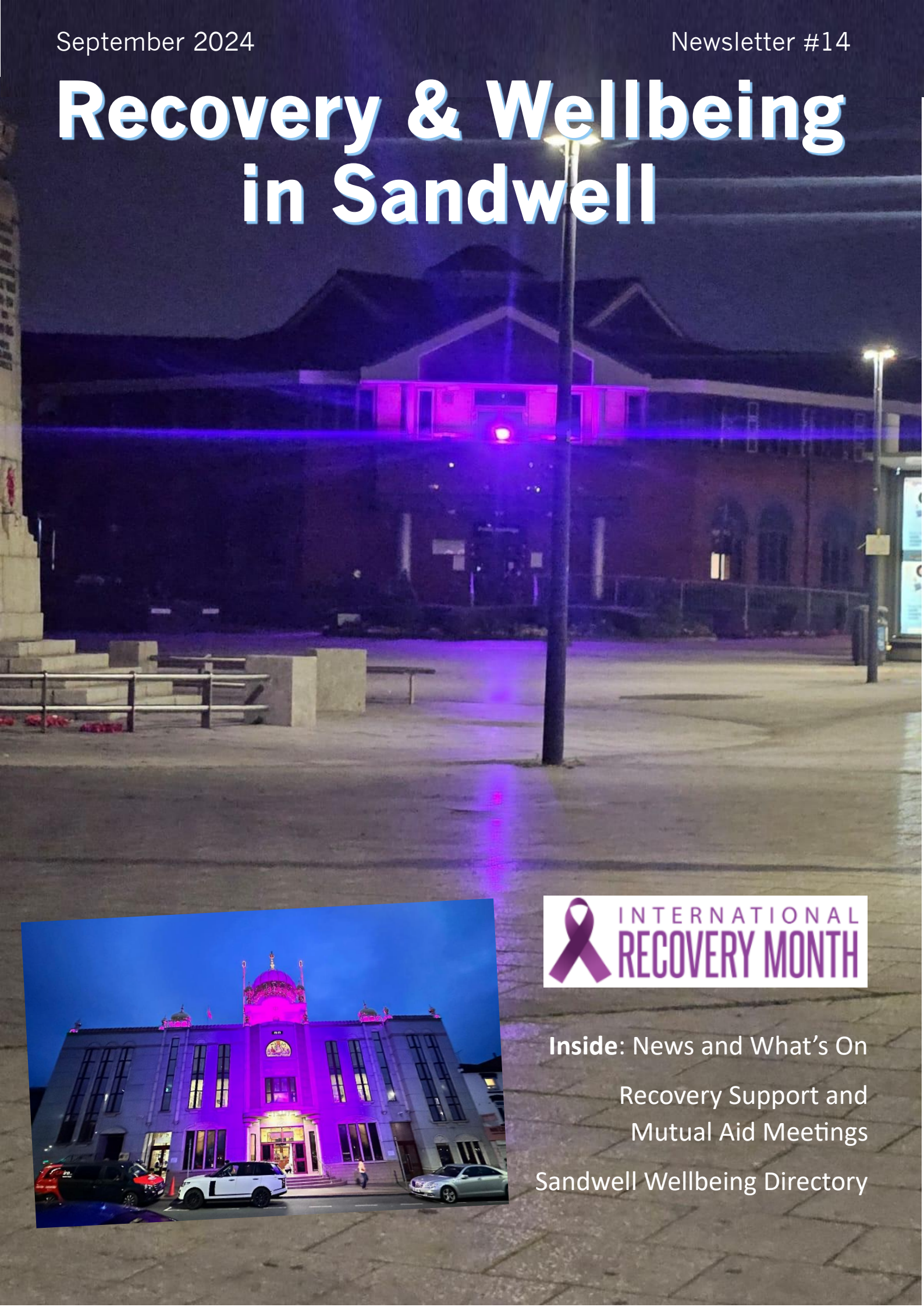


# Recovery & Wellbeing in Sandwell



Inside: News and What's On  
Recovery Support and  
Mutual Aid Meetings  
Sandwell Wellbeing Directory



# UK RECOVERY WALK FESTIVAL LONDON 20 24



**See page 7 for further details.**



***Welcome to the September 2024 edition of the Recovery & Wellbeing in Sandwell newsletter and directory, with information on places to go, things to do, and opportunities to build recovery for everyone.***

We commemorated **International Overdose Awareness Day (IOAD)** on 31<sup>st</sup> August, lighting up the council house and remembering those we have lost (see p4), and we head into International Recovery Month with loads of things going on (p7).

If you have an event, group, or activity that would someone's recovery, an article, story, artwork, or poetry that you would like to share, please email submissions to [nick2\\_shough@sandwell.gov.uk](mailto:nick2_shough@sandwell.gov.uk)

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You can view the previous four editions of this newsletter with the following links:

August 2024 #13: <https://heyzine.com/flip-book/90f52fad61.html>

July 2024, #12: <https://heyzine.com/flip-book/86bca32f94.html>

June 2024, #11: <https://heyzine.com/flip-book/a1b2d7b0c0.html>

May 2024, #10: <https://heyzine.com/flip-book/2b628c371d.html>



## International Overdose Awareness Day 2024

Over the weekend (31 Aug) volunteers, councillors, residents and partners came together to show their support and raise awareness about International Overdose Awareness Day. The theme this year was "Together we can – End Overdose", highlighting the power of communities when we all stand together.

Everyone was welcomed by the Mayor, Councillor Syeda Khatun MBE, who said *"Overdose is a tragedy that touches every corner of society, and it is our collective responsibility to address this crisis with empathy, education and action. At Sandwell Council, I am committed to playing our part in raising awareness, reducing stigma and supporting those who are affected by substance use."*



Thank you to everyone who attended the remembrance event to mark International Overdose Awareness Day on Saturday.

This event was organised by BRiS (Building Recovery in Sandwell) volunteers.

Our friends from Guru Nanak Gurdwara, Smethwick also marked the day by lighting up the Gurdwara purple.

If you need support, please contact [Cranstoun Sandwell](#) on 0121 553 1333, who provide free and confidential advice and support to adults in Sandwell who would like to talk about alcohol or drugs.

#END OVERDOSE

 International Overdose  
Awareness Day  
31 August





# USING DRUGS?

To reduce your risk of an overdose, please take **extra precautions** when using any type of drug

---

-  **Drugs are changing**  **Overdoses are rising**
-  **Assume it's something else**  
Any drug could be something else
-  **Reduce risk of OD**  
Test dose  
Go low and slow  
Stagger dosing among your mates
-  **Make a rescue plan**  
How would anyone know if I overdosed? How would anyone find me?  
Carry Naloxone  
If you have a smartphone, use BuddyUp app

YOU are important

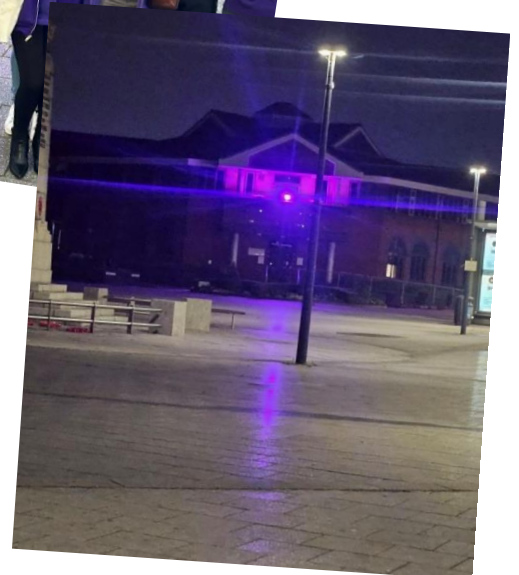
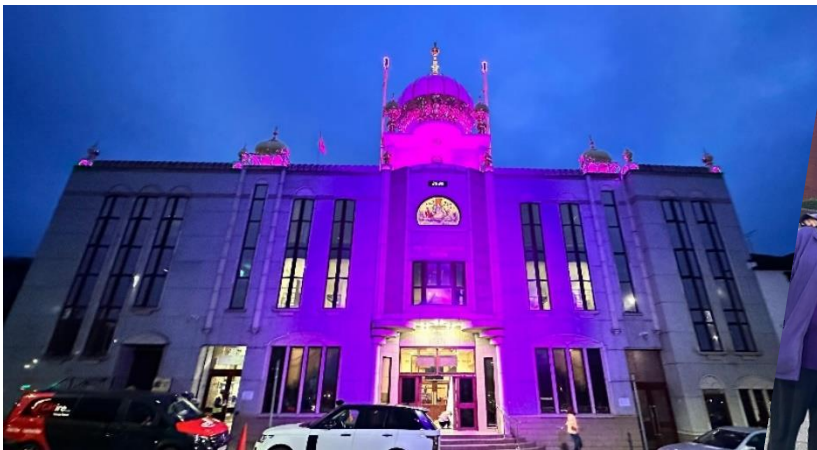
Brought to you by  **CRANSTOUN**  **humankind** 







Building Recovery in Sandwell





# What's On in September

**11/09/24** - The next meeting of the **Sandwell Drug and Alcohol Partnership (SDAP) Board** is on Wednesday 11<sup>th</sup> September at 10a.m.

If you would like to attend as an expert by experience, and have a say in local services, please email [nick2\\_shough@sandwell.gov.uk](mailto:nick2_shough@sandwell.gov.uk) or call 07741 817 800 for more information. There is one more EbE (expert by experience) spot **if anyone is interested let me know.**



**14/09/24** –

## UK RECOVERY WALK 2024

**Saturday 14 September  
Crystal Palace Park, London**



Join thousands of people in recovery, their families and friends for the biggest gathering of recovering people in Europe as we walk through the iconic Crystal Palace Park celebrating and advocating for recovery.

- Coach leaves at 7.00 a.m. from Freeth Street in front of Oldbury Council House to get to Crystal Palace for 11.30a.m.

- No alcohol or substances are permitted on the coach or at the walk.
- Bring a packed lunch and refreshments, or you can buy food there.
- Coach will depart at 4.00 p.m., returning to Sandwell at about 8.30 p.m.
- To view maps of the walk and festival, and full program details, go to

<https://www.facesandvoicesofrecoveryuk.org/ukrw24/>

**To book a place, text 'Recovery Walk' with your name and phone number to Nick on 07741 817 800 (1<sup>st</sup> come, 1<sup>st</sup> served).**



**25/09/24 – 10a.m. Cranstoun Sandwell Open Day, 128A, Oldbury Rd, B66 1JE**

**27/09/24 - 'Your Voice, Your Recovery' - Aquarius Recovery Conference**



**Into October**

**02/10/24 – 4-6p.m.**

**Knife Angel Opening Ceremony,  
Oldbury Council House**



**8-17<sup>th</sup> October**

**GEESE THEATRE, Staging Recovery Project**

- At the Salvation Army, Merton Close, Oldbury, B68 8NG
- Six two-hour workshops with a show at the end.
- Limited to eight places.
- Must attend all sessions.
  - 11-1p.m. Tuesday 8<sup>th</sup> October
  - 11-1p.m. Wednesday 9<sup>th</sup> October
  - 11-1p.m. Thursday 10<sup>th</sup> October
  - 11-1p.m. Tuesday 15<sup>th</sup> October
  - 11-1p.m. Wednesday 16<sup>th</sup> October
  - 11-1p.m. Thursday 17<sup>th</sup> October
- Free bus travel provided.



**To book a place, text 'Geese Theatre' with your name and phone number to me on 07741 817 800 (1<sup>st</sup> come, 1<sup>st</sup> served).**



**17/10/24 – Sandwell Recovery Forum**

**3.30-7.00pm**

- At the Salvation Army, Merton Close, Oldbury, B68 8NG
- Presentations from Housing; Cranstoun IPS team; and more.



**Email: [nick2\\_shough@sandwell.gov.uk](mailto:nick2_shough@sandwell.gov.uk) or, call or text 07741 817 800 if you have any questions, or to sign up for any of the above where applicable.**





**Sandwell libraries are asking for any complete unwanted board games**

A group of residents would like to get together every month in West Bromwich, inviting shoppers in Kings Square to play a board game.

This new activity will help people make new friends, feel less isolated in a safe welcoming space. The first session will take place on Monday 12 August between 5pm and 6.30pm and will continue the second Monday of every month.

Any surplus games received will be shared around Sandwell’s 20 libraries for wider community use.

For more information and where to drop off the games email [melissa\\_guest@sandwell.gov.uk](mailto:melissa_guest@sandwell.gov.uk)

**BOXCLEVER MENTORING PRESENTS...**

# **FAMILY FUN FIT**

**FUN FITNESS SESSIONS DESIGNED FOR ALL MEMBERS OF THE FAMILY, BIG AND SMALL**

**EVERY SESSION IS FREE OF CHARGE!!**      **WEDNESDAY 6:00 - 7:00PM**

**> EVERY WEDNESDAY FOR 12-WEEKS, STARTING ON 11TH SEPTEMBER**

**> ADULTS AND CHILDREN, AGE 7 YEARS +**

**LANGLEY LODGE  
34 LANGLEY HIGH STREET  
OLDBURY, B69 4SL**

**C.JBOXCLEVER@GMAIL.COM**

**@BOXCLEVERCJ**    **@BOXCLEVERCJ**    **BOXCLEVER MENTORING**    **BOXCLEVER Mentoring**



This Friday 6th September at 6pm we'll be sitting down to enjoy the excellent film Nacho Libre. Come along and have a giggle! A big thanks to Black Country Touring for their support.

