

Recovery & Wellbeing in Sandwell

Knitting for Winter

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Wellbeing Directory



May the brilliance of inner peace dispel
all shadows of fear and let abundance
flow into every aspect of your life.

- Sri Preethaji & Sri Krishanji

HAPPY
DIWALI



ONENESS

Diwali, also known as Deepawali, is a five-day-long festival celebrated by Hindus, Jains, Sikhs, and some Buddhists. It takes place every autumn between October and November, with the date changing every year.

The main celebrations occur on the third day of Diwali, the darkest day of the month, coinciding with the Hindu lunisolar calendar. Goddess of fortune, prosperity and wealth, Lakshmi is the primary deity worshipped during Diwali. **In 2024 Diwali falls on 1 November.**

Diwali represents new beginnings and the victory of light over darkness, good over evil. It is the triumph of righteousness, knowledge in place of ignorance. This five-day festival is observed around the world and its rituals vary by region, although more often than not it concurs with the new moon (*amāsvasya*).

It is likely that the Diwali is a fusion of harvest festivals in India, dating back more than 2,500 years. It is mentioned in multiple ancient texts such as the *Padma Purana* and the *Skanda Purana*.



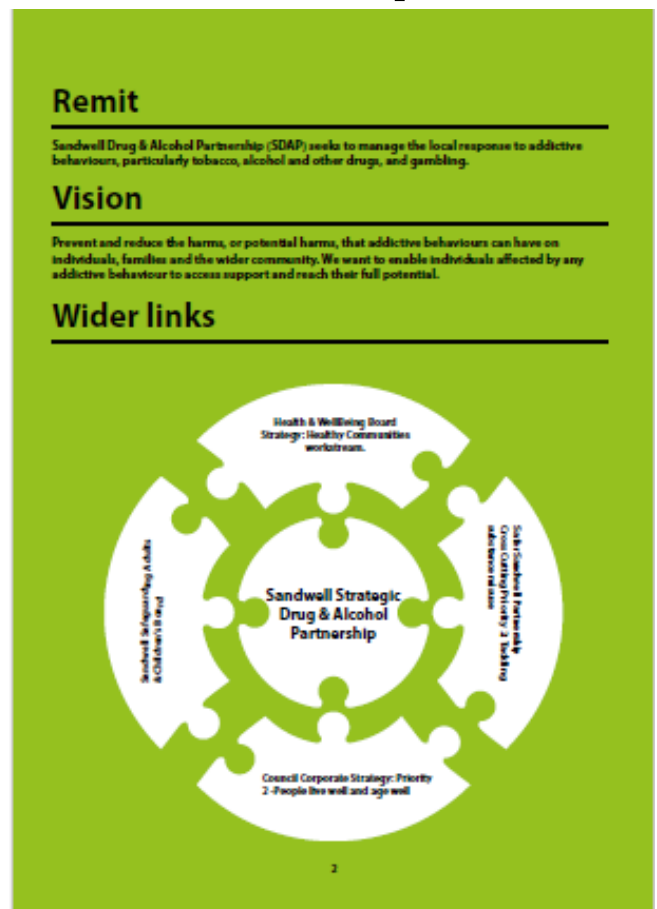
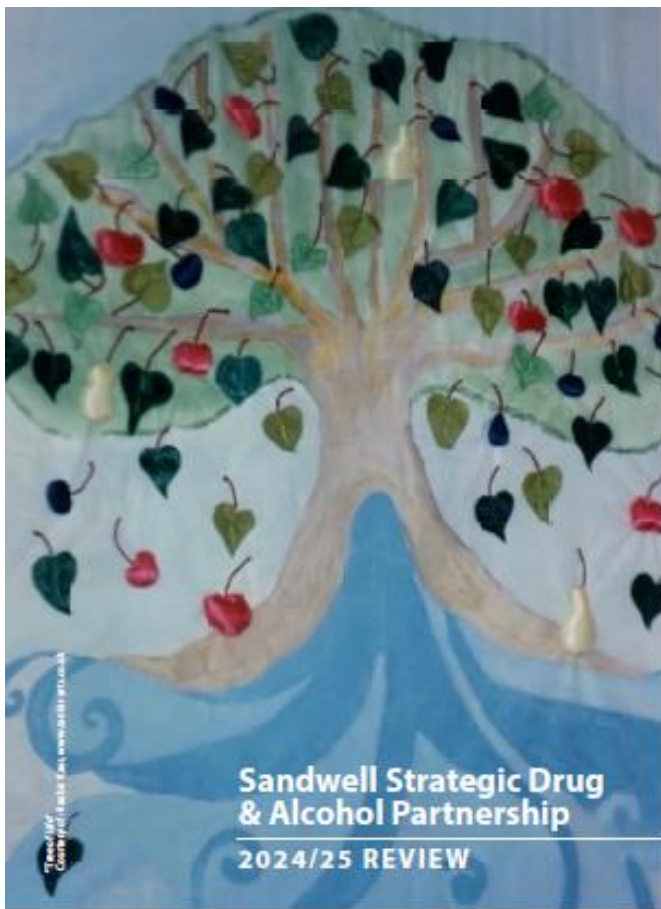
Welcome to the latest edition of Recovery & Wellbeing in Sandwell, packed with lots of recovery goodness, in this edition we are featuring news of new regulations for the management of HMO's in Sandwell, an issue that was raised at the Recovery Forum in June and August, and which was addressed at the October Recovery Forum by the Head of Housing Solutions.

With the usual round-up of what's going on in November including theatre visits, recovery support in Sandwell, and lots of training opportunities in the directory section.

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Sandwell Drug & Alcohol Partnership Review:



Sandwell's Drug & Alcohol Partnership (SDAP) brings together a range of partners to work together to prevent and reduce the harms caused by alcohol and other drugs.

Over the past 18 months, SDAP held consultations with partners, providers and those accessing services towards development of Sandwell's local Drug & Alcohol Strategy which can be accessed here: <https://www.healthysandwell.co.uk/for-professionals/#8013>

The Strategy reinforces how we must continue to work closely with partners across the criminal justice and health care system, the wider community, and the voluntary sector, to respond to locally identified needs.

Now 12 months on from the launch of the strategy, we have completed a review of progress against our ambitions. The review document contains quotes and artwork from individuals accessing services as well as those in recovery, alongside key outcomes data covering alcohol and other drugs, smoking and gambling.

Overall, the review shows we are making good progress. As one of the more deprived areas in the country, we face higher levels of drug and alcohol-driven crime and health harm. Despite this, much excellent and effective work has been undertaken by partners to date. Data shows Sandwell now has:

- one of the country's lowest drug-related death rates
- a lower than national rate of young people attending hospital due to drugs or alcohol
- a higher than national rate of ensuring support for prison leavers who have drug or alcohol support needs
- reduced smoking prevalence
- increased numbers accessing treatment and support for drugs, alcohol, and smoking
- development of a vibrant recovery offer and introduction of experts by experience onto the SDAP Board
- a range of projects that ensure no-one gets left behind including our multi award-winning outreach projects that deliver for our most vulnerable clients, and peer led initiatives to ensure we reach those most in need

The review document can be accessed here: https://www.healthysandwell.co.uk/wp-content/uploads/2024/05/SDAP-Review_v3.pdf

If you are interested in joining our conversations and contributing to the work and direction of SDAP, please contact Mary Bailey for more information:

mary_bailey@sandwell.gov.uk

The next SDAP Board meeting is on Wednesday 18th December at 10a.m. If you would like to attend as an Expert by Experience, please call Nick Shough on 07741 817 800, or email nick2_shough@sandwell.gov.uk

Outcomes/Achievements over the past 12 months

- Local Strategy and Needs Assessment** completed a system-wide approach to preventing and reducing harm
- Increased numbers** accessing treatment: 2006 adults during 2023 compared to 2022 it was 2071, in 2021 - 1860 and in 2020 - 1487
- Young People hospital admissions** due to substance use 38.8 per 100,000 versus 58.3 nationally (2020/21 to 2022/23). Admissions for alcohol specific conditions 15.6 per 100,000 pop versus 26.0 nationally
- Drug Related Death rate** 21 per 100,000 population significantly lower than national average of 52
- Set up of Sandwell Recovery Forum** The voice of lived experience at SDAP
- 130+ people** attended the 2023 Sandwell annual Recovery Event
- Continuity of Care** rate increase to below the national average (42.6% versus 40.3%)
- Recruitment of a Drug Liaison Nurse** based at the local hospital triaging waiting pathway between acute and community based support services
- Expanded range of new treatment options:** 50 individuals benefited from buprenorphine, 271 individuals were supported to quit using vapes
- 10 local grant funded community organisations** delivering recovery activities and opportunities
- Live digital smoking cessation offer** reducing barriers to support
- Mobile harm reduction van** reducing barriers to access supported 969 contacts via outreach
- £10,929 estimated saving in health & crime cost** for every person in local treatment during the past year
- Over £19.5million savings** (cumulative gross returns) in crime and health costs from effective treatment provision in Sandwell
- Development of a peer-to-peer naloxone scheme** distributed over 250 life-saving kits, Buddy Up phone support

Principles

1. Rights and respect: all individuals have the right to be treated with respect and have the right to health and a life which is free from the harms caused by Addictive Behaviours. This includes individuals already known to services as well as those who are not currently or have never been known to services
2. Evidence and intelligence: we draw on and contribute to the evidence base which includes academic research, the voice of those with lived
- and living experience, and professionals across the partnership to allow continuous improvement in our delivery.
3. Community assets approach: individuals are supported within & by the community to find their own type of recovery.

