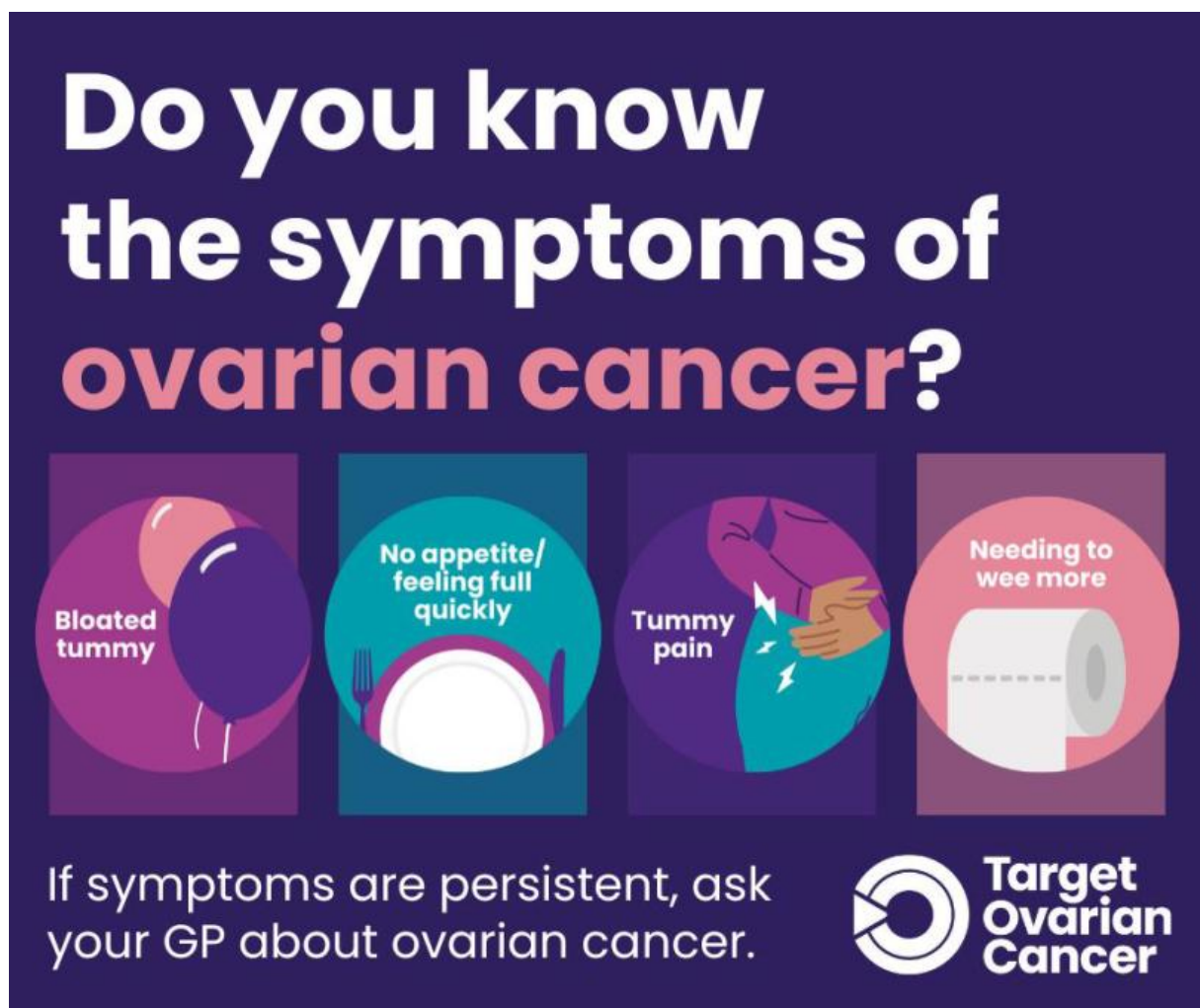
**Advance women’s and girls’ rights:** Fight relentlessly for women’s and girls’ full range of human rights, challenging all forms of violence, discrimination, and exploitation.

**Promote gender equality:** Address systemic barriers, dismantle patriarchy, transform entrenched inequities, and elevate the voices of marginalized women and girls, including young people, to ensure inclusivity and empowerment.

**Foster empowerment:** Redefine power structures by ensuring inclusive access to education, employment, leadership, and decision-making spaces. Prioritise opportunities for young women and girls to lead and innovate.

Engage media, corporate leaders, governments, community leaders, civil society and youth, and others with influence to take action in your communities. Ask leaders to take action and invest in promoting women’s rights and gender equality. Share International Women’s Day stories and messages on digital platforms, using the hashtag [#ForAllWomenAndGirls](https://www.unwomen.org/en/about-us) to spark dialogue and inspire action. <https://www.unwomen.org/en/about-us>

## Ovarian Cancer Awareness Month



March is Ovarian Cancer Awareness Month and the Target Ovarian has been working with partners to develop a set of resources to promote awareness around Ovarian Cancer and the associated symptoms.

Every year, around 7,500 women in the UK are diagnosed with ovarian cancer. That's approximately 20 women a day. We know that early diagnosis can save lives, so it's vital to know the symptoms.

- Bloated tummy
- Needing to wee more
- Tummy pain
- Always feeling full

Raising awareness of ovarian cancer is vital in improving early diagnosis. Currently, just one in five women can name bloating as a symptom of ovarian cancer. We need to change that. Visit <https://targetovariancancer.org.uk/about-ovarian-cancer/what-ovarian-cancer> for more information about Ovarian Cancer.

### Bowel Cancer Awareness month - April

Reminder that April is Bowel Cancer awareness month, the national campaign will be released in March and resources can be found on <https://www.bowelcanceruk.org.uk/campaigning/>



## World Autism Awareness Day

World Autism Awareness Day is celebrated annually on April 2<sup>nd</sup>. It is an internationally recognised day dedicated to raising awareness and promoting understanding of autism spectrum disorder (ASD). The day aims to foster acceptance, support, and inclusion for individuals with autism.

Autistic people face discrimination and barriers across all sectors of society, in the health and social care systems, in education, in employment, and everywhere in between. It is crucial that autistic people, and their families and carers, can access tailored information, guidance and support to overcome those barriers, along with opportunities to explore their interests, develop skills and build friendships for fulfilled lives.

Autism spectrum disorder (ASD) is 4 times more prevalent in boys than it is in girls, but this is because girls *“often go undiagnosed because they don’t fit autism stereotypes and they mask symptoms better than boys do.”*

**8/10**

of autistic people experience mental health problems.



**Only 26%**

of autistic pupils feel happy at school.



**Only 30%**

of autistic people are in any type of employment.



**Diagnosis** rates of children with autism have steadily increased since the 1980’s as it has become more widely researched and understood, at the same time awareness among adults who have been undiagnosed all their life has risen dramatically leading to extensive waiting times across the UK of between 2 to 7 years from GP referral to access a clinical diagnosis process on the NHS.

Because of these very long waiting times, people who suspect that they may have autism or any other neurodiverse condition like ADHD, can ask their GP to refer them through the [NHS Right to Choose ASD & ADHD Assessment Pathways](#). This will be a referral to an NHS listed private clinic which can reduce the waiting time to less than six months.

It is best to be prepared when you first speak to your GP as there is still limited recognition of how ASD presents in adults in various ways, and it can be disheartening to be dismissed by your doctor.

ASD which includes ADHD and other conditions is a spectrum disorder rather than a straight line scale that ‘everybody’ is on, although many aspects of ASD are common experiences for people with ASD there are so many all the time that it can be overwhelming.

If you suspect that you may be on the autism spectrum there are numerous validated screening tests that are available online at <https://embrace-autism.com/> that you can take yourself for free, if you still think you may be you can show these scores to your doctor when you discuss it with them.

There is no better way to celebrate this day than by becoming aware of the characteristics of people with this condition and how all of us can do better to increase our own understanding and promote kindness. See the Training Opportunities pages in this issue.



## Sandwell Recovery Roundup 2023-2025 – Making recovery Visible











# Mindful March 2025

## SATURDAY

1 Set an intention to live with awareness and kindness

## SUNDAY

2 Notice three things you find beautiful in the outside world

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

7 Take three calm breaths at regular intervals during your day

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

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

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

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

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

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

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

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

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

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

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

21 Listen to a piece of music without doing anything else

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

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

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

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

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

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

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



# Recovery Support Services

**IMMERSE YOURSELF IN BEAUTIFUL SOUNDS**

## SOUND RELAXATION

**Cranstoun Sandwell**  
**128b Oldbury Road, Smethwick B66 1JE**  
 Thursdays 1.30 - 2.30pm  
 From January 9th  
 to March 27th 2025

Experience some quality 'me-time.'  
 Helps with stress and anxiety.  
 Can improve general well-being and sleep patterns.  
 A calm, supportive setting where you can forget everything and re-connect with yourself.

'I have a lot of anxiety and find it difficult to rest or relax. This was amazing, I actually switched off and experienced a real sense of calm. I'd recommend it for anyone who gets anxious.'

For more information or to book, please contact your key worker at Cranstoun or call:  
 01215531333

**Building Recovery in Sandwell**

**Beat It Percussion**

**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: 28th February 2025  
 Time: 12:30 till 1:30 pm

**Jubilee Park Community Centre**

## EMPOWER ME Recovery Support

**Support Services**

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

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

**Jubilee Park Community Centre**  
 Powis Avenue Tipton, DY4 0RJ

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

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

**THE SALVATION ARMY** **Employment Plus** **HEALTHY SANDWELL**  
 We find the support you need

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

**Employability**

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

**Training**

- IT Skills
- Training
- Qualifications

**Wellbeing and Lifeskills**

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

**In Work Support**

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


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

**Freephone: 0800 652 4276**














**Email: [employmentplus@salvationarmy.org.uk](mailto:employmentplus@salvationarmy.org.uk)**










**Website: [www.salvationarmy.org.uk/employment](http://www.salvationarmy.org.uk/employment)**

# Sandwell Recovery Projects 2024-25






	<p><b>Beat It Percussion</b> Rhythm and Sound for Wellbeing</p> <p>Beat It Percussion CIC aims to promote good mental health and support well-being through the medium of rhythm and sound, our sound relaxation provision is a preventative intervention. We encourage people to become more self-aware towards achieving better mental health.</p> <p>We offer:</p> <ul style="list-style-type: none"> <li>• Effective relief from everyday stress through deep relaxation</li> <li>• The opportunity to get more in touch with your 'inner self' and learn to minimise anxiety and unhelpful thoughts.</li> <li>• Simple 'Take away' activities to aid relaxation and self-help with stress management at one's own home.</li> </ul>	<p> Lynn Kay 07875 090 946</p> <p> <a href="mailto:beatitpercussion@gmail.com">beatitpercussion@gmail.com</a></p> <p> <a href="http://www.beatitpercussion.co.uk">www.beatitpercussion.co.uk</a></p> <p> <a href="https://www.facebook.com/BeatItPercussion">https://www.facebook.com/BeatItPercussion</a></p>
<p>Cradley Heath Community Link</p> 	<p><b>Cradley Heath Community Link</b> Recovery Café</p> <p>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.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Community café on set days</li> <li>• Food safety qualifications</li> <li>• Work experience in our kitchen, café, foodbank, and shop.</li> </ul>	<p> 140 High Street, Cradley Heath West Midlands, B64 5HJ</p> <p> Tim Ryall 0121 820 5332 07960 046 184</p> <p> <a href="mailto:cradleyheathcommunitylink@gmail.com">cradleyheathcommunitylink@gmail.com</a></p>
	<p><b>Friar Park Millennium Centre</b> Recovery Group</p> <p>The FPMC team is funded to support people in Wednesbury who also access Cranstoun services at the centre.</p> <ul style="list-style-type: none"> <li>• Support groups &amp; meetings</li> <li>• Activities – recovery bike rides and walks</li> <li>• Team building exercises</li> <li>• Physical activities in our large sports hall</li> <li>• SMART Recovery Groups (coming soon)</li> <li>• Bakes – making desserts, pizza, bread</li> <li>• Workshops to build self-esteem</li> <li>• Volunteering opportunities in the centre</li> </ul> <p>The Centre is open 9am till 9pm each day and is a warm, safe space where anyone can be supported or listened to any time of day.</p>	<p> Friar Park Road Wednesbury WS10 0JS</p> <p> Leanne Jones 0121 556 0139</p> <p> <a href="mailto:Leannejones32@yahoo.co.uk">Leannejones32@yahoo.co.uk</a> or <a href="mailto:fpmccentremanager@gmail.com">fpmccentremanager@gmail.com</a></p>