Another action packed week at Brushstrokes. Please message us if you would like to find out more about our activities.

**NACHO LIBRE**

**FRIDAY 6TH SEPTEMBER - 6PM**

FREE ENTRY - EVERYONE WELCOME  
 FREE LIGHT REFRESHMENTS - ENGLISH AUDIO  
 1HR 32MINS - AGE RATING = 12A

BRUSHSTROKES, 253 HIGH STREET, SMETHWICK, B66 3NJ

07827 258 680

Brushstrokes Community Project | Film Midlands | BFN | THE NATIONAL LOTTERY | BLACK COUNTRY TOURING

What's on at...

@BrushstrokesSandwell  
 @BrushstrokesSandwell



253 High St  
 Smethwick  
 B66 3NJ  
 0121 565 2234

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ESOL Classes</b> 11am-2pm 	<b>ESOL Classes</b> 11am-2pm	<b>ESOL Classes</b> 11am-2pm	<b>ESOL Classes</b> 11am-2pm 	<b>Music Wellbeing Sessions</b> 10am-2pm	<b>Numbers for Life Classes</b> 9am-12pm 
	<b>Digital Skills</b> 9am-3pm	<b>Digital Skills</b> 9am-3pm 	<b>Digital Skills</b> 9am-3pm	<b>Wellbeing Walk</b> 10am-11am 	For updates on our activities please follow our socials!    Scan here to join our Telegram and receive updates
<b>Art &amp; Craft Sessions</b> 1pm-2:30pm 	<b>Foodbank</b> 11am-2pm 	<b>Gardening Club (Men's Group)</b> 2pm-4pm 	<b>Foodbank</b> 11am-2pm	<b>Community Cafe</b> 11am-1pm 	
<b>Football Sessions (Hadley Stadium B66 4NL)</b> 4:30pm-6pm		<b>Welcome Wednesdays</b> 5pm-7pm 		<b>Film Evenings (First Friday of each month)</b> 6pm 	

Advice is by appointment only

(email: [info@brushstrokesandwell.org.uk](mailto:info@brushstrokesandwell.org.uk))

<https://www.brushstrokesandwell.org.uk/support-us>



The 14th Annual

**TIPTON**

**COMMUNITY**

*Funday*

**MEDIA PARTNER**



**FREE ADMISSION!**

**VICTORIA PARK**  
Victoria Road  
Tipton DY4 8SW

**SUNDAY 8TH SEPTEMBER**  
**12 NOON - 6.00PM**



**For Stall Bookings**  
**0121 557 6766** or  
**Email: info@bwa-org.co.uk**

Parking available in Wellington Road DY4 8RS and Peel Street DY4 8RG Car Park. Local people are asked to walk to the Victoria Park if they can



THE INCLUSIVE COMMUNITIES FUND



Commonwealth Games Legacy Fund



UNITED BY 2022 LEGACY CHARITY



**SEPTEMBER 10**

# **WORLD SUICIDE PREVENTION DAY**

---

**THINK YOU KNOW SOMEONE WHO IS STRUGGLING?  
LET THEM KNOW THEY'RE NOT ALONE.**

## **“Changing the narrative on suicide”**

Suicide is a major public health challenge, with more than 700 000 deaths each year globally. Each suicide has far-reaching social, emotional, and economic consequences, and deeply affects individuals and communities worldwide.

The theme for World Suicide Prevention Day for 2024 is "Changing the Narrative on Suicide" with the call to action "Start the Conversation". This theme aims to raise awareness about the importance of reducing stigma and encouraging open conversations to prevent suicides. Changing the narrative on suicide is about transforming how we perceive this complex issue and shifting from a culture of silence and stigma to one of openness, understanding, and support.

The call to action encourages everyone to start the conversation on suicide and suicide prevention. Every conversation, no matter how small, contributes to a supportive and understanding society. By initiating these vital conversations, we can break down barriers, raise awareness, and create better cultures of support.

This theme also emphasizes the need to prioritize suicide prevention and mental health in policy making, calling for government action. Changing the narrative requires advocating for policies that prioritize mental health, increase access to care, and provide support for those in need.





## 10<sup>th</sup> September is #WorldSuicidePreventionDay

Free Suicide Prevention training for any professionals who support and work with victims, perpetrators, or families affected by domestic abuse within Sandwell -provided via the Violet Project.

### **SUICIDE PREVENTION TRAINING**

Are you a professional who works with victims, perpetrators, or families affected by domestic abuse?

Violet Project CIO are pleased to be able to offer some half-day training sessions to professionals working within domestic abuse to understand the links and support around suicide.

There are 8 half-day sessions to choose from, all being held in the borough of Sandwell, allowing you to select the one that best suits your needs.

Each in-person session will deliver a wealth of information to help you support your clients, and you'll also receive take-home resources.

The session will last 3.5 to 4 hours and aims to:

- Provide participants with knowledge and understanding of the links between suicide and domestic abuse.
- Provide a brief overview and detail approaches outlined within the national suicide prevention strategy.
- Explore the language and the challenges, when talking about suicide.
- Help participants to recognise risk factors and explore the 'signs' that could indicate someone is having thoughts of suicide.
- Support your intervention skills, looking at safety, and provide an overview of safety plans with someone thinking of suicide or in crisis.
- Provide resources and information about suicide bereavement support services, including Sandwell suicide and domestic abuse services.

We have spread the sessions across the Sandwell borough and you are welcome to attend any one of the sessions. You can book your space on the training here:

<https://www.tickettailor.com/events/violetprojectcio>

Please book as soon as possible to avoid disappointment due to dates filling up.



# Cook Together Eat Together Coming to Cradley Heath

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

Contact us on the details below for more information  
**Location: 140 High St Cradley Heath B64 5HL**

**Six FREE Cooking sessions for over 55's  
Starting Tuesday 20th August 1-3pm  
Email or call to sign up  
07821976197**



## 9<sup>th</sup> September is #FASDAwarenessDay and September is FASD (Foetal alcohol spectrum disorder) Awareness Month

The 9th day of the 9th month is International FASD Day. This is to draw attention to the importance of going alcohol-free for the 9 months of pregnancy. In the UK, we also celebrate September FASD Awareness Month! This is a whole month dedicated to raising awareness of FASD in the UK, as well as celebrating the amazing day-to-day achievements of awesome people with FASD up and down the country. On the 9th of September, we'll join with the rest of the world in celebrating International FASD Awareness Day. <https://nationalfasd.org.uk/get-involved/international-fasd-day/>

Britain has the fourth highest rate of FASD babies born in the world, with as many as 17% of UK children exhibiting symptoms consistent with prenatal alcohol exposure (PAE).

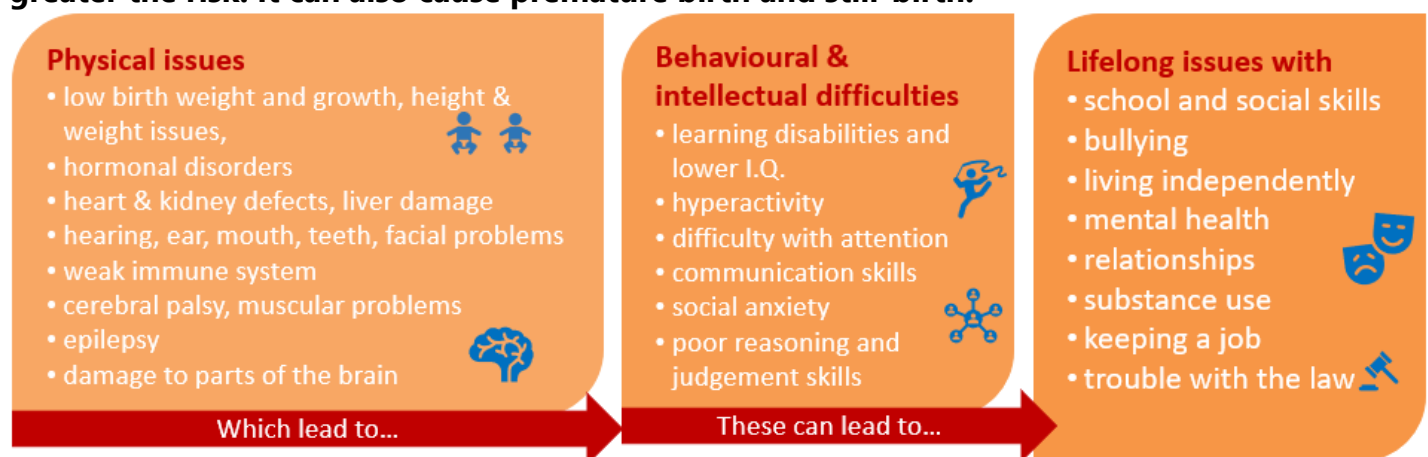
FASD is the most common cause of neurodisability in the Western world and presents around 3-6 times the rate of Autism Spectrum Disorder (ASD) in the UK. There are more children born each year with FASD than with ASD, Spina Bifida, Cerebral Palsy, Down Syndrome and Sudden Infant Death Syndrome (SIDS) combined, and yet the condition often remains hidden or misunderstood by the wider population. With awareness in the public still critically low, the demand for education in the general population and in key sectors – specifically those who are likely to engage with individuals on the FASD spectrum in a professional capacity – is clear.

Around 3/4 of children in the care system are deemed at risk and It has been estimated that individuals with FASD are up to 40 times more likely to become involved in the criminal justice system, if they are not identified, diagnosed, and given the correct Care Management Plan

<https://www.fasdawareness.org.uk/what-is-fasd>

**If you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.**

**Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk. It can also cause premature birth and still-birth.**



The risk of harm to the baby is likely to be low if you have drunk only small amounts of alcohol before you knew you were pregnant or during pregnancy.

If you find out you are pregnant after you have drunk alcohol during early pregnancy, you should avoid further drinking. You should be aware that it is unlikely in most cases that your baby has been affected. If you are worried about alcohol use during pregnancy, talk to your doctor or midwife.

# OPEN ART EXHIBITION

Monday, 16<sup>th</sup> Sept to  
Saturday, 12<sup>th</sup> Oct

Entry Deadline: Saturday, 14<sup>th</sup> Sept 2024

## SUBMISSION FORMS:

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

Tel: 01384 910968

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

Or visit the gallery

The Art Yard, 19–20 Upper High St, Cradley Heath, B64 5HX

Artwork: Lion by Matthew Bayliss



# INTERNATIONAL RECOVERY MONTH



# Surveys and Research - Have Your Say



Help shape the future of policing by taking part in the West Midlands Police and Crime Commissioner’s Police and Crime Plan 2025-2029 public consultation.

What do you want policing to stand for in the West Midlands? What are your police and crime priorities?

<https://survey123.arcgis.com/share/216479446e2b40f8a175aceb55322d35>



## End of Life Care strategy

Sandwell Council would like to find out Sandwell residents’ thoughts and opinions on the six End of Life Care strategy promises and Sandwell bereavement support. These responses will help us understand what is working well, what we can improve, how we can better meet the needs of our Sandwell community and they will provide valuable contribution in shaping the future of End-of-Life Care work and bereavement support in Sandwell.

The survey is aimed at Sandwell residents aged 18+ and it goes live today 1<sup>st</sup> of August 2024. The cut-off date for completion is 31<sup>st</sup> October 2024.

Here’s the link <https://consultationhub.sandwell.gov.uk/public-health/sandwell-end-of-life-care> .





# MEN'S MENTAL HEALTH

**We would like to hear your views and ideas on how we can improve mental health support for men living and working in Sandwell.**

**Please scan the QR code to share your views. Let's build better mental health for Sandwell men. Thank you.**

[www.consultationhub.sandwell.gov.uk/public-health/mens-mental-health-campaign/](http://www.consultationhub.sandwell.gov.uk/public-health/mens-mental-health-campaign/)



**Feeling stressed or anxious? Remember it's OK to talk. Call 0800 008 6516 or text 07860 025 281 (24 /7 Black Country Urgent Mental Health Helpline)**

**Or Scan QR code for assistance:**







# 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





**Self-Care September 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

<https://actionforhappiness.org/calendar> Try the free [10 Days of Happiness](#) online program, based on ten years' experience of helping thousands of people become happier.

