



Partnership Monthly Briefing November Part 2 2024



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



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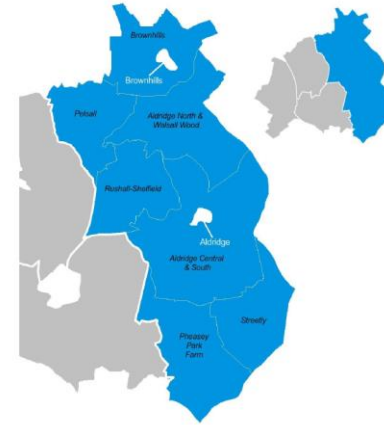
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Shout Out !!!

We would like to give a massive shout
out to

Shafia Arshad (Debt Worker) for the
amazing support she is providing
the families she supports





Key information



Family Hubs





Walsall Family Hubs

Supporting families to live happier lives

Services that form part of our Family Hubs and spokes are:



Benefits & Financial support



Child Development



Early Help & Children's Social Care



Employment & Training



Housing



Infant Feeding support



Midwives & Health Visiting



Speech & Language



Stay & Plays



Parenting support



Police



Volunteering opportunities

Walsall Family Hub

If you like to be added to the Walsall Family Hubs Distribution list please fill out the link here; <https://forms.office.com/e/XruY3Metrk>

Check out our newsletter for families with children 0-5 years

[Or Visit :](#)
[Things to do with your children | Walsall Council](#)



To keep up to date with whats going on by following our Facebook Page @Walsallfamiliesintheknow or email familyhubs@walsall.gov.uk



Funded by
UK Government



Walsall
Family Hubs

Supporting families to live happier lives

Walsall Family Hub

There's plenty of exciting and FREE activities to do and enjoy this month at our four Family Hubs;

- Saturday Stay and play session / PEEP Stay and plays
- Christmas Fun Days
- Dads Groups – Dads for Dads Peer Support and Stay and plays
- Breastfeeding support groups and Introducing solid food workshops
- Walsall Works drop-ins for careers advice and help
- PEEP Antenatal workshops
- Sensory room at our North Hub
- Free therapy service for pregnant families & with child up to the age of 3 (Secure Beginnings)
- Parenting workshops including first aid, online, antenatal

.....And lots more!

Take a look at our Family Hubs website for more information on what's on offer in Walsall for families <https://walsallfamilyhubs.co.uk/> and follow and share our posts on Facebook [WalsallfamiliesintheKnow](#)

Did you know we also have recently launched some new resources for families ??

- Free Apps available to download with a Walsall postcode – EasyPeasy, Dads Pad and Baby Buddy!
- Home learning booklet for families - [Supporting your Child's Learning and Development at Home :: Walsall Together Family Hub](#)
- Best Start for Life booklet for expectant and new families - [Pregnancy :: Walsall Together Family Hub](#)

Please note the Family Hubs are closed 25th, 26th, 27th December 2024 and 1st January 2025



Funded by
UK Government



Family Wellbeing Team

All families need support from time to time to help their babies and children thrive. This is where the Family Wellbeing Champions can step in to help.

Who are we and what do we do?

We are an outreach team of 8 members of staff working across all 4 Walsall Locality Family Hubs. Our aim is to support families at the earliest opportunity. We support new and expectant parents/carers in promoting good overall emotional health and wellbeing, as well as helping with developing positive child/parent relationships.

Who can we support?

We currently support expectant parents and parents with children aged 0-2.

How can we help?

- Providing support to parents experiencing low mood and/or anxiety
- Delivering a wide range of groups and workshops to develop parenting skills and promote parent/child relationships i.e. Triple P Baby and Antenatal Peep.
- Co delivering parent wellbeing sessions and peer support groups with our community partners
- Co delivering 'First steps' & 'Baby Batisseries' with our health partners
- Providing one to one support, advice and guidance
- Helping to signpost and secure services that are available within the local communities
- Supporting parents to support each other on their journey through parenthood
- Helping parents to overcome difficulties in relationships and build on existing parenting strengths
- Working alongside infant feeding and parent panel within the Family Hub Team
- Empowering parents to make positive changes within their emotional health

How can you access our service?

- Speak with any health practitioner
- Walk into your local Family Hub and speak with a member of staff
- Email familyhubswellbeing@walsall.gov.uk for further information

Walsall Family Hubs provide a welcoming space where children, young people aged 0-19 and up to 25 with additional needs and their families can go to get advice and support when they need it.

Our Family Hubs are in the heart of local communities where services have come together providing one 'front door' access to get help and to talk to someone in a safe space about sensitive things that maybe worrying them.

To find our local Family Hub please visit our website walsallfamilyhubs.co.uk or visit our Facebook [WalsallfamiliesintheKnow](https://www.facebook.com/WalsallfamiliesintheKnow)

Familyhubs@Walsall.gov.uk



Are you a new or expectant parent / caregiver?

SECURE BEGINNINGS

Free Professional Therapy Services Available

- ✓ Free counselling/therapy sessions.
- ✓ Support for new and expectant parents or caregivers of infants aged 0-3 years.
- ✓ Group workshops with other new parents.
- ✓ Build your confidence and self-esteem.

CONTACT US

01902 826306

cts@murrayhall.co.uk
The Bridge, St Mark's Rd, Tipton, DY4 0SL.



Referral Form



Scan Me



PEEP Antenatal Workshops

Getting to know your baby.

Would you like to take part in a program that focuses on a positive start to parenthood?
All sessions are free of charge, snack and drink will be available.



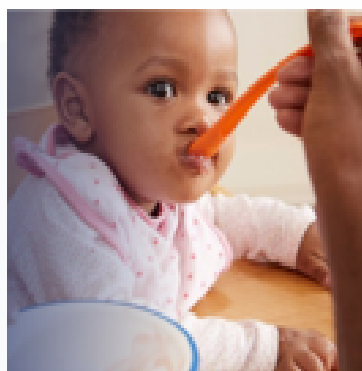
What is it? PEEP Antenatal supports expectant parents too: tune in to baby's feelings, manage their own feelings and understand how to support baby's early learning and development.

Who is it for? It is for expectant parents or parents at the start of their parenthood journey. Please bring baby along to the sessions.

What does it involve? PEEP Antenatal is made up of 5 sessions. You will meet other new or expectant parents and develop a supportive network within the group. The workshops will focus on promoting parent-baby bonding. You will learn about sensitive parenting and how this helps to develop a loving, secure attachment.

What do the sessions focus on?

- Parenting skills
- Tuning into baby's needs and feelings.
- Responding sensitively and consistently
- Providing a safe and secure emotional base
- Managing your own feelings about changes
- Understanding how to support baby's brain development.



Where will it take place?

Venue: Nash Dom Sun Street, Walsall WS1 4AL

Time: 13:00am-15:00am

Venue: Ryecroft Community Hub 28, New Forest Rd, WS3 1TR

Time: 9:30am-11:30am

Venue: Brownhills Community Association Pelsall Rd, Brownhills, Walsall WS8 7JE

Time: 9:30am-11:30am

When will the sessions take place?

Wednesday 4th September
Wednesday 11th September
Wednesday 18th September
Wednesday 25th September
Wednesday 2nd October
Wednesday 9th October

Monday 11th November
Monday 18th November
Monday 25th November
Monday 2nd December
Monday 9th December
Monday 16th December

Friday 24th January
Friday 31st January
Friday 7th February
Friday 14th February
Friday 21st February
Friday 28th February



Walsall
Family Hubs

Supporting families to live happier lives

We would like to invite families to come along to our First Aid awareness families

Topics include:

Primary Survey - CPR
Using a defibrillator
Recovery position
Choking
Minor injuries
First aid kit



First Aid Awareness Workshops for Families

Time: 09:30 – 11:00

Friday 2nd August - Frank F Harrison Community Association, Stephenson Square, Bloxwich, Walsall WS2 7DY

Friday 13th September - Brownhills Community Association, Pelsall Rd, Brownhills, Walsall WS8 7JS

Monday 7th October – Moxley People's Centre, 3 Queen St, Moxley, Wednesbury WS10 8TA

Wednesday 6th November - Nash Dom Community Hub, Sun St, Walsall WS1 4AL

Thursday 5th December - Willenhall Chart Centre, 19 Gomer St, Willenhall WV13 2NS

Monday 6th January 2025 - Manor Farm Community Association, King George Cres, Rushall, Walsall WS4 1EU

Friday 7th February 2025 - Frank F Harrison, Stephenson Square, Bloxwich, Walsall WS2 7DY

Monday 3rd March 2025 - Darlaston Town hall Victoria road Darlaston WS10 8AA

To book your place you can email familyhubs@walsall.gov.uk with your name, what session you would like to book, your postcode and email address. (Please note places are limited)



To keep up to date with whats going on by following our Facebook Page @Walsallfamiliesintheknow



What's on at our Family Hubs

Saturday Stay & Plays

July – December 2024

Come along and join our Early Years Team on a Saturday for a range of free Stay & Plays for families with children ages 0 -5 Years.

All sessions are free of charge. Booking welcome by calling your local Family Hub or simply join us on the day. Refreshments available

See below dates and times and venue;

Saturday 7 September 2024 10.30-12:00
North Family Hub, 275 Blakenall Lane, Blakenall, Walsall WS3 1HJ
T: 01922 654589

Saturday 26 October 2024 10.30-12:00
East Family Hub, Silver Court, Walsall, WS8 6HA
T: 01922 658300

Saturday 16 November 2024 10.30-12:00
South & Central Family Hub, Birchills Street, Walsall, WS2 8NF
T: 01922 654545

Saturday 14 December 2024 10.30- 12:00
West Family Hub, Ilmington House, Crescent Road, WS10 8AE
T: 01922 652959



If you would like further information, please pop into your hub or email familyhubs@walsall.gov.uk
We would love to hear your feedback on the session, please scan the QR code to access the feedback form.



Introduction to solid foods

Would you like more information on how to introduce solid foods to your baby?
Then join us at one of the **Local Family HUBS**. A member of the Infant Feeding Team will be available to answer your questions and support you through this exciting stage in your baby's feeding journey.