	<p style="text-align: center;"><b>Ideal for All</b>  <b>Growing Opportunities (Therapeutic Gardening and Cooking) Project</b></p> <p>IFA is a lived-experience charity with a range of activities linked to the 5-Ways-to-Wellbeing (Connect, Be Active, Learn, Notice, Give) from three Community &amp; Therapeutic Garden sites.</p> <ul style="list-style-type: none"> <li>• Learning how to grow herbs, flowers and food or start your own allotment.</li> <li>• Cook what you grow and eat together</li> <li>• Join one of our groups run by people in recovery - fishing club, women's group, cuppa and chat and much more!</li> <li>• Drop-in sessions held 3 times a week</li> </ul> <p>The team also have specialists in disability welfare rights and cost of living support, plus get in touch about volunteering opportunities, work experience and help to find employment/ enhance your CV.</p>	<p> Three sites:</p> <ul style="list-style-type: none"> <li>• Salop Drive, Smethwick, B68 9AG</li> <li>• Barlow Rd, Wednesbury, WS10 9QA</li> <li>• Malthouse, Oldbury Rd, B66 1JE</li> </ul> <p> Ellie and Dom 0121 558 5555 (option 2)</p> <p> <a href="mailto:contactifa@idealforall.co.uk">contactifa@idealforall.co.uk</a></p>
	<p style="text-align: center;"><b>Jubilee Park Community Centre Empower Me Project</b></p> <p>Employing a Recovery Navigator to support people in Tipton to build their recovery in Sandwell, introducing people to recovery opportunities, mutual aid, and treatment when necessary.</p> <ul style="list-style-type: none"> <li>• Support to gain confidence, tools, skills, building social and economic resilience, and improve mental health.</li> <li>• Community Recovery Navigator to help people link into recovery networks and recovery activities.</li> </ul>	<p> Jubilee Park, Glebefields Estate, Powis Ave, Tipton DY4 0RJ</p> <p> Janet Burbridge 0121 520 0234</p> <p> <a href="mailto:janet@bwa-org.co.uk">janet@bwa-org.co.uk</a></p> <p> <a href="http://www.bwa-org.co.uk">www.bwa-org.co.uk</a></p>
	<p style="text-align: center;"><b>Kaleidoscope+ Group</b>  <b>Revive and Thrive</b></p> <p>The Revive and Thrive project aims to work in partnership with Cranstoun to support recovery by upskilling, improving health and wellbeing, creating lasting impact through legacy and reducing stigma. Delivering the Positive Lives Using Skills (PLUS) programme.</p> <p>We will also offer additional sessions on: Peer support skills designed to empower and upskill people enabling them to support their peers and their communities by either volunteering or setting up their own support group. Energy Efficiency focused on saving costs. Mental Health First Aid (MHFA) training to equip people in recovery with the skills and knowledge to support others in the community. Our aim is to end the stigma and share experience in a confidential non-judgemental environment.</p>	<p> Hope Place, 321 High Street West Bromwich, B70 8LU</p> <p> Lisa Hartland/ Vicki Fox 0121 565 5605</p> <p> <a href="mailto:info@kaleidoscopeplus.org.uk">info@kaleidoscopeplus.org.uk</a></p>

	<p><b>The Salvation Army</b> <b>Employment Plus Programme</b></p> <p>The Employment Plus service offers tailored support to help people become job ready. We help people get a job and stay in work. Advice and advocacy support:</p> <ul style="list-style-type: none"> <li>• One-to-ones to improve general wellbeing and confidence and highlight skills</li> <li>• Building resilience and setting goals</li> <li>• Practical help with barriers such as travel.</li> <li>• Positive activities, walking groups, creative activities, and sports.</li> <li>• CVs, transferrable skills, enhancing digital skills; access to iLearn learning portal.</li> <li>• Encouraging peer-to-peer support using 'lived experiences' to motivate and inspire.</li> <li>• Volunteering opportunities in our Charity Shops, Churches, and Café</li> </ul>	<p> Merton Close (off Pound Road), Oldbury B68 8NG.</p> <p> <a href="mailto:dawn.tonks@salvationarmy.org.uk">dawn.tonks@salvationarmy.org.uk</a>  07702940926</p> <p> <a href="mailto:Jason.blakeway@salvationarmy.org.uk">Jason.blakeway@salvationarmy.org.uk</a>  07702940938</p> <p> <a href="mailto:Lee.horley@salvationarmy.org.uk">Lee.horley@salvationarmy.org.uk</a>  07702940944</p>
	<p><b>Urja C.I.C.</b> <b>Sustainable Recovery Through Art (SRTA)</b></p> <p>Urja assists in building self-esteem through projects and activities which are therapeutic in nature. We aim to promote social inclusion by engaging with the wider community through projects that encourage engagement. Providing holistic recovery sessions starting from July at Cranstoun then at other locations.</p> <ul style="list-style-type: none"> <li>• Therapeutic ART &amp; Creative Skills</li> <li>• Mindfulness and Meditation</li> <li>• Healthy Eating</li> </ul>	<p> Jaswinder Kaur 07472 040 006</p> <p> <a href="mailto:Urjaltd2019@gmail.com">Urjaltd2019@gmail.com</a></p> <p> <a href="https://www.instagram.com/urja_limited">www.instagram.com/urja_limited</a></p> <p> <a href="https://www.facebook.com/profile.php?id=100083047556858">https://www.facebook.com/profile.php?id=100083047556858</a></p>
	<p><b>Warley Amateur Boxing Club</b> <b>No-contact Boxing Program</b></p> <p>The Warley Boxing Amateur Club welcomes people of all abilities and genders. We strive to promote this sport in the local areas to attract people who are not physically active. We deliver non-contact boxing starting from basic boxing practices. The project will be delivering two sessions of 1.5 hours per week.</p> <p>Sessions run from 5pm until 6:30pm on Tuesdays and Thursdays.</p>	<p> Warley Rugby Club, Tat Bank Road Oldbury, B69 4NH</p> <p> Craig Cunningham 07854 496 073</p> <p> <a href="mailto:c_cunningham9@hotmail.com">c_cunningham9@hotmail.com</a></p>



 <p><b>Places Leisure</b> Part of Places for People</p>	<p><b>West Bromwich Leisure Centre</b> <b>Free 12-week Leisure Pass</b></p> <p>We partner with local organisations to provide health &amp; wellbeing programmes and enable access to our services for those with the greatest barriers to participation. Not just a leisure centre, but a community hub.</p> <ul style="list-style-type: none"> <li>• Unlimited gym use</li> <li>• Unlimited pool use</li> <li>• Unlimited use of the Sauna/ Steam room for relaxation</li> <li>• Unlimited exercise classes</li> <li>• 14 days advance booking privileges</li> <li>• Up to four junior memberships added</li> <li>• Free use of Swimtag</li> <li>• Access to the Places Locker app</li> </ul> <p><b>Referral by Cranstoun or projects on this list.</b></p>	<p> Moor Street, West Bromwich, B70 7AZ</p> <p> <a href="https://www.placesleisure.org/centres/west-bromwich-leisure-centre/">https://www.placesleisure.org/centres/west-bromwich-leisure-centre/</a></p> <p> <a href="https://www.facebook.com/placesleisure/">https://www.facebook.com/placesleisure/</a></p>
 <p><a href="http://www.slt-leisure.co.uk">www.slt-leisure.co.uk</a></p>	<p><b>Sandwell Leisure Trust</b> <b>Free 12-week Leisure Pass</b></p> <p>SLT maintains eight affordable leisure centres for Sandwell Metropolitan Borough Council, we have facilities in Rowley Regis, Cradley Heath, Smethwick, Tipton, Oldbury and Wednesbury.</p> <ul style="list-style-type: none"> <li>• Unlimited gym use</li> <li>• Unlimited pool use</li> <li>• Unlimited use of Sauna/ Steam room for relaxation</li> <li>• Unlimited exercise classes</li> <li>• 7 days advance booking privileges</li> </ul> <p><b>Referral by Cranstoun or projects on this list.</b></p>	<p>Portway Lifestyle Centre</p> <p>Sandwell Aquatics Centre</p> <p>Hadley Stadium</p> <p>Harry Mitchell Leisure Centre</p> <p>Tipton Leisure Centre</p> <p>Tipton Sports Academy</p> <p>Wednesbury Leisure Centre</p>

**PORTWAY LIFESTYLE CENTRE AND TIPTON LEISURE CENTRE**  
A PART OF SANDWELL LEISURE TRUST

**NEWLY REFURBISHED  
GYMS NOW OPEN!**



**Get fit and have fun!**  
**Find your perfect membership at**  
**[slt-leisure.co.uk](http://slt-leisure.co.uk)**

 Portway Lifestyle Centre  
Sandwell Leisure Trust

 Tipton Leisure Centre  
Sandwell Leisure Trust



## 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




## Recovery Fishing Group

Building Recovery in Sandwell



**Cranstoun,  
128B Oldbury Road,  
Smethwick, B66 1JE**

**Wednesdays  
10am – 1pm**

**Explore local pools and canals with us!**

- Meet us at Cranstoun for a fishing experience like no other.
- Transport and equipment provided, or bring your own rods if you prefer.
- Regular participants can have individual fishing licenses arranged for free.

**Don't miss out on the adventure!**

Contact us

T:0121 558 5555 Option 2

E:contactifa@idealforall.co.uk

All Social Media @idealforall

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



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




## 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**



**CRANSTOUN**  
Empowering People, Empowering Change





# 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 Head Office: 236 Bristol Road, Edgbaston Birmingham B5 7SL. T: 0121 622 8181 E: [headoffice@aquarius.org.uk](mailto:headoffice@aquarius.org.uk) W: [www.aquarius.org.uk](http://www.aquarius.org.uk)  
Registered Charity No: 101405

# 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)





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




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

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.

## 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](http://www.midlandsgamblingclinic.org/self-referral)  
or calling 0300 123 0996.**

**CRANSTOUN**  
Empowering People, Empowering Change



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

**CRANSTOUN**  
Empowering People, Empowering Change

**We believe that everyone has a right  
to get help, regardless of their  
situation.**

**The first step is reaching out.**

**Whether you want to reduce your use,  
or abstain entirely, we will never  
judge you.**



The alcohol & drug support Cranstoun Sandwell provides is person-centred. We are here to help. Call us on 0121 553 1333 or check out our website:

<https://cranstoun.org/help.../alcohol-other-drugs/sandwell/>

**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: <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	<b>Smethwick Medical Centre</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 9am to 5pm</li> <li>• Appointment only</li> </ul>	<b>St Mary's Church Bearwood</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 12pm to 2pm</li> <li>• Drop-in</li> </ul>	<b>Smethwick Medical Centre</b> <ul style="list-style-type: none"> <li>• Once a month</li> <li>• 9am to 12pm</li> <li>• Appointment only</li> </ul>		
Wednesbury	<b>Wednesbury Town Hall</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 9.30am to 2pm</li> <li>• Drop-in &amp; appointments</li> </ul>	<b>Friar Park Millennium Centre</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 9am to 2pm</li> <li>• Appointment only</li> </ul>	<b>Friar Park Millennium Centre</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 8.45am to 6.30pm</li> <li>• Drop-in &amp; appointments</li> </ul>	<b>Wednesbury Town Hall</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 9.30am to 2pm</li> <li>• Appointment only</li> </ul>	<b>Friar Park Millennium Centre</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 9am to 1pm</li> <li>• Appointment only</li> </ul>
Tipton	<b>St Pauls</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 9am to 5pm</li> </ul>				
Rowley	<b>Community Link, Cradley Heath</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 9.30am -3.30pm</li> <li>• Appointments</li> <li>• Drop-in 2.30pm to 3.30pm</li> </ul>			<b>Cradley Community Centre</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 9.30am to 4.30pm</li> <li>• Appointment only</li> </ul>	
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			<b>West Bromwich Church &amp; food bank</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 9am to 2pm</li> <li>• Appointments and drop-in</li> </ul> <b>West Bromwich Bus Station</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 1pm to 3pm</li> <li>• Drop-in</li> </ul>	<b>Lyndon Primary Care GP surgery</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 9am to 2pm</li> <li>• Appointments and drop-in</li> </ul> <b>Hallam Street</b> <ul style="list-style-type: none"> <li>• Weekly</li> <li>• 9am to 5pm</li> <li>• Appointments</li> </ul>		



# 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



Self-referral

# 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](http://www.lindalerecovery.co.uk)





Self-referral

# Your journey to freedom starts here

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

## Free Admission at Betel

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



[info@betel.uk](mailto:info@betel.uk)

0121 594 0650



### Gardens & Landscaping

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



### Furniture and Clearance

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

# ANONYMOUS FELLOWSHIPS & GROUP MEETINGS

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 5<sup>TH</sup> JULY 2024 AT 2.30PM-4.00PM AND THEN EVERY FRIDAY.

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

PUNJABI / ENGLISH  
ALCOHOLICS ANONYMOUS MEETING



ONLINE EVERY MONDAY  
20.00 - 21.00  
(UK TIME)

ZOOM CODE - 882 0208 0399  
PASSWORD - 926724



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

CONTACT - PUNJABIAA@OUTLOOK.COM

PUNJABI / ENGLISH  
AL-ANON ONLINE MEETING



ONLINE EVERY WEDNESDAY  
19.30 - 20.30  
(UK TIME)

ZOOM CODE - 948 885 8745  
PASSWORD - 655749

PLEASE NOTE THAT THIS MEETING IS STRICTLY  
CONFIDENTIAL

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

SHARON 07882 486946 JIN 07977 468184



# Alcoholics Anonymous

Local Helpline: 01384 482 929

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

**You are one step away.**

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

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

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



Order copies or download this free booklet:

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

# UKNA – Narcotics Anonymous

Helpline: 0300 999 1212



## Need Help?

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



## Find a Meeting

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



## Events

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



## Literature & More

Order literature, keepsakes and gifts.