## 12 Laws of Philosophy That Will Make You Stronger

- |   |  |
|---|--|
| 1) The Law of Impermanence<br>Everything changes. Nothing lasts forever | 2) The Stoic Law of Control<br>Focus only on what you can control. |
| 3) The Law of Polarity<br>Every positive has its negative.              | 4) The Law of Cause and Effect<br>Every action has consequences.   |
| 5) The Law of Suffering<br>Pain + Resistance = Suffering                | 6) The Law of Perspective<br>Your mindset is your superpower.      |
| 7) The Law of Virtue<br>Character is destiny.                           | 8) The Law of Dialectics<br>Truth emerges from the clash of ideas. |
| 9) The Law of Autonomy<br>You are responsible for your life.            | 10) The Law of Moderation<br>The middle way is often the wisest.   |
| 11) The Law of Presence<br>Now is all that exists.                      | 12) The Law of Unity<br>We are all connected.                      |



# Recovery Support



**CRANSTOUN**  
Empowering People, Empowering Change

**Cranstoun Sandwell**  
Drop-in clinic session

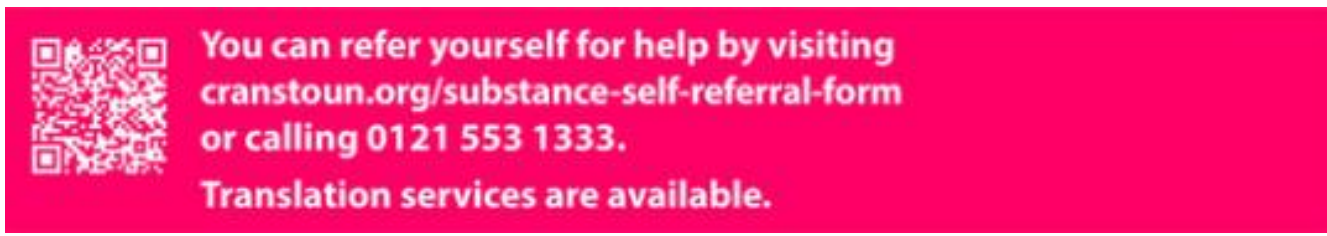
Every Wednesday  
10am - 4pm  
Alberta Building, 128b Oldbury Road  
Smethwick, B66 1JE

cranstoun.org

## Drop-in to Cranstoun

Come and see Cranstoun Sandwell at our Wednesday Drop-in clinic session.

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



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

## Cranstoun in the community

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

Cranstoun Sandwell Satellite Provision – 2024 (Subject to Change)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Smethwick	<b>Smethwick Medical Centre</b> • Weekly • 9am to 5pm • Appointment only	<b>St Mary's Church Bearwood</b> • Weekly • 12pm to 2pm • Drop-in	<b>Smethwick Medical Centre</b> • Once a month • 9am to 12pm • Appointment only		
Wednesbury	<b>Wednesbury Town Hall</b> • Weekly • 9.30am to 2pm • Drop-in & appointments	<b>Friar Park Millennium Centre</b> • Weekly • 9am to 2pm • Appointment only	<b>Friar Park Millennium Centre</b> • Weekly • 8.45am to 6.30pm • Drop-in & appointments	<b>Wednesbury Town Hall</b> • Weekly • 9.30am to 2pm • Appointment only	<b>Friar Park Millennium Centre</b> • Weekly • 9am to 1pm • Appointment only
Tipton	<b>St Pauls</b> • Weekly • 9am to 5pm				
Rowley	<b>Community Link, Cradley Heath</b> • Weekly • 9.30am -3.30pm • Appointments • Drop-in 2.30pm to 3.30pm			<b>Cradley Community Centre</b> • 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			<b>West Bromwich Church &amp; food bank</b> • Weekly • 9am to 2pm • Appointments and drop-in  <b>West Bromwich Bus Station</b> • Weekly • 1pm to 3pm Drop-in	<b>Lyndon Primary Care GP surgery</b> • Weekly • 9am to 2pm • Appointments and drop-in  <b>Hallam Street</b> • Weekly • 9am to 5pm Appointments		

# 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](http://cranstoun.org)



## Individual Placement & Support

### What we offer

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

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

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

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

Support with contacting and promoting you to local employers.

### What is IPS all about?

It is open to all those who want to work.

It aims to get you into competitive paid employment.

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

It provides individualised support for the person and the employer.

It works quickly.

Our Employment Specialists work closely with treatment services.

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

Benefits counselling and support is included.



### Cranstoun Sandwell - Individual Placement & Support

T: 0121 553 1333  
E: [ipssandwell@cranstoun.org.uk](mailto:ipssandwell@cranstoun.org.uk)



Visit our website at:  
[cranstoun.org](http://cranstoun.org)

# Individual Placement & Support

### What is IPS all about?

- It is open to all those who want to work.
- It aims to get people into competitive paid employment.
- It attempts to find jobs 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 the person's preferences.
- Benefits counselling and support is included.

### IPS can help you meet your employment goals

- Finding the talent you need.
- Enhance your business.
- Develop engaged employees.
- Promote wellbeing at work.
- Hire motivated, local job-seekers.
- Help you overcome recruitment hurdles.
- Save your organisation time and money.

**All at no cost to you**



IPS is a 'work first' intervention designed to support people into their desired jobs, regardless of the stage in their

recovery journey. Our mission is to support people to find paid work within weeks of being referred to our service.

### What else we offer

- Dedicated and motivated employees.
- Skilled, experienced & matched job seekers.
- Flexible recruitment possibilities - full time/ part time/ free work trials or apprenticeships.
- A free and confidential service with a dedicated Employment Specialist to support your organisation and potential employees.
- Advice and guidance on the Equality Act, reasonable adjustments for people with disabilities.
- Access to Work and other schemes and accreditation to support you.

### Extra benefits for you

Focused, dedicated and motivated employees who are willing and able to start work quickly, this can help you to reduce recruitment time and costs.

Engaged employees can lead to increased productivity and allows your organisation to achieve higher levels of output.

Meet your corporate social responsibility with supporting the recruitment of underrepresented groups in the workplace. Employees from different backgrounds bring their own talents and experiences.

Recruiting staff whose expertise match your organisation's needs.

Improved retention of workers; greater productivity and excellent employee relations.

Our local experienced Employment Specialists are on hand to support you once the person has started work.

If you would like to discuss any of our services please contact us.





### Success Story - Sandwell Individual Placement & Support

I was made redundant in Feb 2024. I have had 30 interviews over the last 3 months which have been unsuccessful.

I decided to renew my driving licence and started applying for driving jobs instead of warehouse. My driving licence came through on Friday and I was offered a job on the same day.

Stephen (IPS) has helped with motivating me and keeping me focused on looking for work during this period.

**CRANSTOUN**  
Empowering People, Empowering Change

### Success Story - Sandwell Individual Placement & Support

“I wouldn’t have thought of seeing myself in this position. I am now working as a mechanic, working full time. I’ve got a new outlook on life. Things are positive.”

“Thank you, to everyone who has supported my recovery journey at Cranstoun, especially Sophea and Sharnna.” - IPS Participant

**CRANSTOUN**  
Empowering People, Empowering Change

**QUIT SMOKING**

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

**smokefree**  
Sandwell

20 minutes - Heart Rate & Blood Pressure Drop  
1 2-12 weeks - Lung Function Increases  
2 1-9 Months - Reduced Shortness of Breath  
3 1 Year - Coronary Heart Disease Halved  
4 5-15 Years - Stroke Risk Reduced to Non-Smoker  
5 10+ Years - Risk of Cancers Significantly Decrease  
6

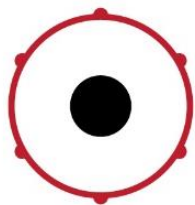
**ABL are at Cranstoun Sandwell on Thursday afternoons and Friday mornings, to sign you up.**



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



## Beat It Percussion Community Sound Relaxation Events in Sandwell in August - September 2024



**Beat It**  
Percussion

FREE for adults living in Sandwell who have a disability or long-term condition. Drop in, all welcome.

You are welcome to bring your yoga mat and comfy layers if you would like to lie on the floor, but this is optional and seating is provided. Get in touch with us if you have any questions tel: 07875 090 946 [beatitpercussion@gmail.com](mailto:beatitpercussion@gmail.com)

Date	Venue details
Friday 6 <sup>th</sup> September	<b>Thimblemill Library</b> , Smethwick B67 5RJ 1 – 2pm, arrive from 12.45
Monday 9 <sup>th</sup> September	<b>Jubilee Park Community Centre</b> , Powis Avenue, Tipton DY4 0RJ 6 – 7pm, arrive from 5.45
Wednesday 11 <sup>th</sup> September	<b>4 Community Trust Hub</b> , Wiltshire Way, West Bromwich B71 1JU 6.30 – 7.30 Arrive from 6.15
Wednesday 18 <sup>th</sup> September	<b>Friar Park Millennium Centre</b> , Wednesbury 5 – 6pm, arrive from 4.45
Friday 20 <sup>th</sup> September	<b>Thimblemill Library</b> , Smethwick B67 5RJ 1 – 2pm, arrive from 12.45
Monday 23 <sup>rd</sup> September	<b>Jubilee Park Community Centre</b> , Powis Avenue, Tipton DY4 0RJ 6 – 7pm, arrive from 5.45
Friday 4 <sup>th</sup> October	<b>Thimblemill Library</b> , Smethwick B67 5RJ 1 – 2pm, arrive from 12.45
Wednesday 9 <sup>th</sup> October	<b>4 Community Trust Hub</b> , Wiltshire Way, West Bromwich B71 1JU 6.30 – 7.30 Arrive from 6.15
Wednesday 16 <sup>th</sup> October	<b>Friar Park Millennium Centre</b> , Wednesbury 5 – 6pm, arrive from 4.45
Friday 18 <sup>th</sup> October	<b>Thimblemill Library</b> , Smethwick B67 5RJ 1 – 2pm, arrive from 12.45
Thursdays: 10, 17, 24, October	<b>Crastoun</b> , Smethwick for people in recovery. Please contact Cranstoun on 0121 553 1333 or ask your key worker to refer you. 1.30 – 2.30pm
Thursdays: 14, 21, 28, November	

We hope to see you at these sessions, and please feel free to share with friends and contacts. This is a lovely way to unwind during our busy lives and take time to enjoy some real quality relaxation. More sessions will be arranged, and we will let you know as and when.

### Safety First.





There is a very small chance that people with the following conditions may be adversely affected by the relaxation activity: pregnancy, pacemaker or similar device fitted, people with psychosis. If this applies to you, we ask that you check with your doctor or health professional before attending.





# Sandwell Recovery Projects 2024-25

 <p><b>Beat It</b> Percussion</p>	<p style="text-align: center;"><b>Beat It Percussion</b></p> <p style="text-align: center;"><b>Rhythm and Sound for Wellbeing</b></p> <p>Beat It Percussion CIC aims to promote good mental health and support well-being through the medium of rhythm and sound, our sound relaxation provision is a preventative intervention. We encourage people to become more self-aware towards achieving better mental health.</p> <p>We offer:</p> <ul style="list-style-type: none"> <li>• Effective relief from everyday stress through deep relaxation</li> <li>• The opportunity to get more in touch with your 'inner self' and learn to minimise anxiety and unhelpful thoughts.</li> <li>• Simple 'Take away' activities to aid relaxation and self-help with stress management at one's own home.</li> </ul>	<p> Lynn Kay 07875 090 946</p> <p> <a href="mailto:beatitpercussion@gmail.com">beatitpercussion@gmail.com</a></p> <p> <a href="http://www.beatitpercussion.co.uk">www.beatitpercussion.co.uk</a></p> <p> <a href="https://www.facebook.com/BeatItPercussion">https://www.facebook.com/BeatItPercussion</a></p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Cradley Heath Community Link</p>  <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Recovery Project</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Mini Café</p>	<p style="text-align: center;"><b>Cradley Heath Community Link</b></p> <p style="text-align: center;"><b>Recovery Café</b></p> <p>The Community Café provides an open-door community space for the people of Cradley and offers additional support and personal development opportunities for people who also access Cranstoun services at the café.</p> <ul style="list-style-type: none"> <li>• Safe place where help can be given on any issue, financial, personal, health, signposting where necessary and being a constant contact for those that need it.</li> <li>• Community café on set days</li> <li>• Food safety qualifications</li> <li>• Work experience in our kitchen, café, foodbank, and shop.</li> </ul>	<p> 140 High Street, Cradley Heath West Midlands, B64 5HJ</p> <p> Tim Ryall 0121 820 5332 07960 046 184</p> <p> <a href="mailto:cradleyheathcommunitylink@gmail.com">cradleyheathcommunitylink@gmail.com</a></p>
 <p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>THE MILLENNIUM CENTRE</b> FRIAR PARK, WEDNESBURY</p>	<p style="text-align: center;"><b>Friar Park Millennium Centre</b></p> <p style="text-align: center;"><b>Recovery Group</b></p> <p>The FPMC team is funded to support people in Wednesbury who also access Cranstoun services at the centre.</p> <ul style="list-style-type: none"> <li>• Support groups &amp; meetings</li> <li>• Activities – recovery bike rides and walks</li> <li>• Team building exercises</li> <li>• Physical activities in our large sports hall</li> <li>• SMART Recovery Groups (coming soon)</li> <li>• Bakes – making desserts, pizza, bread</li> <li>• Workshops to build self-esteem</li> <li>• Volunteering opportunities in the centre</li> </ul> <p>The Centre is open 9am till 9pm each day and is a warm, safe space where anyone can be supported or listened to any time of day.</p>	<p> Friar Park Road Wednesbury WS10 0JS</p> <p> Leanne Jones 0121 556 0139</p> <p> <a href="mailto:Leannejones32@yahoo.co.uk">Leannejones32@yahoo.co.uk</a> or <a href="mailto:fpmccentremanager@gmail.com">fpmccentremanager@gmail.com</a></p>

