



WELCOME TO OUR

February Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter




Pete and Suzy after a successful Steering Group meeting, admiring the brilliant Sutton Coldfield Methodist Church Centre venue 😊

THANK YOU!

From Pete, Rachel, Suzy, Joe, Manjit, Joy and Cathy

Hello All!

February is here and the notes of early Spring are intermittently in the air, hurrah! 

Last week we held an extremely well attended Steering Group meeting at the Sutton Coldfield Methodist Church Centre. It was great to see everyone including our friends at Erdington NNS, whom we will be closely collaborating with in the future.

We are pleased to discover all the NNS funded places for BSL training have been taken up! We currently have free Safeguarding Awareness training available to book, please see below for further details.

As usual, If you have any relevant snippets for our March newsletter, or would like to share an NNS 'Story of Difference' please get in touch at [**nns@ageconcernbirmingham.org.uk**](mailto:nns@ageconcernbirmingham.org.uk)

Want a confidential chat with a worker from Sutton Coldfield Adult Social Work Team?

The Sutton Coldfield Adults Team supported by Sutton Coldfield NNS and other partners are available to offer confidential information and advice on a range of care and support needs.

To have a chat please drop in on:

 Tuesdays, 10am-1pm United Reformed Church, 1 Brassington Ave, B73 6AA

 Thursdays, 10am-1pm Communita Cafe, 76-78 Boldmere Rd, B73 5TJ

CALL OUT for Volunteer Roles to be included in our new Sutton Coldfield NNS Volunteer Handbook

LOOKING FOR VOLUNTEERS?

(within Sutton Coldfield)



Sutton Coldfield NNS is inviting all Sutton Coldfield based community groups and organisations within the voluntary, community and faith sector, to be included in our new Volunteer Handbook for 2025. The publication will include loads of volunteering tips for organisations, plus suggestions on what to consider when choosing a volunteering role for the first time. **The highlight will be a directory of volunteering opportunities where you are invited to submit listings.** The handbook will be available in digital and print form, which will be distributed in community venues.

To get involved, please complete the attached form with your volunteer roles to be included in the directory by **Friday 14th February 25.**

Congratulations!

We had a busy January grants panel and are very pleased to announce three assets due to receive funding. We would like to congratulate the following community groups and organisations who will be delivering the following...

Dance4U – Will be providing accessible online dance lessons for disabled adults.

Wheelchair Basketball – Will continue and expand their inclusive sports hub at Wyndley Leisure Centre. The project involves a variety of accessible sporting activities and games, including wheelchair basketball, soft axe throwing and inclusive squash.

YMCA Sutton Coldfield – Will be setting up a new inclusive choir for disabled people called 'Step Up and Sing'.

Culturally Appropriate Peer Advocacy Service

Peer Advocacy Service Birmingham & Solihull

Our Aim

Our aim is to ensure that everyone has access to a peer advocate when they need one to enable them to overcome barriers, have their voice heard and have their needs met by mental health services. You can use our peer advocacy service if you are from an African, Caribbean or other racialised background and living in the community in Birmingham and Solihull with a mental health need. This service is free, confidential and independent from statutory mental health services.

A peer advocate is someone who can support you to speak up for yourself when you can and speak for you when you can't.

Our peer advocates can help you to:

- Understand your cultural needs that support your mental health
- Express your wishes, feelings and views about your care and treatment for your mental health in the community
- Access information and support for your mental health in the community in accordance with your individual choices
- Support communication with health professionals involved in your care and raise any issues or concerns
- Access other organisations that provide support on aspects of daily living, such as benefits and housing



A Peer Advocate Is Someone Who:

- Understands your cultural needs and preferences
- Has their own lived experience of mental health issues
- Can support you by meeting with you regularly in the community or by speaking with you over the telephone or via video call according to your preferences.
- Can attend meetings with you subject to availability.

Make a referral

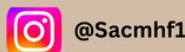
You can refer yourself to this service or ask a family member, friend or health professional to refer on your behalf. To request a referral form or for more information:

Tel: 07714 076 348

Email: j.crew@sacmhf.co.uk

Website: www.sacmhf.co.uk

Our Social Media:



Sandwell African Caribbean Mental Health Foundation (SACMHF) work in partnership with Pohwer and Catalyst for Change in the provision of the Culturally Appropriate Advocacy Service.

They offer a peer advocacy service at SACMHF primarily for people of African and Caribbean heritage and other racialised backgrounds, living with a mental health need in the community in the Birmingham and Solihull area. The service is **free and independent** from statutory services. They also offer community visits to talk about the services available.

You can refer yourself to this service or ask a family member, friend or health professional to refer on your behalf.

To request a referral form or for more information please call 07714076348 or email j.crew@sacmhf.co.uk

FREE Safeguarding Awareness Training

Sutton Coldfield NNS will be supporting local community, social enterprise, voluntary or faith sector organisations with **two free places to attend a new safeguarding course from Our Place Support.**

Learn how to protect vulnerable individuals and promote a safe environment through Our Place Support's CPD approved Safeguarding Awareness Training.