## For our Members

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



## For the Public

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



## For Professionals

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



## Audio Shares

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

<https://ukna.org>



# Cocaine Anonymous

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

## 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](http://www.centralukca.org)

Helpline 0800 689 4732

Birmingham contacts:

Nic 07960 161898

Tony 07538 588986

Cocaine Anonymous UK Area  
[www.cocaineanonymous.org.uk](http://www.cocaineanonymous.org.uk)

Helpline 0800 612 0225





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	<b>Quinborne:</b> Quinborne Community Centre, 98 Ridgacre Road, Birmingham, B32 2TW	T: 0330 094 0322 E: <a href="mailto:quinborne.g.a@gmail.com">quinborne.g.a@gmail.com</a>
Wednesday 19.00-21.00	<b>Wolverhampton:</b> The Good Shepherd Church, 14A Windmill Lane, Wolverhampton, WV3 8HJ	T: 0330 094 0322 E: <a href="mailto:g.a.wolverhampton@gmail.com">g.a.wolverhampton@gmail.com</a>
Thursday 19.00-21.00	<b>Cannock:</b> Bevan Lee Community Centre, 28 Bevan Lee Road, Cannock, WS11 4PS	E: <a href="mailto:CannockGA@outlook.com">CannockGA@outlook.com</a>
Sunday 19.30-21.00	<b>Wolverhampton:</b> The Good Shepherd Church, 14A Windmill Lane, Wolverhampton, WV3 8HJ	T: 0330 094 0322 E: <a href="mailto:g.a.wolverhampton@gmail.com">g.a.wolverhampton@gmail.com</a>

## 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/>

**NHS gambling clinics: an introduction to how they work**  
Free webinar Tuesday 25th March 2025, 1pm - 2pm



A number of new NHS gambling clinics were established in 2023 following growing demand and lessons learned from the National Problem Gambling Clinic (est 2008) and the NHS Northern Gambling Service (est 2019).

This webinar will discuss how the clinics work, who uses them and the sorts of issues they deal with. Presenters: Becky Harris, Area Manager, CNWL Addiction Services, Jack Rutter Senior Mental Health Nurse, Practice Development Lead, NHS Northern Gambling Service and Paul Evans, Operational and Development Lead at Midlands Partnership NHS Foundation Trust.

**Book your free place**

# Recovery Support Groups



EST. 2020  
**ALTERNAT+VES**

**By training parents, we can transform drug and alcohol recovery.**

Tina and Dave have supported families using CRAFT since 2016. For 2022, we are really pleased to have completed the latest Invitation To Change (ITC) Family Support training. Developed by the Center for Motivation and Change (CMC) in New York, we have at last found an approach that fits our needs.

**Alternat+ves ITC Zoom group**

- 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

Every Sunday and Tuesday  
6 pm London (1 pm ET, 10 am PT)  
<https://us02web.zoom.us/j/81498967810>

 [Alternat-i-ves.org](https://www.alternat-i-ves.org)  [Alternat+ves](https://www.facebook.com/Alternat+ves)



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

## Boundary Violations Look Like

@the.love.therapist

### Physical

- Inappropriate or unwanted touch
- Being denied your physical needs
- Borrowing possessions without asking
- Using money to manipulate & control
- Invasion of personal space & privacy
- Making unreasonable demands on someone's time
- Showing up late or canceling last minute

### Mental

- Communicating disrespectfully
- Belittling, ridiculing, or dismissing someone's thoughts or ideas
- Thinking you know what someone thinks or believes without asking
- Letting others direct your life, define you, or describe your reality
- Agreeing with others to "keep the peace"
- Ignoring someone's requests
- Giving unsolicited advice or suggestions

### Emotional

- Dismissing, invalidating, or criticizing feelings
- Emotionally dumping without permission
- Asking inappropriate questions
- Assuming we know how others feel
- Shaming, guilt, or blaming
- Making demands

### Spiritual

- Ignoring your intuition or gut feelings
- Doing what someone else thinks is "right" / Not trusting your own spirituality & ethics
- Going against personal values to please others
- Pressuring others to believe or act a certain way
- Sending unsolicited spiritual materials



DATUS logo

**DATUS**  
ENABLING RECOVERY

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

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 ([maggie.thompson@datus.org.uk](mailto:maggie.thompson@datus.org.uk))

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

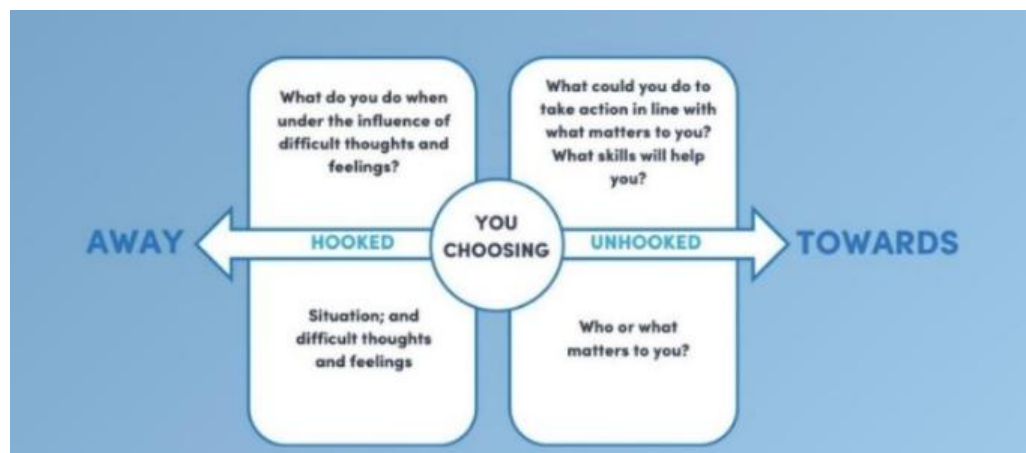
Download the Zoom app here: <https://zoom.us/download>



## The ACT Matrix: Building Psychological Flexibility

The Acceptance and Commitment Therapy (ACT) Matrix is a simple perspective taking exercise that is a quick and easy tool to practice and learn how to notice and distinguish between our external space (e.g. our five senses and actions) and internal space (e.g. feelings, urges, thoughts, images, fears...) whilst working towards aligning ourselves to what truly matters to us. It is a wonderful visual tool that can be used in daily life and in clinical settings.

Watch this video exercise: <https://www.youtube.com/watch?v=cCCSpOtDPV0>



The ACT Matrix by Kevin Polk and Benjamin Schoendorff



DATUS logo

**DATUS**  
ENABLING RECOVERY

**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

DAY	TIME	LOCATION	FORMAT
Tuesdays	6.00pm - 7.30pm	The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ	LIFE Face to Face
Wednesdays	11.30am - 1.00 pm	The Cotteridge Church, 24 Pershore Road South, Cotteridge, Birmingham B30 3EJ	LIFE Face to Face
Wednesdays	1.00pm - 2.30pm	Northfield Baptist Church, 789 Bristol Rd South, Northfield, Birmingham. B31 2NQ	LIFE Face to Face
Thursdays	6.00pm - 7.30pm	St Chad's Church, New Road, Rubery, Birmingham. B45 9JA	LIFE <b>Face to Face</b>
Saturdays	11.00am - 12.30pm	Online <a href="https://zoom.us/j/94497124180">https://zoom.us/j/94497124180</a>	LIFE Online
Sundays	10.00am - 11.00am	Online <a href="https://us06web.zoom.us/j/81049143421">https://us06web.zoom.us/j/81049143421</a>	LIFE Online
Sundays	3.30pm - 4.30pm	Polish Community Group Online <a href="https://us06web.zoom.us/j/82751432996">https://us06web.zoom.us/j/82751432996</a>	LIFE Online

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



SUIT has supported vulnerable adults in Wolverhampton for over 15 years. SUIT is a peer led advocacy service and has won multiple awards and was recognised as a European model of good practice by the Street Support Project (EU) in January 2019 and by the BeTrAd (EU) in 2018.



<https://www.suitrecoverywolverhampton.com/>

<https://www.youtube.com/@ServiceUserInvolvementTeam>



SUIT are thrilled to announce that Wolverhampton has bid successfully to host the UK Recovery Walk 2025!

Working alongside the Good Shepherd, Wolverhampton City Council, and Recovery Near You, next September will see visitors arrive to showcase Wolverhampton's amazing diversity and highlight its recovery journey through the Recovery Walk and Recovery Village.

Our incredible recovery community will be celebrating art, community, and lived experience all over the city, including spaces at Molineux Stadium, West Park, and Chapel Ash's Arts Council-funded public space.

Let's show the strength of Wolverhampton's recovery community and its commitment to creating a platform for connection, celebration, and awareness.



## Useful Information and Resources

### Sandwell Go Jauntly App

With the longer days, lighter evenings and nature starting to come into bloom all around us early Spring is the perfect time to get out in the fresh air for a walk to explore the many green spaces, parks, paths and canals of Sandwell.

- **Discover an online collection of walks:** Simple step-by-step guides help you navigate. Nifty tips point out things of interest, hidden gems, places to eat and where to use the loo.
- **Create your own walks.** What's your favourite walk? Don't keep it to yourself, share it with us all.
- **Enjoy the scenic route from A to B:** Use the walking map to find the greenest routes while out and about or create circular nature-filled walking routes, straight from your door.
- **Free Walking Challenges:** Sign up for free and enjoy self-satisfaction, unlock badges and celebrate your micro-adventures on foot. Choose your target. Set a start date. Get walking!

With the fantastic and free Go Jauntly app simply grab your phone and go! The FREE Go Jauntly app available on [Android](#) and [IOS](#) allows you to:



**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](mailto: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](http://www.ourguideto.co.uk)

## Drug Education, Counselling and Confidential Advice



### ***Name Stigma***

We aim to raising awareness of stigma and prejudice created by stigmatising language, depictions, policies and approaches. We want to celebrate anti-stigma practice.

### ***Fight Stigma***

- Sharing and amplifying the stories of real world lived experiences of people harmed by drugs and alcohol use.
- Highlighting the negative role of stigma
- Celebrating inclusive practice
- Making a rational case for fairness and health equality

### ***Understand Stigma***

We aim to educate about the impact of stigma and how it creates barriers to the drivers of health and happiness. We want to share inclusive practice that promotes a shared understanding.

### ***Protest Stigma***

We advocate for the centring of human rights and other forms of legal protections to address the harms of stigma, prejudice and discrimination



**ANTI-STIGMA NETWORK**

### ***Join the Anti-Stigma Network***

**Join Now**

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

**Call out stigma and discrimination when you experience it or observe it. and**

**Work with other members to share how best to understand stigma and fight discrimination.**



# DDN

The magazine for  
the substance  
misuse field

## Drink and Drugs News

### How can we deny the health risks of alcohol?

It's hardly surprising that the alcohol industry is reluctant to commit to clearer labelling – but calling into question the evidence of health risks is an [unacceptable turn \(p6\)](#). Pointing the finger at 'a small group of people who don't use the product responsibly' is a cynical tactic, but denying the level of risk (including links with cancer) is a crime against public health.

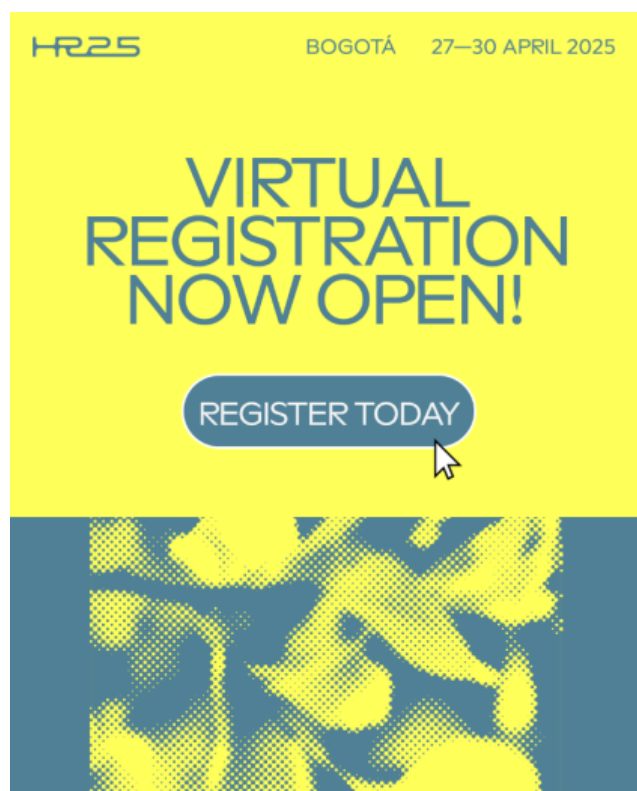
A decade after Michael Marmot identified the root causes of health disparities, with strategies to address them, we hear that they have in fact worsened, with drug and alcohol use a [key driver \(p19\)](#).



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

## The Harm Reduction International Conference 2025 (HR25)

HR25 takes place in Bogotá, Colombia, on 27-30 April, bringing together experts, advocates, and people who use drugs from around the world.



We understand that not everyone is willing or able to travel to attend HR25 in Bogotá, Colombia. That's why we are excited to offer HR25 Virtual giving you access to the conference from wherever you are.