	<p style="text-align: center;"><b>Ideal for All</b>  <b>Growing Opportunities (Therapeutic Gardening and Cooking) Project</b></p> <p>IFA is a lived-experience charity with a range of activities linked to the 5-Ways-to-Wellbeing (Connect, Be Active, Learn, Notice, Give) from three Community &amp; Therapeutic Garden sites.</p> <ul style="list-style-type: none"> <li>• Learning how to grow herbs, flowers and food or start your own allotment.</li> <li>• Cook what you grow and eat together</li> <li>• Join one of our groups run by people in recovery - fishing club, women's group, cuppa and chat and much more!</li> <li>• Drop-in sessions held 3 times a week</li> </ul> <p>The team also have specialists in disability welfare rights and cost of living support, plus get in touch about volunteering opportunities, work experience and help to find employment/ enhance your CV.</p>	<p> Three sites:</p> <ul style="list-style-type: none"> <li>• Salop Drive, Smethwick, B68 9AG</li> <li>• Barlow Rd, Wednesbury, WS10 9QA</li> <li>• Malthouse, Oldbury Rd, B66 1JE</li> </ul> <p> Ellie and Dom 0121 558 5555 (option 2)</p> <p> <a href="mailto:contactifa@idealforall.co.uk">contactifa@idealforall.co.uk</a></p>
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**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](mailto:contactifa@idealforall.co.uk)





 <p><b>Jubilee Park Community Centre</b></p>	<p><b>Jubilee Park Community Centre</b>  <b>Empower Me Project</b></p> <p>Employing a Recovery Navigator to support people in Tipton to build their recovery in Sandwell, introducing people to recovery opportunities, mutual aid, and treatment when necessary.</p> <ul style="list-style-type: none"> <li>• Support to gain confidence, tools, skills, building social and economic resilience, and improve mental health.</li> <li>• Community Recovery Navigator to help people link into recovery networks and recovery activities.</li> </ul>	<p> Jubilee Park, Glebefields Estate, Powis Ave, Tipton DY4 0RJ</p> <p> Janet Burbridge 0121 520 0234</p> <p> <a href="mailto:janet@bwa-org.co.uk">janet@bwa-org.co.uk</a></p> <p> <a href="http://www.bwa-org.co.uk">www.bwa-org.co.uk</a></p>
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**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](mailto:Janet@bwa-org.uk)



### Kaleidoscope+ Group Revive and Thrive

The Revive and Thrive project aims to work in partnership with Cranstoun to support recovery by upskilling, improving health and wellbeing, creating lasting impact through legacy and reducing stigma. Delivering the Positive Lives Using Skills (PLUS) programme.

We will also offer additional sessions on: Peer support skills designed to empower and upskill people enabling them to support their peers and their communities by either volunteering or setting up their own support group. Energy Efficiency focused on saving costs. Mental Health First Aid (MHFA) training to equip people in recovery with the skills and knowledge to support others in the community. Our aim is to end the stigma and share experience in a confidential non-judgemental environment.



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



Lisa Hartland/ Vicki Fox  
0121 565 5605



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




## PLUS (Positive Lives Using Skills)

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](mailto:TCE@Kaleidoscopeplus.org.uk)





## The Salvation Army Employment Plus Programme

The Employment Plus service offers tailored support to help people become job ready. We help people get a job and stay in work. Advice and advocacy support:



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

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

- One-to-ones to improve general wellbeing and confidence and highlight skills
- Building resilience and setting goals
- Practical help with barriers such as travel.
- Positive activities, walking groups, creative activities, and sports.
- CVs, transferrable skills, enhancing digital skills; access to iLearn learning portal.
- Encouraging peer-to-peer support using 'lived experiences' to motivate and inspire.
- Volunteering opportunities in our Charity Shops, Churches, and Café



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



[dawn.tonks@salvationarmy.org.uk](mailto:dawn.tonks@salvationarmy.org.uk)



07702940926



[Jason.blakeway@salvationarmy.org.uk](mailto:Jason.blakeway@salvationarmy.org.uk)



07702940938



[Lee.horley@salvationarmy.org.uk](mailto:Lee.horley@salvationarmy.org.uk)

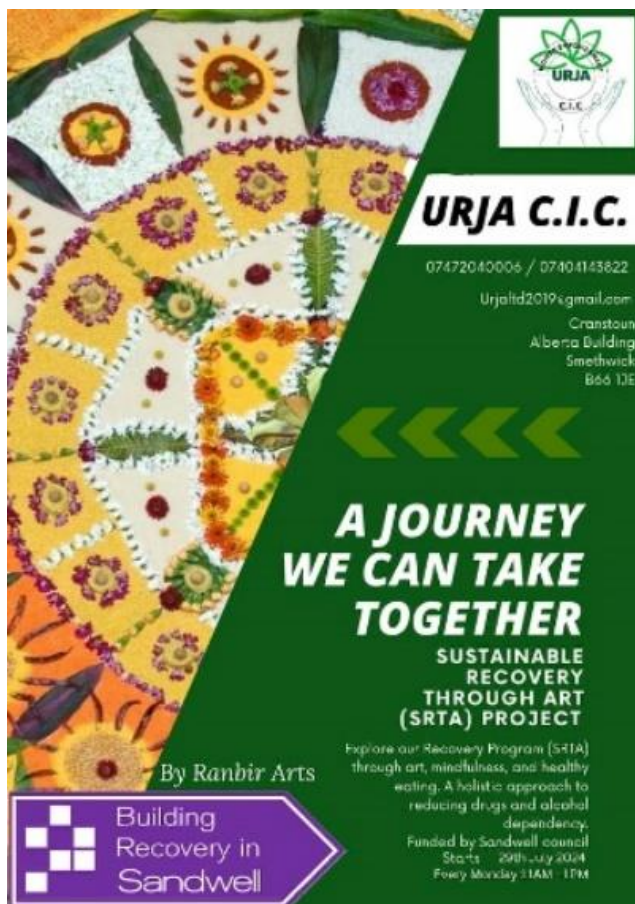


07702940944

**Urja C.I.C.**

**Sustainable Recovery Through Art (SRTA)**

Urja assists in building self-esteem through projects and activities which are therapeutic in nature. We aim to promote social inclusion by engaging with the wider community through projects that encourage engagement.



Providing holistic recovery sessions starting from July at Cranstoun then at other locations.

- Therapeutic ART & Creative Skills
- Mindfulness and Meditation
- Healthy Eating



Jaswinder Kaur  
07472 040 006



[Urjaltd2019@gmail.com](mailto:Urjaltd2019@gmail.com)



[www.instagram.com/urja\\_limited](http://www.instagram.com/urja_limited)



<https://www.facebook.com/profile.php?id=100083047556858>



**Warley Amateur Boxing Club**

**No-contact Boxing Program**

The Warley Boxing Amateur Club welcomes people of all abilities and genders. We strive to promote this sport in the local areas to attract people who are not physically active. We deliver non-contact boxing starting from basic boxing practices. The project will be delivering two sessions of 1.5 hours per week.

Sessions run from 5pm until 6:30pm on Tuesdays and Thursdays.



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














Craig Cunningham  
07854 496 073



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



 <p>Part of Places for People</p>	<p><b>West Bromwich Leisure Centre</b>  <b>Free 12-week Leisure Pass</b></p> <p>We partner with local organisations to provide health &amp; wellbeing programmes and enable access to our services for those with the greatest barriers to participation. Not just a leisure centre, but a community hub.</p> <ul style="list-style-type: none"> <li>• Unlimited gym use</li> <li>• Unlimited pool use</li> <li>• Unlimited use of the Sauna/ Steam room for relaxation</li> <li>• Unlimited exercise classes</li> <li>• 14 days advance booking privileges</li> <li>• Up to four junior memberships added</li> <li>• Free use of Swimtag</li> <li>• Access to the Places Locker app</li> </ul> <p><b>Referral by Cranstoun or projects on this list only.</b></p>	<p> Moor Street, West Bromwich, B70 7AZ</p> <p> Sarah Arnold 07368 690 260</p> <p> <a href="mailto:SarahArnold@pfpleisure.org">SarahArnold@pfpleisure.org</a></p> <p> <a href="https://www.placesleisure.org/centres/west-bromwich-leisure-centre/">https://www.placesleisure.org/centres/west-bromwich-leisure-centre/</a></p> <p> <a href="https://www.facebook.com/placesleisure/">https://www.facebook.com/placesleisure/</a></p>
	<p><b>Sandwell Leisure Trust</b>  <b>Free 12-week Leisure Pass</b></p> <p>SLT maintains eight affordable leisure centres for Sandwell Metropolitan Borough Council, we have facilities in Rowley Regis, Cradley Heath, Smethwick, Tipton, Oldbury and Wednesbury.</p> <ul style="list-style-type: none"> <li>• Unlimited gym use</li> <li>• Unlimited pool use</li> <li>• Unlimited use of Sauna/ Steam room for relaxation</li> <li>• Unlimited exercise classes</li> <li>• 7 days advance booking privileges</li> </ul> <p><b>Referral by Cranstoun or projects on this list only.</b></p>	<p> Portway Lifestyle Centre; Sandwell Aquatics Centre; Hadley Stadium; Harry Mitchell L.C.; Tipton L.C.; Tipton Sports Academy; Wednesbury L.C.</p> <p> Deb Bartley - 0121 521 4431</p> <p> <a href="mailto:deb.bartley@slt-leisure.co.uk">deb.bartley@slt-leisure.co.uk</a></p> <p> <a href="http://www.slt-leisure.co.uk">www.slt-leisure.co.uk</a></p>

# Recovery Fishing Group



**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



We find the support you need  
Funded by Healthy Sandwell

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



# HEPATITIS C NEWS

**FINDING OUT  
YOU HAVE  
HEP C  
DOESN'T  
NEED TO  
BE SCARY  
ANYMORE**



The content is being used for illustrative purposes only

***You can be  
cured in 8  
weeks***

***Tablets  
only, no  
injections***

***Easy to  
take!***

**Get tested  
Get treated**

***Our hep C peers have  
experience and can help  
you get treated fast!***

***CALL US*** \_\_\_\_\_

**ACT NOW BEFORE ITS TOO LATE!**

To book a test or discuss Hep-C, call:



# LIFE'S NO GAMBLE!

Struggling with your gambling?

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

## We can help.

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

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

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

**0300 456 4293** or email:  
[gambling@aquarius.org.uk](mailto:gambling@aquarius.org.uk)

Email: [gambling@aquarius.org.uk](mailto:gambling@aquarius.org.uk) Secure email: [aquarius.referrals@gamcare](mailto:aquarius.referrals@gamcare)

Aquarius provide **gambling awareness training**, call **0121 622 8181** or email [gambling@aquarius.org.uk](mailto:gambling@aquarius.org.uk)



Aquarius Gambling Service  
In partnership with Gamcare



aquarius



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

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

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

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



You can self-refer by going to [www.midlandsgamblingclinic.org/self-referral](http://www.midlandsgamblingclinic.org/self-referral) or calling 0300 123 0996.



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



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



# PUNJABI / ENGLISH

ALCOHOLICS ANONYMOUS MEETING



ONLINE EVERY MONDAY

20.00 - 21.00

(UK TIME)

ZOOM CODE - 882 0208 0399

PASSWORD - 926724



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

CONTACT - PUNJABIAA@OUTLOOK.COM

# PUNJABI / ENGLISH

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

# PUNJABI / ENGLISH

AL-ANON ONLINE MEETING



**AL-ANON**

*for families & friends of alcoholics*

ONLINE EVERY WEDNESDAY

19.30 - 20.30

(UK TIME)

ZOOM CODE - 948 885 8745

PASSWORD - 655749

PLEASE NOTE THAT THIS MEETING IS STRICTLY  
CONFIDENTIAL

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

SHARON 07882 486946

JIN 07977 468184



## PROBLEMS WITH ALCOHOL?

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

NEW AA MEETING

CRANSTOUN SANDWELL

ALBERTA BUILDING

128B OLDBURY ROAD

SMETHWICK

B66 1JE

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

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





0800 612 0225  
helpline@cauk.org.uk  
www.cauk.org.uk

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

**EVERY  
MORNING,  
I SWEAR,  
NEVER  
AGAIN**

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

Helpline 0800 689 4732

Birmingham contacts:

Nic 07960 161898

Tony 07538 588986

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

Helpline 0800 612 0225



## 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



**DATUS**  
ENABLING RECOVERY

DATUS logo

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

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

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

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

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

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



**DATUS**  
ENABLING RECOVERY

DATUS logo

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

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

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



# 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](mailto:decca_team@sandwellchildrenstrust.org)

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



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

# Drink & Drugs News, September 2024

<https://www.drinkanddrugsnews.com/ddn-september-2024/>

## The ideas flow... things feel possible



**'We already knew what works.'** This statement referred to peers mobilising with urgency around nitazenes – but it came up again and again throughout the DDN Conference. As each individual or team stepped forward we heard the passion, the evidence and the impact of people with lived/living experience being the lifeblood of services.