Tuesday 8 October
1-3pm
Brownhills Community Association,
Chester Road North, Brownhills, WS8 7JS

Tuesday 14 January
1-3pm
Frank F Harrison, Beechdale Centre,
Stephenson Square, Bloxwich, Walsall
WS2 7DY

Tuesday 12 November
1-3pm
North Family Hub, 275 Blakenall Lane,
Blakenall, Walsall, WS3 1HJ

Tuesday 11 February
9.30-11.30am
Brownhills Community Centre,
Chester Road North, Brownhills, WS8 7JS

Tuesday 10 December
9.30-11.30am
West Family Hub, Ilmington House,
Crescent Road, Darlaston, WS10 8AE

Tuesday 11th March
1-3pm
Nash Dom CIC, Sun Street,
Walsall, WS1 4AL



To book your place, please email: familyhubs@walsall.gov.uk

If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our **Single Point of Access** on **01922 603074** or **send a text explaining your concerns** with your **child's name, date of birth** and **NHS number** to **07520 634909**.



WOMB TO WORLD

Parent Education Antenatal Programme



Supporting you throughout your journey into parenthood and beyond

Walsall Womb to World Antenatal Programme is delivered virtually on Microsoft Teams each month.

Sessions are delivered by health care practitioners who will be supporting you throughout your pregnancy and beyond into parenthood, from the Maternity Service and Health Visiting Service.

Session 1

Getting to know your unborn baby

Session 2

Labour and birth

Session 3

Infant feeding

Session 4

Postnatal care and bonding



To join us please contact:

Maternity Service: 01922 605420

Health Visiting Service: 01922 603074

Infant Feeding Team: 01922 605248

Health in Pregnancy Team: 01922 423252

If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our **Single Point of Access** on **01922 603074** or send a text explaining your concerns with your **child's name, date of birth** and **NHS number** to **07520 634909**.

Walsall Breastfeeding Peer Support Group

Would you like to meet other breastfeeding mothers and share your feeding journey?

Please come and join us at our face-to-face peer support group every Friday morning.

No appointment required.



🕒 11am-12:30pm

📅 Every Friday

📍 North Family Hub
275 Blakenall Lane
Blakenall, WS3 1HJ

If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our **Single Point of Access** on **01922 603074** or send a text explaining your concerns with your **child's name, date of birth** and **NHS number** to **07520 634909**.



HCP 0-19 Service

Are you a parent/carer of a child/young person with **Special Educational Needs and/or Disabilities?**

Our SEND Team are offering weekly drop-in sessions covering the following:



Behaviour



Fussy Eating



Sleep



- 🕒 9:30am-11:30am
- 📅 Every Thursday
- 📍 Child Development Centre, Coalheath Lane, Walsall, WS4 1PL

If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our **Single Point of Access** on **01922 603074** or **send a text explaining your concerns** with your **child's name, date of birth** and **NHS number** to **07520 634909**.

School Nurse Service

Your School Nurse service offer **FREE** virtual workshops for Parents/Carers

Are you a Parent/Carer of a child or young person who is struggling with any of the following:

Sleep

Behaviour

Emotions

Toileting *(training and/or common problems)*

Healthy Lifestyles

Fussy Eating

Bedwetting

Scan the QR code for more information



Do you need advice and support about other health issues? You can call our **Single Point of Access** on **01922 423349**.

We have resources to help you:

- Health for Teen Website for teenagers: www.healthforteens.co.uk
- Health for Kids Website for children: www.healthforkids.co.uk
- School Nursing Service Webpages: www.walsallhealthcare.nhs.uk/our-services/school-nursing
- ChatHealth – text messaging service to contact a School Nurse for advice
 - Teen ChatHealth - 07480 635363
 - Parent ChatHealth - 07520 634909

Free childcare for working parents

- 15 hours childcare for babies from 9-months-old and 30 Hours for 3- & 4-year-olds whose parents are working 16 hours or more a week
- Parents can check their eligibility and submit an online application at www.childcarechoices.gov.uk
- Helpline telephone number – 0300 123 4097
- Parents will receive an eligibility code to take to their childcare provide, this code needs to be renewed every 3 months.
- Childcare providers will then check the code with their local authority
- The eligibility code is a unique 11-digit number, a provider must acquire written consent from a parent to be able to receive confirmation and future notifications from the local authority of the validity of the parent's eligibility code.
- The Eligibility Checking Service (ECS) allows the local authority to make instant checks for code validity.

Eligible Criteria



- Income Support
- income-based Jobseeker's Allowance (JSA)
- income-related Employment and Support Allowance (ESA)
- Universal Credit - if you and your partner have a combined income from work of less than £15,400 a year after tax
- tax credits and you have an annual income of under £16,190 before tax
- the guaranteed element of State Pension Credit
- Families receiving [support under the Immigration and Asylum Act](#) (part 6) and have a NASS number
- the Working Tax Credit 4-week run on (the payment you get when you stop qualifying for Working Tax Credit)

How to apply:

Call Walsall FIS: 01922 653383 or Sharon Walker 07876 818762

Apply online: <https://www.mywalsall.org/fis/eligibility-stage1/>



Additional Criteria



- A child can also get free early education and childcare if any of the following apply:
 - ✓ They're looked after by a local council
 - ✓ Have an Education, Health & Care Plan (EHCP)
 - ✓ They get [Disability Living Allowance](#)
 - ✓ They've left care under a Special Guardianship Order, Child Arrangements Order or Adoption Order

How to apply:

Call Walsall FIS: 01922 653383 or Sharon Walker 07876 818762

Non-EEA citizen who cannot claim benefits



Children could be entitled to a funded place if:

- parent's immigration status includes the condition of "No Recourse to Public Funds" and their household income is less than £26,500 with 1 child or £30,600 with 2 or more children.

Families will need to evidence their immigration status and income when applying

How to apply:

Call Walsall FIS: 01922 653383 or Sharon Walker 07876 818762

For more information visit:

<https://go.walsall.gov.uk/children-and-young-people/information-childcare-providers-walsall/childcare-places-and-funding>

North Locality Hub

275 Blakenall Lane Walsall WS3 1HJ

Tuesday 1st October 2024

Tuesday 5th November 2024

Tuesday 3rd December 2024

Tuesday 7th January 2025

Tuesday 4th February 2025

Tuesday 4th March 2025



South and Central Hub

Birchills Street Walsall WS2 8NF

Wednesday 9th October 2024

Wednesday 6th November 2024

Wednesday 18th December 2024

Wednesday 8th January 2025

Wednesday 5th February 2025

**Free Stay &
Play**

**PEEP PLAY &
STORYTIME**

Every month

9:30AM - 11:00AM

East Locality Hub

Silver Court Brownhills WS8 6HA

Friday 25th October 2024

Friday 22nd November 2024

Friday 20th December 2024

Friday 31st January 2025

Friday 28th February 2025

Friday 28th March 2025

Songs

Stories

**Sensory
toys**

West Locality Hub

Ilmington House Wednesbury WS10 8AE

Monday 7th October 2024

Monday 4th November 2024

Monday 2nd December 2024

Monday 6th January 2025

Monday 3rd February 2025

Monday 3rd March 2025





Chill & Chat

Come and join us at the North Family Hub

Stay and Play with your child, meet other parents, share experiences and relax in a safe and friendly environment.

The session is free of charge.

Booking welcome by calling the Family Hub on 01922 654589 or simply join us on the day.

North Family Hub

275 Blakenall Lane, Blakenall, Walsall WS3 1HJ

14th November

12th December



ARE YOU A NEW PARENT?

DO YOU KNOW WHAT FREE SUPPORT IS AVAILABLE IN WALSALL?



FAMILY WELLBEING CHAMPIONS

Our Family Wellbeing Champions support new and expectant parents through one-one support and group activity. We focus on promoting good overall emotional wellbeing as well as helping with developing positive parent/child relationships.

PEEP PLAY AND STORYTIME FUN

Bring your baby along to our fun story time Stay and Play sessions where you can meet other parents and enjoy our interactive stories and songs.



PEEP ANTENATAL WORKSHOPS

PEEP Antenatal workshops support expectant and new parents to tune in to baby's feelings, manage their own feelings and understand how to support baby's learning and development.



PARENT PEER SUPPORT GROUPS

Join our Mindkind Project peer support group and chat with fellow parents and care givers. Babies and Toddlers welcome.

To find out more, email: mindkindofficegroup@walsall.gov.uk

BREASTFEEDING SUPPORT

Our accredited Breastfeeding Champions can offer support and information during your breastfeeding journey.



PARENT & TODDLER STAY AND PLAY

Mindkind Project Stay and Plays offer a space to have fun with the little ones and enjoy some chat time with fellow parents and guardians.



SECURE BEGINNINGS COUNSELLING

FREE counselling and therapy sessions for new and expectant parents.

- Emotional support with your new born and up to two years
- Build your confidence and self esteem

To find out more, email: cts@murrayhall.co.uk
Call: 01902 826306



TRIPLE P FOR BABY

Would you like to take part in a programme that focuses on a positive start to parenthood?

You will learn about strategies to develop a positive relationship with your baby, promote your baby's development and help teach them new skills and behaviours.



Scan this QR code to find out more about local services to support your mental wellbeing:

Scan here to find out more about your local family hubs and what they offer.
walsallfamilyhubs.co.uk



VISIT OUR FACEBOOK PAGE FOR UPDATES:
Walsall Families In The Know



Walsall Family Hubs

Supporting families to live happier lives



Triple P for Baby

Preparation for Parenthood

Would you like to take part in a programme that focuses on a positive start to parenthood? All sessions are free of charge, a snack and a drink will be available.

What is it? Triple P for Baby is designed to prepare you for a smooth transition into parenthood and the initial year with your infant.

Who is it for? New and expectant parents/ care givers with baby up to 12 months of age.

What does it involve? Triple P for Baby is made up of 8 sessions. You will learn about strategies to develop a positive relationship with your baby, promote your baby's development and help teach them new skills and behaviours. The first 4 sessions will be delivered as a group, followed by 4 individual sessions to check in and offer support. Each person will receive their own Triple P workbook with information from each session.

What do the sessions focus on?

- Positive parenting
- Responding to your baby
- Managing parental emotions and coping strategies
- Partner/family support
- Implementing parental routines



Where will it take place ?

Venue: Busill Jones Primary School, Ashley Rd, Bloxwich, Walsall WS3 2QF

Time: 9:30am-11:30am

When will the sessions take place?