Virtual registration for <https://hr25.hri.global/> will include:

- Live & on-demand sessions
- Exclusive virtual-only sessions
- Poster presentations
- Resource library
- Networking opportunities & more

**HR25 Virtual £95**

**[REGISTER NOW FOR HR25 VIRTUAL](https://hr25.hri.global/)**



# The 2025 UK Recovery Walk is on Sept 13th in Wolverhampton

**Welcome to the UK Recovery Walk 2025 Wolverhampton**

**Join Us in Wolverhampton for a Celebration of Recovery**

The UK Recovery Walk 2025 will take place on **Saturday, 13th September 2025**. Hosted in the vibrant city of **Wolverhampton**, this year's walk promises to be a powerful celebration of recovery, resilience, and hope. Together, we will gather to demonstrate the strength and unity of the recovery community, raise awareness, and advocate for improved support and services for those affected by addiction.

**More details will be announced as they are confirmed and are** (subject to change if needed)

## Event Highlights

### Recovery Walk

- **Start and End Point:** 1pm The Recovery Village at **West Park**, Wolverhampton's premier open space and a stunning example of a Victorian park.
- **Route:** A 2-mile loop that takes in iconic Wolverhampton landmarks, including the **Molineux Stadium**, home of the Wolverhampton Wanderers FC, and the heart of the city centre. A shorter route will also be available for those unable to complete the full walk.
- **Chapel Ash Underpass:** Walk through this artistically regenerated space, showcasing the city's creativity and community spirit.

### Recovery Village

- **Location:** West Park, Wolverhampton
- **Activities:** Enjoy a day filled with family-friendly activities, mutual aid meetings, art exhibitions, live workshops, and performances. Partner agencies and community groups will be available to provide information and support.
- **Diverse Experiences:** Celebrate Wolverhampton's multicultural heritage through music, food, and art that reflect the diversity of our recovery community.

### Recovery Conference September 12th 2025

- **Venue:** Molineux Stadium
- **Details:** Featuring guest speakers, breakout sessions, and networking opportunities, the conference will bring together local experts, recovery champions, and professionals. 9.30- 4pm



## Surveys

### Child Friendly Sandwell Survey



**In September 2024 Sandwell were accepted as a UNICEF Child Friendly Borough; a child friendly borough is one that respects and promotes the rights of children and young people and provides them with opportunities to participate in the social, cultural, political, and economic life.**

Developing a child friendly borough involves engaging with children and young people as active citizens, ensuring their safety and wellbeing, and creating inclusive and accessible spaces and services for them. [Complete the survey here](#)

As part of the Discovery phase it is important that Sandwell Council understand how much people know and understand about child rights and the United Nations Convention on the Rights of the Child. They are asking all organisations, whether you work with children and young people or not, to complete a survey around this. It should take no longer than 5 to 10 minutes to complete.

**The deadline for the survey is 31st March 2025.** You can find out more about Child Friendly Sandwell [here](#).

### Migrant Health Survey

Healthy Sandwell are currently undertaking a **migrant health** needs assessments for migrants who have arrived in Sandwell within the last 5 years.



We have developed a survey that has been translated into 9 community languages and we would appreciate if you can make people aware and help us generate as much feedback as possible.

The link can be accessed via:

[https://online1.snapsurveys.com/Migrant\\_Health](https://online1.snapsurveys.com/Migrant_Health)

## Improving women's health services in Sandwell

We are excited to launch exciting opportunities to hear from women across Sandwell about what matters most to them regarding their health, well-being, and happiness and how we can improve women's health services that better meet the needs of our local communities.

There are two opportunities as follows:

### Women's health champions reference group

Women's Health services in Sandwell need help from the local communities, who know our local needs best. We are recruiting a **women's health champions reference group** of trusted voices and people with lived experience to steer the women's health projects in Sandwell. If you're passionate about improving women's health and would like to be a part of a movement, changing women's health services locally for the better, this opportunity may be for you. If you're interested, please complete a [short application form online](#) by **7 March 2025**.

### Funded co-production

We have a **funded co-production opportunity** for community, voluntary, and faith groups and organisations in Sandwell. This initiative aims to create a deeper understanding and co-design solutions for women's health. We want to hear from women about how they think health services can be improved, focusing on menopause, heavy menstrual bleeding, and other important issues. If you would like to apply, please [download the application here](#), and send your expression of interest form to [involve.blackcountry@nhs.net](mailto:involve.blackcountry@nhs.net) by **7 March 2025**. We will be in touch with successful applications by 14 March 2025.

For more information please feel free to get in touch or visit [Current involvement opportunities :: Black Country ICB](#). Please also share with anyone that you think would be interested in getting involved.




[www.blackcountry.icb.nhs.uk](http://www.blackcountry.icb.nhs.uk)

 **Twitter:** @NHSinBlkCountry |  **Facebook:** @NHSinBlkCountry |  **Instagram:** @NHSinBlkCountry




## IMPROVING HELP FOR FAMILIES IN SANDWELL



- ✓ Are you Parent/Carer/Guardian for a young person (up to 18 years old) in Sandwell?
- ✓ Got a few minutes to spare?
- ✓ Can you help us by answering 4 questions?
- ✓ Would you like the chance of winning a £20.00 High Street Gift Card?

**We would love to hear from you about what support you need and what might get in the way of you receiving this help.**

**COMPLETE THE SURVEY HERE!**

## IMPROVING HELP FOR FAMILIES IN SANDWELL

Aged 11 or over?

Living, or go to school in Sandwell?


Got a few minutes spare?

Would you like the chance of winning a £20.00 High Street Gift Card?

**We would love to hear from you about what support you need and what might get in the way of you receiving this help!**

Only 4 questions to answer!

Complete the survey here



## Training Opportunities

# CRANSTOUN

Empowering People, Empowering Change

## FREE ONLINE TRAINING on ALCOHOL AND DRUGS

## CRANSTOUN SANDWELL

Cranstoun Sandwell offers two free online training sessions about alcohol and other drugs. The first session discusses the prevalence of drug use in the UK and provides an overview on how drugs are taken before looking at the effects and risks of the substances that Cranstoun see most people approach their service for support around in Sandwell.

The second session looks at the support you can offer to individuals who are using substances and explores why there may be reluctance to talk about this. The training is delivered as two, two-hour online sessions. Both can be seen as a session, but together form a good basis for anyone who wants to expand their knowledge around working with people who use alcohol or other drugs. Online sessions can be booked through Eventbrite – [bit.ly/44wM0IU](https://bit.ly/44wM0IU)

If you have several people in your service who are interested, Cranstoun is happy to deliver to you in person and can arrange a bespoke session to meet your needs. **Cranstoun can also train on how to use Naloxone, a lifesaving drug that can reverse the effects of Opiate overdose.** If you want to discuss in person training, contact [swollaston@cranstoun.org.uk](mailto:swollaston@cranstoun.org.uk)

## Free Bleed Control Training

<https://www.scvo.info/2025/02/18/free-bleed-control-training/>

A number of free, 'Bleed Control Training' courses are due to take place in February and March 2025. The training provider is 'Yes 2 Life' and the 'Birmingham Empowerment Forum'. The training is fun, serious at times and thought provoking, it is hands on and there will be lots of opportunities to ask questions about what to do if you are the first responder to someone that may have encountered a catastrophic blood loss incident.

The training will look at techniques if you have access to a bleed control kit and will look at what you can do if you don't, this training is about providing the individual with extra valuable time in order to maintain survival until the emergency services arrive. Certificates will be given to all that complete the course. If this course is of interest to you then choose the course that you would like to attend and email or call to book yourself on or call into the centre that is holding the training. Places are limited – to book a place email [comm\\_partnerships@sandwell.gov.uk](mailto:comm_partnerships@sandwell.gov.uk) or call 07884 547085.

- **Wednesday 19th February 2025** – 7.00-8.30pm at Cradley Heath Community Centre, Reddall Hill Road, Cradley Heath, B64 5JG
- **Wednesday 26th February 2025** – 7.00-8.30pm at Ileys Community Association, Victoria Park Skill Centre, Corbett Street, Smethwick B66 3PU
- **Wednesday 5th March 2025** – 7.00-8.30pm at Brasshouse Community Centre, Brasshouse Lane, Smethwick, B66 1BA – drinks and light refreshments provided
- **Wednesday 26th March 2025** – 7.00-8.30pm at Friar Park Millennium Centre, Friar Park Road, Wednesbury WS10 0JS



## FREE EDI Training for Voluntary and Community Groups

[FREE EDI Training for Voluntary and Community Groups - scvo.info](https://www.scvo.info)

**Sandwell Public Health are working in partnership with Inclusive Employers to deliver training workshops for the voluntary and community sector workforce.**

These Bringing Everyday Inclusion to Life workshops will be informative, engaging and create a safe place for participants to ask curious questions and expand their inclusion knowledge. The workshop will include:

- Introduce and refresh knowledge of the Equality Act.
- Reflect on the benefits of an inclusive culture.
- Think about what everyday inclusion means in Sandwell, exploring the impact of unconscious bias, language and behaviours.
- Understand what an inclusive by design mindset is and how to use it to create the most inclusive spaces and interactions.
- Consider how we can all role model inclusion in Sandwell.

The workshops are for staff and volunteers working in the voluntary and community sector in Sandwell. We're particularly keen to engage staff and volunteers who work in Sandwell's Welcoming Spaces Network. *Places are limited, so book now to avoid disappointment. To book your free place:* <https://www.eventbrite.co.uk/e/1234553515799?aff=oddttdtcreator>





# Free Peer Support Skills

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



TBC, Reserve a place NOW



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



10am - 2pm with buffet  
at the end



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



[tce@kaleidoscopeplus.org.uk](mailto:tce@kaleidoscopeplus.org.uk)



07813 722501





# Mental Health & Suicide Awareness Training



A **FREE** introductory half day course raising awareness of mental health and how we can challenge stigma. Developing skills and confidence to be able to support someone experiencing mental health struggles, in distress or having thoughts of suicide.



## Sessions available at venues across Sandwell

**Monday 10th February 12.30pm - 4pm at**

Smethwick Fire Station, Stony Lane, Smethwick, B67 7QW

**Tuesday 25th February 1.30pm - 4.30pm at**

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

**Wednesday 5th March 10am - 1.30pm at**

Wednesbury Library, Walsall Street, WS10 9EH

**Wednesday 12th March 10am - 1.30pm at**

Haden Cross Fire Station, Halesowen Road, Cradley Heath, B64 7JU

**Tuesday 18th March 12.30pm - 4.00pm at**

Christ Church Primary School, Albert Street, Oldbury, B69 4DE

**Wednesday 26th March 10am-1.30pm at**

Bangladeshi Women's Association, Wellington Road, Tipton, DY4 8RS

## Online sessions

(book one from below and a link will then be sent out closer to the date)

**Thursday 13th February 9.30am - 1.00pm**

**Thursday 20th February 9.30am - 1.00pm**

**Monday 24th February 1.00pm - 4.30pm**

**Monday 10th March 1.00pm - 4.30pm**



Black Country Healthcare  
NHS Foundation Trust



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



tce@kaleidoscopeplus.org.uk



0121 565 5605






## Would you like to be able to engage coach and mentor others.

We are delivering a Level 3 certificate in coaching and mentoring over 12 weeks.

**Eligibility criteria to access to the course at no cost you.**

- You must live in Birmingham, Walsall or Wolverhampton
- Aged 19 and over.
- Not completed a level 3 or higher qualification after 21st April 2021
- Earning 30k or less

### Qualification units include:



Engage Others in the Learning and Development Process

Preparing for the Coaching Role

Coaching Skills

Mentoring Practice

Understanding Mentoring

If you are interested in completing the course please scan the QR code and complete our online form



**'With Outstanding Adult Education' 2023**



## Studies have shown that...



**SUD is more stigmatized** compared to other psychiatric disorders



Compared to other psychiatric disorders, **people with SUD are perceived as more to blame** for their disorder



**Describing SUD as treatable helps**



Patients themselves who hold **more stigmatizing beliefs** about SUD **less likely to seek treatment; discontinue sooner**



**Physicians/clinicians shown to hold stigmatizing biases against those with SUD; view SUD patients as unmotivated, manipulative, dishonest; SUD-specific education/training helps**

NB: SUD = Substance Use Disorder (U.S.)

### • **Developing Inclusion – Substance use stigma in general practice**, Thurs 20 March, 12.30pm – 2pm

What positive steps can we make to ensure that stigmatisation within a GP setting is reduced for people who use drugs and alcohol? A person-centred approach, appropriate language and addressing implicit bias could be key. Hear from three healthcare providers across the UK and Ireland who share their experiences and tips for best practice.

Tickets are free and all are welcome:

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





We Find Any Learner are offering not one, not two, but THREE of their most popular online courses at zero cost!

You can easily sign up on the website at [www.wefindanylearner.com/book-online/](http://www.wefindanylearner.com/book-online/) or by contacting our team at 01226 958 888.

All you need to do is meet a few simple criteria, including being at least 19 years old by August 31st, 2024, residing in England, and not currently enrolled in an apprenticeship program. Enrol today and let's make a difference together!

## Counselling Skills Level 2

548 million people suffer from anxiety or depression.

1 in 4 people in England will experience at least one mental health problem each year.

**GET INVOLVED**

**ENROL TODAY**

**Free Online Course**

### [Counselling Skills Level 2](#)

Many people find it helpful to seek counselling at some point in their lives, and a counsellor can provide support for people in all sorts of situations. If you're interested in supporting people to improve their personal well-being, this course will provide you with the correct understanding, knowledge and skills to do that. You'll learn about core counselling skills and how to use them in a counselling relationship. You will also be taught about counselling theory and the ethical framework that informs how counsellors use their skills.