This is what happens when you bring peers together from all over the country. The ideas flow, inspiration is generated and things feel possible. Why wait for others to decide what's best for you? Inform, educate, influence – [see page 19 for how to get involved.](#)

Visit our website for [more pics and videos.](#) It's more than a conference – it's a reminder of the team spirit we share,

whether you were at the event or not. Let us know what you're doing in your area to keep this spirit alive and kicking.



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

\*\*\*\*\*



Important Announcement! SUIT have a functioning YouTube account! We will be uploading video newsletters at the end of each month, to give you a glimpse into the SUIT team's world. Check our July video out at:

<https://www.youtube.com/watch?v=SqKNnfyqwl&t=14s>

Please show your support for our work and follow us:

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



# Directory of Support, Services, Groups, and Activities

## Personal Development

If you are interested in working in the health or social care industry, maybe as a peer volunteer to start with, the following are opportunities that will help you to start building your CV.

### Trans Awareness Training



**Trans Awareness Training for community and voluntary stakeholders on Tuesday 22<sup>nd</sup> October 2024, from 10.30am-12.30pm.**

During the training you will get simple and practical advice on understanding terms, when to use different pronouns and how to be an ally in the workplace.

#### **Learning Outcomes:**

- An understanding of the correct terminology used to refer to transgender people and the importance of pronouns.
- An increased awareness of transgender issues.
- Increased cultural competency, to allow you to better understand and communicate with transgender service users and colleagues.
- An overview of your responsibilities towards trans co-workers and service users as mandated by law, including the Gender Recognition Act.

To secure your place, please use this link for registration:

<https://events.teams.microsoft.com/event/2fc89d0a-963d-45cc-ac80-3c0178f7908b@6d468569-a85f-4ad1-9e34-3cf0eb2b591d>



## SUPPORTING AND REPRESENTING SANDWELL'S COMMUNITY GROUPS AND CHARITIES

Helping organisations improve the lives of local residents with information and support, sourcing funds, organising projects and much more.

**Visit [www.scvo.info](http://www.scvo.info) or call 0121 525 1127**



**INTERESTED IN VOLUNTEERING?**

**let's go...** Learn something new...share your skills...have fun...make friends...get experience...

Find dozens of ways to help out:  
[www.letsgosandwell.info](http://www.letsgosandwell.info)

**ROUTE 2 WELLBEING**

**POINTING THE WAY TO HEALTH AND WELLBEING**

Find activities and help ranging from advice and befriending to sports groups and training.

Helping you and your family at:  
[www.route2wellbeing.info](http://www.route2wellbeing.info)

**Sandwell Family Life**

**SUPPORTING YOUNG PEOPLE AND FAMILIES TO GET THE BEST FROM LIFE**


A directory of local activities ranging from early/after school clubs and holiday sessions to parent and family support.

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


### What is the Recovery College and what do we do?

The Recovery College provides a supportive educational learning environment for people who have an interest in, or personal challenges with mental health. Our courses celebrate successes, building on your skills and strengths .

We promote messages of hope, choice, and opportunity for all and aim to help people build lives beyond services.



**The Recovery College**  
FOR THE BLACK COUNTRY



**Black Country Healthcare**  
NHS Foundation Trust

The Recovery College curriculum and courses are categorised into a number of recovery journey "destinations" or pathways. These pathways include:


**The Arts, Mental Health, Employment and Volunteering, Life Skills, Physical Health Engagement, Wellbeing and Connecting/Life-Long Learning.**



**Find our bases here:**

<p><b>Quayside House</b> Rounds Green Road Oldbury B69 2DG</p> <p><b>The Good Shepherd</b> 63 Waterloo Road Wolverhampton WV1 4QU</p>	<p><b>DY1 Community Centre</b> Stafford Street Dudley DY1 1RT</p> <p><b>YMCA</b> 1A Small Street Walsall WS1 3PR</p>
---	--

**Telephone: 0121 543 4061 or 07979199991**  
**Email: [info@therecoverycollege.co.uk](mailto:info@therecoverycollege.co.uk)**  
**Our Opening Hours: 9.00am - 5.00pm**



Our courses are delivered online (zila Zoom) and in person. This flexible approach allows students the freedom to attend courses as they wish.

Recover Together

Creative Writing


Tai Chi

LGBTQ+

Food & Mood

Exploring

Gardening



Basic Art

Basic English

Basic Maths

Health Walks

Getting to Know Your Emotions

JOB'S

AND MANY MORE!

**Hope. Opportunity. Choice.**





Sandwell & Walsall

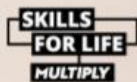


Funded by UK Government

## FLEXIBLE ADULT NUMERACY SKILLS SESSIONS



Get comfortable with numeracy at a free adult numeracy skills session.



For information and to register for a course contact: [multiply@citizensadviceandwell-walsall.org](mailto:multiply@citizensadviceandwell-walsall.org)

## SKILLS FOR LIFE MULTIPLY

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

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

In Sandwell, it funds the **Numbers for Life** programme, for adults in:

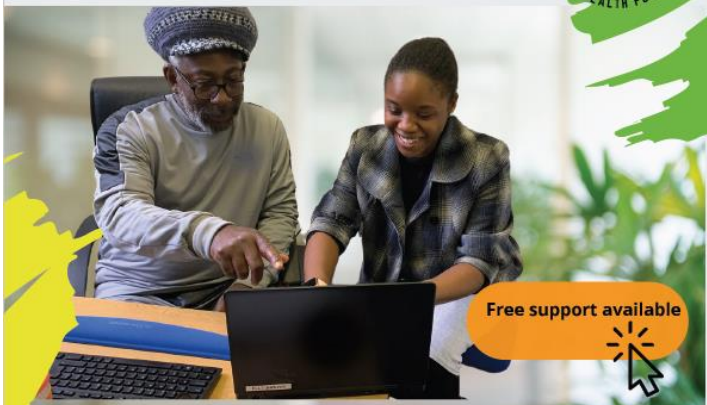
- Full or part-time work
- Volunteering
- If you're aged 19 or over
- Don't have Maths GCSE (grade C or equivalent) or currently have a Level 2 Numeracy but still need functional skills experience

**Numbers for Life...can help you with:**



## TECH CONNECT

DIGITAL SUPPORT GROUP



Free support available

Would you like to learn how to use a computer/smart phone or tablet?

**Every Monday 11am-1pm**

You will get support with:

- Sending emails
- How to use the internet
- How to use social media platforms
- 1-1 Sessions
- Use video call platforms (Whatsapp, Zoom & Skype)

To find out more or book a place - please call our support worker today

**0121 525 1629**

Kuumba Centre, Boulton Road, West Bromwich B70 6NW

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

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

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

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



Communities Acting Together in Sandwell

To book an appointment contact us on: 0121 556 0139







# PLATFORM

PLATFORM supports people aged 18+ who are out of work and live in Dudley or Sandwell to increase wellbeing, confidence and self esteem through group activities and 1-1 sessions.

More details overleaf



Visit our website:  
[www.juststraighttalk.org](http://www.juststraighttalk.org)

Call us on  
**01902 256 744**

Email  
[platform@juststraighttalk.org](mailto:platform@juststraighttalk.org)

Or call Chris (Sandwell) on 07726 210 684 or Sam (Dudley) on 07434 593 959

[www.facebook.com/JustStraightTalk](https://www.facebook.com/JustStraightTalk) [@juststraighttal](https://twitter.com/juststraighttal)

[www.juststraighttalk.org](http://www.juststraighttalk.org)



## digital skills

Every Monday afternoon from 12:30 - 2:00pm  
@ St Giles Court - Community Room  
St. Giles Court, Reservoir Road, Rowley Regis, West Midlands, B65 9PE

Unlock New Opportunities with Digital Skills.

Get Your Free Touchscreen Laptop & Start Your Digital Journey!

Transform Your Life:

- Improve Your Wellbeing
- Boost Your Confidence
- Connect with Your Community

Explore the Digital World:

- Learn at Your Own Pace
- Browse the Web Confidently
- Master Apps and Websites
- Take Control of Your Inbox
- Online Safety Tips
- Empower Your Health Journey



# FREE LAPTOP

[platform@juststraighttalk.org](mailto:platform@juststraighttalk.org)

01902 256 744  
Just Straight Talk Office



# PLATFORM

Welcome to our community in the heart of the Black Country  
Discover your potential and embrace a brighter future with PLATFORM!  
Here's what we offer:



### Reach Your Goals

Our dedicated team are here to help you grow and succeed.

### Boost Your Wellbeing

Learn how to live your best life with our supportive workshops.

### Build Confidence

Gain the confidence to tackle your challenges and try new things.

### Connect with Others

Make new friends and build connections.

### Achieve Success

Set goals and learn new skills to reach them.

### Express Yourself

Join our creative community and set your imagination free. Discover new talents and have fun along the way with crafts, arts, and music!

### Get Job-Ready

Prepare for the job market with advice and practical skills training.

### Manage Your Money

Learn how to budget and take control of your finances.

Visit our website:  
[www.juststraighttalk.org](http://www.juststraighttalk.org)

Call us on  
**01902 256 744**

Email  
[platform@juststraighttalk.org](mailto:platform@juststraighttalk.org)

Or call Chris (Sandwell) on 07726 210 684 or Sam (Dudley) on 07434 593 959

[www.facebook.com/JustStraightTalk](https://www.facebook.com/JustStraightTalk) [@juststraighttal](https://twitter.com/juststraighttal)

[www.juststraighttalk.org](http://www.juststraighttalk.org)



Be part of our family



## Just While You Wait

Every Thursday afternoon from 2:30pm  
@ Myra Harris, Community Bungalow  
178 Brickhouse Lane, West Bromwich, West Midlands, B70 0DT

What's it all about :

Devote some time to your mental wellbeing. A group provided for those on waiting lists, in recovery, or simply wanting to connect and get involved.

Fun activities and advice across a huge range of topics, such as:

- Improving Wellbeing
- Building Confidence
- Meeting new people
- Learn new things
- Fun, games and a variety of activities.
- Mental & Physical Health advice
- Links to other services



01902 256 744  
Just Straight Talk Office

[platform@juststraighttalk.org](mailto:platform@juststraighttalk.org)

Co-production in partnership with The Albion Foundation





Please note that we do not run our groups on Bank Holidays

## Sandwell Timetable: Aug - Oct 2024

### Tuesday

10:30am – 12pm: Just For Men – Men’s Group (12 weeks)

South Staffs Water Hub, **Wednesbury**, WS10 7HD

(Starts: 6<sup>th</sup> Aug 2024 until 29<sup>th</sup> Oct 2024) CJ

2pm – 3:30pm: ‘We are Wednesbury’ – Community Group - Art & Activities w/ MultiStory

South Staffs Water Hub, **Wednesbury**, WS10 7HD (12 weeks)

(Starts: 6<sup>th</sup> Aug 2024 until 29<sup>th</sup> Oct 2024) CJ

### Wednesday

10.00am– 12.00pm: Jobs Skills Drop-in (by Appointment) / 1-1 Coaching (ongoing) –

YMCA, 38 Carters Green, **West Bromwich**, B70 9LG **\*\*\*Contact Chris for appt\*\*\***

12.30pm– 2.00pm: ‘Learn My Way’ - Digital Workshop (12 Weeks)

–CT Transport “Lets Chat Hub” **West Bromwich Bus Station** (Starts: 31<sup>st</sup> Jul 2024 until 30<sup>th</sup> Oct 2024) CJ

### Thursday

11am - 1pm: Creative Skills Club (ongoing)

– 4 Community Trust, **Oldbury**, B68 8HH (Ongoing from 1<sup>st</sup> Aug 2024) CJ

**(Please note that our venue for this group changes during School Holidays – contact CJ for more details)**

2:30pm – 4pm: Just While You Wait - Mental Wellbeing Group (ongoing)

– Myra Harris Community Bungalow, **West Bromwich**, B70 0DT (Ongoing from 1<sup>st</sup> Aug 2024) CJ

### Friday

10am – 11:30am: Digital Fitness – ‘Skills for Health’ (8 Weeks)

– Millenium Centre, **Friar Park**, **Wednesbury** WS10 8HH (6<sup>th</sup> Sept 2024 until 1<sup>st</sup> Nov 2024) CJ

12.30pm – 2:30pm: Music Creativity Club (ongoing)

– Sons of Rest, 1 Foley St, **Wednesbury**, WS10 9HG (Ongoing from 2<sup>nd</sup> Aug 2024) CJ

### Contact Details

[platform@juststraighttalk.org](mailto:platform@juststraighttalk.org) or [chris@juststraighttalk.org](mailto:chris@juststraighttalk.org)

**Chris J (CJ) - 07726 210 684** /// **Natty H (NH) 07486 433 419** /// **Sam B (SB) 07434 593 959**

SANDWELL  
COLLEGE

Central  
Saint Michael's  
Sixth Form

cadbury sixth  
form college

## Sandwell College Community Offer

SANDWELL  
COLLEGE

### Apprenticeship Events



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

### Apprenticeship Vacancies



### Adult Courses



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

### Free Adult Job Readiness Courses



See our latest events, vacancies and courses.