Mondays:

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

2nd, 9th, 16th, 23rd December



If you would like further information, please pop into your local Family Hub or email familyhubswellbeing@walsall.gov.uk

To find our local Family Hub please visit our website www.walsallfamilyhubs.co.uk or visit our Facebook [WalsallFamiliesInTheKnow](https://www.facebook.com/WalsallFamiliesInTheKnow).



Parent and Infant Emotional Wellbeing (PIEW) Training



The first 1001 critical days in a baby's life are invaluable for starting to build a strong attachment between a baby and parents. Building strong brain connections for a solid emotional foundation can be impactful on the lifetime outcomes for each child.

PIEW training will take place on the following dates at Family Hubs across Walsall

December – Tuesday 3rd 2024 – 12:30 till 16:30 at Manor Farm Community Association – King George Crescent, Walsall WS4 1EW

January – Wednesday 22nd 2025 – 9:30 till 13:30 at Manor Farm Community Association – King George Crescent, Walsall WS4 1EW

February – Thursday 6th 2025 - 12:30 till 16:30 at Manor Farm Community Association – King George Crescent, Walsall WS4 1EW

Book your place:

[Event List : Emotional Wellbeing](#)

What does it offer?

This training will help you to reflect on the First 1001 Days (period from conception to age of two years) and why it is so vital for baby brain and relationships' development.

It will also help you:

- know more about supporting secure attachments and bonding
- support attunement between parents and infants
- increase your understanding and confidence in perinatal and infant emotional wellbeing
- learn techniques to discuss PIEW, baby cues and baby states with families
- learn more about the developing PIEW agenda in Dudley

The training is a one-off four hour face to face training session facilitated by Family Hubs Wellbeing team & Health in Pregnancy.

The Family Hubs and Start for Life Programme is funded/supported by central government.



Training and Development





AET North Star Federation-Walsall LA Hub 2024-2025

FREE Early Years AET Training

Suitable for providers and professionals working with children 0-5 and beyond.

Making Sense of Autism

11th November 2024 09:30 – 11:00
14th January 2025 13:00 – 14:30
01st May 2025 09:30 – 11:00

Good Autism Practice

22nd November 2024 09:15 – 14:45

Brand New Early Years modules for 2024 – Toileting and Developing Play.

Developing Play

27th January 2025 10:00 – 11:30

This module is intended to equip delegates with an understanding of the importance of play in the Early Years and how the three areas of difference in autism can impact on play. The module also considers how person-centered planning and making reasonable adjustments can enable autistic children to develop their play skills.

Toileting

27th January 2025 13:00 – 14:30

This module is intended to develop delegates' understanding of how autism can impact on toileting. The module also aims to equip delegates with strategies to enable and support autistic children to develop their toileting in the setting and at home, through effective communication with parents and carers.



FREE schools AET Training

Suitable for providers and professionals working with Reception pupils and beyond

Making Sense of Autism Schools

12th November 2024 13:15 – 14:45
13th January 2025 09:15 – 10:45
02nd May 2025 09:15 – 10:45

Good Autism Practice Schools

21st November 2024 09:15 – 14:45

FREE Post 16 AET Training

Suitable for providers and professionals working with Year 9 pupils and beyond

Making Sense of Autism P16

15th January 2025 13:00 – 14:30

FREE sessions suitable for all to attend.

Training suitable for Families, settings and professionals to attend.

Autism and Anxiety

13th November 2024 09:15 – 12:15
07th March 2025 13:00 – 16:00
20th May 2025 09:15 -12:15

Autism and Inclusion

13th November 2024 13:00 – 16:00



16 days of Action : Virtual Development Event

4th December 2024

9:30-13:30

- 9:30 Welcome and Introductions**
- 9:45 Ellie Hopkins : VAWG Lead at the Violence Reduction Partnership**
Regional response to VAWG and how this is reflected in Walsall.
- 10:30 Gill Garrett : Walsall Domestic Abuse Champions Network**
Reigniting the Champions Network in Walsall, networking opportunities and the opportunity to shape the future of the network
- 11:15 Break**
- 11:30 Professor Heather Flowe : Professor of Psychology, University of Birmingham and Imogen Cheatham : Policy Officer, Office of West Midlands PCC**
Key findings from recent research on domestic abuse related suicides and introduction to the Domestic Abuse Suicide Screening Tool (DASST).
- 12:30 Sue Porter : Victim Experience Lead at West Midlands Police**
The role of the Victim Experience Lead at West Midlands Police and ongoing work, including :
 - Domestic Abuse Desk : triage and video link disclosures
 - Civil Interventions and Claires Law
 - Early Awareness of Stalking
- 13:30 Close**

To book a space for the development event please follow the link below or scan the QR code.

<https://forms.office.com/e/fZey9WMQ9>

Spaces are limited and links will be sent out 2 days before the event.



Walsall 16 Days of Action Event
Registration





Do you work with pregnant parents and families with children under 3?

If yes, all professionals, practitioners and volunteers working in the Walsall borough are encouraged to attend one of these 4 hour sessions on supporting parents' and infants' emotional wellbeing and the parent- child relationship.

We know that the during the first 2 years of a baby's life there is rapid development and experiences of those early years that lay the foundations for a child's lifelong emotional and physical health need.

The parent-infant relationship plays a crucial part for the child's long-term outcomes (adult mental wellbeing, emotional health, speech and language development etc), as well as their present well-being. This links in closely with safeguarding work for all babies and children.

This training is relevant for all professionals: health, community, family hub staff, family support workers, social workers, early years staff, volunteers, administrators etc

This training was developed by Dudley Family Nurse Partnership (FNP) with support from FNP National Unit and Parent-Infant Foundation. The training looks at techniques to support development of secure attachment patterns, and trauma-informed practice, using a variety of tools to bring this training to life.

This training has also been developed to assist practitioners to achieve Infant Mental Health Competency Framework (Level 1).

We will also explore Walsall's available pathways and Start for Life offer of support to families.

Please note this training can evoke emotions of attendees, by the topic, and materials used and support for staff's wellbeing can be provided outside of the course. Please speak with one of the trainers if support is required.

For further information, dates and venues please use the link below

[Event List : Emotional Wellbeing \(event-booking.org.uk\)](http://event-booking.org.uk)

Graded Care Profile 2 Antenatal (GCP2A)

An evidence-informed assessment tool to support expectant and new parents

The antenatal period and early years of a child's life can have a profound impact on their future physical and emotional safety and wellbeing. It's important that parents are given support to provide the best care for their developing baby and newborn infant¹.

Graded Care Profile 2 Antenatal (GCP2A) helps a range of professionals working with expectant parents to identify areas of strength and areas where they may benefit from support.

How it works

The tool is split into three sections. Each section uses a graded scale of 1 to 5 where 1 indicates no concerns and 5 indicates high concerns. Sections one and two focus on the antenatal period, looking at the quality of consideration given to the developing baby. Section three is delivered during the postnatal period to review the quality of care in the early days of life.

The tool is based on [GCP2](#) and includes areas of known risks that are linked to safeguarding concerns perinatally and in babies. It will help professionals build a picture to identify where concerns might emerge in relation to the impact on the developing baby. It can also be used as an indicator for potential safeguarding issues after birth.

If you would like to book a place on any of the available dates, please follow the below links:

[PLEASE CLICK TO BOOK - MANOR FARM VENUE](#)

[PLEASE CLICK TO BOOK - WALSALL MANOR VENUE](#)



Walsall Council

FREE

Mental Health Awareness & Suicide Prevention Training

For those living and working in Walsall

Book Today

<https://www.eventbrite.co.uk/cc/walsall-mental-health-suicide-prevention-courses-2591059>



mind
Birmingham

Birminghammind.org
Birmingham Mind, 17 Graham Street,
Hockley, Birmingham B1 3JR



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



North Star Inclusion Advisory Team presents:

Navigating life as an Autistic Girl & The Quiet Ones

Delivered by Joanna Grace – International expert and author from 'The Sensory Projects'



The Sensory Projects

Navigating Life as an Autistic Girl

Autistic adult Jo Grace gives a humorous account of navigating life as an autistic girl. Using experiences from her own life Jo explores topics of relevance across the autistic spectrum focusing particularly on relationships, communication, work/education, risk of abuse and health both mental and physical.

The Quiet Ones

When neurodivergent children struggle at school, with their work or their behaviour, they get noticed. But what about the ones who are struggling but who do not get noticed? This session explores hidden struggles faced by neurodivergent children, equipping those who care for them with ways to support them.

Location: Training Room, Rushall Primary School, Pelsall Lane, WS4 1NG.

Date and Time: Friday 7th February 2025

Navigating Life as an Autistic Girl - 09:15 -12:30

The Quiet Ones – 13:15 – 15:30

Booking and Cost: Individual session £60 per person

Attendance for both sessions offers a reduced rate at £50per session - total £100 per person



Pelsall Lane, Rushall, Walsall, West Midlands, WS4 1NG

Tel: 01922 682300

Email: Samantha.harrison@northstarfederation.org.uk



North Star Inclusion Advisory Team presents:

Inspecting SEND provision: What does Ofsted look for?

Delivered by **Simon Mosley – School Improvement Consultant**

Simon Mosely has a track record of helping schools to improve and gain good and outstanding Ofsted judgements. His aim is to help every school become the best that it can be. Over time, Simon has led school improvement activities in local authorities, Trusts and a variety of mainstream and specialist settings. Simon has worked with mainstream primary, secondary and special schools, PRUs and post-16 providers. He always focuses upon what it is like to be a pupil in those settings and what schools need to do to develop further.

He is a former school's HMI and has inspected for Ofsted since 2010. In this role, he has led inspections of primary, secondary and special schools and PRUs. He also led seven Area SEND inspections across the West Midlands. In addition to this, he trained other inspectors on a range of topics, including the Ofsted framework.

Day one (19.6.25) will cover:

- OFSTED: The Key Questions asked for SEND and inclusion.
- How to showcase your school based interventions and 'Alternative Provision' within your setting- pupils receiving a different curriculum.
- What will happen in a SENCO Ofsted interview- live role play

Day Two (18.9.25) will cover:

- A SEND focus on the new Ofsted framework, which will be introduced in September 2025.

Location: Training Room, Rushall Primary School, Pelsall Lane, WS4 1NG.