## Mental Health First Aid Level 2

1 in 4 people will be affected by mental or neurological disorders at some point in their lives

**GET INVOLVED**

**ENROL TODAY**

**Free Online Course**

### [Mental Health First Aid Level 2](#)

It's important that employers are transparent and open about mental health issues, and this qualification builds an understanding of mental health problems and the support available to colleagues. Increasing the understanding of the mental health of staff at all levels builds a culture of care and support.

## Understanding Autism Level 2

There are 700,000 autistic people in the UK - that's more than 1 in 100. If you include their families, autism is a part of daily life for 2.8 million people.

Seven in ten autistic children and young adults said school would be better if more teachers understood autism.

**GET INVOLVED**

**ENROL TODAY**

**Free Online Course**

### [Understanding Autism Level 2](#)

This course will give you an understanding of autism and the principles of supporting individuals with autism. You will look at the person-centred approach and the influence that positive communication methods can have and will gain an understanding of how individuals with autism can be supported to live healthy and fulfilled lives.



# Anti Racism Training

Our anti racism training is not just a box to check off on a compliance checklist. It's an ongoing commitment to creating a workplace that is equitable, diverse, and inclusive.

Join us for an impactful and essential Anti-Racism Training Workshop, delivered by the renowned experts at Mission Diverse. As an organisation committed to creating an inclusive and equitable environment, we have partnered with Mission Diverse to bring you this comprehensive full-day training session designed to empower you with the knowledge, tools, and strategies necessary to become more comfortable addressing and challenging racism in all its forms.



Supports your employees to;

- Confidently challenge racial bias and racism.
- Spot and challenge racial microaggressions.
- Address White privilege & fragility.
- Be a supportive colleague and ally

Joining Instructions: register at <https://missiondiverse.org/anti-racism-training/>

## What to Bring

- ✓ **Your phone** – There will be interactive elements where you'll need it.
- ✓ **An open mind** – Be ready to engage, reflect, and contribute to meaningful discussions.
- ✓ **Paper and a pen (optional)** – While not essential, you may find it useful to make notes.

## What NOT to Bring

✗ **No laptops** – To keep the session interactive and distraction-free, please leave your laptop behind.

We're committed to creating a welcoming and engaging learning space, so come prepared to participate and share your thoughts. If you have any questions before the session, feel free to reach out.



# FULLY-FUNDED SUICIDE PREVENTION TRAINING IN SANDWELL

Leading suicide prevention charity, **PAPYRUS**, 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](mailto:englandcentral@papyrus-uk.org)



© PYPYRUS Prevention of Young Suicide  
Registered Charity Number: 1070896



**IDEAL  
FOR ALL**

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](mailto:dps@idealforall.co.uk)**



**0121 558 5555 (option 1)**

**[DPS@idealforall.co.uk](mailto:DPS@idealforall.co.uk)**

Funded by







Funded by



**Making life better  
for all of us**



**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](mailto:dps@idealforall.co.uk)



✉ Email: [contactifa@idealforall.co.uk](mailto:contactifa@idealforall.co.uk)  
☎ Telephone: 0121 558 5555 (option 2)  
💬 Facebook & Twitter: @idealforall

# Domestic Abuse Multi-Agency Training Programme

Training sessions available April 2024 – March 2025

All sessions are held online via Microsoft Teams. You can find details of the dates and book on the training via the following link

<https://training.sandwellscb.org.uk/events-list?c=2>



## Domestic Abuse – Two-day course

### Learning Objectives:

- Understand the impacts of domestic abuse on both adults and children
- Understand the additional barriers which victims from minoritised communities may face in reporting issues and accessing support
- Be able to respond to a disclosure of domestic abuse
- Be able to complete a DASH risk assessment
- Understand the role of MARAC and how to make referrals
- Awareness of the legal duties in relation to child protection, adults with care and support needs and domestic abuse victims
- Introduction to 'honour' based abuse, forced marriage and female genital mutilation.
- Introduction to key learning from local Domestic Homicide Reviews, Serious Case Reviews and Safeguarding Adults Reviews.

## Forced Marriage, Honour Based Abuse and Female Genital Mutilation (FGM)

### Learning Objectives:

- Define the term, Forced Marriage and so-called 'honour' based abuse.
- Identify potential motives and triggers.
- Explore the impact on the victim.
- Understand how to respond to a person who is subjected to Forced Marriage to protect their safety.
- Locate support that is available to anyone who is subjected to Forced Marriage.
- Know what constitutes FGM and the impacts it has on women and girls.
- Understand current legislation and mandatory reporting duty around FGM.
- Respond appropriately including referring to the appropriate agencies.

## Domestic Abuse and Adult Safeguarding

### Learning Objectives:

- Understand the links between adult safeguarding and domestic abuse
- Understand the impacts of DA on adults with care and support needs
- Understand the additional barriers and challenges to ending abusive relationships for adults with care
- Understand the pattern of coercive control in domestic abuse and its impact upon parenting.
- Understand the increased risks associated with ending a violent relationship.
- Be aware of the tools and pathways for responding to child and adult safeguarding in Sandwell, including MASH/DA Screening, Early Help and MARAC.

## Learning from Domestic Homicide Reviews (DHRs)

### Learning Objectives:

- Understand key lessons from local Domestic Homicide Reviews
- Understand the pattern of coercive control in domestic abuse and its impact upon parenting.
- Understand the increased risks associated with ending a violent relationship.
- Be aware of the tools and pathways for responding to child and adult safeguarding in Sandwell, including MASH/DA Screening, Early Help and MARAC.



Local Police and Crime Board

## Child to Parent Abuse

### Learning Objectives:

- Basic understanding of attachment theory and how this relates to CPA
- Understanding of Domestic Abuse and the impact this has on children
- Understand the patterns of behaviours involved in CPA
- Understand the impact of Domestic Abuse response to parents as victims of CPA
- Understand the link between CPA, mental health and learning disabilities in both children and adults
- Understand the appropriate CPA, mental health and learning disabilities practice including Sandwell's CPA
- Understand the link between current service provision and developing practice
- Understand the link between CPA and Sandwell DHR's and CSRP's
- Increased knowledge for professionals
- Information guide for between CPA and Sandwell DHR's and CSRP's
- Awareness of the link between CPA and Sandwell DHR's and CSRP's

## Rape, Sexual Assault and Abuse

### Learning Objectives:

- Identify what is Rape and Sexual Assault and Abuse (definitions and terminology).
- Understand the law in relation to Rape and Sexual Assault and Abuse.
- Understand the impact and effects Sexual Assault and Abuse have on victims/survivors.
- Identify how to respond using a trauma-informed approach.
- Respond appropriately including referring to the appropriate agencies.

## Domestic Abuse and Access to Public Funds

### Learning Objectives:

- Understand the complexities of Domestic Abuse and immigration issues.
- Understand the impact of immigration issues and immigration.
- Understand the domestic Abuse policy and research on Domestic Abuse to receive the right support.
- Understand Domestic Abuse policy and research on Domestic Abuse to receive the right support.
- Have an awareness of current policy and safety to enable victims to receive the right support.
- Know how to respond appropriately and other relevant agencies for a victim.
- Know where to locate specialist support and other relevant agencies.

## Working with men who use abuse in relationships

### Learning Objectives:

- Understanding how domestic abuse is used as a tool to control women and children
- Why work should be done with perpetrators
- How to approach/open the conversation with a perpetrator about their behaviour
- Expanded skills and confidence to challenge perpetrators about domestic abuse
- How to respond to disclosures of perpetrating domestic abuse
- How to work with the perpetrator to take responsibility for their behaviour and to increase motivation to change their behaviour
- Understanding of the importance of a multi-agency response to perpetrator work and managing offenders

## Coercive and Controlling Behaviours

### Learning Objectives:

- Identify what the term 'coercive control' means.
- Understand the impact of coercive control on children.
- Recognise signs and how to ask the 'question'.
- Explore examples of evidence and where the offence applies.
- Locate support that is available for people experiencing 'coercive control'.

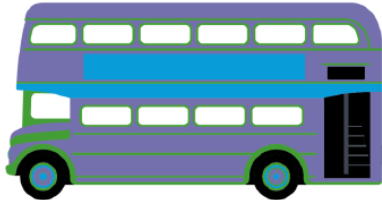




# Health Support

**Healthier Futures**  
Black Country Integrated Care System

**Do you want to learn how to spot cancer early?**



**Pop along to your local cancer bus on tour to find out more.**

**Mon 7 April,**  
10.00am – 4.00pm  
The Fountain,  
Dudley High Street

**Tues 8 April,**  
10.00am – 4.00pm  
Park Street  
Walsall Town Centre

**Wed 9 April,**  
10.00am – 4.00pm  
Oldbury Council House,  
Sandwell

**Thurs 10 April,**  
10.00am – 4.00pm  
Queen Square,  
Wolverhampton Town Centre

**Fri 11 April,**  
10.00am – 4.00pm  
Windmill Shopping Centre,  
Smethwick

Sandwell  
Safeguarding  
Adults  
Board

## S.H.I.P. WORKSHOP

**'Hoarding: Inside out' Training Workshops**

Tuesday 25th February 2025 1pm- 4pm

@Yemeni Greet's Green Access Centre, Tildasley Street,  
West Bromwich B70 9SJ

OR

Thursday 24th April 2025 10am-1pm

@ Brasshouse Community Centre, Brasshouse Lane,  
Smethwick B66 1BA

**BOOK NOW**

**BOOK NOW**

[please book on here via our training platform](#)

## Bereavement Support Group

Join our bereavement group and find a safe place to share, heal and support one another.



**Tuesday 4th March**  
10.30am - 12.30pm



**321 High Street,**  
West Bromwich,  
West Midlands,  
B70 8LU

To book please call 0121 565 5605  
or email  
[TCE@kaleidoscopeplus.org.uk](mailto:TCE@kaleidoscopeplus.org.uk)



## Smethwick Wellbeing Walk

Discover your local green spaces and connect with your local community on a free weekly wellbeing walk in Smethwick. Open to all ages and abilities, no need to book - just turn up on the day!



Every Friday from 10am - 11am



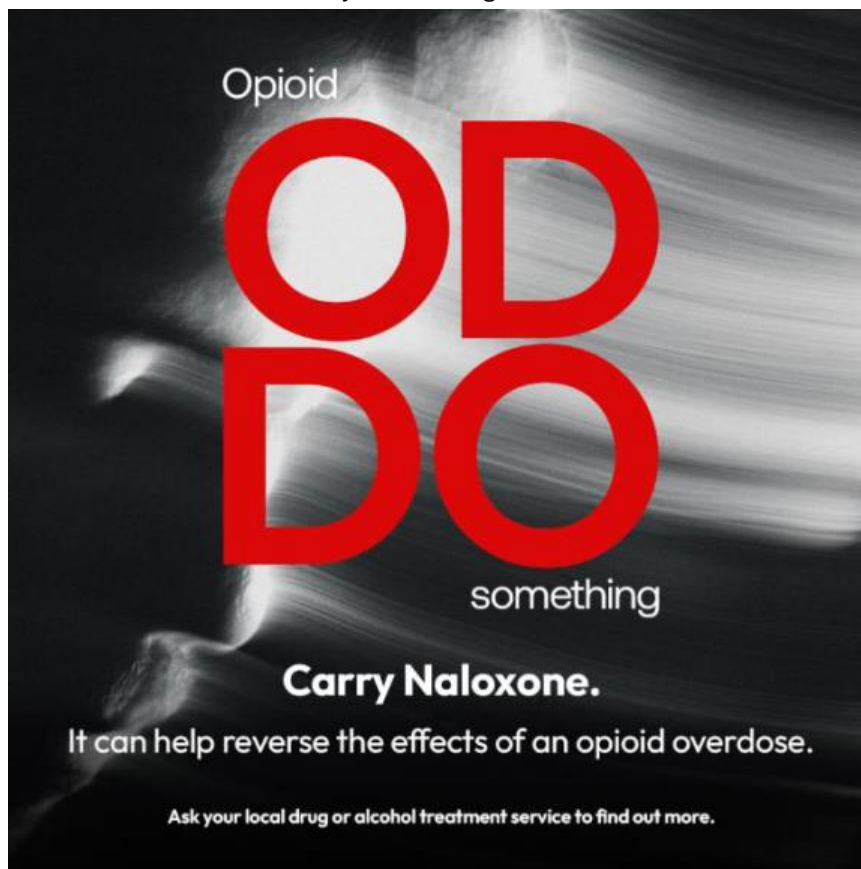
**Meeting at:** Brushstrokes Reception, 253 High Street  
Smethwick, B66 3NJ



For more information, contact:  
Email: [victor.bulso@theaws.org](mailto:victor.bulso@theaws.org)  
Phone: 07729658272  
Website: [www.theaws.co.uk](http://www.theaws.co.uk)



[@tawsociety](#) [@theaws](#) [@TAWsociety](#) [The Active Wellbeing Society](#)



In Sandwell Cranstoun want to make sure that our colleagues are kept up to date regarding the presence of contaminated drugs and the relevant harm reduction messages. We are conscious that when we get any information, we pass the relevant information on, so you have harm reduction advice at your fingertips. You as organisations and individuals support those who are experiencing vulnerabilities and play such an important part in communicating messages, you have the opportunity to support people to be as safe as they can be. [For Naloxone training call 0121 553 1333](tel:01215531333)

### What we know for sure

- Heroin and fentanyl mixed can represent a severe overdose risk, but the actual risk depends on the quantity of fentanyl and individual tolerance to opioids.
- This is not to alarm anyone but a gentle reminder that you should continue to mention to people who use heroin that it is increasingly contaminated with other drugs.
- The things you can do beyond making people aware of drug contamination.