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

**CRANSTOUN**  
Empowering People, Empowering Change

## CRANSTOUN SANDWELL FREE ONLINE TRAINING ON ALCOHOL AND DRUGS

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

The second session looks at the support you can offer to individuals who are using substances and explores why there may be reluctance to talk about this.

The training is delivered as two, two-hour online sessions. Both can be seen as a session, but together form a good basis for anyone who wants to expand their knowledge around working with people who use alcohol or other drugs.

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

Online sessions can be booked through Eventbrite – [bit.ly/44wM0IU](https://bit.ly/44wM0IU)





# Help your community



Building green communities from the people up.

- Animal Care
- Gardening
- Customer Service
- Event Volunteering
- Park Ranging
- Photography



## Contact Us

Andrew\_walker@sandwell.gov.uk  
 smbc\_volunteering@sandwell.gov.uk

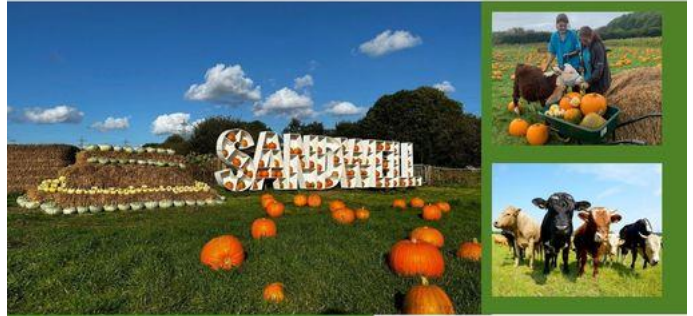


Make a difference.



## Animal Care

### VOLUNTEERS NEEDED



#### We Need Help With:

- Animal care
- Preparing food for animals
- Cleaning out the enclosures
- Come and be part of our team

Our all-new farm trail, interactive activities, play barn (coming soon), farm shop and education programme, alongside the glorious views and walks in Sandwell Valley Country Park, make Forge Mill Farm an ideal place to visit for everyone.

**REGISTER NOW**



andrew\_walker@sandwell.gov.uk  
 smbc\_volunteering@sandwell.gov.uk



## Be part of our - Events Team

### VOLUNTEERS NEEDED



#### We Need Help With:

To build and take down the event, load the vans and clear the site.

To undertake an event specific role such as car park or route marshal, working in the refreshment tent, manning a water station, check participants in or out of venue.

SMBC Events team run fun, safe, and accessible events on council owned land which have a positive benefit to our communities and for residents. Enquire how to be part of friendly team - today.

**REGISTER NOW**



andrew\_walker@sandwell.gov.uk  
 smbc\_volunteering@sandwell.gov.uk



## Community Groups

### VOLUNTEERS NEEDED



#### We Need Help With:

Leading a community group

- Do you have a passion for -  
 Art - Dance - Yoga - reading - Knitting - crocheting - music -
- Do you want start your own community group?

Our parks and greenspaces are at the heart of our local communities. We have several community buildings that offer amazing opportunities for you and your friends. Email today to find out more.

**REGISTER NOW**



andrew\_walker@sandwell.gov.uk  
 smbc\_volunteering@sandwell.gov.uk



# What's on at The Dorothy Parkes Centre

Monday	Monday...continued	Wednesday	Thursday	Friday	Saturday
<p><b>Community Allotment</b> 10am - 1pm (see overleaf)</p> <p><b>Art in Bloom</b> 10am - 1pm (FREE) FREE creative arts project Community, gardening, art &amp; poetry</p> <p><b>Knitting and Crochet Group</b> 12.30pm - 2.30pm Suitable for beginners (£3)</p> <p><b>Gentle Yoga</b> 1.30pm - 2.30pm Seated Yoga £3.50</p> <p><b>Girls Friendly Society</b> 5.15pm - 6.30pm (Term time) Girls (7-13) Friendship Group smethwick@girlsfriendlysociety.org.uk</p> <p><b>Taekwondo - 4 - 8 years</b> 5.30pm - 6.15pm</p> <p><b>Ladies Only Taekwondo</b> 7pm - 8pm @ Uplands Manor Primary Lisa: 07970694564</p> <p><b>P8 Fitness</b> Exercise &amp; Nutrition £7.00 7pm - 8pm Car: 07561 238016</p>	<p><b>Introduction to Yoga</b> (Teacher in Training) 7pm - 8pm £3 per class Contact Sam: wildbrackenwellbeing@gmail.com</p> <p><b>Citizens Advice</b> 9.30am - 12pm Drop-in advice session</p> <p><b>NHS Social Groups</b> Closed group 10am - 12pm Term time only Angela: 07973 963822</p> <p><b>Art Works for Wellbeing</b> 10.30am - 1.30pm Come and be creative (FREE)</p> <p><b>Your Health Sandwell</b> 2.30pm - 4pm Adult weight management Sophia: 07386 650968</p> <p><b>Rewire N-Gage Youth Club</b> 5.00pm - 6.30pm Book via our website Free activities for kids 5-11</p>	<p><b>Community Allotment</b> 10am - 1pm (see overleaf)</p> <p><b>Slimming World</b> Various times day/evening Mel: 07935 447265</p> <p><b>Chatty Cafe</b> 10.30am - 12.30pm Kickstart a conversation, get chatting and reduce loneliness First drink free</p> <p><b>Gentle Yoga</b> 10.30am - 11.30am Seated Yoga £3.50</p> <p><b>Jewellery Group</b> 1pm - 3pm Suitable for beginners (£3)</p> <p><b>Kim's Sewing Group</b> 6.30pm - 8.30pm Closed group Kim: 07940 814104</p>	<p><b>Fun Fit</b> 10.30am - 12.00pm Mixed training types and weekly health topics £3.50</p> <p><b>Gentle Exercise</b> 1pm - 2pm Older adults and those with disabilities £3.50</p> <p><b>CMJ Studios</b> 4pm - 8.30pm Dance classes Charlotte: 07800 874640</p> <p><b>Councillor Surgery</b> 1<sup>st</sup> Thursday of each month 6pm - 7pm Come along and see your local Councillors to discuss any issues you have</p>	<p><b>Community Allotment</b> 10am - 1pm (see overleaf)</p> <p><b>Places of Welcome</b> 10am - 12pm Meet new people and make friends. Open to all. FREE + refreshments</p> <p><b>Gentle Exercise</b> 10.30am - 11.30am Older adults and those with disabilities £3.50</p> <p><b>Good Afternoon Club</b> 1pm - 3.30pm Social group for over 55's</p> <p><b>CMJ Studios</b> 4pm - 8pm Private one-to-one dance Charlotte: 07800 874640</p>	<p><b>Kumon Tutoring</b> 9.30am - 12pm English and Maths Tayo: 0121 558 9338</p> <p><b>GKR Karate</b> 10am - 1pm Self-defence for 5+ and adults @ Uplands Manor Primary Dave: 07767 886482</p> <p><b>Nature Buddies Allotment Play</b> 10.30am - 12pm &amp; 12.30pm - 2.30pm See website for details More info: 0121 558 2998</p> <p><b>Let's Talk Hope</b> Cancer support group 2<sup>nd</sup> Saturday of each month 10.30am - 12pm Ameena: 0121 525 3909</p> <p><b>Community Litter Pick</b> 1<sup>st</sup> Saturday of every month Please contact the centre for more information</p>
<b>Tuesday</b>					
<b>Sunday</b>					
<p>9.00am - 12.00pm</p> <p><b>GKR Karate</b></p> <p>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 and 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



<https://www.lichfield.anglican.org/powsandwell/>

## OPEN IN TIPTON, WEDNESBURY, WEST BROMWICH

Correct as of July 2024



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

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

South Staffordshire Water Community Hub, Union Street, Wednesbury, WS10 7HD - Mondays 09:00 – 12:30

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

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

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

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

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

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

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

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

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

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



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



SUPPORTED BY :



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

<https://www.lichfield.anglican.org/powsandwell/>

## OPEN IN TIPTON, WEDNESBURY, WEST BROMWICH

Correct as of July 2024



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

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

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

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

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

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

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

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

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

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

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

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

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



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



SUPPORTED BY :



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

## SAMARITANS

Day or night  
We're here  
when life's  
difficult



If life's hard right now,  
we're here to listen so you  
don't have to face it alone.

[samaritans.org/brierleyhill](http://samaritans.org/brierleyhill)

A registered charity

Call free day or night on

**116 123**

Email  
[jo@samaritans.org](mailto:jo@samaritans.org)



A Better Mental Health Fund Programme

Beat It Percussion CIC brings you to  
**Live Sound Relaxation**

**Mondays 6-7pm, arrive from 5.45**

July 8th, July 22nd  
August 12th, August 19th  
September 9th, September 23rd

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

Relax, de-stress, unwind  
Bring your yoga mat if you'd like to lie on the floor (optional)

These sessions are free for adults living in Sandwell  
who are living with a disability or long-term condition

To find out more please call Beat It Percussion 07875 090946



**free tea,  
coffee &  
biscuits  
10.30-12.30**

# Lets talk together Coffee morning

**Last Tuesday of the month**

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

Come down and have a chat in a safe space  
with friendly face's and free refreshments

Made with PosterMyWall.com

**PART OF THE  
CHATTY CAFÉ  
SCHEME**

Having a chat can brighten  
your day

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

**First  
drink  
free**

**Wednesday  
10.30am-12.30pm**

**FOLLOW US ON TWITTER  
@DOROTHY\_PARKES**

**FOLLOW US ON FACEBOOK  
@DOROTHYPARKESCENTRE**

**DOROTHY PARKES CENTRE, CHURCH ROAD, SMETHWICK, WEST MIDLANDS, B67 6EH**  
0121 558 2998  
EMAIL: ADMIN@DOROTHYPARKES.ORG  
WWW.DOROTHYPARKES.ORG  
Charity no. 1093189

# Apna Wellness

## SIKH SOCIAL CONNECTION

**Communication is the key**

**'Let's get together and talk'**

**Please note!**  
This session will not take place  
on the first Wednesday of each month

**Wednesdays  
10am - 12.00  
starting from  
20<sup>th</sup> September 2023**

**Central Library  
High Street  
West Bromwich  
B70 8DZ**

**Contact Bally** **apna.wellness71@gmail.com**



www.juststraighttalk.org



MENS GROUP

# "JUST FOR MEN"

Every Tuesday Morning from 10:30am  
@ South Staff Water Community Hub  
17 Union Street, Wednesbury, WS10 7HD

### What's it all about :

A morning where you can access tailored Advice and Guidance focused on everyday issues that men face.

Get links into support and discuss a huge range of topics, such as:

- Mental & Physical Health
- Emotional Wellbeing
- Relationships and family
- Building Confidence and Community Connections
- Money, Debts & Finances

Also:

- Games, activities and talk
- Meet new people



01902 256 744  
Just Straight Talk Office

platform@juststraighttalk.org

www.juststraighttalk.org

# Sons of Rest Music Group

Every Friday afternoon from 12:30 - 2:30pm  
@ Sons of Rest , 1 Foley Street, Wednesbury, WS10 9HG

### What's it all about :

An afternoon where you can let loose and be creative.

End the week on a high note, have cuppa & a biccyy or two, and meet some new people:

- Improving Wellbeing
- Building Confidence
- Learn Some Creative Skills
- Links to other support, advice and guidance.

Have a go and take part, with no pressure, just have some fun!



### "Where words fail, music speaks"

01902 256 744  
Just Straight Talk Office

platform@juststraighttalk.org



# Your Space Your Way

A welcoming space for people with hoarding behaviour to meet with each other to share experiences and learn how to manage their situation.

Join us between 10:00-12:00 every month at Hope Place 321 High Street, West Bromwich, B70 8LU

- Wednesday 10 January
- Wednesday 7 February
- Wednesday 6 March
- Wednesday 1 May
- Wednesday 5 June
- Wednesday 3 July
- Wednesday 4 September
- Wednesday 2 October
- Wednesday 6 November
- Wednesday 4 December



Refreshments will be provided.

Please call 0121 565 5605 to book your place.