Priorities

1. **Prevention and early intervention:** fewer people develop problematic use; professionals across the partnership are supported to intervene earlier so that dependence and medication are no longer requirements for accessing support. There is a reciprocity of responsibility from wider services in addressing causal factors of addictive behaviours.
2. **Developing recovery support** across the borough: people access and benefit from effective person-centred treatment and support. We work with communities and partners to ensure various forms of support are available including community-led options to reduce social isolation and encourage empowerment.

Prevention and the wider Determinants of Health

- Primary prevention:** Taking action to reduce the incidence of disease and health problems within the population, either through universal measures that reduce the population and their exposure or by targeting high-risk groups.
- Secondary prevention:** Proactively identifying the early stages of disease and intervening before full symptoms develop. For example, providing advice to reduce alcohol and taking measures to reduce high blood pressure.
- Tertiary prevention:** Reducing the impact of an ongoing illness or injury that has lasting effects. This is done by helping people manage long-term, often complex, health problems and helping to prevent disability, permanent impairment or in order to improve as much as possible their ability to function, their quality of life and their life expectancy.
- Wider determinants of health:** These are the social, economic or environmental factors affecting health, such as housing, employment, education, or parks and green spaces.

MANAGEMENT OF HOUSES IN MULTIPLE OCCUPATION

Contact:

PrivateSector_Housing@Sandwell.gov.uk

HMO LICENSING

Any HMO with five or more people forming two or more families currently needs licensing, with **all HMOs** (three or more people) needing licensing in Sandwell from October 2024. These requirements are separate to building control and planning requirements and you should ensure that the property meets these additional legal standards to avoid civil penalty costs and possible prosecution.

MANAGING YOUR HMO

Managing a HMO is an involved role that requires close management of the condition and safety of the building as well as upkeep and management of communal areas within the property that go beyond management requirements of a single family home.

Clutter, damaged and dirty communal areas, refuse management, contact information and certifications displayed for tenants, water, gas and electricity services and safety, fire safety, carbon monoxide safety, overgrown gardens, drainage and pathways are all the ongoing daily responsibility of the building manager of a HMO. **You can not pass these responsibilities to the tenants.**

This list is not exhaustive and is for general awareness only. Search 'HMO management regs' and 'LACORS' for more information.

PENALTY AND PROSECUTION

Councils can issue civil penalties for mismanaged HMOs at around £1,000 per offence. Failure to license carries a penalty of £10,000. It is important to manage your HMO to avoid civil penalties and prosecutions.



New HMO Management Regulations

All HMO's, whether they are Licensable or not, will have to make sure that they are abiding by the Management Regulations. If the Landlord does not abide by these Regulations, they could face a Civil Penalty up to £1000 per offence. The duties that are to be conducted by the manager(s) of the property are to:

- Provide all occupiers with the Landlords name, address and telephone number, all this information will be on a notice board in a well-located area within the property.
- Ensure that all fire escapes are cleared of any obstacles and that adequate fire safety measures are in place with regards to the design.
- Maintain an adequate supply of water and a drainage to the dwelling.
- Not unreasonably cause the gas and electric supply to be interrupted.
- Inspect every electrical installation by a suitably qualified person at intervals not exceeding 5 years.
- Provide electrical and gas inspection certificates within 7 days of receiving a request of writing from the local housing authority.
- Ensure that all parts of the HMO are maintained in good decorative order and safe working condition, especially the common parts.
- Ensure that each unit of living accommodation and its contents are clean before the occupiers move in. Also to ensure that they are kept in good repair and clean working order.
- Provide adequate facilities to dispose of all waste produced by the property.
- Ensure that there is no build-up of litter or refuse.
- Ensure that outbuildings, yards, forecourts, boundary walls, fences and railings are to be kept in good repair as well as gardens kept in reasonable condition.

You can also view the [Management Regulations through the Governments website](#). To report unregistered properties or poor housing conditions, email Housing_Complaints@sandwell.gov.uk

Sandwell Council seizes £120,000 of illegal goods



In July, as part of Operation CeCe, Sandwell Council Trading Standards, in partnership with the Modern Slavery Team, General Licensing Department and West Midlands Police, conducted three raids across Sandwell.

This intelligence-led operation aimed to remove and seize illegal and dangerous vapes and tobacco from the market.

Over £120,000 worth of illegal goods were captured, hidden in sophisticated concealments including behind a false wall, a bathroom mirror and adapted shelving.

Criminal investigations are ongoing, which could lead to subsequent prosecutions and closure orders. [Read the full story of Sandwell Council seizing £120,000 of illegal goods.](#)



Last Wednesday, the Chancellor announced that alcohol duty for non-draught products will rise with inflation from February 2025, while there will be a 1.7% reduction in draught beer duty.

This is great news. The bulk of alcohol-related harm comes from cheap supermarket alcohol. This decision will help to reduce harmful at-home consumption, save lives and lessen alcohol harm in our communities, all while supporting pubs that often act as important social spaces. It will also help to reduce pressure on the NHS and boost the economy.

Would you knit a scarf or hat to give to people who are cold or homeless?

Building Recovery in Sandwell (BRiS) invites our local knitters and knitting networks to get involved in this project, we will supply the yarn if you provide the skills.

We hope to be able to collect and distribute hats and scarves in early December through our recovery projects and services.

We will be visiting as many groups as possible in the coming weeks with small donations of wool, if you would like us to visit your group, please call Nick on 07741817800

What's on in November in Sandwell

For the first time ever!

Fire Garden

at Sandwell Valley

Friday 8 - Saturday 9
November 2024

A blazing installation of fiery sculptures that will transform Sandwell Valley Visitor Centre into a landscape of fire.

www.visitsandwell.com



We are counting the days to this Friday and Saturday at Sandwell Valley Visitor Centre!

- ❖ Illuminating fire sculptures to light up the night sky and transform the Victorian Garden
- ❖ Tasty treats including juicy burgers, street food and sweet treats
- ❖ Fairground rides to keep the kids entertained
- ❖ Bar for the adults to relax and unwind with festive hot and cold drinks
- ❖ Kids' toys including light sabres, flashing balloons and glow in the dark wands
- ❖ The night market offering Christmas decor, skin care, accessories and more!

Arrive before or stay after your booked time slot to enjoy everything the Fire Garden has to offer. There's something to keep the whole family entertained the moment you arrive.

 [Book your Fire Garden tickets now!](#)

Drama AND SOME c/o presents

HOPE PARK

FREE

A PLAY
by Rachel Sambrooks
for positive mental health

Through unexpected encounters, Ash explores

the 5 ways to wellbeing



A PLAY
by Rachel Sambrooks

**CONNECT
MOVE
NOTICE
LEARN
GIVE**

Enquiries:
dramaandsome@gmail.com
or use the contact form on
www.dramaandsome.org



St. John's Church Hall, Tipton – Wednesday 6th November 1.30 – 2.30pm.

Wednesbury Library – Tuesday 12th November 2 – 3pm.

Working together for a safer Sandwell



The Knife Angel opening ceremony took place on 2nd October 2024. There was a fantastic turnout, including multi-agency partners and members of the community. The Knife Angel is a symbol of hope,

remembrance, and change. It stands as a national monument against violence and aggression. Created from over 100,000 surrendered knives and blades, this awe-inspiring 27-foot sculpture represents the

devastating effects of knife crime and the potential for transformation. During the month of October, schools and youth groups have had the opportunity to visit the Knife Angel and participate in activities and other workshops.

Knives are a particularly threatening weapon and have been used in terrorist attacks. Through education and interventions, we hope to educate young people of the impact knife crime can have on families and communities.

The Knife Angel will be staying with us in Sandwell for an extra month! This extension provides a fantastic opportunity to continue building on the incredible community engagement we've seen so far.

Fear of Flying

A Tale of Three Recoveries



This exciting and innovative theatre piece explores the challenges and achievements of three contrasting recovery journeys through the metaphor of 'flight', from 'checking in' and avoiding the temptations of 'duty free' to 'taking off' and negotiating relationships with other 'passengers'.

'Brilliant production tackling difficult themes with sensitivity and humour.'

'It's inspired me to better myself and become non-dependent on drinking.'

'It will help me by giving me a better understanding of what clients are going through.'