### What you can do

Tell the people you support the following:

- To **obtain and keep** naloxone on you or nearby.
- Please, please tell us if something unusual happens after you or someone you know uses heroin, especially if the effects are stronger than you or they expected. We can support you to have any trace amounts tested, such as in the spoon or filter. That helps us give better information about risk to people who use drugs. You can do this via Sandwell Alert in box at [sandwellalerts@cranstoun.org.uk](mailto:sandwellalerts@cranstoun.org.uk)



HIV Treatment is effective and easy to take.

Being on HIV treatment means you can expect to enjoy a long and healthy life.

Medical evidence has shown that people on effective HIV treatment can't pass it on to others.

There are two simple ways to test for HIV, you can test yourself at home, or you can be tested by a professional.

**HEALTHY SANDWELL**

We find the support you need

Find us online at [www.healthysandwell.co.uk](http://www.healthysandwell.co.uk)  
You can also call us on 0800 011 4656 or 0121 569 5100

Order your free test online at: [www.sh.uk](http://www.sh.uk)

Sandwell's sexual health clinic is located at:  
**Lyng Centre for Health and Social Care, Frank Fisher Way, West Bromwich, B70 7AW.**

(By appointment only, call 0121 612 2323 to book)



## HOW I TEST

Testing for HIV is easy



## Test myself

**Post my self sampling kit and get my results a week later**

- Order a free self sampling kit from [www.sh.uk](http://www.sh.uk). It will come to the address you give in discreet packaging.
- Instructions will guide you through collecting a sample of your blood, which you'll post off to the lab. You'll get your results a week later (by phone, text, or email).
- Tests are most accurate when done 45 days after exposure to HIV. If you think you have been exposed to HIV in the last 45 days contact your local sexual health clinic for advice and support.
- A positive result needs to be confirmed with a follow-up blood test given by a healthcare professional, who will be there to give you guidance on treatment and get you any support you need. Contact your local sexual health clinic, GP or call NHS 111.



## PrEP

- There is some evidence that HIV self tests may not work as well for people who are taking HIV medication to prevent HIV, such as PrEP (pre-exposure prophylaxis) or PEP (post-exposure prophylaxis). Until more is known we advise people on PrEP not to rely solely on the result of an HIV self test.
- Before starting PrEP, we recommend visiting a sexual health clinic for an HIV lab test.

**Order your free test online at:**  
[www.sh.uk](http://www.sh.uk)

## Someone tests me

**Test and get my results about a week later**

- It's usually quicker and easier to order a kit online but lab HIV tests can also be done at a sexual health clinic or GP surgery.
- Sandwell sexual health clinics can be contacted: **0121 612 2323**  
[swbh.ishus@nhs.net](mailto:swbh.ishus@nhs.net)
- A health professional will collect a small sample of blood from your arm and send to the lab.
- Results will normally be available within a week.
- Tests are most accurate when done 45 days after exposure to HIV. If you think you have been exposed to HIV in the last 45 days contact your local sexual health clinic for advice and support.
- Testing for HIV is completely confidential.
- Anyone testing positive for HIV can be assured of a rapid, supportive and sensitive response.



# MACMILLAN CANCER SUPPORT

## Cancer information and support

العربية  
Arabic



فارسی  
Farsi



Română  
Romanian



বাংলা  
Bengali



ગુજરાતી  
Gujarati



Русский  
Russian



British Sign  
Language



پښتو  
Pashto



Türkçe  
Turkish



繁體中文  
Chinese



Język polski  
Polish



Українська  
Ukrainian



دری  
Dari



Português  
Portuguese



اردو  
Urdu



English



ਪੰਜਾਬੀ  
Punjabi



Scan QR code for online  
support & information in  
your language.





# WALKING FOOTBALL - WEEKLY SESSIONS



A great mix of outdoor physical exercise and games followed by an indoor peer support group offering coffee, tea and cake.

Led by a qualified exercise instructor and a Level 4 cancer rehabilitation practitioner, the sessions are suitable for any adults living with, or affected by, a cancer diagnosis.

**Everyone is welcome, no previous fitness required.**

**WHERE?** Birmingham County FA HQ,  
Ray Hall Lane B43 6JF

**WHEN?** Wednesdays 11am – 1pm  
starting 5th March 2025

To find out more and sign up, contact:  
Kevin on **07813 101672** or email **cancerkickerswf@gmail.com**

**SMILE – SHARE – ENJOY**



Supported by:



## 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)



# Lads, Let's Chat!

A weekly group with a supportive space for Men to talk about anything on their mind.



Wednesdays  
12 Noon - 2pm



Lets Chat Hub  
West Bromwich Bus Station,  
B70 7NN



0121 565 5605  
[info@kaleidoscopeplus.org.uk](mailto:info@kaleidoscopeplus.org.uk)



# SANDWELL TALKING THERAPIES

**NHS**  
Black Country Healthcare  
NHS Foundation Trust

## MATERNAL EMOTIONAL WELLBEING

"How can Talking Therapies help me" ?



"Are you pregnant or have you recently had a baby"?



"Have you lost a baby?  
(Miscarriage, still birth Sudden Infant Death Syndrome (SIDS) (also known as Cot death), termination" ?



"Have you suffered with postnatal depression in the past"?

"Has your pregnancy / birth been difficult"?

**Yes ?**  
Then Talking Therapies can help you .....

Specialist support is available for you or your partner.

To book your initial appointment, call

**0121 612 6650**

or self-refer via

[www.sandwelltalkingtherapies.nhs.uk](http://www.sandwelltalkingtherapies.nhs.uk)

**NHS**  
Black Country Healthcare  
NHS Foundation Trust

**We help with anxiety, depression, or stress**

**NHS**  
Sandwell Talking Therapies

**FREE** confidential, and tailored for you

Our experts have helped lots of people in Sandwell become happier and healthier



For anyone aged 16 or over registered with a Sandwell GP

Support available via...



In-person



Phone



Video



Online



Workshop

Call 0121 612 6650 or self-refer by visiting  
[www.sandwelltalkingtherapies.nhs.uk](http://www.sandwelltalkingtherapies.nhs.uk)



## Crossroads Accelerated Response Service (CARS)

Free support for unpaid carers, those with care needs and people who have recently been discharged from hospital.



CARS can help you to manage your life and retain your independence. Support can include -

- » Telephone or face-to-face advice
- » Prescription collection & help with shopping
- » IT support & help with online bill payments
- » Supplying winter warm packs
- » Arranging training on equipment use
- » Arranging & accompanying people to GP and hospital appointments
- » And much more...

**Call us on 0121 803 6830**

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





# The Art Yard

**2025**  
Last Thursday  
of the month.

**Haden Hill Park  
& Corngreaves  
Nature Reserve**

**11am**  
START

**Wellbeing Art Walks**

We are delighted to continue with our 'Wellbeing Art Walks' in 2025, led by Alex Burgess.

Why not join us for nice leisurely walk around the park, it's more of an amble than a ramble.

Whether an art or photography lover, we chat, swap and inspire ideas? We look forward to seeing you on our first walk: 27<sup>th</sup> February 2025.

Alex Burgess and The Art Yard x

## 2025 dates:

- 27<sup>th</sup> February 2025
- 27<sup>th</sup> March 2025
- 24<sup>th</sup> April '25
- 29<sup>th</sup> May '25
- 26<sup>th</sup> June '25
- 31<sup>st</sup> July '25
- 28<sup>th</sup> August '25
- 25<sup>th</sup> September '25
- 30<sup>th</sup> October '25
- 27<sup>th</sup> November '25

**2025**

**Changes this year:**

Our walks will  
now start at  
**11am**

For Information – CONTACT: **01384 910968**  
Email to: **infoartyard@gmail.com**

Meet us on Haden Hill  
carpark, top of Lee  
Road, off Barrs Road,  
Cradley Heath B64 7HS



**Sandwell STRIDE**

**RAMBLERS  
WELLBEING  
WALKS**



## 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!

**FRIAR PARK MILLENNIUM CENTRE,  
FRIAR PARK ROAD,  
W51 0JS**

## Social Cycle

**Fridays 10:30 - 13:00**



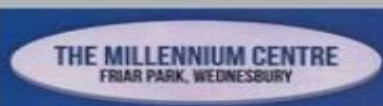
## Coffee, Cake &

## Chats

**Wednesdays 13:30 - 15:30**



Contact: 01215560139 or  
fpmcprojectmanager@gmail.com



## HERE FOR YOU.

**Friar Park Millennium Centre**  
Community organisation

Call now



# 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.



Millennium Centre, Friar Park  
Road, Wednesbury, WS10 0JS  
First Monday of every month  
6pm - 7pm  
Contact: 0121 556 0139  
e.connectorworker@yahoo.com

Wednesbury Library, Walsall Street,  
Wednesbury WS10, 9EH  
15 March, 14 June, 13 September,  
13 December 2025  
11am - 12pm  
Contact: 0121 569 4945  
wednesbury\_library@sandwell.gov.uk

Myra Harris Bungalow,  
Brickhouse Lane, Harvills  
Hawthorn, B70 0DT  
5 February, 7 May, 13 August,  
12 November 2025  
2pm - 3pm  
Contact: 07870 809387





# I Cannot Control



My Recovery Handbook A4-A5:

<https://heyzine.com/flip-book/83028766ec.html>

Alcohol Advice & Self Help Booklet:

<https://heyzine.com/flip-book/e4b9d2f71c.html>

Substances Advice & Self Help Booklet:

<https://heyzine.com/flip-book/16f777ecbc.html>

NTA Routes to Recovery Worksheets 1:

<https://heyzine.com/flip-book/9b29e50508.html>

NTA Routes to Recovery Worksheets 2:

<https://www.gov.uk/government/publications/routes-to-recovery-from-substance-addiction>

## How to Spot When Something Might Be Up



ROUTE **2** wellbeing  
www.route2wellbeing.info

**SCVO**

## How to Open Up a Conversation



ROUTE **2** wellbeing  
www.route2wellbeing.info

**SCVO**



## How to Be a Good Listener



ROUTE **2** WELLBEING  
[www.route2wellbeing.info](http://www.route2wellbeing.info)

**SCVO**

## How to Help Someone Get More Help



ROUTE **2** WELLBEING

[www.route2wellbeing.info](http://www.route2wellbeing.info)

**SCVO**

## Community Directory



### Want to share your news/ resources?

SCVO is keen to help you to promote your organisation and services.

- *Do you have an event, vacancy, training opportunity or anything else with a Sandwell focus?*
- *Have you got equipment or other resources that you would like to share, rent or loan to another organisation?*
- *Is there something that your organisation could really do with, which another group might be able to provide?*

If so, please get in touch via email: [support@scvo.info](mailto:support@scvo.info) or call: 0121 525 1127.

**For e-bulletin articles**, please send the wording to us (250 words approx.) by Friday, for publication the following Tuesday. Please note that we **do not** accept just flyers – we can't publish them so need accompanying text please.

## Wanted!

### Sandwell Good News Stories

Email: [support@scvo.info](mailto:support@scvo.info)



**ROUTE 2 WELLBEING**  
Find health & wellbeing  
services near you

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

## Become a Member of SCVO

Membership is **FREE** and open to voluntary and community organisations based or working in Sandwell. To find out more about the many benefits available to you through Membership and how to join please click **HERE**.



## Appeal for Donations of LEGO



Local social enterprise, Agewell, is making a real difference in the lives of people living with dementia in Sandwell – and they need your help! They are seeking donations of **LEGO sets and bricks** to support their innovative activities for people with dementia and their family carers.

LEGO is more than just a toy; it can be a **powerful tool for cognitive stimulation, creativity, and social interaction**. Building with LEGO helps individuals with dementia **engage their minds, improve dexterity, and spark memories**, all while providing a relaxing and enjoyable activity. Family carers also benefit, as these sessions create **precious opportunities for connection** in a stress-free, playful environment.

You can support this fantastic cause by **donating or loaning LEGO sets**, whether new or used. Every brick counts, and your contribution will help provide meaningful experiences for those affected by dementia.

If you have LEGO to spare, please get in touch with the TDAD Team at Agewell CIC

T: 0121 796 9333 / E: [info@agewelluk.org.uk](mailto:info@agewelluk.org.uk)

Let's come together as a community to **build memories, one brick at a time!**



### SDCA HEALTH GROUP

The next Health Group will focus on:

Subject	Date	Time
Cranstoun Sandwell: Alcohol and Drug awareness	12th March 2025.	2pm to 4pm.
Health Watch.	9th April 2025.	3pm to 5pm.
NHS: Cancer Awareness session	14th May 2025.	3pm to 5pm.

Join us

**BSL Interpreter available**

Health Group will be held at:

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

**Text/Facetime/WhatsApp:**  
07791921011

**Email:**

[craig\\_pothecary@sdca.co.uk](mailto:craig_pothecary@sdca.co.uk)

### Deaf 71 Friday Social Club

## MOVIE TIME

Deaf71 invites you to a movie night!