Follow us on social media

@kaleidoscopeplusgroup @kaleidoscope\_pg @kaleidoscope\_pg



# Welfare Rights Team

Helping the residents of Sandwell



### What we do

- Refer for debt advice
- Budgeting support
- Help claim millions of pounds of under-claimed benefits
- Represent clients where claims have failed
- Offer help and advice through completion of our online form at: www.sandwell.gov.uk/welfarerights

### Who for

- Older people
- Families with children
- People with health problems
- Carers
- People with mental health problems
- People with learning disabilities
- Those in low paid work

Operate an Advice Line on 0121 569 3158

Opening times:

Monday – Thursday 9.30 – 4pm  
Friday 9.30am – 3.30pm

SANDWELL TALKING THERAPIES

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

"How can Talking Therapies help me" ?



You will be able to talk about your concerns

You will be listened to without prejudice

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



You can choose how we support you

- FACE TO FACE
- TELEPHONE
- VIDEO LINK
- ONLINE PROGRAMMES
- WORKSHOPS

To book your initial appointment, call

**0121 612 6650**

or self-refer via

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

SANDWELL TALKING THERAPIES

**SILVERCLOUD ONLINE PROGRAMME**

**WHAT IS SILVERCLOUD?**

SilverCloud is an online Cognitive Behavioural therapy (CBT) treatment programme that we use to support clients with managing their symptoms. There are a range of online programmes you can choose from to help build resilience, deal with stress, sleep issues, anxiety or low mood. The aim of each CBT based programme is to help you develop skills to improve your mental health and wellbeing. Programme modules are easy to use. Work through the activities, videos and content anytime on your computer, tablet, or phone.

**WHAT PROGRAMMES ARE AVAILABLE?**

We have selection of programmes tailored to meet a variety of difficulties.

1. Space from Generalised Anxiety Disorder (GAD)
2. Space from Depression
3. Space for Resilience
4. Space for Sleep

We suggest choosing a programme that relates most to what you feel you want to work on most.

**HOW DO I ACCESS THE PROGRAMME ?**

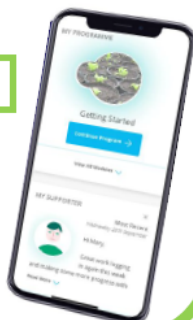
URL: <https://sandwelltalkingtherapies.silvercloudhealth.com/signup/>

QR Code



Access Code:  
**SHMINDS2**

Follow the website link and input the Pin when prompted. Choose the programme that you feel fits best with your difficulties. Once you have selected a programme you will be able to create an account and get started! A recommended pace is 1 module a week. Access programmes anytime on any device.



**MATERNAL EMOTIONAL WELLBEING**

"How can Talking Therapies help me" ?



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



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



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

"Has your pregnancy / birth been difficult?"

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

Specialist support is available for you or your partner.

To book your initial appointment, call

**0121 612 6650**

or self-refer via

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

SANDWELL TALKING THERAPIES

**FREQUENTLY ASKED QUESTIONS**

**Will this affect my treatment?** - No, we are offering this programme so you can begin working on your difficulties straight way. This does not affect any further treatment you have agreed or impact waiting times for agreed treatment

**What if I am finding the programme beneficial can I change my treatment option to this instead?** - If you do find that you are enjoying using this programme, please contact the service and ask for a Senior Psychological Wellbeing Practitioner and we can discuss any further programmes you might be interested in if you prefer this form of treatment, rather than your agreed treatment.

**How long do I have access to the programme for?** - You can continue to access the programme for up to 1 year from when you first join.

**Why should I Join?** - We are offering this programme to support you and prepare you for you upcoming treatment. The programme is a great way for you to start working on some of your current difficulties.

**When can I access the programme?** - You can begin using the programme as soon as you have signed up. Our service is open Monday to Friday 8am-5pm however the programme is available to use 24/7

*In the last year, 96% of clients reported that the programme was helping them to progress'*

**CONTACT US AT SANDWELL TALKING THERAPIES**

Tel: 0121 612 6650

Telephone lines are open: 8am - 5pm Monday to Friday (except Bank Holidays)

Email: [bohft.sandwelltalkingtherapies@nhs.net](mailto:bohft.sandwelltalkingtherapies@nhs.net)

Website: <https://sandwelltalkingtherapies.nhs.uk>

"Really useful for trying new methods and ways to remain well and have a more positive attitude to life in general!"

*I felt supported throughout the programme and loved that I could use it on my phone when I needed to. I still track my mood and practice what I learned to feel better."*

SilverCloud Health User

**USEFUL CONTACT NUMBERS:**

THE SAMARITANS:  
116 123 (Freephone)

CALM (MEN ONLY - SPM-MIDNIGHT) 0800 58 58 58

SHOUT (TEXT LINE)  
TEXT "SHOUT" TO 85258

Black Country Mental Health Helpline  
For 24 hour confidential emotional support and guidance, contact: 0800 008 6516



# Mood Masters

Is life losing its sparkle? MoodMaster can help!

We are planning weekly sessions in your area which will help you to make your life more enjoyable.

## What is MoodMaster exactly?

Mood Master provides weekly sessions lasting an hour or so, in which you can hear really good information about emotional and physical health to help you deal with troublesome emotions such as worry and stress.

Mood Master is an upbeat approach to physical and emotional well being.

We will cover topics including;

- Understanding your emotions
- Problem solving
- Eating well
- Resolving conflict and gaining support
- Dealing with stressful situations
- Any many more topics to support your well-being

To request a place, please Scan the QR code below or the link and answer a few questions. A member of the team will contact you to confirm your place.  
<https://forms.office.com/e/NOVTCRYsBK>



For more information about the programme or to get help with the booking please contact your local Family Hub on the numbers below:

Smethwick: 0121 555 6756	Oldbury: 0121 557 0740
Tipton: 0121 522 5150	Rowley: 0121 559 9916
Wednesbury: 0121 556 5405	West Bromwich: 0121 500 4011



Beat It Percussion CIC brings you  
**Relax and Chat**  
 A Better Mental Health Fund Programme  
**Live Sound Relaxation**  
**Thimblemill Library**  
**Smethwick B67 5RJ**

**6 Sessions Fridays 1 - 2pm**

**August 9th, 23rd**  
**September 6th, 20th**  
**October 4th, 18th**

Prepare to be immersed in beautiful relaxing sounds!  
 Relieves stress and helps you recharge your batteries.  
 This session supports good mental health and can help with  
 the management of anxiety and other conditions.

FREE for adults living in Sandwell who have a  
 disability or long-term condition

Beat It Percussion 07875 090946




**SAMARITANS**

**Talk it through**  
**We're here to listen**



If you've lots on your mind,  
 we'll help you find your own  
 way through it.

Call free day or night on  
**116 123**  
 Email [jo@samaritans.org](mailto:jo@samaritans.org)

[samaritans.org/brierleyhill](http://samaritans.org/brierleyhill)  
 A registered charity

**Life in Community**  
 Daily Timetable

**Wellbeing**  
 Wednesdays

**Wednesdays**  
**11am - 4.30pm**

Life in Community at St John's Tipton Church Hall

Lifeline Light Exercise  
 11:15am - 12pm



Coffee, Cake & Crumpets  
 12:30pm - 2:30pm



Welcoming Spaces  
 Warm Hub  
 3pm - 4.30pm



**'Come and grab a loaf!'**



Thanks to **Warburtons**

Text 'Wellbeing Wednesday' to 07752 659257  
<https://lifeincommunity.org.uk>




**POP UP THE PARK**

**Free Family Activities**  
 happening in a park near you!

**WEEKDAYS**  
 MONDAY, JULY 22 - FRIDAY, AUGUST 23, 2024  
 at the following parks:

- BRITANNIA PARK
- DARTMOUTH PARK
- HADEN HILL PARK
- LIGHTS WOOD PARK
- OAK WOOD PARK
- TIVIDALE PARK
- VICTORIA PARK

**Looking for fun ways to stay active this summer?**

Our Active Greenspaces programme will be delivering sport-based activities for families in parks across Sandwell.

**Let's get moving and have a great time together!**

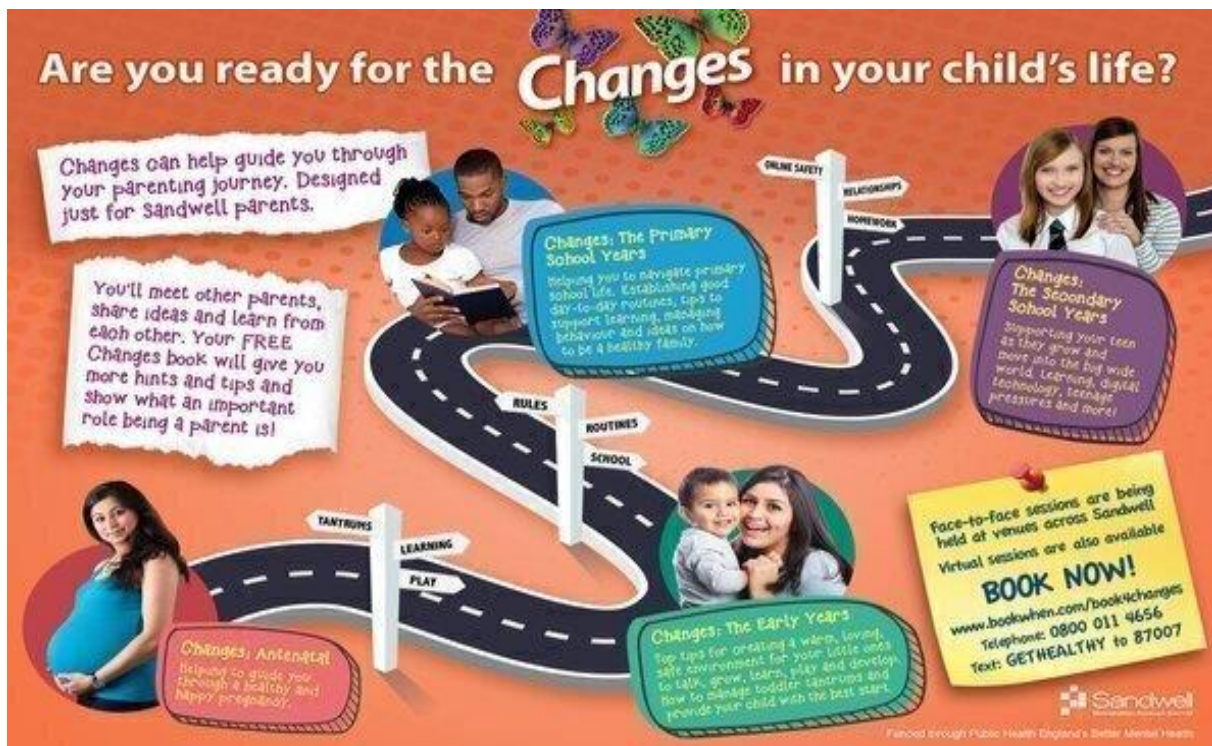



FOR FULL DETAILS & TO SIGN UP SCAN HERE









## Changes taster session - Being a parent - Spacehoppas Playzone West Bromwich

This session is suitable for parents and carers with children from 18 months to secondary school age. This Changes taster session focuses on wellbeing for you and your family.

These Changes taster sessions are for families who have not previously attended Changes courses, please do not book if you have attended before.

These friendly and informal discussion groups will be held at Spacehoppas Playzone in West Bromwich. Your child/children can enjoy a free play session whilst you have a chance to chat to other parents and share parenting ideas and challenges.

Please note Spacehoppas age limits for playing in the playzone is 12 years old.

- Tue, 17 Sep '24 4pm – 6pm
- Tue, 24 Sep '24 4pm – 6pm
- Tue, 1 Oct '24 4pm – 6pm
- Tue, 8 Oct '24 4pm – 6pm
- Tue, 15 Oct '24 4pm – 6pm

For dates and to book places:

Parent support courses [https://bookwhen.com/sandwell\\_parents](https://bookwhen.com/sandwell_parents)

Activities <https://bookwhen.com/book4changes>





# STAY & PLAY GROUP

For babies and Children ages  
0 - 5 years  
For



**Deaf and hard of hearing families**  
Hearing parents of Deaf or hard of hearing children.  
Deaf or hard of hearing parents of hearing children.