Venue: The Birmingham Black Box Theatre and Events

Venue, Birmingham B19 3EB

Date: 12th November 2024

Time: 1.30pm (doors open 1pm)

Venue: YMCA, Tramway Drive, Wolverhampton, WV2 1BJ

Date: 13th November 2024

Time: 1.00 pm (doors open 12.30 pm)

For free tickets: <http://tiny.cc/l4drzz>



Bangladeshi Islamic Centre are proud to be part of and excited to announce a new 2.5-year Macmillan funded project alongside Yemeni Community Association, Nishkam, West Bromwich African Resource Centre in Sandwell and Black Country ICB. Bangladeshi Islamic Centre will be focusing on the needs of the South Asian communities locally.

The five partners and Macmillan Cancer Support are working together on the project, which aims to address these health inequalities.

On Thursday 28th November we will be officially launching our community project at the Bangladeshi Islamic Centre, Lewisham Road, B66 2BP

We would love for you to attend the event, a chance to hear all about the project and network alongside colleagues from the local areas.

The event will be opened by Abdul Subhan and the programme will run from 09.30am to 12.00pm and include:

- Refreshments & Networking
- Introduction of the project from Black Country ICB
- Speeches from community leaders
- Meet our Community Connectors from the organisations
- Lunch

If you are able to attend on Thursday 28th November, please could you confirm your RSVP by contacting Nila Akram on 07960 388164 or by email at nila@bicentre.org.uk

Bangladeshi Islamic Centre- 10-13 Lewisham Road- Smethwick- West Midlands- B66 2BP
Tel: 0121 558 8204 MOB: 07881520400 E-mail: contact@bicentre.org.uk

nishkam centre
Funded by **MACMILLAN** CANCER SUPPORT
nishkam Healthcare Centre

Nishkam Community Care Connectors Launch

“Addressing Health Inequalities Through Community and Faith Inspired Approaches”

✧ **Saturday, 30th November 2024** ✧

Join us for the launch of the project and enjoy free health checks, talks by health professionals and much more!

10am-12:30pm HEALTH SCREENING & WORKSHOPS	12:30pm-13:45pm PROJECT LAUNCH	13:45pm-14:15pm REFRESHMENTS/NETWORKING
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☎ 0121-515-4229 📍 Nishkam Centre, 6 Soho Road, Handsworth, Birmingham, B21 9BH 🌐 ncauk.org



West Bromwich African Caribbean Resource Centre

Community Cancer Connectors Project launch

The project aims to educate and support African Caribbean Communities around cancer to create better outcomes

Tuesday 19th November
11:00am - 2:00pm

Information on:

- ❖ Healthy lifestyle and cancer prevention
- ❖ Cancerscreening programmes
- ❖ Latest developments in Prostate Cancer
- ❖ Living with cancer and the support available

**NHS
HEALTH
CHECK**



Chance to meet your
cancer connector
Veronica Howe

**Free food and refreshments
will be served**

**Donations accepted for
Macmillan Cancer Support**



**MACMILLAN
CANCER SUPPORT**



Thomas Street, West Bromwich, B70 6LY
For more information contact the centre
0121 525 9177

Charity Number 1091956

SANTA FUN RUN



KIDS 1K RUN
5K FAMILY RUN

SUNDAY 8TH DECEMBER 2024

SANDWELL VALLEY COUNTRY PARK

RAISING FUNDS TO SUPPORT BETTER MENTAL HEALTH



REGISTER NOW!

5K TICKET INCLUDES SANTA SUIT

INFO@TOUGHENOUGHTOCARE.ORG

REGISTERED CHARITY NUMBER:1187404

@SGWeek #SGWeek24

Let's talk
about Safer
Gambling...

Safer
Gambling Week
18-24 November 24

safergamblinguk.org

Remember... Friends & family are more important than gambling

Remember... It's good to take a break

Ask yourself... Are you past your spending limit?

Play smart... Don't chase your losses

Remember... Gambling is not a way to make money

Remember... It's good to set yourself limits

Aquarius provide **gambling awareness training**,

call **0121 622 8181** or email

gambling@aquarius.org.uk

@SGWeek #SGWeek24

Gambling shouldn't interfere with your personal relationships



Safer Gambling Week | 18-24 November 24
safergamblinguk.org

SAFEGUARDING ADULTS WEEK

WORKING IN PARTNERSHIP

18TH TO 22ND NOVEMBER 2024

WHAT IS SAFEGUARDING ADULTS WEEK?

Safeguarding Adults Week is a time for organisations to come together to raise awareness of important safeguarding issues.



A FOCUS ON PARTNERSHIPS

For the 2024 week, we're focusing on how effective partnerships in the safeguarding community can help create safer cultures in organisations.



WHY PARTNERSHIPS MATTER

Working in partnerships allows us to share our knowledge of safeguarding, learn from others and ultimately create safer communities.



PROFESSIONAL CURIOSITY

Curiosity means taking the time to understand what's happening, rather than making assumptions or relying on single sources of information.



PROFESSIONAL BOUNDARIES

However, professional curiosity should never come at the expense of healthy professional boundaries. It's all about striking the right balance.

GET UPDATES & FREE RESOURCES

Visit tinyurl.com/ACTSAW24 or scan here →



#SafeguardingAdultsWeek

New Ways November 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together



RANDOM ACTS OF KINDNESS FOUNDATION

#MakeKindnessTheNorm • www.randomactsofkindness.org

If you have the power to make someone happy, do it. The world needs more of that.

-Unknown



RANDOM ACTS OF KINDNESS FOUNDATION

November 13, 2024

#worldkindnessday, #makekindnessthenorm

7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

#worldkindnessday, #makekindnessthenorm

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

**make
kindness
the norm.**

#WorldKindnessDay
#MakeKindnessTheNorm
www.randomactsofkindness.org

Recovery Support Projects and Services

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



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

Cranstoun in the community

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

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

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



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

CRANSTOUN

Empowering People, Empowering Change

Women's Recovery Group



Women's Recovery Group

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

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

The Women's Recovery Group can help if you:

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

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

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

Sessions below:

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



CRANSTOUN

Empowering People, Empowering Change

Everyone deserves a chance to work

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



cranstoun.org

Individual Placement & Support

What we offer

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

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

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

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

Support with contacting and promoting you to local employers.

What is IPS all about?

It is open to all those who want to work.

It aims to get you into competitive paid employment.

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

It provides individualised support for the person and the employer.

It works quickly.

Our Employment Specialists work closely with treatment services.

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

Benefits counselling and support is included.



Cranstoun Sandwell - Individual Placement & Support

T: 0121 553 1333
E: ipsandwell@cranstoun.org.uk



Visit our website at:
cranstoun.org

smokefree Sandwell

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



Telephone

Speak to our Admin team on 0121 740 0040



Email

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



Website

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



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



FREE

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

Community Liver Health Checks

Wednesday 4 December
9am - 5pm
Central St Michaels Sixth Form,
New Street, B70 7PG

Thursday 5 December
9am - 5pm
Community Link, 126 High Street,
B64 5HJ

Friday 6 December
9-4pm
Jubilee Park
Community Centre
Glebefields Estate,
Powis Avenue,
DY4 0RJ



CRANSTOUN
Empowering People, Empowering Change

THE HEPATITIS  TRUST

HEALTHY SANDWELL
We find the support you need

Who is eligible?

Fibrosans will be offered to adults in the following high-risk groups:

- People with, previously had, or at risk of Hepatitis C or Hepatitis B
- People who have excessively drunk alcohol for over 10 years (regardless of whether they have stopped drinking or reduced their alcohol intake)
- People with or suspected of having Alcohol-Related Liver Disease (ARLD)
- People with or suspected of having Non-Alcoholic Fatty Liver Disease (NAFLD)
- People who are obese or overweight - particularly if they have a lot of fat around their waist (an "apple-like" body shape)
- People who have type 2 diabetes
- People who have a condition that affects how your body uses insulin
- People are insulin resistance, such as polycystic ovary syndrome
- People have an underactive thyroid
- People have high blood pressure
- People have high cholesterol
- People have metabolic syndrome (a combination of diabetes, high blood pressure and obesity)
- People who are over the age of 50
- People who smoke

We would greatly appreciate your support in promoting this opportunity to individuals identified from the high-risk groups.

Growing Opportunities Gardening, Cooking and Crafts Club

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

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

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

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



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

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

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

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

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



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

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



HEALTHY SANDWELL
We find the support you need
Funded by Healthy Sandwell

IDEAL FOR ALL

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



Explore Wellbeing Through mindfulness & Sound healing

START: 11TH NOVEMBER 2024
TIME: 11AM-1PM

DON'T MISS THE OPPORTUNITY TO START YOUR JOURNEY!