**When? 21st March 2025**

**Time? 5pm to 7pm**

**Where? West Bromwich Community Centre,**  
Gayton Road, West Bromwich, B71 1QS

**Who can watch? 18 years or over and Deaf/HoH/Deafblind are all welcome .**

**Want more information? Contact us**

**Text/Facetime/WhatsApp:**  
07791921011

**Email:**

[craig\\_pothecary@sdca.co.uk](mailto:craig_pothecary@sdca.co.uk)

## OPEN IN TIPTON, WEDNESBURY, WEST BROMWICH

Correct as of February 2025

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, all year round.

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 – 12:30

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, Beaconsview 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



## OPEN IN TIPTON, WEDNESBURY, WEST BROMWICH

Correct as of February 2025

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

Leabrook Methodist Church, Leabrook Road North, Wednesbury, WS10 7LY – Wednesdays 10:30 – 13:00

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!



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

SUPPORTED BY :



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

**Yoga**

Everybody is welcome  
Small Charges Apply

Every Wednesday  
6:15pm - 7:15pm

CONTACT US:  
0121 556 0139

<https://friar-park-millennium-centre.business.site/>  
[bryonyymorrisyoga@gmail.com](mailto:bryonyymorrisyoga@gmail.com)

Friar Park Road  
Wednesbury  
WS10 0JS

**VOLUNTEERS NEEDED  
COMMUNITY  
CLEAN UP DAY**

JOIN LITTER WATCH FOR A  
COMMUNITY LITTER PICK IN  
GREAT BARR

**Sunday 2nd March  
1pm - 3pm**

Meet Jayne by the Scott Arms

SOME EQUIPMENT PROVIDED





at



## Weekly Timetable Winter 2025 Term Time Only



### Motivation Mondays Mondays 12pm - 7pm

LIC Community  
Money Advice  
Connect Centre

**Life** and  
**DEBT**



Go Play  
Sandwell Youth Club  
3pm - 5:30pm

Lifeline Ladies  
Support Group  
6pm - 7pm

**Lifeline ladies** Support Group

**Starts**  
**14th Jan 2024**  
Tuneful Tuesdays



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



Lifeline  
Wellbeing  
Hub  
1pm - 5pm



Lifeline  
Warm  
Space  
5pm - 7pm



### Wellbeing Wednesdays Wednesdays 11am - 4.30pm

Lifeline Light  
Exercise  
9:30am - 10:15pm

**Lifeline**  
Light Exercise

£2  
per  
person

Life Tots - Family  
Playgroup  
10:45am - 12:15pm

**Life Tots**  
Family Playgroup

£2  
per  
family

Coffee, Cake & Crumpets  
Well-being Session  
1pm - 3.30pm

**Coffee Cake & Crumpets**

£2  
per  
person

**Don't  
Forget to  
'Come and  
grab a  
loaf!'  
Every  
Wednesday**

### Focus Fridays Fridays 11am - 3pm

Lifeline Moneywise  
Cooking on a budget  
10:30 - 12:30pm

**Lifeline**  
Money Wise

Lifeline Advocates  
Support Drop In

**Lifeline Advocates**

**Lifeline**  
Community  
Drop In

**Call or text LIFE' to 07752 659257 for further information**

Supported by



**WDH Sandwell**  
Promoting health equality



**Black Country Healthcare**  
NHS Foundation Trust



**Localgiving**  
nationalgrid

**Find us on  
Facebook:**  
**LifeinComTipton**





**FANCY A CHAT?**

Have fun & meet new friends at **Tipton Library Chatty Cafe**

FREE TEA & COFFEE  
FUN ACTIVITIES  
AND A WARM WELCOME

**1st Friday every month  
11am - 12.30pm**

Tipton Library  
Victoria Road  
Tipton  
DY4 8SR

The Chatty Cafe Scheme

Tipton Library has teamed up with local care agency Home Instead and older people's charity Re-engage for fun and friendship in the library. Come and join us - all welcome!

Sandwell Metropolitan Borough Council  
Reengage  
Home Instead  
Libraries Connected  
Funded by UK Government



**SAVINGS CLUB  
@THE GAP**

Do you need to save for a special occasion or for next Christmas?

You could set yourself a target amount or pay in spare change

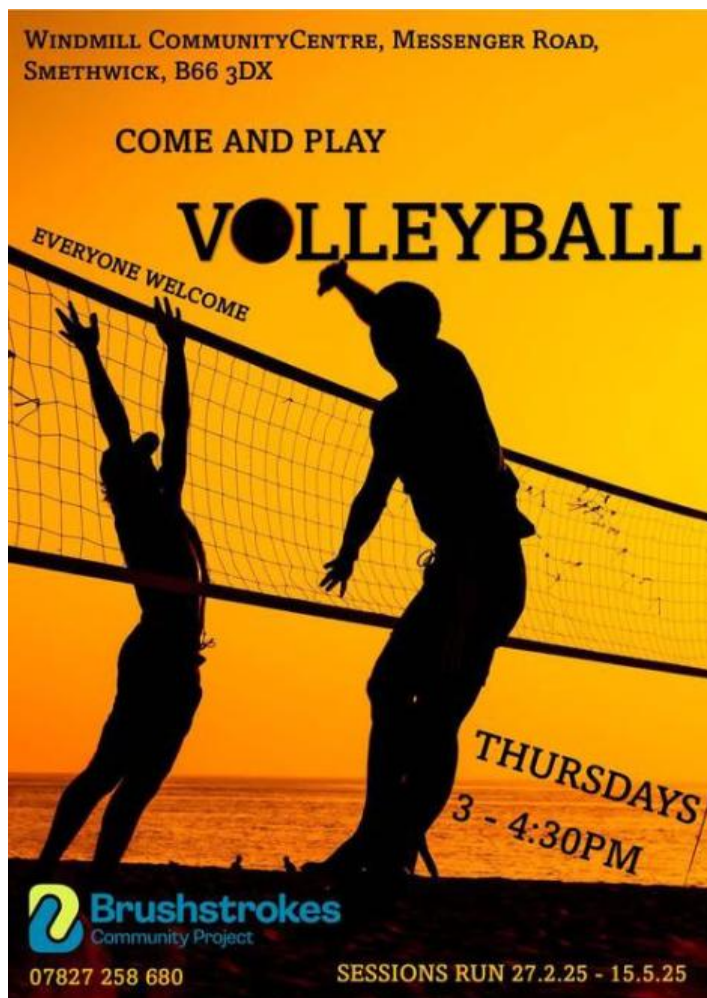
Put in as much or as little as you need

Free for everyone

Helps with budgeting!

For more info email [kirsty@thegaponline.org](mailto:kirsty@thegaponline.org)

gap



WINDMILL COMMUNITY CENTRE, MESSENGER ROAD,  
SMETHWICK, B66 3DX

COME AND PLAY

**VOLLEYBALL**

EVERYONE WELCOME

THURSDAYS  
3 - 4:30PM

Brushstrokes  
Community Project

07827 258 680

SESSIONS RUN 27.2.25 - 15.5.25



THE WINDMILL CENTRE  
FRIAR PARK, WEDNESBURY

COMMUNITY FUND

Join us for a  
**KNIT & NATTER**

EVERY WEDNESDAY

ALL CRAFTING WELCOME

10AM - 1PM

FRIAR PARK MILLENNIUM CENTRE

FRIAR PARK ROAD  
WEDNESBURY



# Aberdovey Bike Ride



Operating since 2013  
Aberdovey Bike Ride is  
an annual charity bike  
ride to raise funds for  
local charities.



Friday 20th June  
2025



Wolverhampton  
to Aberdovey

Take on a challenge and raise  
vital funds for mental health  
and wellbeing services.



On Friday, 20th June 2025, KPG are looking for fundraisers to take on the Aberdovey Bike Ride, a 106-mile challenge from Wolverhampton to Aberdovey, raising funds for mental health and wellbeing services. 💜

Be part of something special. Sign up today and make a difference! 🙌

For more information or to register visit:

<https://www.kaleidoscopeplus.org.uk/.../20th-june.../>



# STEP ON FREE ARTS & CRAFTS

## WORKSHOPS FOR ALL IN THE COMMUNITY OF SANDWELL

### MONDAYS

GREAT BARR LIBRARY  
OAKHAM LIBRARY

10.30-12.00  
2.00-3.30

### TUESDAYS

THIMBLEMILL LIBRARY  
BLEAKHOUSE LIBRARY (FAMILIES)

11.00-12.30  
3.15-4.45

### WEDNESDAYS

LANGLEY LIBRARY  
WEST BROMWICH LIBRARY  
OLDBURY LIBRARY (FAMILIES)

9.45-11.15  
11.00-12.30  
3.15-4.45

### FRIDAYS

GREAT BRIDGE LIBRARY  
BRANDHALL LIBRARY  
STONE CROSS LIBRARY (FAMILIES)

10.00-12.00  
2.00-3.30  
3.15-4.45

*Come join us for fun, friendship and learn new skills in arts and crafts.*

*STEP ON is drop in but please check in with the venues to ensure there is space available.*

Workshops take place weekly all year round (not in school holidays).



WORKING TOGETHER TO SUPPORT YOUR MENTAL HEALTH AND WELLBEING



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



[www.artstherapiesuk.org.uk](http://www.artstherapiesuk.org.uk)  
Arts Therapies UK is a Registered Charity: 1051578





Winter can be a challenging time for many. Darker days, colder nights, and, for some, a sense of isolation. That's why the William Wilson Turner Foundation and the Dorothy Parkes Centre are inviting you to join us at our 'Soup and Social,' gatherings.



# SOUP & SOCIAL

## TO WARM UP YOUR WINTER



'An opportunity to connect with others and enjoy a warm bowl of nutritious soup, courtesy of our gourmet chef, Airon Dalton from 'Food for Thought.'



**Dorothy Parkes Centre, Church Road, Smethwick. B67 6EH**



**Wednesdays and Fridays from 12 noon**  
January 2025 – 4 April 2025



**12 noon – 13:30**

**Contact Jodie Griffiths, Centre Manager, Dorothy Parkes Centre**  
Tel: 0121 558 2998 / Mobile: 07552 578117

**Joan Blaney, William Wilson Turner Foundation**  
Tel: 0121 574 1710 / Mobile: 07912 538533







291 Community Association CIO, Rear of Wesley Methodist Church, 291 High Street, West Bromwich, B70 8ND

Next door to Lloyds Bank

Refreshments available. Activities carry a minimal charge

## Digital Accessibility & IT Support Drop-In

**Have you had a new phone or Laptop for Christmas and would like advice or support? Please join us for an informal chat and tea/coffee and maybe a biscuit or two. We can help with installing Apps, Security and general software issues.**



Please contact Dawn mobile: 07979763415

E-mail: [ch291wbz@hotmail.com](mailto:ch291wbz@hotmail.com)

Website: [www.291communityassociationcio.co.uk](http://www.291communityassociationcio.co.uk)

Facebook: 291creativehubwb

Instagram: 291\_creative\_hub

X: @291Hub

heart of england  
COMMUNITY FOUNDATION



291 CA CIO  
Charity No.1185192



LOTTERY FUNDED



# FUNCTION ROOM HIRE

## AT FRIAR PARK MILLENNIUM CENTRE

**WEDDINGS - CONFERENCES - MEETINGS - WAKES - BIRTHDAY PARTIES - BABY SHOWER - PROMS & MORE**

Our eclectic and surprising facilities offer some really unique opportunities for groups large and small to come together and celebrate in style.

EMAIL: [FPMCCENTREMANAGER@GMAIL.COM](mailto:FPMCCENTREMANAGER@GMAIL.COM)  
TEL: 0121 556 0139  
FRIAR PARK ROAD  
WEDNESBURY  
WS10 0JS

Made with PosterMyWall.com

## West Bromwich Emergency Pet Pantry

Do you live in West Bromwich or surrounding area?  
Are you struggling to pay for pet food?  
The Emergency Pet Pantry can help!



Scan the QR code and complete a short form to apply for help.

We can provide a weeks supply of pet food and essential items to help pet owners in financial hardship through no fault of their own. We can help a maximum of 3 times within a 6 month period

Please call 07500 039967 for more information or email

[Louisecolledge.petpantry@gmail.com](mailto:Louisecolledge.petpantry@gmail.com)  
[Kellyfletcher.petpantry@gmail.com](mailto:Kellyfletcher.petpantry@gmail.com)  
[Helensamuels.petpantry@gmail.com](mailto:Helensamuels.petpantry@gmail.com)

Putting an end to pet food poverty

# POP-UP MARKET

## WEST SMETHWICK PARK

SUNDAY 29TH JUNE 2025  
9AM-2PM

Street food → Live entertainment →  
Children's entertainment → Variety of stalls →

Outdoor stall pitches available - £20.00 per stall  
To book a stall contact:  
[friendsofwestsmethwickpark1@gmail.com](mailto:friendsofwestsmethwickpark1@gmail.com)

Pitch fees donated to Arrive Alive Charity

Supported by West Smethwick Park B67 7JJ

Stall holders must supply a copy of own liability insurance





# Sporting Buddies

## Personal Training Programme

Sporting Buddies offers a 6-week programme for anyone who wants to get fit but also needs someone to talk to.

Our qualified PT – personal trainer will work with you safely and effectively.

The PT will teach, motivate and coach you how to follow a healthy regime of exercise and diet. Helping you with workouts, check and record progress and offer tips to keep your regime going after the programme.