Date and Time: 19TH June 2025 and 18th September 2025 10:00 – 14:00

Booking and Cost: Individual session £60 per person
Attendance for both sessions offers a reduced rate at £50per session - total £100 per person



Pelsall Lane, Rushall, Walsall, West Midlands, WS4 1NG
Tel: 01922 682300

Email: Samantha.harrison@northstarfederation.org.uk

North Star Inclusion Advisory Team presents:

An introduction to TACPAC

Have you got young children who are at an early stage of communication? Are they presenting with sensory processing needs? Do they respond to gentle touch, music, and rhythmic movements? If so, TACPAC is a proven intervention to support communication needs through touch and music.

TACPAC is a popular intervention used by a variety of professionals working with children with additional needs. TACPAC is the tactile approach to communication through music. It is a low-cost intervention with high impact for children in home, school and nursery settings. TACPAC works with our sensory languages of hearing, seeing and feeling. It can support children to:

- Regulate their emotions and their physical responses.
- Build trust with another person.
- Build connections with another person.
- Enable children to communicate through touch and music.
- Supports cognitive function.
- Relax and maintain a calm state so they are ready to learn.

By the end of the session, delegates will be able to begin delivering TACPAC sessions back in their setting. Details on how to subscribe to the music and where to purchase the everyday materials from will be given on the day.

Location: Training Room, Rushall Primary School, Pelsall Lane, WS4 1NG.

Date and Time: *Thursday 09th January 2024 09:30 – 11:30*

Booking and Cost: £50 per delegate
Please use the booking form on the reverse of this advert.



Pelsall Lane, Rushall, Walsall, West Midlands, WS4 1NG
Tel: 01922 682300

Email: Samantha.harrison@northstarfederation.org.uk





North Star Inclusion
Advisory Team

Helping you to help your pupils be the best that they can be.

North Star Inclusion Advisory Team presents:

Termly SENCo Update sessions 2024/2025

Our popular termly briefings, that cover all the latest information from the ever-changing landscape of SEND back as an annual feature!

SENCo update with North Star Inclusion Advisory Team aims to keep you up to date with all aspects of SEND.

To prepare this termly update your NIAT consultants extensively research all aspects of SEND policy, practice and provision saving you hours of reading.

In our termly updates, we will be exploring:

- SEND update
- Pupil premium update
- The latest research and resources
- Updates on government SEND guidance

An electronic copy of all the resources will be provided prior to the session.

Location: Training Room, Rushall Primary School, Pelsall Lane, WS4 1NG.

Date and Time: *Thursday 5th December, Tuesday 25th March; Thursday 26th June.*
Sessions will run 12:30 pm – 2:30 pm

Booking and Cost: £90 per delegate for individual sessions OR book all three in advance for £230 for the 1st delegate per setting. We are offering a reduced rate of £190 for each additional delegates that book all three sessions in advance.

Please use the booking form on the reverse of this advert.



Pelsall Lane, Rushall, Walsall, West Midlands, WS4 1NG

Tel: 01922 682300

Email: Samantha.harrison@northstarfederation.org.uk



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



Honour-Based Abuse Training

Honour in a crime



A Creative Workshop
suitable for Young
People & Adult
Groups

Daddy's little...izzat

Zara's story highlights the struggles
that many face as a victim of
honour-based abuse.

★★★★★
*'Very interactive which makes you feel how victims
feel. Really informative session, very hard-hitting
and eye opening. It raised awareness about a very
taboo subject and the mindset of the perpetrator.
Every practitioner should do this training!'*

★★★★★
*'Role play made it interactive and thought provoking.
I believe everyone needs to be exposed to this
workshop to help us best support the children and
families we work with!'*



For Further
Information
Please Contact:

BOOK NOW

- Includes:
- Honour Over Time (film)
 - Daddy's little ... izzat (film)
 - Stories of Women Across Faiths
 - UK Reported Honour Killings

Raqia Akhtar, Youth Worker
Darlaston Youth Centre, Bills Street, Darlaston, WS10 8BB
Email: darlastonyouthcentre@gmail.com
Mobile: 07749 131 710
Website: www.darlastonyouthcentre.co.uk





Information Update



Please be advised from the 1st November 2024 Walsall Health Visiting Service and School Nurse Service requests email will change.

For any Health Visiting Service enquiries, referrals, and notifications and any School Nurse Requests (not referrals) please email the HCP0-19 (Health Visiting and School Nurse) Single Point of Access (SPA) team on the new email address.

Please see below current and new email addresses:

Health Visiting Service email address will change

from: walsallhealthvisiting.spa@nhs.net to: bcicb.walsallhcp0-19.spa@nhs.net

School Nurse Service Requests email address will change from: schoolnursingduty.walsall@nhs.net

to: bcicb.walsallhcp0-19.spa@nhs.net

School Nurse Service Referrals email address remains the same schoolnursingadmin.walsall@nhs.net

Splash Safety

In response to the report findings, a brand-new fun and engaging water safety awareness campaign has been launched named **Splash Safety at your Pad**. The campaign offers free hints, tips and advice for families, to help parents and carers alike learn more about the risks posed by bathtime and how to stay safe. Families can access the bath time safety resources here: [Splash Safety at Your Pad - Water Safety at Home \(rlss.org.uk\)](https://www.rlss.org.uk)

Key Messages

1. **Always keep young children within arm's reach in the bath. Always keep children under constant adult supervision in the bath. If you need to leave the bathroom, take the child with you.** In our survey, 59% of parents of children under five admitted to leaving the child unattended in the bath at least once in the past month – and for most, this was down to them forgetting something, such as a towel.
2. **Never leave your child under the supervision of child siblings in the bath. If you need to leave the bathroom, take the child with you.** We found that 2 in 5 parents (41%) think it's safe to leave a baby in the bath with an older sibling, as long as it's not for too long.
3. **Drowning can happen quickly and silently – in a matter of minutes. You won't hear that something is wrong.** Parents often don't realise that drowning happens quickly and silently. In our survey, 55% of parents believe they would hear thrashing and a lot of noise if their child was struggling in the bath.



Children can swallow, inhale, or choke on other items such as small toys, peanuts and marbles

- Choose toys appropriate to the age of the child
- Ensure that small objects are kept out of reach of children under three
- Looped cords on blinds and curtains should be avoided especially in children's bedrooms. Keep them tied up high and out of reach
- Small foods such as grapes, cherry tomatoes, blackberries and other soft fruits should be cut into quarters to prevent choking
- Keep button cell batteries out of reach of children, they can cause severe injuries if swallowed
- Don't forget plastic bags can also be very dangerous to small children.

For more home safety information visit www.rospa.com/resources/hubs/



RoSPA Head Office
28 Calthorpe Road
Birmingham
B15 1RP

t +44 (0)121 248 2000 **e** publichealth@rospa.com

©The Royal Society for the Prevention of Accidents
03-2018



Babies can suffocate on nappy sacks



Keeping your baby safe

Help and advice for parents and carers of young children

Nappy sacks can kill

at least 18 babies in the UK
have already died

Making some simple changes can make a big difference to your children's safety. Help us to prevent any more babies from needlessly dying.

To avoid danger of suffocation and choking:

✓ **Do:**

Always keep nappy sacks and other plastic bags and wrapping away from babies and young children.

✗ **Don't:**

Place nappy sacks in a baby's cot, pram or buggy.

Why do nappy sacks pose a suffocation hazard to babies?

- Young babies naturally grasp anything and put it in their mouths, but they find it more difficult to let go.
- Nappy sacks are flimsy and are small enough to fit in little mouths.



Support for Families





Funded by
UK Government



FREE BUS TRAVEL

FROM 7PM

Monday 9 to Friday 13 December 2024.
Just hop on board.



Offer is valid from 19:00 to 02:59 the next day.
Valid on all operators within the nBus area.
Terms and conditions apply, visit tfwm.org.uk/freebustravel for details.

You're Bussing It



West
Midlands
Bus

Neurodiverse Parent Group

Discover Your Unique Community



Supportive Community



Discussions and Awareness



Workshops and Guest speakers

A group for neurodiverse/SEND parents, parents of neurodiverse/SEND children, or pre-diagnosis.

All Welcome.

Free Weekly Support Sessions
Walsall and Darlaston

Email: love@mettaminds.co.uk
www.mettaminds.co.uk/blogs



From Monday
23rd September
2024

Speech & Language Therapy Drop-in advice sessions

Do you have questions about your child's speech or language development?

Are you worried that your child is not talking or does not understand you?

Would you like some advice on general strategies to help?

If you're worried about your child's communication skills and your child is not already known to our service, please come to one of our drop-in sessions for advice and support.

Monday 9th December 9.45am – 11.45am

Starlight Multicare Stay and Play
25A Station St, Darlaston WS2 9JZ



Walsall
Family Hubs

Supporting families to live happier lives

To deliver exceptional care together to improve the health and wellbeing of our communities



P.O.P

WHAT WE OFFER

POSITIVE OUTCOMES PROJECT



TV'S, BOARD GAMES, POOL TABLE, TABLE TENNIS TABLE, GAMES CONSOLES (XBOX-PS5-NINTENDO SWITCH), OUTSIDE AREA FOR FOOTBALL.

Our aim is to engage with younger children and families to become more familiar with their local youth services.