- Reduces stress and promotes serenity
- Enhances sleep quality and daily energy
- Boosts the immune system and overall health
- Fosters mindfulness and emotional balance

Cranstoun
Alberta Building Smethwick
B66 1JE
Contact: 07472040006
07404143822
Urjaltd2019@gmail.com

 Building Recovery in Sandwell

Funded by Sandwell Council




URJA C.I.C.
07472040006 / 07404143822
Urjaltd2019@gmail.com
Cranstoun
Alberta Building
Smethwick
B66 1JE

(SRTA) Project

A JOURNEY WE CAN TAKE TOGETHER

EAT HEALTHY FEEL WEALTHY

 Building Recovery in Sandwell

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



Beat It Percussion

UPCOMING SOUNDBATH SESSION

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

Thimblemill Library, Thimblemill Road, Smethwick, B67 5RJ

Friday 18th October
1:00PM to 2:00PM

Arrive at 12:45PM for a prompt start



Beat It Percussion Community Sound Relaxation Events

You are welcome to bring your yoga mat and comfy layers if you would like to lie on the floor.

Sound relaxation sessions FREE for adults living in Sandwell who have a disability or long-term condition. Drop in, all welcome 😊	
November 1 st Friday	Thimblemill Library, Smethwick B67 5RJ 1 – 2pm, arrive from 12.45
November 6 th Wednesday	4 Community Trust Hub, Wiltshire Way, West Bromwich B71 1JU 6.30 – 7.30 Arrive from 6.15
November 13 th Wednesday	Friar Park Millennium Centre, Wednesbury 5 – 6pm, arrive from 4.45
November 15 th Friday	Thimblemill Library, Smethwick B67 5RJ 1 – 2pm, arrive from 12.45
November 29 th Friday	Thimblemill Library, Smethwick B67 5RJ 1 – 2pm, arrive from 12.45
November 14, 21, 28 Thursdays	Sound Relaxation sessions for people in recovery at Cranstoun, Smethwick Please contact 0121 553 1333 1.30 – 2.30pm
December 4 th Wednesday	4 Community Trust Hub, Wiltshire Way, West Bromwich B71 1JU 6.30 – 7.30 Arrive from 6.15
December 11 th Wednesday	Friar Park Millennium Centre, Wednesbury, WS10 0JS 5 – 6pm, arrive from 4.45
December 13 th Friday	Thimblemill Library, Smethwick B67 5RJ 1 – 2pm, arrive from 12.45
Starting January 3 rd 2025 fortnightly	More sessions at Thimblemill Library!

Please get in touch with us if you have any questions beatitpercussion@gmail.com tel: 07875 090946

Building Recovery in Sandwell

HERE FOR YOU!

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

Social Cycle
Fridays 10:30 - 13:00

Coffee, Cake & Chats
Wednesdays 13:30 - 15:30

FRIAR PARK MILLENNIUM CENTRE,
FRIAR PARK ROAD,
WS10 0JS

Contact: 01215560139 or fpmcprojectmanager@gmail.com

THE MILLENNIUM CENTRE
FRIAR PARK, WEDNESBURY

HEALTHY SANDWELL
We find the support you need

HERE FOR YOU.

Friar Park Millennium Centre
Community organisation

Call now

Cradley Heath Community Link



Recovery Project

Mini Café

additional support and personal development opportunities for people who also access Cranstoun services at the café.

The Community Café provides an open-door community space for the people of Cradley and offers

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

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



Employment Plus



Do you need Free and Confidential Help with . . .



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

Freephone: 0800 652 4276

Email: employmentplus@salvationarmy.org.uk

Website: www.salvationarmy.org.uk/employability

EVERY DAY IS A STEP

WARLEY BOXING CLUB

CALL: 07854 496 073
FOR MORE INFO

FREE TRAINING // FOR ANYONE STRUGGLING WITH DRUGS AND ALCOHOL ABUSE, ARE WELCOME TO TRAIN FREE EVERY **TUESDAY AND THURSDAY 5PM - 6.30PM**

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

FOLLOW US ON

HEALTHY SANDWELL
We find the support you need

CRANSTOUN
Empowering People, Empowering Change

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




JOIN US

FOR ADVICE & TIPS ON


SAVING COSTS ON ENERGY BILLS
&
TACKLING MOULD & DAMP

FROM
THE GREEN DOCTOR





SAVE MONEY **SAVE MONEY**

At Cranstoun, Smethwick
On
Monday 25th November 2024
1pm until 2pm
FREE
Winter warm pack
includes:
Fleece blanket, fleece hot water bottle, hat, gloves & socks



To book
Ask a staff member at Cranstoun or
Text 07813 722501 or
Email TCE@kaleidoscopeplus.org.uk



PLUS (Positive Lives Using Skills)
A Better Mental Health Fund Programme

This **FREE** programme will give you a deeper understanding of emotions and will equip you with a self-management portfolio. Full of coping strategies and techniques that will allow you to make positive changes for a happier, healthier life.

Each module links and follows onto the next one. You will gain so much more from this programme if you can aim to attend as many sessions as possible. Upon completion, you will receive a certificate.



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

09:45am – 11:45am – Refreshments available



- Tuesday 24 September** - Managing Stress
- Tuesday 01 October** - Managing Anxiety
- Tuesday 08 October** - Challenging Unhelpful Thinking
- Tuesday 15 October** - Managing Low Mood & Depression
- Tuesday 22 October** - Effective Communication & Assertiveness
- Tuesday 29 October** - Managing Frustration and Anger
- Tuesday 05 November** - Sleep Hygiene and Relaxation
- Tuesday 12 November** - Confidence and Self Esteem Building
- Tuesday 19 November** - Embracing Joy and Happiness
- Tuesday 26 November** - Wellness Planning

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




Free Peer Support Skills



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

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




Monday 20th January 2025

Cranstoun
128b Oldbury Rd, Smethwick, B66 1JE

10am – 2pm with buffet at the end

To request a place please:-
Ask a staff member
Email TCE@kaleidoscopeplus.org.uk
or Text 07813 722501





Follow Up Support Sessions
after Peer Support Skills Training

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



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

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



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

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



THREE MONTH FREE MEMBERSHIP

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

Referred by your Cranstoun keyworker or Recovery Project worker

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

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



**Sandwell
Leisure
Trust**

CRANSTOUN
Empowering People, Empowering Change





Part of Places for People

Because Community Matters

Free 12-week Leisure Passes

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

West Bromwich Leisure Centre

Adults Intensive Swimming Lesson Programme

Sandwell Aquatics Centre | B67 7EW

FREE 5 day course for beginners.

Starts W/C 30th September 2024
12:00-12:30 Monday to Friday.

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

FREE

www.slt-leisure.co.uk

LIFE'S NO GAMBLE!

Struggling with your gambling?

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

We can help.

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

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

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

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

Aquarius provide **gambling awareness training**, call **0121 622 8181** or email gambling@aquarius.org.uk



Aquarius Gambling Service
In partnership with Gamcare



NHS West Midlands Gambling Harms Service



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

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

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

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



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



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

Groups and Mutual Aid

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



PROBLEMS WITH ALCOHOL?

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

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

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

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

PUNJABI / ENGLISH
ALCOHOLICS ANONYMOUS MEETING



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

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

Cocaine Anonymous

Do you have a problem
with drugs and alcohol?

So did we.



0800 612 0225

helpline@cauk.org.uk

www.cauk.org.uk



A.A. Meetings within 5 miles of Oldbury

~ ALL **A.A.** meetings are 'Closed' meetings and restricted to alcoholics and those who have a desire to stop drinking, unless otherwise stated.

~ Open (O) **A.A.** Meetings are open to ALL who may or may not have an alcoholic problem.

Local Helpline: 01384 482 929

To find an online meeting to access visit:

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

Day & Time	Location	Format
Monday		
11.00-12.30	Lye: Atlantic House, Dudley Rd, DY9 8BQ	
13.00-14.30	Harborne Living Sober: Harborne Baptist Church, Harborne, B17 0DH	
19.30-21.00	Dudley: Top Church, High St, DY1 1QD	
19.30-21.00	Quinton: St Boniface Church, Quinton Rd West, Quinton, B32 2QD	
20.00-21.30	Harborne: St Mary's: St Mary's RC Church, Vivian Rd, Harborne, B17 0DN	
Tuesday		
19.30-21.00	Stourbridge: Quaker Meeting House, Scotts Rd, DY8 1UR	
19.45-21.15	Tipton Big Book: St Paul's Community Centre, Brick Kiln St, DY4 9BP	
Wednesday		
12.00-13.30	Tipton St Paul's Daytime: St Paul's Community Centre, Brick Kiln St, DY4 9BP	Open meeting
19.30-21.00	Cradley Heath: Cradley Heath Community Centre, Reddal Hill Rd, B64 5JG	On request
Thursday		
11.00-12.30	Tipton Ladies: St Paul's Community Centre, Brick Kiln St, DY4 9BP	Women's meeting
19.30-21.00	Tipton St Paul's: St Paul's Community Centre, Brick Kiln St, DY4 9BP	
19.30-21.00	Edgbaston: 9 Lyttleton Rd, off St Augustines Rd, Edgbaston, B16 9JN	
20.00-21.30	Handsworth: Oaklands Community Centre, 1 Oakland Rd, Handsworth, B21 0NA	English/Punjabi
20.00-21.30	Blackheath: Sons of Rest, 135 Birmingham Rd, Rowley Regis, B65 9HH	
Friday		
Updated 27/06/2024		
14.30-16.00	Smethwick New Meeting at Cranstoun, Alberta Building, 128b Oldbury Rd, B66 1JE	
19.00-20.00	Stourbridge Women's Topic: New Road Methodist Church Centre, 29 New Rd, DY8 1PQ	Women's meeting
19.30-21.00	Sedgley Community Centre, Ladies Walk, DY3 3UA	
20.00-21.30	Halesowen: Hasbury Community Centre, 38 Wall Well, B63 4SJ	On request
Saturday		
10.00-11.30	Halesowen: Lifecentral Church, Little Cornbow, B63 3AJ	
16.00-17.30	West Bromwich Na Zdrowi: Wesley Methodist Church, 291 High St, B70 8ND	Polish Speaking
18.30-20.00	Dudley: Dove House, Bushey Fields Hospital, Russell's Hall, DY1 2LZ	Open
Sunday		
11.00-12.30	Halesowen Morning: Hasbury Community Centre, 38 Wall Well, B63 4SJ	On request
19.00-20.30	Brierley Hill: The Oakfield Community Centre, 245 Brettel Ln, DY5 3LT	