All are welcome



**FREE SESSION**

**STARTING FROM MONDAY 9TH SEPTEMBER 2024**

**10AM - 12 NOON**

**BARNARDOS - TIPTON FAMILY HUB,  
LEBEFIELDS ESTATE,  
24 RIDGEWAY RD,  
TIPTON,  
DY4 0TB**



**Want more information or book your place?  
Contact us!**



Phone/Text/Facetime  
**07791921011**

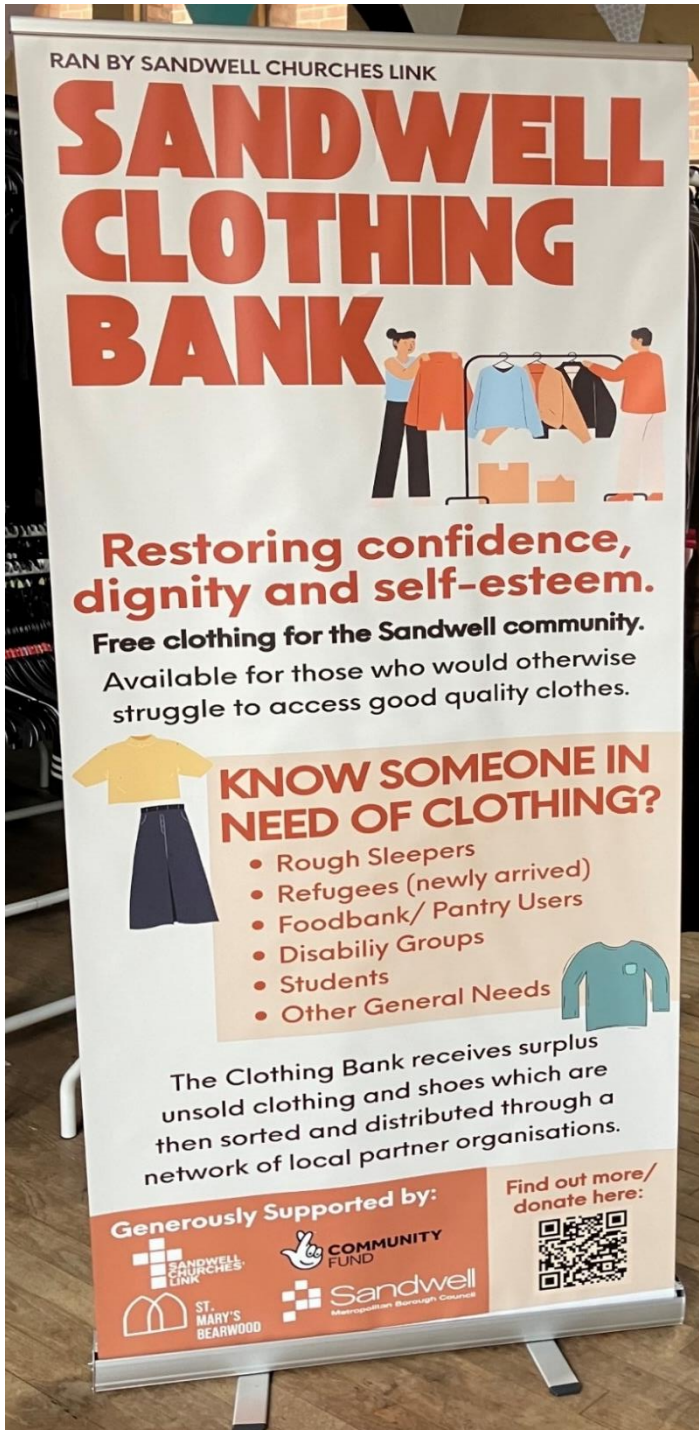
Email:  
**craig\_pothecary@sdca.co.uk**







[communications@sandwellchurcheslink.org.uk](mailto:communications@sandwellchurcheslink.org.uk)



The clothing bank continues to be used on a regular basis by 40 different agencies supplying clothes to those in need in the area.

If your charity would like to access the clothing bank please let Sandwell Churches Link know and we can add you to the WhatsApp group.

Supported by Arts Council England  
**ARTS COUNCIL ENGLAND**  
 This is a Creative Lives Know Your Neighbourhood Project funded by UK Government and Arts Council England.

Funded by **UK Government**

**Creative Lives**

# ART IN BLOOM

**Mondays**  
10am - 1pm

If you would like to explore nature, learn new skills and work with local artists, poets, and horticulturalists then why not come along to our creative sessions.

There will also be volunteering opportunities and access to free training.

Contact the centre for more information or to book a place

**Creative Arts Project combining:**

- Community
- Gardening
- Art
- Poetry

**DOROTHYPARKES**  
Community Centre

FOLLOW US ON TWITTER @DOROTHY\_PARKES

FOLLOW US ON FACEBOOK @DOROTHYPARKESCENRE

**DOROTHY PARKES CENTRE, CHURCH ROAD, SMETHWICK, WEST MIDLANDS, B67 6EH**  
0121 558 2998  
EMAIL: ADMIN@DOROTHYPARKES.ORG  
WWW.DOROTHYPARKES.ORG  
Charity no. 1093189

**PHULWARI PROJECT**  
FUNDED BY COMMUNITY NATURE FUND

# Cultivating Organic Gardening Free Workshop

**About the Event**

Our workshop is a place to understand sustainable home gardening and green space practices to minimise loneliness and isolation for people in the community.

**What You'll Learn**

- Gardening Techniques
- Soil preparation
- Sowing & Growing
- Create green to grow vegetables and plants
- Art & craft to decorate your garden

24th May 2024 11am till 1pm Every Friday  
 Corn Mills Allotments  
 Dudley Road East  
 Oldbury West Midlands  
 B69 3DL

Every Monday Hilltop Community Centre  
 Every Wednesday Oldbury Church  
 Every Thursday Tipton Community Centre  
 From June 3rd 2024 - September 12th 2024



*Book your place now (07472) 040006*

**SAMARITANS**

Whatever you're facing  
 We're here to listen

If you're going through a tough time, you don't have to face it alone.

Call free day or night on **116 123**

Email: jo@samaritans.org

samaritans.org/brierleyhill  
 A registered charity

**COMMUNITY TOGETHER WEDNESBURY WORKSHOP**  
EST 2024

# WEDNESBURY WORKSHOP

**"COMMUNITY TOGETHER"**

A weekly group meetings in Wednesbury that provides a welcoming and safe space where community members can connect, create, and support each other through various activities centered around creativity and arts.

**EVERY TUESDAY**  
**SOUTH STAFFS COMMUNITY WATER HUB**  
 UNION ST, WEDNESBURY WS10 7HD  
**2:00 PM - 3:30 PM**

**COMMUNITY FUND**

**jst**  
 • inspire • empower • enable • engage





## Make Every Contact Count

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

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

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

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

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



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



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

**Sandwell**  
Metropolitan Borough Council

# LGBTQ+ SUPPORT GROUP

EVERY WEDNESDAY

6PM - 8PM

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

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

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

Join us in a welcoming, friendly and safe space



For more information call **0121 803 6830**

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




Murray Hall Community Trust  
Creative Therapeutic Services

## SUPPORTIVE STEPS

Supporting victims of domestic violence.




Adult & Child Support  
Support Groups  
121 Therapy

**Our Services Include:**

Providing 10 sessions of support for victims of domestic violence and their children.

- 6 individual sessions for adults.
- 4 sessions with child, covering mindfulness and creative coping skills.
- Support groups.

Please contact CTS directly for referrals.  
\*Sandwell residents only.  
\*Must be completed by professionals.

**Contact Us:**

01902 826306  
[CTS@murrayhall.co.uk](mailto:CTS@murrayhall.co.uk)  
The Bridge, St Marks Road,  
Tipton, DY4 0SL  
[www.murrayhall.co.uk](http://www.murrayhall.co.uk)





## Reclaiming Lives After Stroke

We help younger stroke survivors and their families in the UK to reclaim their lives through active peer support

Last Wednesday in the month

12 – 2 pm

Held in the Bailey room

The Bridge St Mark's Road

Tipton

DY4 0SL

0121 612 2934







# Sandwell Visually Impaired CIO


SVI Office, West Bromwich Town Hall, Lodge Road, West Bromwich, B70 8DY  
Office Telephone: 0121 525 4810



Email: [info@sandwellvisuallyimpaired.org.uk](mailto:info@sandwellvisuallyimpaired.org.uk)

For a wide range of events and activities visit the SVI Website: [www.sandwellvisuallyimpaired.org.uk](http://www.sandwellvisuallyimpaired.org.uk)


Due to demand, booking for all events is essential, so please call the office on 0121 525 4810 or email [info@sandwellvisuallyimpaired.org.uk](mailto:info@sandwellvisuallyimpaired.org.uk).



## Good asthma control means having no symptoms

Children and young people with asthma can live their best lives by following these 4 steps:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack
4. Ask about the impact of outdoor and indoor air pollution



## Become a Dementia Friend

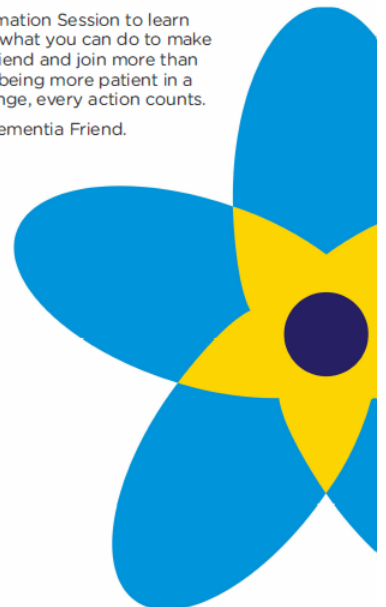
Join us for this free interactive Information Session to learn how dementia affects a person and what you can do to make a difference. Become a Dementia Friend and join more than 3 million others taking action. From being more patient in a shop queue to campaigning for change, every action counts. Anyone of any age can become a Dementia Friend.

DATE **11th September 2024**  
START TIME **10:30**  
DURATION **1 hour 15 minutes**  
VENUE

South Staffs Water Community Hub  
(Unit 17 Union Street, Wednesbury, England, WS10 7HD)

NAME **Lee Allen**  
CONTACT DETAILS

[lee.allen@alzheimers.org.uk](mailto:lee.allen@alzheimers.org.uk)  
Mobile - 07484 084 656



Save the date: #AskAboutAsthma returns 9 – 15 September 2024 to raise awareness about childhood asthma.

Scan this QR code or find more information at: [www.transformationpartnersinhealthandcare.nhs.uk/ask-about-asthma](http://www.transformationpartnersinhealthandcare.nhs.uk/ask-about-asthma)



[dementiafriends.org.uk](http://dementiafriends.org.uk) [@DementiaFriends](https://twitter.com/DementiaFriends)  
[/DementiaFriends](https://www.facebook.com/DementiaFriends)



# To nie jest miłość



Jeżeli doświadczasz takiego traktowania w swoim domu, potrzebujesz pomocy lub wsparcia:



Pogotowie dla Ofiar Przemocy w Rodzinie - Sandwell Women's Aid  
0121 552 6448

Całodobowa darmowa infolinia dla Ofiar Przemocy w Rodzinie:  
0808 2000 247

W NAGŁYCH WYPADKACH ZADZWOŃ POD 999



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

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



# This isn't love.



If you are experiencing domestic abuse and need help or support, contact:



Black Country Women's Aid:  
01215526448

FREE 24-hour Domestic Violence Helpline:  
0808 2000 247

In an emergency, call 999



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





## [Domestic abuse newsletter and training sessions](#)



Read the latest newsletter from the Domestic Abuse Team which includes information on stalking, female genital mutilation (FGM), forced marriage and domestic abuse-related suicide.

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

A dark blue banner with white and red text. The main text reads "STOP LOAN SHARKS Intervention . Support . Education" and "#NOBLAMENOSHAME". Below this are two panels. The left panel is titled "How does it affect you?" and discusses the mental health impact of loan sharks. The right panel is titled "Know The Signs" and lists three warning signs: no paperwork, fear of someone they owe money to, and threats when unable to pay. Both panels include contact information for Stop Loan Sharks: 0300 555 2222 and www.stoploansharks.co.uk. The hashtag #NOBLAMENOSHAME is repeated in red boxes at the bottom of each panel.

Anyone who has been affected by illegal money lending can call the Stop Loan Sharks 24/7 Helpline on 0300 555 2222 or access support online at [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk).

**Healthier Futures**  
Black Country Integrated Care System

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



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

**Mon 9 Sept,**  
10.00am – 4.00pm  
Park Street,  
Walsall Town Centre

**Tues 10 Sept,**  
10.00am – 4.00pm  
New Square Shopping  
Centre, West Bromwich

**Wed 11 Sept,**  
10.00am – 4.00pm  
Queen Square,  
Wolverhampton City Centre

**Thurs 12 Sept,**  
10.00am – 4.00pm  
Princes End - Tipton

**Fri 13 Sept,**  
10.00am – 4.00pm  
The Fountain, High Street,  
Dudley Town Centre

Please see links of cancer animation videos in BSL, these are also linked on our website.

Breast –

<https://youtu.be/nbKveUBkFcw>

Bowel –

<https://youtu.be/WQw0MhpZxcA>

Cervical –

[https://youtu.be/f6LNWMmmZ\\_E](https://youtu.be/f6LNWMmmZ_E)

**Healthier Futures**  
Black Country Integrated Care System



## Cancer screening

Scan here to find information about cancer signs and symptoms. Learn about support available and awareness raising in the Black Country from our Cancer Champions.





# Getting help and Support

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

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



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



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



Papyrus (Crisis Line) - 0800 068 4141 (Hopeline UK 9am - Midnight)



Samaritans - 116 123



Kaleidoscope Sanctuary hub - 0800 008 6516



Cruse Bereavement Care - 0808 808 1677 (Helpline, Monday - Friday 9.30am - 5pm)



Tough Enough To Care (Local Men's support group) - 07398 933 134

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



Find other health & wellbeing services near you;

<https://route2wellbeing.info/>

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



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