- ACTIVITY WORKSHOPS
- GAMES
- ARTS & CRAFTS
- PUZZLES CHALLENGES
- RIDDLES
- QUIZ'S
- INTERNET ACCESS

Palace Play Shop Eat
Blakenall Row, Bloxwich, Walsall WS3 1LW
info@popwalsall.co.uk

P.O.P

POSITIVE OUTCOMES PROJECT



Tuesdays and Thursdays
4pm - 6pm Ages 15-25
Willenhall Memorial Park, Pinson Road, Willenhall, Walsall, WV13 2PW

Free Boxing



Free Music Workshops

Free Arts and Crafts



popwalsall.co.uk



SATURDAY FAMILY SESSIONS



NOVEMBER DATES
2ND - 9TH - 16TH
- 23RD - 30TH



FREE BOOK TODAY

10:30AM - 1:30PM

Family sessions are FREE for families to attend but you must book on. We have activities and games that families can engage with. Book your family session today by texting 07944 965640



Palace Play Shop Eat,
Blakenall Row, Bloxwich, Walsall WS3 1LW
info@popwalsall.co.uk

Positive Outcomes Project



Venue:

Bloxwich Community Partnership
 Electric Palace
 Blakenall Row
 Walsall
 WS3 1LW

Centre No: 01922 712069

P.O.P Youth Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POP Health & Wellbeing Hub 3-5.30pm 16- 25 yrs @popwalsall	POP Youth 3.30-5.30pm 12-16 yrs @popyouth	POP Health & Wellbeing Hub 3-5.30pm 16- 25 yrs @popwalsall	POP Youth 3.30-5.30pm 7-11 yrs @popyouth	Mobile Youth Bus 2.30-4.30pm The Youth bus will visit various park locations. See Facebook for location.	
POP Youth 6.00-8.00pm 7-11 yrs @popyouth		POP Youth 6.00-8.00pm 12-16 yrs @popyouth			



Palace Play Shop Eat, Blakenall Row, Bloxwich, Walsall WS3 1LW

P.O.P

POSITIVE OUTCOMES PROJECT

Socialising

Games

Need somewhere to chill?

Come to POP! It's a warm, welcoming and safe place for you to meet and make friends, engage in activities and much more.

We're here and looking forward to meeting you!

Ages: 15 - 25

Employment

Life Skills

Log on to our website using this QR code






popwalsall.co.uk






Walsall Council



BLOXWICH COMMUNITY PARTNERSHIP

Hub 1

Palace Play Shop Eat, Blakenall Row, Bloxwich, Walsall WS3 1LW

Monday and Wednesday
3:00pm – 5:30pm

Hub 2

Manor Farm Shop, Unit 26, The Saddlers Centre, Park Street, Walsall, WS1 1YS

Tuesday and Friday
11:00am – 2:00pm

Hub 3

Pleck Youth Centre, 283 Wednesbury Rd, Walsall WS2 9QJ

Saturday and Sunday
5:00pm – 8:00pm

Hub 4

Willenhall Memorial Park, Pinson Road, Willenhall, Walsall, WV13 2PW

Tuesday and Thursday
4:00pm - 6:00pm

Mobile Hub

Travelling to various locations during the week



info@popwalsall.co.uk

HAF WINTER PROGRAMME



WALSALL WINTER HOLIDAY PROGRAMME

Winter Offer: each child can pick up to **4 activities** over the period : **23rd December 2024 – 3rd January 2025**

We have a range of activities including pantomime, bowling, Santa's grottos, Horse riding, Swimming, Roller-skating, SEND activities, and much more

To register your child onto the Walsall HAF Programme, you must first have an individual HAF code (one for each child).

We have a range of activities including pantomime, bowling, Santa's grottos, Horse riding, Swimming, Roller-skating Send activities and much more

You only need one code to access all the programmes and you will only need to register once for each child. We send over 17k letters to all children that are on free school meals with a unique code and information on how to register, to each child that is eligible.

If you have not received a letter, you can always contact the HAF team via: wr4c@walsall.gov.uk

If the child is eligible or you are unsure and the HAF team will then create and email the unique code.

Dates of Delivery

23.12.24

24.12.24

30.12.24

02.01.25

03.01.25

The criteria:

- All children on income based free school meals.
- Young carers
- CP, CIN or Early Help
- EHCP

Find a job, Secure a career

Whatever stage you are at, if you are looking to change jobs, returning to work or getting started, Walsall Works provides expert 1-to-1 support to help you find the right job for you.

Help with CV writing
and job applications

Finding flexible work
that fits around you

Links to live vacancies
and upcoming events

Support with applying
for apprenticeships

Career planning
and work trials

Access to
free courses

Open to all Walsall residents

01922 654353

walsallworks@walsall.gov.uk

walsallworks.com

Scan to register



Up and coming job fairs

22.01.25: Aldridge Social Club

13.03.25: EXPO (largest jobs
event in the Black Country)

Group Information Sessions

What is it?

- A session hosted by Walsall Works with a specific employer or training provider
- Held in a group setting of Walsall Work clients

Why attend?

- Meet employers and training providers face-to-face increasing your chances of being recruited
- Find out information and get a better understanding of what is on offer

Group Information Sessions

We have been holding lots of great group information sessions to promote the different sectors available to work in within the Walsall borough.

On 10 October, Mission Accomplished promoted their TV & Film fusion course delivered in partnership with BOA Stage and Screen Production Academy. Aimed at those with no previous experience in Film or TV, across all departments. This course is designed to prepare participants to work in both scripted and unscripted TV within the West Midlands.

On 17 October, we held a session with Performance Through People, delivering presentations on their Welding and Teaching Assistant bootcamps available in Walsall and the Black Country. We also welcomed Titan Recruitment, who were promoting their Driving, and Industrial and Skilled & Technical vacancies.

Upcoming Sessions

Thursday 7 November Open Lens Media	<u>Pathways Programme</u> Supporting people into employment, creative industries, education, work experience, and training. Pathways is a creative employability programme that provides tailored 1-2-1 employment and personal development support to young people aged 16-35 across the West Midlands.
Thursday 14 November Realise Training	<u>Early Years Opportunities</u> Realise will discuss their different courses (Early Years Level 2, Early Years Educator Level 3, and Nursery Manager Level 5), the entry requirements, and next steps after completion of a course.
Thursday 21 November Springboard	<u>Hospitality</u> Participants can gain recognised industry qualifications, guaranteed interviews at the end of the programme, personalised career advice, and hands on practical sessions.

If you are interested in finding out more about any of these sessions, please contact your Walsall Works advisor, or the Walsall Works team on 01922 654353 or walsallworks@walsall.gov.uk.



Jobs | Apprenticeships | Training



Walsall Council



AET North Star Federation-Walsall LA Hub 2024-2025

FREE Family Support Sessions

Please note, Families can attend who might be awaiting/suspect a diagnosis, seeking the 'right support at the right time'.

Family Sessions Early Years (0-5 +/-2years)

Making Sense of Autism

16th September 2024 09:30 – 11:00
 11th November 2024 13:00 – 14:30
 14th January 2025 09:30 – 11:00
 06th March 2025 09:30 – 11:00
 01st May 2025 13:00 – 14:30
 02nd July 2025 13:00 – 14:30



Developed by leading autism specialists

Family Sessions Schools (5-16+-4 years)

Making Sense of Autism

16th September 2024 13:00 – 14:30
 12th November 2024 09:30 – 11:00
 13th January 2025 13:00 – 14:30
 07th March 2025 9:30 – 11:00
 02nd May 2025 13:00 – 14:30
 02nd July 2025 09:30 – 11:00



Up to date with the latest research



Enhances your Knowledge & Understanding



Optional certification

Family Sessions Post 16(14 and beyond +/- 2 years)

Making Sense of Autism

17th September 2024 09:30 – 11:00
 14th November 2024 13:00 – 14:30
 15th January 2025 09:30 – 11:00
 06th March 2025 13:00 – 14:30
 20th May 2025 13:00 – 14:30
 03rd July 2025 09:30 – 11:00



PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

CAMHS Parent/Carer Workshops

Come and join our Parent/Carer Workshops, run by Black Country CAMHS services (on Zoom for 1.5hours)! Groups held 12pm - 1.30pm.

We know that suffering from mental health difficulties does not only affect the person struggling, but also the family around them. Parenting a child/young person with mental health difficulties can create additional challenges for parents.

We are running workshops exploring a range of difficulties that children/young people may experience, that can impact their emotional wellbeing.

10.07.24- Trauma and Attachment

11.09.24 - Autistic Spectrum Conditions

23.10.24 – Speech and Language

20.11.24- Depression / Low Mood

18.12.24 – Anxiety / OCD

15.01.25 – Self-harm

12.02.25– Anger / Conduct difficulties

12.03.25 – Anxiety

To register your interest telephone **Andrea Ehgartner** on **01922 607400**



Spotting Problem Gambling

Problem gambling shares many similarities with other addictions. However, there are usually no visible signs or physical changes that directly indicates there is a gambling problem.

Some common signs are:

- > The person gambles more than they intended.
- > The person is feeling guilty about the way they gamble.
- > The person wants to stop betting but feels as if they can't.
- > The person gambling is hiding betting slips, lottery tickets or money for gambling.
- > The person gambling is borrowing money and not repaying it.
- > The person gambling is losing time from work or school due to gambling.
- > Feeling restless or irritable when attempting to cut down or stop gambling.
- > Jeopardising or losing a significant relationship, job, or education because of gambling.

If you notice yourself, a colleague or a family member/friend in any of these statements, our services can provide support!

About Aquarius

We are **Aquarius**, a charity with services across the Midlands, supporting people affected by alcohol, drugs and gambling.

We have over **40 years' experience** providing evidence-based, high quality services to help change behaviour and change lives.

We are proudly part of **Recovery Focus**, a group of charities inspiring recovery from mental ill health, domestic abuse and the harms caused by alcohol, drugs and gambling. recoveryfocus.org.uk

In partnership with >



BeGambleAware.org

Get in touch

Call: **0300 456 4293**

Email: gambling@aquarius.org.uk

Visit: aquarius.org.uk/gamblingservices

INVESTORS IN PEOPLE
We invest in people Gold

CHANGING BEHAVIOURS

CHANGING LIVES



Gambling Services

Aquarius Head Office: 236 Bristol Road, Edgbaston Birmingham B5 7SL
T: 0121 622 8181 E: headoffice@aquarius.org.uk W: www.aquarius.org.uk
Registered Charity: 1014305 Company No: 2427100



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

How Can We Help?

Our **gambling services** support people **18 years and over** affected by gambling, either their own or the gambling of a family member/friend, through 1:1 or group support sessions.

As the Midlands arm of the **National Gambling Support Network**, we provide support, information and advice to anyone suffering with a gambling problem, as well as to family members and friends affected by someone else's gambling.

All the support we provide is tailored to your needs, interests, and personal goals.

- > The psychology of gambling
- > Tips and strategies to control, reduce, and stop your gambling
- > Information on how to block gambling software
- > How to engage the support of family and friends as you stop gambling
- > Alternatives to gambling
- > Coping with cravings and urges to gamble
- > Signposting to debt management
- > Coping skills to help deal with a family member or friend's gambling.

Follow us @Aquariustweets

Who Can We Help?