Key Learning Outcomes include :

- Understand what safeguarding in children, young people and adults means.
- Know key safeguarding legislation and guidance
- Understand the need for effective safeguarding
- Know the different categories of abuse and maltreatment
- Recognise the behavioural and physical indicators of abuse and maltreatment
- Know how to respond and report safeguarding concerns including how to handle disclosures of abuse

Join us for an interactive session, delivered by experienced facilitators with a depth of expertise in safeguarding, either online or in person.



Wednesday 12 February 2025

10:00am - 13:30pm



In person at Our Place Support, Farthing Lane Birmingham B72 1RN

To book click [here](#)



Monday 31 March 2025

10:00am - 13:30pm



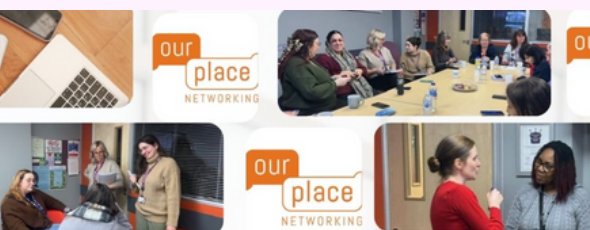
Online

To book click [here](#)



To gain your free access please email us at nns@ageconcernbirmingham.org.uk and we will supply you with a code.

Our Place Support Networking Meet Up



Our Place Support Networking

Free Informal Networking for
Sutton Coldfield Voluntary, Community &
Faith Sector

Our Place Support Networking Meetings provide a supportive, uplifting space for voluntary sector partners to support one another, connect and build on the fantastic provision we have in Sutton Coldfield.

The next meeting is on 12th February, 10.30am-12noon.

If you're a community partner interested in attending, join the mailing list by emailing networking@ourplacesupport.org

North Birmingham 4 Ukraine (NB4U) – Festive Meal



When Ukrainians fled from their homes and moved to England under the Homes For Ukraine scheme NB4U welcomed a large number of families and individuals in Sutton Coldfield. They offered a range of wellbeing activities to support them settling into a new community and a totally different life to the one they lived in Ukraine. What became evident after a few months was that elders who had fled Ukraine , either on their own or with their families, were reluctant to engage with any of the activities or support offered.

They were an isolated group who were finding it difficult to integrate either with the Ukrainian community in Sutton Coldfield or with their new community in Sutton Coldfield. As a result NB4U set up a luncheon club specifically for elders who meet monthly at the United Reformed Church café. These elders are not living the lives they had planned before Russia invaded Ukraine, they are living in very different accommodation, have very limited support networks and are missing family and friends who are still in Ukraine. As a result of this situation NB4U applied for an NNS microgrant to treat the elders to a festive meal in an opulent environment. On the day, eleven elders came together to enjoy a festive meal . They reported feeling sad to have left behind family and friends, so we wanted an opportunity to build happy memories for them in the place where they have been given sanctuary. The meal was delicious, the setting unique, everyone had a fabulous time, enjoyed each other's company and had a positive experience to share with their family and friends.

"It was heartwarming to relax with friends in a place where I felt safe and could build some happy memories."

"It was good to see a place that I haven't been to before and wouldn't normally experience. Seeing and tasting a traditional British Christmas menu was good. I had the beef and Yorkshire pudding. Being able to share the experience with other older Ukrainian people is comforting. Knowing that such care is being taken of us. I do not feel alone (isolated) with my problems as a displaced person in the UK. I wish you all a lot of health and we are very grateful for the friendly support that we are given here. You are forever in our hearts. Thank you."

SPREAD THE WORD

Inclusive Sports Hub, Wyndley Leisure Centre



INCLUSIVE SPORT PROGRAMME



Wyndley Leisure Centre

Clifton Rd, Sutton Coldfield, Birmingham B73 6EB.

Inclusive sports hub
February 2025
6th, 13th, 27th,
March 2025
13th, 27th
11am to
2pm

*Specialised activities
organised, delivered by
qualified instructors*

*Bollywood dancing
Bhangra dancing
Yoga
Circus Skills and more.*

Wheelchair Basketball
Wheelchair Rugby League
Squash
Badminton
Hockey
Football
Adaptive Boxing
Boccia
New age Kurling
Dodgeball
Soft Archery
Soft Axe Throwing
Inclusive Quidditch
Wheelchair American Football
and many other activities



Please email or ring to book attendance: **Andy Craddock, 07855391871, Makechangebwcb@gmail.com**

An Inclusive Sports Hub will be starting on Thursday 6th February 25, 11am-2pm at Wyndley Leisure Centre. Organised and delivered by qualified instructors, specialised activities available to try will include wheelchair basketball, wheelchair rugby league, squash, badminton, hockey, adaptive boxing... to name a few!


To book please call 07855391871 or email makechangebwcb@gmail.com

Do you offer activities for older people or adults with disabilities?

Please get in touch to discover how we can support your local community group or organisation!

To find out more about the Sutton Coldfield NNS you can visit

 <https://suttoncoldfieldnns.blogspot.com/>

 0121 362 3650

 nns@ageconcernbirmingham.org.uk

 [Sutton Coldfield NNS](#)