UKNA – Narcotics Anonymous Meetings within 5 miles of Oldbury

UKNA Helpline: 0300 999 1212

<https://ukna.org/>



Just For Today

Sunday 09:30 ~ 10:45

Main room Cranstoun Here4YOUth Dudley 1
Castle Street Dudley DY1 1LA

Jazebe Birmingham

UK Farsi Groups Area

Sunday 17:00 ~ 18:30

Ladywood Church 184 Vincent Street Ladywood
Birmingham B16 8RW

Just for Today

Sunday 18:30 ~ 19:30

Main Room Cranstoun Here4YOUth Dudley 1
Castle Street Dudley DY1 1LA

Mission Monday

Monday 19:30 ~ 21:00

Washington Court Hostel 35-38 Washington Street
Birmingham B1 1LB

Jazebe Birmingham

UK Farsi Groups Area

Tuesday 17:00 ~ 18:30

Ladywood Church 184 Vincent Street Ladywood
Birmingham B16 8RW

Tuesday Candlelit

Tuesday 19:00 ~ 20:30

Side Room Trident Reach Washington Court 35-38
Washington Street Birmingham B1 1LB

LGBTQIA+ Inclusive Meeting

Wednesday 19:00 ~ 20:15

Side Room Washington Court 35-38 Washington
Street Birmingham B1 1LB

Harborne Old Skool

Wednesday 19:30 ~ 20:45

St Mary's Catholic Church Vivian Road Harborne
Birmingham B17 0DN

Men's NA Living Clean Meeting

Wednesday 19:30 ~ 21:00

Cranstoun Here4YOUth Dudley
1 Castle Street Dudley DY1 1LA

Jazebe Birmingham

UK Farsi Groups Area

Thursday 17:00 ~ 18:30

Ladywood Church 184 Vincent Street Ladywood
Birmingham B16 8RW

Maxstoke NA Meeting

Thursday 19:00 ~ 20:00

Maxstoke Village Hall Church Lane Maxstoke B46
2QN

Harborne Women's

Thursday 19:30 ~ 21:00

Back Room Harborne Baptist Church Harborne
Park Road Harborne Birmingham B17 0DH

Jazebe Birmingham Friday

UK Farsi Groups Area

Friday 17:00 ~ 18:30

Ladywood Church 184 Vincent Street Ladywood
Birmingham B16 8RW

Just For Today

Saturday 16:00 ~ 17:40

Cranstoun Here4YOUth Dudley
1 Castle Street Dudley DY1 1LA



Get in Touch

110 Yardley Road
Acocks Green
Birmingham
West Midlands
B27 6LG

Telephone: 0121 663 6520

Email: support@lindalerecovery.co.uk



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



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

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

Cocaine Anonymous

Monday, 19.30 to 20.30, Newcomer Meeting, Dorothy Parkes Centre, Church Rd, Smethwick, B67 6EH

Monday, 19.30 to 20.30, Freedom on the Frontline, Methodist Church, 1 Botteville Rd, Acocks Green Birmingham, B27 7YE

Tuesday, 19.30 to 20.30, Newcomer Meeting, The Warehouse, 54-57 Alison Street, Digbeth, Birmingham, B5 5TH

Tuesday, 19.30 to 20.30, A Quiet Place, Oikos Café, 58 High St, Erdington, Birmingham, B23 6RH

Wednesday, 20.00 to 21.00, The Way Out, Solihull United Reform Church, Christ Church, 741 Warwick Rd, Solihull, B91 3DG

Thursday, 20.00 to 21.15, Hope in Harborne, St Mary's Parish Centre, Vivian Rd, Harborne, Birmingham, B17 0DN

Saturday, 20.00 to 21.00, Newcomer Big Book Study, St Anthony's Catholic Church, Kingshurst, Birmingham, B37 6LP



Cocaine Anonymous Central Area
www.centralukca.org

Helpline 0800 689 4732

Birmingham contacts:

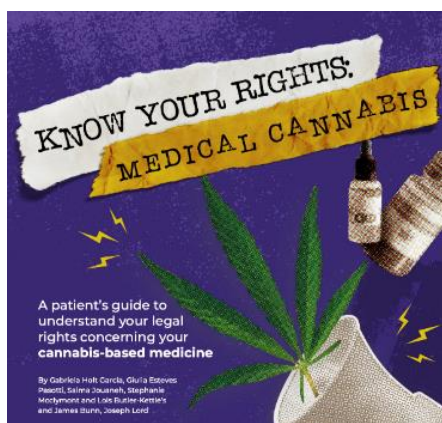
Nic 07960 161898

Tony 07538 588986

Cocaine Anonymous UK Area
www.cocaineanonymous.org.uk

Helpline 0800 612 0225

Medical Cannabis - Do you know your legal rights?



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

Drug Science UK has launched the guide for patients 'Know Your Rights: Medical Cannabis'.

You can download the guide for free – please share with anyone you feel might find this helpful.



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 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 Face to Face
Saturdays	11.00am - 12.30pm	Online https://zoom.us/j/94497124180	LIFE Online
Sundays	10.00am – 11.00am	Online https://us06web.zoom.us/j/81049143421	LIFE Online
Sundays	3.30pm – 4.30pm	Polish Community Group Online https://us06web.zoom.us/j/82751432996	LIFE Online

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

Support Groups for Family & Friends affected by substance use



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)

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

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



By training parents, we can transform drug and alcohol recovery

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

Alternat+ves ITC Zoom groups

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

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

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

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



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

Useful links and resources



Family Information Service Hub



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

Routes to Recovery via the Community

recovery planning worksheets for keyworkers or as self-help tools:
[Routes to recovery from substance addiction mapping user manual.pdf](#)



Public Health England

Recovery Toolkit for Gambling

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



Drug Education, Counselling and Confidential Advice

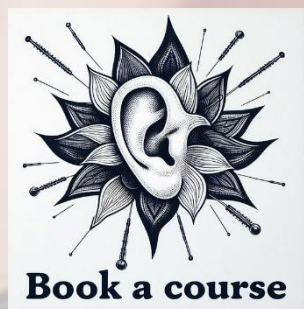
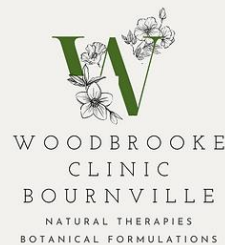
DECCA is the alcohol and other drugs education and counselling service for young people in Sandwell.

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

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



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



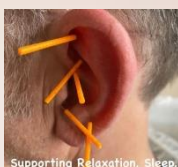
Auricular Acupuncture Training Dates at Woodbrooke Clinic, Bournville

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



- 1st November 2024 – Annual supervision and renewal (a.m. or p.m.)
- 27th - 30th December 2024 – 4-day course (F, S, S, M)
- 30th December 2024 – Annual supervision and renewal (a.m. or p.m.)