We support people **18 years and over** affected by gambling, either their own or the gambling of a family member/ friend.

Our services are delivered across the **West Midlands and West Mercia:**

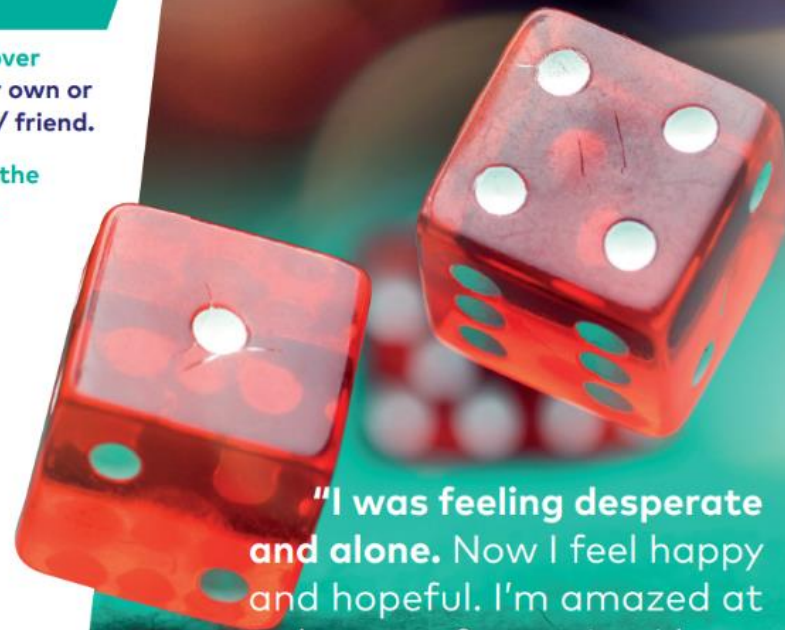
- > Birmingham
- > Coventry (and Warwickshire)
- > Dudley
- > Herefordshire
- > Sandwell
- > Solihull
- > Staffordshire
- > Stoke
- > Telford and Wrekin
- > Walsall
- > Wolverhampton
- > Worcester

Our support is tailored to you.

We have a single point of contact for referrals to ensure you are given the best advice, information and signposting suited to your own situation.

How to refer

You can **self-refer** to this service or be referred by a professional. To find out more or refer call: **0300 456 4293** or email: **gambling@aquarius.org.uk**



"I was feeling desperate and alone. Now I feel happy and hopeful. I'm amazed at the transformation I have undergone. It's an amazing service and I hope you can help to transform the lives of others like me."



The list of activities taking place at The Link for November is now available for you to look over and share with anyone you're working with.

We have a number of activities taking place with a host of providers to offer support in a variety of areas including job support, apprenticeship and volunteering drop in sessions, social media bootcamp, an Umbrella Café for anyone with a neurodiverse condition, menopause awareness, confidence & motivation workshops and more!

The activities available include:

<i>Mock Interviews</i>	<i>Preparing for Your Driving Theory Test</i>	<i>Functional Skills Initial Assessments</i>	<i>Apprenticeship Recruitment Session</i>	<i>Volunteer Drop In Session</i>
<i>Beginners English</i>	<i>Get into Retail Programme</i>	<i>Talking Therapies Employment Service</i>	<i>Employability Skills</i>	<i>Employment Support Drop In</i>
<i>Job Club</i>	<i>Get into Education & Early Years Event</i>	<i>Umbrella Cafe</i>	<i>Menopause Awareness Workshop</i>	<i>Social Media Bootcamp</i>
<i>Prince's Trust Information Session</i>	<i>Fostering Information Session</i>	<i>Financial Support Workshop</i>	<i>Confidence & Motivation Workshop</i>	<i>Camera Skills</i>

Our activities will be held by the following providers:

- ***Back to Work***
- ***Black Rook***
- ***Jobcentre Plus***
- ***National Careers Service***
- ***NHS Talking Therapies***
- ***One Walsall***
- ***Open Lens Media***
- ***Prince's Trust***
- ***Rose Tinted***
- ***Shaw Trust***
- ***St Christopher's***
- ***The Link***
- ***University of Wolverhampton***
- ***Walsall College***

If yourself, or anyone you know, would be interested in any of the above sessions, or would like more information, then please contact ashraft@walsallcollege.ac.uk or 01922 657000.



**FREE water safety sessions for Years 5/6 children
(ideal for weak and non-swimmers)**

Darlaston Swimming and Fitness Centre

Designed for ages 8-11 years

Wednesdays 6:00pm-7:00pm

Thursdays 5:00pm-6:00pm

Sessions starting from **20th November until
Christmas 2024**

For further information and to book a **FREE** space
please email:

Michelle.Rollinson@activeblackcountry.co.uk



thrive

into

work

Do you have a health condition and/or disability and would like support to find and retain work?



Scan the QR code using the camera on your mobile device to submit a referral online now!

The Thrive into Work programme offers one-to-one support to individuals with health conditions who want to find and retain sustainable employment.

NHS

What is the service we are providing?

- One-to-one support to suit your needs and employment goals
- Working with your health care team to help you manage any difficulties
- Benefits advice to find out if work could increase your income
- Help with finding a job if you are not in paid employment, and continued support once you have started
- Help talking to your employer about your needs at work
- Help with retaining your existing job if you require extra support
- Meetings over the phone or in person at a location that is convenient for you.

Who is the service for?

- People with a self-defined mental health and/or physical health condition
- People who are out of work and want to work
- People registered with a GP in Dudley or Walsall
- People with a mild learning disability
- People aged 16+ at the time of referral
- People who require support in work and are at risk of losing their job or on a period of sick leave.

How to get involved?

Speak to your GP or local health professional.

Email the Black Country Healthcare Thrive team on **bchft.thriveemploymentservice@nhs.net**, call **01384 324645** or visit **<https://wmca.org.uk/thriveintowork>**



Scan the QR code using the camera on your mobile device to submit a referral online now!





make.more
In partnership with:



ROMANIAN+
COMMUNITY CENTRE



FREE eVISA SUPPORT SESSIONS

Every
TUESDAY
10am- 3.00pm

**BOOK
YOUR
PLACE**

Support with UKVI and eVisa

Dudley Fields Community Centre
Sneyd Hall Road,
Walsall
WS3 2NN,

Funded by
UK Government

www.make-more.org

Contact Us
 01922 308136

Funded by
UK Government

make.more

**Funded by
UK Government**

make.more

Free eVISA Support

Every
MONDAY
9am-4pm

BRUSHSTROKES

253 High St,
Smethwick, B66 3NJ

Every
TUESDAY
10am-3pm

ROMANIAN +

Dudley Fields Community Centre
Sneyd Hall Road, WS3 2NN,

Every
WEDNESDAY
10am-3pm

WEST BROMWICH LIBRARY

316 High St, West Bromwich,
B70 8DZ

Every
FRIDAY
10am-3pm

THE MUATH TRUST

Stratford St N,
Birmingham, B11 1AR

Contact Us:

01922 308136 | 07386021263

www.make-more.org

eVisa Support

Make More are offering **free** support to those who need to make an application for an electronic visa.

The key message

eVisas are a key part of delivering a border and immigration system which will be 'digital by default' by 2025.

Residence who currently use a physical immigration document, such as a biometric residence permit (BRP), or legacy paper document such as a passport containing an ink stamp or a vignette sticker will now need to take action to create a UKVI account to access their eVisa.

Updating from a physical document to an eVisa does not affect a customer's immigration status or the conditions of a customer's permission to enter or stay in the UK.



If you need help or assistance, then Make More offer free digital support to help create your UKVI account.

Make More have a Digital Support Officer who can help to:

- Create a UKVI account.
- Create and link your eVisa to your UKVI account.
- Generate a share code.
- Update personal information and details on your account.
- Provide support and information to those affected.



Scan the QR code or head over to www.make-more.org to book an appointment.
Call our office: **01922 308 136** (Monday - Friday 9am - 5pm)
Email: evisa@make-more.org



[Caring Christmas: A Festive Celebration of Kindness Tickets, Fri 20 Dec 2024 at 10:30 | Eventbrite](https://www.eventbrite.com/e/caring-christmas-a-festive-celebration-of-kindness-tickets-fri-20-dec-2024-at-1030-tickets-755555555555)

FREE gaming and gambling awareness session for parents and carers

Topics we cover:

- **Gambling:** exploring the influences on children and young people
- **Gaming:** discussing the benefits and concerns
- The blurred lines between gaming and gambling
- How to spot the signs of harm
- Useful tips to create a healthy gaming balance
- Where to get help and support

Scan the QR code to book your **FREE** place, or email Ygam at training@ygam.org

For more about our work, visit www.ygam.org

We will also be visiting **Palfrey at the Seed Hut** on **December 2nd** between 9am and 11am to talk to visitors about **Ygam and our programmes**

Ygam



Wed. 18th Dec.
6pm - 7:15pm
Online (via Teams)



Neurodiverse Families

FREE! Short support project for Neurodiverse families!

Starting
2 November
2024

Saturday 10am to 1pm
Willenhall Chart Centre
19 Gomer Street, Willenhall WV13 2NS

- Certificate of Participation on completion
- Signposting to essential support services in Walsall

Supportive Community

Board Games

Free Refreshments

Fully inclusive

Creative Crafts

Be Well
Walsall



 Walsall Council



Willenhall
Community Hub **CHART**

The Recipe Exchange

Celebrate Culinary Traditions from South Asia & Eastern Europe.

Join us every 1st and 3rd week of the month to exchange and celebrate traditional recipes! Women from the South Asian and Eastern European communities are invited to come together, share recipes, cooking tips, and enjoy delicious dishes from each other's homelands.

The Recipe Exchange

Caldmore Community Garden	21/11/2024	12:30pm – 2:30pm
Aaina Community Hub	02/12/2024	10am – 12pm
Caldmore Community Garden	19/12/2024	12:30pm – 2:30pm
Aaina Community Hub	06/01/2025	10am – 12pm
Caldmore Community Garden	23/01/2025	12:30pm – 2:30pm
Aaina Community Hub	03/02/2025	10am – 12pm
Caldmore Community Garden	27/02/2025	12:30pm – 2:30pm
Aaina Community Hub	03/03/2025	10am – 12pm
Caldmore Community Garden	20/03/2025	12:30pm – 2:30pm



Parenting



Walsall's Online Parenting offer

FREE ONLINE COURSES FOR PARENTS – 14 online based parenting support programmes.