### The trainer will:

- Create a personalised plan
- Improve confidence
- Teach you new skills
- Give you tutorials on how to correctly use different machines
- Improve mental health by talking

**Contact us:** 0121 269 5990 / 07365 807032

[info@beyond-blue.co.uk](mailto:info@beyond-blue.co.uk) [www.break-thru.co.uk](http://www.break-thru.co.uk)

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



NATIONAL  
COUNSELLING &  
PSYCHOTHERAPY  
SOCIETY



BACP Organisational Membership Number: 00276100.



**Cook Together  
Eat Together  
at South Staffs Water  
Community Hub**

Our Cook together programme is a **FREE** 2 hour cooking session each week for six weeks. In each session you will learn new healthy eating habits and get stuck in cooking easy three course meals you can replicate at home.

Contact us on the details below for more information  
**Location: Union St, Wednesbury WS10 7HD**

**Six FREE Cooking sessions for over 50's  
Starting Friday 21st February 2025 10:30  
- 12:30 Email or call to sign up**

**07970725526**  
**cookandeatwell@groundwork.org.uk**




## SinglePoint Pop-up Parenting Hub

At  
**SSW Community Hub  
Union Street Wednesbury  
WS10 7HD**

Supported by 

### Are you:

A young/ expectant parent in Sandwell  
OR

A parent of a 0-2 living in Wednesbury, West Bromwich or  
Tipton looking for advice and guidelines on your parenting  
journey?

**Come along to our monthly pop up sessions  
based at SSW Community Hub in  
Wednesbury. You will be able to chat with our  
Peer Support Worker, grab a cuppa and have  
a safe space for baby to play!**

Sessions are the last Monday of  
every month and start on Monday  
27th January 2025  
1.30pm till 4.00pm



## South Staffs Water Community Hub Union Street, Wednesbury, WS10 7HD

<b>Mon</b>	<ul style="list-style-type: none"> <li>• <b>Single Point</b> - 13.30pm-16.00pm, last Monday of every month.</li> <li>• <b>Knit &amp; Natter Group</b> – 09.30-12.30pm, anybody is welcome to come along! Just bring your own crafts</li> <li>• <b>Citizens Advice- (Appointment only)</b> 10am-1pm</li> <li>• <b>Winter Coats donations&amp; collections</b> – 10-1pm, 1.30pm-4pm</li> <li>• <b>Pet Food Donation - (collections for West Bromwich Pet Pantry)</b> 10am-1pm, 1.30-4pm</li> </ul>
<b>Tues</b>	<ul style="list-style-type: none"> <li>• <b>We Are Wednesbury-</b> Arts &amp; Activities.(every week) 2pm-3.30pm</li> <li>• <b>Community Chat-</b> Healthwatch Sandwell &amp; Safeguarding, drop in session. (every 3<sup>rd</sup> Tuesday of the month) 10.30 – 12.00pm</li> <li>• <b>Winter Coats donations &amp; collection</b> – 10-1pm, 1.30pm-4pm</li> <li>• <b>Pet Food Donation - (collections for West Bromwich Pet Pantry)</b> 10am-1pm, 1.30-4pm</li> </ul>
<b>Wed</b>	<ul style="list-style-type: none"> <li>• <b>Stop Smoking Clinic</b> – 10-1pm, 1.30pm-3pm</li> <li>• <b>Winter Coats donations &amp; collection</b> – 10-1pm, 1.30pm-4pm</li> <li>• <b>Pet Food Donation - (collections for West Bromwich Pet Pantry)</b> 10am-1pm, 1.30-4pm</li> </ul>
<b>Thursday - CLOSED</b>	
<b>Fri</b>	<ul style="list-style-type: none"> <li>• <b>Cook Together Eat Together-</b> 10.30-12.30 weekly</li> <li>• <b>Winter Coats donations &amp; collection</b> – 10-1pm, 1.30pm-4pm</li> <li>• <b>Pet Food Donation - (collections for West Bromwich Pet Pantry)</b> 10am-1pm, 1.30-4pm</li> </ul>





# WorkWell

Together with partners to support the  
Black Country to start, succeed and stay in work.



This scheme proudly incorporates partnership working and expertise from a variety of organisations within the Black Country Integrated Care System to improve the lives of people who live and work in the Black Country.



## What is WorkWell?

WorkWell is a service designed to support anyone with a health condition or disability to either:

- Return/Remain in work
- Find and Access work
- Refer or signpost into various services available in your local area.

This service provides a team of trained Work and Health Coaches who will provide short term, light touch support to help individuals with their support needs to return, remain or succeed in work.

WorkWell will help individuals to build a personalised support plan based off their current needs, health conditions/disabilities and additional support that may be needed and then work together with organisations across the Black Country to provide joined up support for that individual.

## What does WorkWell offer?

Following a referral into WorkWell one of our team of trained Work & Health Coaches will complete an initial assessment to identify any and all support needs required and depending on the individuals needs may provide support under any of the three core support categories:

### Employment Support

If an individual requires employment support due to health barriers, support may include:

- Create a personalised goals plan
- Access education, training and volunteering support
- Finding available employment opportunities
- Support building a CV, job application and interview techniques
- Confidence building and disclosure techniques
- Understanding reasonable adjustment requests with new employers



## What does WorkWell offer?

### In Work Support

If an individual in work requires support to return to work or to stay in their current role due to health barriers, support may include:

- Support to understand individuals rights and laws in the workplace
- Open conversations with employers to discuss health barriers
- Review of reasonable adjustments with employers
- Negotiate and support return to work plans and conversations

### Referral and Signposting Support

During an individual's referral into WorkWell additional/alternative support needs may be identified that may also support individuals. WorkWell aims to act as a single point of access to an individual's health related support needs. Services available for signposting may include:



## Who is WorkWell for?

WorkWell is available for anyone who is:

- 16+ years old
- Lives or is registered to a GP or local Jobcentre Plus that falls anywhere within the Black Country
- Has the right to work within the UK
- Anyone experiencing barriers to employment due to health conditions/disabilities

WorkWell will support those who are in work, need support returning to work or are out of work up to 6 months who require early intervention due to facing health related barriers, however, we also link participants needing more complex support to return to work who have been out of work longer with services who can provide longer term support.

## How to complete a referral?

We will be working closely with many different organisations across the Black Country.

Individuals can ask any health care professionals they may be working with to fill out a referral form to our team or alternatively individuals can also self-refer into our service. You can refer online using our [e-referral form](#).

If you have any queries about referrals please contact [bchft.workwellteam@nhs.net](mailto:bchft.workwellteam@nhs.net)

## How to contact us?

0800 952 6955

[bchft.workwellteam@nhs.net](mailto:bchft.workwellteam@nhs.net)

[www.blackcountryhealthcare.nhs.uk/workwell](http://www.blackcountryhealthcare.nhs.uk/workwell)

You can also scan the QR code to the right with the camera on your mobile device to view our website



If you require this leaflet in another language or format such as large print, braille or easy read please contact [bchft.workwellcomms@nhs.net](mailto:bchft.workwellcomms@nhs.net)



## Criteria

- We will work with individuals or couples but they must be willing and committed to engage in all sessions of the programme.
- This is a preventative programme and not suitable for high-risk families.
- This programme is not suitable for people whose primary need is alcohol/drug misuse.
- We cannot support those with recent high risk criminal conviction or who may be deemed to pose a risk to staff and others.

**For more information or to make a referral please contact:**

**Sonia Randhawa**

Project Co-ordinator

Tel: **07816 086 861**

Email: [sonia.randhawa@family-action.org.uk](mailto:sonia.randhawa@family-action.org.uk)

**Referral and enquiries please email:**

[familiestogethersandwell@family-action.org.uk](mailto:familiestogethersandwell@family-action.org.uk)

SCAN ME



Are you a man who would like to be a better Dad

or would like to build a stronger relationship with your partner?

Are you a parent who is worried about conflict in your relationship and how this may be impacting your child/children?

Are you a Mum who would like a better relationship with your partner?

**Family Action Head Office** 34 Wharf Road, London N1 7GR  
T: 020 7254 6251 E: [info@family-action.org.uk](mailto:info@family-action.org.uk) W: [www.family-action.org.uk](http://www.family-action.org.uk)

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Katie Vannock-Smith. Professor Harriet Ward CBE.

[www.family-action.org.uk](http://www.family-action.org.uk)

## The Families Together Programme

The Families Together Programme recognises that there are many difficulties families will experience which could lead to family conflict and develop into more severe problems if left unresolved. Families Together is a unique programme designed to support men and women to recognise and overcome unhealthy and low-level abusive relationships.

Also support parents to develop their understanding of how unhealthy and abusive relationships could impact their children and parenting skills. Ultimately supporting families to feel safer and have the tools to improve their family relationship.

**The programme is delivered as follows:**

### Supporting Men...

'Any Man Can' is a 12 week programme, each session is approximately 2.5 hours per week. The programme explores the following topics:

- Exploring the "Boy Code" and being a man
- Developing Vulnerability
- Understanding Anger
- Family Matters
- Responsibilities and Relationships
- Me and My Identity
- My Dad and Me
- Consent, Love and Sex
- Communication and Assertiveness
- Future Planning



### Supporting Women...

'The Women's Toolkit' is a 10 week programme, each session is approximately 2.5 hours per week. The programme explores the following topics:

- Recognising Abuse
- Introduction to Self-esteem
- Self-esteem, Coping and Psychological Wellbeing
- Effects of Abuse on Children and Parenting Skills
- Power of Positive Talk
- Anger and Conflict
- Effective communication and Assertiveness
- Boundaries and Trust
- Keeping Safe
- Healthy Relationships



### One-to-one support...

Providing up to three sessions which may include assessment exploring DVA, impact of DVA on children, signposting and safety planning where appropriate.



# Choices

**Making family memories!**

**For families in Sandwell with children aged 5 – 12.**

## Physical Activity



## Emotional Health and Wellbeing



## Food and Nutrition



## Growing Your Own



**Quality fun family time together whilst discovering new activities.**

**Bring your family together and book onto one of our activities using the website or QR code:**

**Choices\_Sandwell@sandwell.gov.uk**  
**www.bookwhen.com/choices**  
**0121 569 5100**



## What is HENRY?

HENRY is a UK charity working to give children a healthy and happy childhood, ensuring they thrive both now and in the future.

We offer practical tips and resources for parents and carers on our website to support positive family changes.



## How can I join a programme?

Available locally

The **Healthy Families: Growing Up** programme is available in your area.

Talk to your local Family Support Service Team or health practitioner to find out more and explore if this programme is right for you.

## About the programme

**FREE** support for a healthier family lifestyle.

The **Healthy Families: Growing Up** programme is designed for families with children aged 5–12.

This programme supports families in creating healthier routines, fostering positive family dynamics, and addressing challenges like screen time and peer pressure.



## Why Join Us?

Research shows the key ingredients for a healthy family life include:

- Confidence as a parent
- Fun physical activities for all ages
- Healthy eating habits
- Positive family routines
- Enjoying life together as a family

This eight-week programme covers these essential areas to help your children—and the whole family—thrive.

“

*"This was so much more and so much better than I expected. I would encourage every parent to do it."*

*"This was the best thing I could possibly have done to help me be a better mum."*

— Parents from the Healthy Families: Growing Up Programme

## Contact information

For more details or to join the programme, contact us at:

Choices\_Sandwell@sandwell.gov.uk

REGISTER FOR OUR  
PROGRAMME TODAY



Choices



HENRY is a registered charity in England and Wales (No. 113,2581) and a registered company (No. 6952404). © 2025 HENRY. All rights reserved.



## Weekly sessions

Our eight weekly sessions provide tips and tools to create a healthy, supportive environment for everyone in the family:

- Week 1** – What is a healthy family
- Week 2** – Finding balance
- Week 3** – Understanding children's behaviour
- Week 4** – Setting healthy boundaries
- Week 5** – Making healthy food choices
- Week 6** – Enjoying family mealtimes
- Week 7** – Negotiating family routines
- Week 8** – Supporting your growing child

## What parents say

- 97% of parents would recommend it
- 89% feel more confident as a parent



## HEALTHY FAMILIES: GROWING UP

FOR PARENTS & CARERS

### Guiding families to grow happier and healthier, together

We all want what's best for our children, but it can sometimes feel overwhelming as they grow up.

The **Healthy Families: Growing Up** programme is here to offer practical support and guidance, helping you and your family adopt healthier habits.

## Is this for me?

This programme is perfect for families with primary school-aged children.

If you answer "yes" to any of these questions below, then the programme is for you:

- Would you like to support your child to manage screen time and peer influences?
- Are you looking for strategies to encourage your child to make healthier food choices?
- Would you like ideas for creating family routines that work for children aged 8–12?
- Do you want to feel more confident in helping your child navigate challenges as they grow?







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	<a href="https://buytickets.at/scvo/1374047">https://buytickets.at/scvo/1374047</a>
	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	<a href="https://buytickets.at/scvo/1374055">https://buytickets.at/scvo/1374055</a>
	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	<a href="https://buytickets.at/scvo/1374074">https://buytickets.at/scvo/1374074</a>
	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	<a href="https://buytickets.at/scvo/1374068">https://buytickets.at/scvo/1374068</a>
	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	<a href="https://buytickets.at/scvo/1374085">https://buytickets.at/scvo/1374085</a>
	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	<a href="https://buytickets.at/scvo/1373999">https://buytickets.at/scvo/1373999</a>
	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](mailto:angel@scvo.info)


# 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.

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thank  
you

*#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