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



- 29th – 30th October 2024
- 22nd - 23rd February 2025

To book a place on NADA or MTAT training or supervision register here: <https://www.mtat.uk/book>

Holistic Therapy Treatment Appointments



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

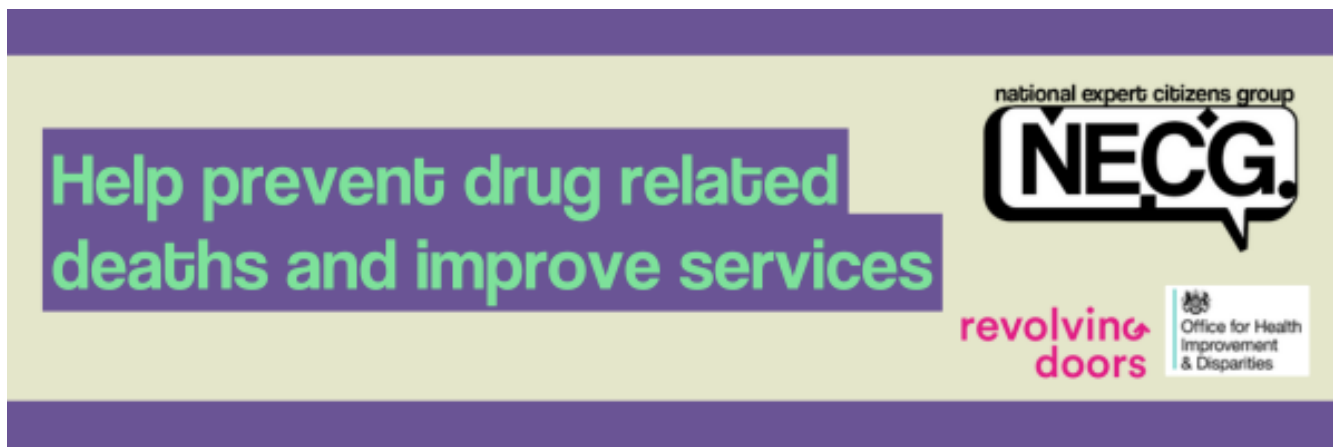
To book an initial appointment please complete our enquiry form here: <https://www.mtat.uk/enquire>

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

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

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





Join the NECG and OHID to help shape drug strategy and improve services.

Faced with the rise of new synthetic opioids such as nitazenes we need to get a better understanding of drug use to reduce deaths and improve services. In light of this, the National Expert Citizens Group (NECG) is working with the Office for Health Improvement & Disparities (OHID) to shape the government's drug strategy – **and we need your help.**

We want to hear from people who have used or are currently using drugs (particularly opioids) and who have tried to access treatment services.

On 20 November we will be holding an online forum to discuss the four questions below. We're inviting you and your members to attend, bringing your thoughts, experiences, and perspectives to help build a response. We are particularly looking to speak to people from marginalised groups and communities that are often excluded from services.

The questions are:

1. We're hearing that drugs are changing very quickly these days. Lots of drugs are being cut with super strength synthetics and the risks are changing. What do you know about this?
2. Are you worried about the increase in synthetic super strength drugs? Is there anything you are doing to try and minimise the risks of overdose or harm amongst you and your friends?
3. Are people seeking out the stronger synthetic drugs? Or is more that you get what you're given?
4. Have you ever tried to access treatment? What was your experience?
5. If you had a magic wand today, what one thing could treatment services could do to help keep you safe?

Zoom Meeting: Wednesday 20 November 2024 11:00-12:30

To find out more or to register your interest, please respond to this email or email sean.mullen@revolving-doors.org.uk

Drink & Drugs News



Happy 20th Birthday to DDN!

Since it's first edition in 2004, Drink and Drugs News has been a constant source of news and intelligence in the substance misuse field for the UK.

This month there are reflections on the past 20 years, as well as articles on tobacco harm reduction, Nitazenes, Red Rose Recovery, young people, family rehab, employer policies, dual diagnosis, letters, and news.

It has always been free to subscribe to DDN and is now available as an online magazine for PC's and phones. Not everyone has this access though, so if you work in a service or centre that is used by people who have lived or living experience of drink or drug problems, consider requesting a couple of copies of DDN by post to have in your centre for people to read. To do this, just email subs@cjwellings.com and request as many copies as you need.

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

THE GLOBAL STATE OF HARM REDUCTION 2024

MAIN FINDINGS

93 COUNTRIES	94 COUNTRIES	18 COUNTRIES	108 COUNTRIES
have needle and syringe programmes	offer opioid agonist therapy	have drug consumption rooms	support harm reduction in their national policies

9TH EDITION HARM REDUCTION INTERNATIONAL

DOWNLOAD FULL REPORT



Here's the SUIT team's October round up
😊

Please share around if you can!

[October 2024 Newsletter - YouTube](#)

Thanks for all your continued support.

[#Wolverhampton](#) [#vape](#) [#SoberForOctober](#)

Welcome to our October round up! We've had a lovely, wholesome month, with plenty of creativity, and motivation. SUIT are taking part in the public health initiative [#StopToSwap](#) which offers free [#vape](#) kits for smokers, and we've been busy signing up clients, volunteers, and staff. There's been lots of outreach with [#Wolverhampton](#) clinical treatment service Recovery Near You for [#SoberForOctober](#), where our lived experience team have been supporting work in the local community - check out November's upcoming newsletter to see where we've been.

[#SUITvoicesofrecovery](#)



Directory

Contents

- Connect in Community Spaces and Support Groups
- Be Active and Move More
- Take Notice of the World Around You
- Give
- Keep Learning – Training Opportunities in Sandwell
- Look After Your Health

Connect in Community Spaces and Support Groups



Bearwood Community Hub

Community Wellbeing Service

Free

Improve your mental, physical, social and economic wellbeing

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

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

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

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

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

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



Let's talk HOPE

WHEN

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

WHERE

GREET'S GREEN ACCESS CENTRE
Tildasley Street, West Bromwich
B70 9SJ

CONTACT

AMEENA: 0121 525 3909

Ameena@yca-sandwell.org.uk

MACMILLAN CANCER SUPPORT



WHEN

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

WHERE

DOROTHY PARKES CENTRE
Church Road, Smethwick
B67 6EH

Let's Talk Hope in Sandwell Support Group



Community Chats

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

Sandwell Aquatics Centre
Londonderry Lane, Smethwick,
West Midlands, B67 7EW
The first Thursday every month

10:30am - 12pm

Portway Lifestyle Centre

Newbury Lane, B69 1HE

The second Thursday every month

10:30am to 12pm



Community Hub
Union St, Wednesbury WS10 7HD

The third Tuesday every month

10:30am to 12pm

Contact Leanne or Melissa for further information

07901 114140 (Leanne) 078852 14547 (Melissa)

Melissa.Elders@healthwatchesandwell.co.uk

Safeguarding_SSAB@sandwell.gov.uk



Jubilee Park Community Centre

Autumn 2024



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

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

What's on at The Dorothy Parkes Centre

Monday	Monday cont....	Tuesday cont....	Wednesday cont....	Friday	Saturday
<p>Grief Kind Space 10am - 12pm</p> <p>Weekly drop-in session for people to come together and share their experiences of grief- FREE</p> <p>Community Allotment 10am - 1pm (see overleaf)</p> <p>Art in Bloom 10am - 1pm (FREE)</p> <p>FREE creative arts project Community, gardening, art & poetry</p> <p>Talbots Solicitors Free Law Clinic Wills, PoAs, Trusts and Estates 1st Monday of the month 10am - 1pm (See overleaf)</p> <p>Knitting and Crochet Group 12.30pm - 2.30pm Suitable for beginners (£3)</p> <p>Gentle Yoga 1.30pm - 2.30pm Seated Yoga £3.50</p> <p>Girls Friendly Society 5.15pm - 6.30pm (Term time) Girls (7-13) Friendship Group smethwic.k@girlsfriendsociety.org.uk</p>	<p>Taekwondo - 4 - 8 years 5.30pm - 6.15pm</p> <p>Ladies Only Taekwondo 7pm - 8pm @ Uplands Manor Primary Lisa: 07970694564</p> <p>PB Fitness Exercise & Nutrition £7.00 7pm - 8pm Carl: 07561 238016</p> <p>Cocaine Anonymous 7.30pm - 8.30pm Support group for anyone with issues around alcohol and drugs Tony: 07538 588986</p> <p>Tuesday</p> <p>Citizens Advice 9.30am - 12pm Drop-in advice session</p> <p>NHS Social Groups Closed group 10am - 12pm Term time only Angela: 07973 963822</p> <p>Art Works for Wellbeing 10.30am - 1.30pm Come and be creative (FREE)</p>	<p>Your Health Sandwell 2.30pm - 4pm Adult weight management Sophia: 07386 650968</p> <p>Kumon Tutoring 3.30pm - 6pm English and Maths Grace: 07754 611780</p> <p>Yoga 7pm - 8pm Enhance your overall wellbeing with the power of yoga wildbrackenwellbeing@gmail.com</p> <p>Wednesday</p> <p>Community Allotment 10am - 1pm (see overleaf)</p> <p>Slimming World Various times day/evening Mel: 07935 447265</p> <p>Chatty Cafe 10.30am - 12.30pm Kickstart a conversation, get chatting and reduce loneliness First drink free</p>	<p>Gentle Yoga 10.30am - 11.30am Seated Yoga £3.50</p> <p>Jewellery Group 1pm - 3pm Suitable for beginners (£3)</p> <p>Kim's Sewing Group 6.30pm - 8.30pm Kim: 07940 814104</p> <p>Thursday</p> <p>Fun Fit 10.30am - 12.00pm Mixed training types and Weekly health topics £3.50</p> <p>Gentle Exercise 1pm - 2pm Older adults and those with disabilities £3.50</p> <p>CMJ Studios 4pm - 8.30pm Dance classes Charlotte: 07800 874640</p> <p>Councillor Surgery 1st Thursday of each month 6pm - 7pm Come along and see your local Councillors & discuss your issues</p>	<p>Community Allotment 10am - 1pm (see overleaf)</p> <p>Talbots Solicitors Free Family Law Clinic Alternate Fridays 10am - 1pm (See overleaf)</p> <p>Places of Welcome 10am - 12pm Meet new people and make friends. Open to all. FREE + refreshments</p> <p>Gentle Exercise 10.30am - 11.30am Older adults and those with disabilities £3.50</p> <p>Good Afternoon Club 1pm - 3.30pm Social group for over 55's</p> <p>CMJ Studios 4pm - 8pm Private one-to-one dance Charlotte: 07800 874640</p> <p>Potter's House Church 10.30am - 12.30pm Come and join us every Sunday Pastor Samson: 07960 904032</p>	<p>Kumon Tutoring 9.30am - 12pm English and Maths Grace: 07754 611780</p> <p>GKR Karate 10am - 12pm Self-defence for 5+ and adults @ Uplands Manor Primary Dave: 07767 886482</p> <p>Let's Talk Hope Cancer support group 2nd Saturday of each month Ameena: 0121 525 3909</p> <p>Community Litter Pick 1st Saturday of every month Please contact the centre for more information</p> <p>Sunday</p> <p>GKR Karate 9.00am - 12.00pm Self-defence for 5+ and adults Dave: 07767 886482</p>