Designed for Mums, Dads, Carers, Grandparents and Teenagers in Walsall

(Available in a variety of languages)

Understanding my Child – 11 online sessions for parents

Understanding your Child with Additional needs – 9 online sessions for parents

Understanding my Baby – 9 online sessions for parents

Understanding my Pregnancy, Labour and Birth – 9 online sessions for parents

Understanding my Pregnancy Labour and Birth for women couples

Understanding my Childs Feelings – 9 online sessions for parents

Understanding my Childs Mental Health and Wellbeing (add on) for parents

Understanding my Teenagers brain – 9 online sessions for parents

Understanding the Impact of the pandemic on my teenager- 3 online modules for parents

Understanding the impact of the pandemic on my child – 3 online modules for parents

Understanding your Brain/Feelings –online sessions for teenagers to understand their own brain development & feeling

Understanding my Relationship – 11 online relationship sessions for couples (together or separated parents)

Understanding my sick or pre term baby (6 sessions while in hospital/ 10 sessions for when parents go home)



To access any of the online courses go to www.inourplace.co.uk click 'START NOW' – fill in your details, to register & sign in, Scroll down & find the course you want to do, **Free access code: HIPPO** Life time access, start and stop as it suits you, recommend to your friends or family living in Walsall.



Early Help Parenting Support Universal Offer

The Early Help Parenting Team provides a variety of parenting programmes suitable for families in Walsall. Our **Universal Offer** is open to all families and includes both face-to-face and virtual sessions. They will be held at the Family Hubs or Spokes to ensure that all areas of Walsall are covered and will be accessible to the majority of parents.

Please see a list below of courses, workshops and support available

Universal Offers

- Grandparents Workshop
- Dad's Stay and Play
- Dad's Peer Support Group
- Let's Talk Relationships (various topics on an informal basis around Reducing Parental Conflict)
- PEEP (0 – 5 years)
- HENRY (0-5 years)
- HENRY Preparing for Parenthood (0 – 2 years)
- Let's Tune In and Work Together (5 – 11 years) (Routines and Boundaries)
- Don't Slam That Door!! (Parenting a Teenager)
- Parenting My Way
- SEND - How to Support Your Child's Emotions
- Empowering Parents Empowering Communities (EPEC)
- One to One support for parents with specific additional needs – before requesting any one-to-one support please make contact via the email inbox earlyhelpparentingteam@walsall.gov.uk
- There is a new 'bespoke' offer for primary and secondary education establishments in Walsall. Schools can make a request for workshops to take place in their settings for more information please contact the parenting team on the email above.

For further information on each course please read the following pages.



Are you working with a parent or carer who would like to learn more about adopting a healthier lifestyle for their family and children aged 0 – 5 years?

If so, we may have the programme for them!

Join us for the Henry Program, an engaging eight-week journey designed to help families with children aged 0-5 embrace a healthier lifestyle. Henry's Healthy Families Right from the Start program equips parents and carers with the essential tools and skills to support their family's well-being.

This program is open to all families, and our goal is to help you make small, impactful changes to achieve your healthy lifestyle goals. We focus on practical behaviour changes, new parenting skills, and valuable information about nutritious food and fun activities for your children. Enjoy quality family time and receive one-on-one support if needed.

Throughout the Henry Program, you'll learn about introducing solid foods to babies, managing fussy eaters, promoting healthy teeth, and encouraging healthier, less sugary drinks for your children. This universal service is available to all families, and we welcome everyone to join.

Course includes FREE Henry Toolkit including books to take home and activities !!! Every parent who attends our program will receive a Henry Toolkit, packed with resources to support you during and after the program. Come be a part of our supportive community and take the first step towards a healthier future for your family!

If you would like to book a place on the above program, please Email the EarlyHelpParentingTeam@walsall.gov.uk leaving your name and contact details and we will contact you as soon as possible.

Are you working with a parent or carer who might enjoy learning about their child's development

If so, we may have the programme for them!

PEEP

This is an exciting programme focusing on supporting parents and carers with their children's learning and development in a stay and play type setting.

The programme includes talk time for parents relating to one of seventy-five topic areas. All of which focus on the development of their child's.

- Personal, social and emotional development • Communication and language • Early literacy
- Early Maths • Health and physical development • Talk time, to discuss key ideas with parents and carers relating to the topic focus
- It will include learning through songs and rhymes • Books and stories • Ways to put ORIM into action (Opportunities, Recognition, Interaction, Modelling)
 - Play activities (during the session and/or ideas to try at home).

This is for children 0-5 years

Venue date and time – North Family Hub 11:00am to 12:00

14th and 21st October

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

If you would like to book a place on the above program, please Email the EarlyHelpParentingTeam@walsall.gov.uk leaving your name and contact details and we will contact you as soon as possible.



Dad's Program

The programme is an informal face-to-face 8-week programme designed to build and strengthen the relationship between fathers and their children 0 - 5 years old or 5 – 10 years old.

- Children 0 – 5 years old, attend the program with their dad and spend time in a children's group while their dad is in a session, lunch times are spent together completing activities that promote attachment. The children 5 – 10 years old will attend via a taxi pick up from school and return to school with a chaperone provision.
- The program encourages dads to reflect on their journey into becoming a dad. Their parenting experience and the importance of dads in children's lives.
- It also looks at Adverse Childhood Experiences, the importance of supporting children's emotional wellbeing and meeting both the child and their dad's needs.
- It offers fathers the opportunity to share their life stories, develop support networks and improve their parenting abilities.
- During the sessions children will get the opportunity to interact and play with others to enable their personal development. The course also is not for children who are looked after and very unlikely to be returned to parent.
- It offers fathers the opportunity to share their life stories, develop support networks and improve their parenting abilities.
- During the sessions children will get the opportunity to interact and play with others. Snacks, lunch, and transport will be provided.

Dad's Program Referral Requirements

Are you supporting a dad that is on early help, child in need or children protection plan?

- Is the dad struggling with parenting or how to connect to be able to interact with their child?
- Has the dad had adverse childhood experience/s?
- Does the dad have conflict or had conflict with the other parent?
- Does the dad you're supporting need any help understanding their child as well as the child's emotional well-being and behaviour?
- Is the dad struggling with their own emotional well-being, which is impacting with them being a dad?

If you answered yes, please see more information below regarding how to make a referral:

- Please send a Service Request through Mosaic to the Early Help Parenting Team. If you would like to talk to me first before sending your request, please message the Parenting Officer for Fathers Edward.Barnett@walsall.gov.uk
- For those Lead Professionals who do not have access to Mosaic such as those working in Schools, Health or other services please speak to parents in the first instance then to your Early Help Partnership Officer who can facilitate the request for you. You can reach the partnership officers here: EarlyHelpPartnership@walsall.gov.uk

Events





 Reach for a Star
Enabling transformations

ARTYSTYCZNA RODZINKA PL

SPOTKANIA DLA MAM I DZIECI

RAZ W MIESIACU FREE

WALSALL FAMILY HUB
BIRCHHILL STREET
WS2 8NF
(Z TYLU STRAZY POZARNEJ)

PIATEK
8 LISTOPAD 2024
09:00-12:00

POTEM KAZDY 1SZY PIATEK MIESIACA

CONTACT@MYREACHFORASTAR.CO.UK

Art and Crafts for Polish Families

6th December 2024

3rd January 2025

7th February 2025

7th March 2025

4th April 2025

2nd May 2025

6th June 2025

4th July 2025

9am – 12pm

South and central family hub



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



Christmas Sip & Paint

We have launched our first-ever Christmas Sip & Paint to help struggling families in West Midlands during this winter season.

Join us on Saturday 30 November at 12:30 pm in Birmingham (RMC Centre) to make an impact on someone's life.

[Book your tickets for £20 - Limited spaces available!](#)

During any 5 days of Christmas add an item to a box and create a hamper of essential food

Day 1	Day 2	
Breakfast cereal, jam or spreads	Coffee, tea bags or hot chocolate	
Day 3	Day 4	Day 5
Canned food such as soup, beans, vegetables or fruits	Chocolates, cream crackers, mince pie, or pudding	Pasta, rice or anything else of your choice

Once completed drop of your hampers to one of the Refugee and Migrant Centre office in Birmingham, Wolverhampton or Walsall

Please email: heena.amir@rmcentre.org.uk to arrange a drop-off appointment

Christmas Hamper of food for a struggling refugee family

Do you want to get involved in helping our destitute clients in Birmingham and Black Country? You can help a struggling person by creating a hamper of essential food items for one of our clients. Once you have created your hamper filled with essential food, please email heena.amir@rmcentre.org.uk to arrange a drop-off at one of our centers in Birmingham, Wolverhampton, or Walsall





Join local musicians and local community groups for the launch of Black Country Rock Against Racism at Newhampton Arts Centre, on Sat December 7th at 6.30 pm.

[Book tickets for £6.50/ £5 concession to help raise funds for RMC](#)

Fundraising is fun!

As we are soon approaching Christmas, here are a few ideas of how you could get involved in supporting RMC. Do your own fundraising by hosting a Christmas Tea Morning, or Carols and Cakes Event to help families at risk of becoming homeless. Want to discuss your fundraising ideas?

Email funding@rmcentre.org.uk





ESOL BEGINNER

Entry Level 1

Join our FREE English courses to boost your employability and communications skills:

- Practical communication lessons
- Interactive sessions
- Cultural Understanding



EASY STEPS TO START

- Register online: scan the QR code or follow the link: <https://forms.gle/P32t8sqZfkJWxbBu5>
- Book your assessment appointment
- Get placed in the right group

Free Services Available for participants :
Stay & Play Group for children



scan to register



When?

Tuesday
Thursday
5:00 - 7:00 pm

Where?

Nash Dom Community Hub
Entrance on Milton Street,
WS1 4LA, Walsall

Need help?

info@nashdomcic.org
01922616444



Nash Dom Community Hub
Sun Street, WS1 4AL, Walsall



ESOL PRE-INTERMEDIATE

Entry Level 2

Join our FREE English courses to boost your employability and communications skills:

- Practical communication lessons
- Interactive sessions
- Cultural Understanding



EASY STEPS TO START

- Register online, scan the QR code or follow the link: <https://forms.gle/P32t8sqZfkJWxbBu5>
- Book your assessment appointment
- Get placed in the right group



scan to register



When?