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



Welcome

To Sign Cafe



Would like to meet other Deaf people and make new friends?



Come on down to our Sign Café and enjoy socialising in a relaxing environment.



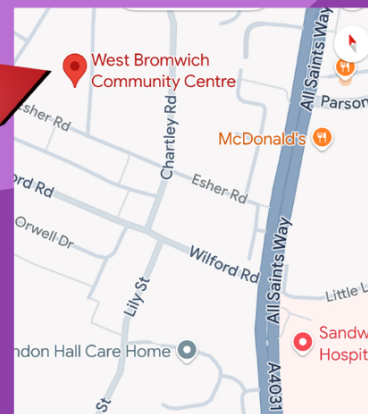
For those who wish to practice their signing skills, this is the perfect opportunity.



Why not come down and join us, food and drinks are available for purchase.



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



2024

From 12 noon to 2pm.

20th November

18th December



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



**Text/Facetime/WhatsApp
07885 913225**

Email

craig_potheary@sdca.co.uk





DeafBlind Group



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



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

2024

From 2pm to 4pm.

30th October

27th November

11th December

Want more information? Contact us!



07791921011 Phone/Text/Facetime



craig_pothecary@sdca.co.uk



This group is for DeafBlind people, which you are welcome to join. This group gives you the opportunity to form new friendships with people with shared lived experiences and to discuss tips and equipment recommendations to try and help make each others' lives easier. If you let us know about a topic you are interested in, we could also arrange for guest speakers to come and give a talk.

Whether you want advice or support or just to socialise, come join us and tell us what we can do for you.

Please share this with anyone DeafBlind that you may know so that they can come and join us too.

EARLY STAGE MEMORY LOSS GROUP

Every Tuesday 10:00 AM- 16:00PM



Sandwell Community
Dementia Service



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

MORE INFORMATION

0121 525 9177 opt 1



www.WBACRC.ORG.UK



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



Company Registration Number: 3916617

Registered Charity Number: 1091956

Are you part of the
LGBTQ+ community?

Are you aged
50+?

LGBTQ+ NEEDS & CHALLENGES SURVEY

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

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



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

THANK YOU!



**SANDWELL BETTER
MENTAL HEALTH**

**HEALTHY
SANDWELL**

We find the support you need

Be Active and Move More

Yoga Sessions

at Brasshouse Community Centre

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

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

Yoga improves strength, balance and flexibility.



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

Phone: Bryony- 07749 847818

Email: info@nsdt.org.uk

Address: Brasshouse Lane,
Smethwick, B66 1BA (Free Parking)

Take Notice of the World Around You



STEP ON **FREE ARTS & CRAFTS** WORKSHOPS FOR ALL THE COMMUNITY

Great Barr Library – Mondays 10.30am – 12pm
Central Library - Wednesdays 11am-12.30pm
Stone Cross Library - Tuesdays 10.30am-12pm
Langley Library - Wednesdays 11am - 12.30pm
Great Bridge Library - Fridays – 10am – 12pm

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



WORKING TOGETHER TO SUPPORT YOUR MENTAL HEALTH IN 2024



www.artstherapiesuk.org.uk

Arts Therapies UK is a Registered Charity: 1051578

Giving



make  kindness
the norm.®

RANDOM ACTS OF KINDNESS
FOUNDATION®

#worldkindnessday, #makekindnessthenorm

Keep Learning – Training opportunities in Sandwell

Reach & Reconnect

Health and digital literacy for Sandwell residents

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

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






Reach and Reconnect

Do you struggle with the following?

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

WE CAN HELP!

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



Swim Bike Run Community Activator Award – West Bromwich

Saturday 4th & Sunday 5th January 2025

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

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

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

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

COACHING AND EDUCATION

BRITISH TRIATHLON









We Find Any Learner are thrilled to announce that they are offering some of their most popular online courses at zero cost!

But don't wait too long to register your interest, as spots are filling up fast. This is an incredible opportunity that you won't want to miss out on. You can easily sign up on our website at 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.

A purple promotional graphic for a 'Counselling Skills Level 2' course. The background is purple with faint, repeating icons of educational tools like pencils, paper planes, and lightbulbs. The main title 'Counselling Skills Level 2' is in large white font. Below it, a white box contains statistics: '548 million people suffer from anxiety or depression.' and '1 in 4 people in England will experience at least one mental health problem each year.' To the right, an illustration shows a woman with red hair sitting on a green sofa talking to a man in a blue chair. At the bottom right, a purple starburst shape contains the text 'Free Online Course'. Two white buttons with black text are on the left: 'GET INVOLVED' and 'ENROL TODAY'.

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**

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. Guided learning hours for this course is 120 hours.

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

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. Guided learning hours for this course is 50 hours.

WE FIND ANY LEARNER.co.uk 



**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



**IDEAL
FOR ALL**



0121 558 5555 (option 1)



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



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

Cost of Living, Budgeting and Scam Awareness Training

Citizens Advice are delivering training workshops for Professionals, Staff or Volunteers to attend (sorry not for the public to attend). **The Session is FREE**

<p>Cost of Living, Budgeting and Scam Awareness Training</p>	<p>Thursday 7th November 2024 10:00am - 1:00pm (Arrive by 9:45am for a prompt start at 10am)</p>	<p>Address: FACE TO FACE - Training room at Citizens Advice Smethwick Office, Unit 6, Tollgate Shopping Centre, High Street, Smethwick B67 7RA</p>
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The training sessions/workshop is through a Train the Trainer style approach and focuses on a range of relevant financial capability topics and cost of living subjects to equip participants with comprehensive knowledge and practical skills.

The training covers essential areas such as budgeting, benefits, debt management, expenditure, prioritisation of bills, banking, as well as subjects related to fundamental needs such as food, water, energy, and overall well being.

The training looks at trusted online resources and tools, also to include Sandwell Council's Supporting Sandwell/ Resilient Residents tools, all invaluable for both frontline workers and residents seeking reliable guidance.

Will also include: National Scams Awareness Campaign that will run between 21 - 27 October 2024 & Talk Money Week: 4–8 November 2024 #DoOneThing to improve financial wellbeing. Giving people an opportunity to learn more about Talking about Money, Budgeting and Scam Awareness, also Stop the Loan Shark, will be interactive and very informative.

By empowering you with comprehensive knowledge and practical strategies, the aim is to enhance your ability to support individuals in navigating financial challenges and the cost of living. Between us we can help and support our residents to have access to manage everyday more efficiently.

Pre-booking is required and if you would like to book a space please reply by return email to: cheryl.s@citizensadviceandwell-walsall.org any questions please let Cheryl know.

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



© PAPYRUS Prevention of Young Suicide
Registered Charity Number: 1070896



SCVO's informative and free session will give you the confidence and basic understanding of how to develop a business plan that will work for you!

Business planning has never been more important than now, for organisations wishing to navigate around the challenges of the cost-of-living crisis and the legacy left behind from the pandemic. A well written business plan will support clear goal setting and provide a road map moving forward ensuring continuity of service at a time when it matters the most.



Our online session, being held on **Tuesday 26th November 2024 at 10am till 11.30am via a Zoom Conference Call**, is aimed at Sandwell community, voluntary and social enterprise organisations, providing participants with practical information and expert top tips you can take away and put into practice!

What Topics We Cover

On our online session, you will cover a range of topics to equip you with a solid foundation to write your own business plan. You will:

- Discover the purpose of having a business plan, their importance and different uses.
- Develop a better understanding of and outline what should be included in a business plan.
- Gain practical resources, hints and tips to support the creation of your own business plan.

Booking onto the session is essential via [TicketTailor](#), as spaces are limited for this online session. Please note, an email invitation to join the session will be sent out by SCVO in advance and prior to the commencement of the session. Don't forget to check your junk / spam for your access email.

Why not go to our website at www.scvo.info to subscribe to our free weekly e-bulletin, so you get e-updates automatically on SCVO Meet the Funder sessions and training opportunities straight to your inbox.

SAFEGUARDING ADULTS WEEK

Sandwell
Safeguarding
Adults
Board



Working in Partnership to Create Safer Cultures

TRAINING

All best practice events are on from 1 pm - 3.30 pm every day during the Safeguarding Adults Week. [Click here to book!](#)

Monday 18th November

1.00 till 3.30pm
Sandwell Council House

What is Safeguarding and Who will do what?

A best practice event looking at safeguarding processes with the operational safeguarding team

Tuesday 19th November

1.00 till 3.30pm
Sandwell Council House

Vulnerable Adults Risk Management (VARM) Overview
Informal chat around the VARM process



Sandwell
Safeguarding
Adults
Board

Wednesday 20th November

1.00pm till 3.30pm
Sandwell Council House

Mental Capacity Act and its application in safeguarding
A best practice event looking at MCA and its application with Simon Hill

Thursday 21 November

1.00pm till 3.30pm
Join us at our SAR Roadshow Event Launch to revisit Safeguarding Adult Reviews, Policies and Procedures
Oscar Sandwell
120 Lodge Road
B70 8PL



*Book!
Now!*



contact
For families
with disabled children

WOULD YOU LIKE A FREE AUTISM WORKSHOP?

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

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

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

All our sessions are delivered by people with lived experience of autism
To book a FREE workshop or find out more email autismhubmidlands@contact.org.uk



contact
For families
with disabled children



Scan me to find
support for you

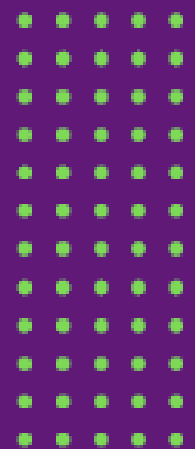




Introduction to BSL

Are you interested in learning British Sign Language?

This 6 week introductory course is designed to assist individuals in deciding if they wish to pursue their learning onto the next levels.



- ◊ Max 8 students.
- ◊ 2.5 hours course.
- ◊ Fridays for 6 weeks.

£90

Friday 11am - 1.30pm

- ◊ 8th November
- ◊ 15th November
- ◊ 22nd November
- ◊ 29th November
- ◊ 13th December
- ◊ 20th December

REGISTER NOW AT :

training@sdca.co.uk

CALL / TEXT / VIDEOCALL :

07885 913 225



Look After Your Health

COVID-19 AND FLU VACCINES

**AVAILABLE FOR ALL WHO ARE ELIGIBLE AT
THE FOLLOWING VENUES:**

Tuesday 5 November, 9am - 3pm

Tesco, Fox Oak Street, Cradley Heath, B64 5DF

Wednesday 6 November, 9am - 3pm

Wednesbury Town Centre, near Clock Tower

Sunday 10 November, 10am - 2pm

Tesco, 46 New Square, West Bromwich, B70 7PR

Thursday 14 November, 9am - 3pm

SMI Quayside House, Round Greens Road, Oldbury, B69 2DG

Tuesday 19 November, 9am - 3pm

Tesco, Fox Oak Street, Cradley Heath, B64 5DF

Sunday 24 November, 10am - 2pm

Tesco, 46 New Square, West Bromwich, B70 7PR

For more information visit:

<https://blackcountry.icb.nhs.uk/your-health/health-advice/vaccinations/pop-up>



WEST BROMWICH LEISURE CENTRE



Moor Street, West Bromwich B70 7AZ

25 October | 09.00 - 16.30



AGED BETWEEN 40 & 74?
A free NHS health check could help you to spot early signs of stroke heart disease & diabetes



BOOK YOUR FREE NHS HEALTH CHECK THIS MONTH



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

YOU ARE ELIGIBLE IF...

- You are aged 40 – 74
 - You have a Sandwell address and/or registered to a Sandwell GP
 - You do not have a pre-existing health condition.
- The full list of conditions is available on the NHS webpage:
<https://www.nhs.uk/conditions/nhs-health-check/>



Call 0800 2545 163 or visit nhshealthcheck.randox.com

In partnership with



Talking Therapies Plus

Feel healthier and happier with

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



**Talking Therapies
Plus**

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

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

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

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

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

How to get our help

Step 1: Reach out

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

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

Step 2: An initial chat

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

Step 3: Begin your therapy

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

Get in touch today.

 Make a Referral

 Phone us on 07717 680965

What support will I get?

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

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

**Cruse**
Bereavement
Support

**EWA**
European's Welfare Association

**BREAKTHRU** COMMUNITY FIRST **cic**

**SANDWELL AFRICAN CARIBBEAN**
MENTAL HEALTH FOUNDATION

**The Kaleidoscope**
Group
Creating brighter futures together

**Lifeline**
Ar

Community Liver Health Checks

Thursday 5 December
9am - 5pm
Community Link, 126 High Street, B64 5HJ



Friday 6 December
9-4pm
Jubilee Park Community Centre
Glebefields Estate, Powis Avenue,
DY4 0RJ

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



Cancer support at your finger tips

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




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




This project is funded by:





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



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


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

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

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

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

Scan the QR code below




Book your FREE health check today

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

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

Health Checks last 25 minutes and include:

- Blood pressure
- Cholesterol
- Body composition
- Lifestyle advice

Date:
Friday 8th of November

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



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

Registered Charity No. 1044821.

In partnership with **Independent Age Grants Fund**

Silver Linings

Are you 65+ and need advice?



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

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

For more information please contact us on:

☎ 0121 533 2568

✉ info@sandwellconsortium.co.uk

🌐 www.sandwellconsortium.co.uk









YOU OK MATE? FEELING STRESSED OR ANXIOUS?

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



NHS 111
Option 2
Mental Health Crisis Line



24 /7 Black Country Urgent Mental Health Helpline
Call 0800 008 6516
or text 07860 025 281



Tough Enough to Care
Text 'TOUGH' to 85258
or scan the QR code for more





Albion Foundation Team Talk
Call 08712719840
or scan the QR code for more





Cranstoun Alcohol & Drug Services
Call 020 8335 1830
or scan the QR code for more





Sikh Helpline
03000 3000 63 or 07999 0043 63

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

West Bromwich Emergency



Pet Pantry



**Do you know someone who is struggling short term to provide food for their pets?
The Emergency Pet Pantry can 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 work on referrals and 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
Kellyfletcher.petpantry@gmail.com

Referrals can be made over the phone or by scanning the QR code and filling in a short online form



Putting an end to pet food poverty



Engage, connect, and discover new partnerships through our:

Community Network Meetings

NEW meetings dates arranged!

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

Come along and join us to:

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

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

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

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

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

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

Getting help and Support

A full up to date list of services, helplines and websites is available at www.healthysandwell.co.uk/talk



-  www.sandwellhealthyminds.nhs.uk
-  Black Country Mental Health Helpline - 0800 008 6516 (24/7 Helpline)
-  Papyrus (Crisis Line) - 0800 068 4141 (Hopeline UK 9am - Midnight)
-  Samaritans - 116 123
-  Kaleidoscope Sanctuary hub - 0800 008 6516
-  Cruse Bereavement Care - 0808 808 1677 (Helpline, Monday - Friday 9.30am - 5pm)
-  Tough Enough To Care (Local Men's support group) - 07398 933 134

Survivors of Bereavement by Suicide (SOBS) - 0300 111 5065 (National Helpline, Mon to Sun 9am - 9pm)



Find other health & wellbeing services near you;
<https://route2wellbeing.info/>

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



SCVO's E-bulletin ...

ISSUE: 691. DATE: 15th October 2024.

... packed with the latest news, information, opportunities and support offers to help your voluntary organisation or community group get engaged and succeed.

If you have had the e-bulletin forwarded to you and would like to subscribe to receive it directly to your inbox, please [CLICK HERE](#).

**The world is
full of kind
people...
If you can't
find one, be
one.**



Sniffer Dog of the Month 🐾



You can still watch our highlights video **“Recovery Event 4 Sandwell 2023, Roots of Recovery”** from the 2023 Recovery Event 4 Sandwell that took place last September on YouTube, making recovery visible and believable to all:

<https://www.youtube.com/watch?v=HSQtj1JsQYI>



*#Recovery_is_possible
#Recovery_is_out_there_RIOT
#Recovery_is_contagious-Pass_it_on
#Recovery_is_all_our_business
#Progression_not_perfection
#You're_in_recovery_when_you_say_you_are*

Public Health Sandwell
Oldbury Council House, Freeth Street, PO BOX 2374, Oldbury, B69 3DE
07741 817 800
Nick2_shough@sandwell.gov.uk