Monday
Wednesday
10:00 am - 12:00 pm

Where?

Nash Dom Community Hub
Entrance on Milton Street,
WS1 4LA, Walsall

Need help?

info@nashdomcic.org
01922616444



Nash Dom Community Hub
Sun Street, WS1 4AL, Walsall



ESOL INTERMEDIATE

Entry Level 3

Join our FREE English courses to boost your employability and communications skills:

- Practical communication lessons
- Interactive sessions
- Cultural Understanding



EASY STEPS TO START

- Register online, scan the QR code or follow the link: <https://forms.gle/P32t8sqZfkJWxbBu5>
- Book your assessment appointment
- Get placed in the right group



scan to register



When?

Monday
Wednesday
5:00 - 7:00 pm

Where?

Nash Dom Community Hub
Entrance on Milton Street,
WS1 4LA, Walsall

Need help?

info@nashdomcic.org
01922616444



Nash Dom Community Hub
Sun Street, WS1 4AL, Walsall



Walsall Council

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Supported by:

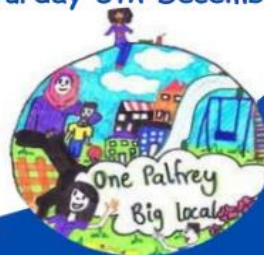


**Join us
For a warm cup & friendly chats!
Brighten your mood
at our Coffee Mornings.**

CUPPA WITH A COPPER 2024

*Come, say hello and discuss issues in your community at
The Seedhut, Palfrey Park 10.30am to 12pm*

- Saturday 27th July
- Saturday 31st August
- Saturday 28th September
- Saturday 5th October
- Saturday 2nd November
- Saturday 30th November
- Saturday 5th December



Making Palfrey a great place to live, work and visit!



**Every Tuesday
10 am - 12 Noon
Admission £2.00
Includes Tea, Coffee & Toast
19 Gomer Street , Willenhall , WV13 2NS
01902 368199**

Christmas
PHOTOSHOOT
FOR YOUR CHILD
AGE 0-5 YEARS

FREE DIGITAL PHOTO

14TH DECEMBER
WEST FAMILY HUB
ILMINGTON HOUSE
WS10 8AE
9:30AM - 2:00PM

21ST DECEMBER
SOUTH AND CENTRAL
BIRCHILLS STREET
WS2 8NF
9:00AM - 2:00PM

7TH DECEMBER
NORTH FAMILY HUB
275 BLAKENALL LANE
WS3 1HJ
10:00AM - 2:00PM

19TH DECEMBER
EAST FAMILY HUB
SILVER COURT
WS8 6HA
12:00 - 2:30PM

TO BOOK A SPACE, EMAIL:
familyhubs@walsall.gov.uk

Walsall Family Hubs
Supporting families to live happier lives



SANTA'S ON THE WAY TO BLOXWICH

Sunday 1 st	Blakenall
Saturday 7 th	Mossley
Sunday 8 th	Lower farm
Tuesday 10 th	Leamore (visit 1)
Thursday 12 th	Leamore (visit 2)
Saturday 14 th	Turnberry
Sunday 15 th	Dudley Fields
Tuesday 17 th	Bloxwich Park area
Thursday 19 th	Harden
Saturday 21 st	Beechdale



For route details and timings please visit www.bloxwichphoenix.net where you can also order your FREE letters from Santa.



SCAN ME



Star Light Multi CIC
building a brighter future



sensory santa

DECEMBER
23
10am-2 PM
1pm-3pm

send Family day

- Santa will be here in his grotto giving out presents
- Sensory room - Soft play - Ball pit
- Festive arts and crafts
- Make reindeer dust
- New sensory garden
- Hot meal for children & much more!

 www.Starlightmulticic.co.uk
 25A Station street walsall ws29jz
 07396765863





**DECORATE
YOUR OWN
CHRISTMAS
BISCUIT**

YMCA

Here for young people
Here for communities
Here for you

YOU ARE INVITED TO OUR

CHRISTMAS Party

**VISIT
SANTA'S
GROTTO**



**FREE
FESTIVE
TREATS**
Hot chocolate,
mince pies and
much more!

Tuesday 10 December
3pm - 5pm
YMCA Walsall
Small Street Centre

Wednesday 11 December
2pm - 5pm
YMCA Wolverhampton
City Gateway

Thursday 12 December
2pm - 5pm
YMCA West Bromwich
Western Gateway



Walsall Council

A loving
Community
Network



SCAN TO REGISTER

Christmas Together



**LUCY'S
PANTRY**
community
food share

A Festive Celebration of Kindness

CARING CHRISTMAS

A FREE COMMUNITY EVENT

20TH DEC 2024 | 10.30AM - 14.30PM

St Paul's Church, Darwall St, Walsall, WS1 1DA
(Next to the Walsall Bus Station)

10.30 - 14.30

**Free Hot Chocolate,
Crepes & Mince Pies
All Day**

12.00 - 13.30

**Free Christmas
Lunch Meal**

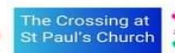
11.00 - 12.00

**Card Making,
Bauble Painting &
Raffle Prize**

12.30 - 14.30

**Collect Free Food
Parcels & Kids Gifts**

Register Here bit.ly/caringchristmas24



@bluuprintcommunities www.bluuprint.co.uk info@bluuprint.co.uk

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Funded by
UK Government



FESTIVE Grand Opening

OF OUR NEWLY REFURBISHED

SENSORY GARDEN
December 14th 2024
2PM - 5PM

Visit Santa in his grotto

Bubble Show

Face Painting

Make a Christmas Card

Free Event

Book Online @ www.Starlightmulticic.co.uk
or Email us at Admin@starlightmulticare.co.uk

25a Station Street
Walsall
WS2 9JZ



West Midlands
Combined Authority



Walsall Council

This project is funded by the UK government through the UK Shared Prosperity Fund. The UK Shared Prosperity Fund aims to improve pride in place and increase life chances across the UK investing in communities and place, supporting local business, and people and skills. For more information, visit <https://www.gov.uk/government/publications/uk-shared-prosperity-fund-prospectus>



Star Light Multi CIC
building a brighter future

Star Lights Winter Fun

Meet Santa in his Grotto

- *Arts & Crafts - Make your own reindeer food.
- *Decorate a Ginger bread man.

24th December
2024 - 10am to 2pm



Amazing Bubble Show

- *Cosmic Fairy's Amazing Bubble show.
- Archery & Soft bowling
- Arts and Crafts

2nd January
2025 - 10am to 2pm

Fizz Pop Science Experiments

3rd January
2025 - 10am to 2pm

- *Mini Explosions
- *Experiment with colour
- Changing liquids
- * Make some Slimy Putty



25a Station Street
Walsall
WS2 9JZ 07396765853

www.starlightmulticic.co.uk



HANDS TO HELP YOU

Christmas Fete

COME AND SEE SANTA AND GET
A FREE PRESENT!!

Saturday December 14th

10 am till 3 pm

*The Holy Trinity Church hall
133 Coltham road Willenhall*

WV12 5BQ

Turkey and stuffing baps , hot dogs ,Tea ,
Coffee and our Baileys Hot Chokolade all
available to purchase on the day.



Come and join our festival
of fun to celebrate
Christmas at our Family
Hubs.

Each hub will be full of seasonal
music and Christmas crafts for
your family to enjoy

11 December at 15:30- 17:00 @ South &
Central Family Hub, Hub Birchills Street,
Walsall, WS2 8NF

12 December at 15:30- 17:00 @ West
Family Hub, Ilmington House, Crescent
Road, WS10 8AE

17 December at 15:00 - 17:30 @ North
Family Hub, 275 Blakenall Lane, WS3 1HJ

19 December at 12:00- 14:30 @ East Family
Hub, Silver Court, Brownhills WS8 6HA

You can simply join us on the day.



A visit from North Pole

At Tiny Tearaways Stay & Play

Tuesday 17th December

12:30pm to 2:30 pm

£2 per Child

Age: Under 5 only

With a Parent/Guardian

**Christmas
Crafts
Christmas
biscuits**

**Cakes &
Drinks**



19 Gomer Street, Willenhall,

WV13 2NS, Tel#:01902 368199

Willenhall Community Hub **CHART**

Tiny Tearaways Stay & Play

Every Tuesday

12:30pm to 2:30 pm

Fully inclusive to
all Needs & Abilities
of Children under 5

£2 per Child

Age: Under 5 only

With a Parent/Guardian

Toast & Juice for Children.
Free Hot drinks for Parents /
Carers

**Age Appropriate
Games for Toddlers**

Arts & Crafts

Singing

Dancing



19 Gomer Street, Willenhall,

WV13 2NS, Tel#:01902 368199

Willenhall Community Hub **CHART**

**FREE
ENTRY!**

**EVERYONE
WELCOME!**

Christmas at the Garden!

**SATURDAY 14TH
DECEMBER, 1-4PM**

**CALDMORE COMMUNITY
GARDEN**

**CARLESS STREET,
CALDMORE, WS1 3RH,
WALSALL**

Santa's grotto

**SATURDAY 7TH
DECEMBER
11AM UNTIL 4:30PM**

**PRE PURCHASE TICKETS FROM
THE BAR AT THE STICK AND
WICKET
£6 PER CHILD**



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



2024 DATES & TIMES

Tuesday 3rd December	Moxley from 6pm to 8pm
Sunday 8th December	Darlaston Asda from 10am to 3pm
Tuesday 10th December	Pattern Drive, Darlaston from 6pm Centenary Lane, Darlaston from 6.30pm Iron Mill Way, Darlaston from 7pm
Friday 13th December	Parked in King Charles Avenue, Bentley from 6pm (Stationed for half hour) Queen Elizabeth Avenue Shops from 6.30pm Montgomery Road and Morris Avenue from 7pm
Saturday 14th December	Christmas Carol Service, Darlaston Town Hall from 6.30pm
Wednesday 18th December	Around the Rough Hay Area, Darlaston from 6pm



Santa Sleigh Run dates may change, subject to weather conditions.
Darlaston All Active Charity Reg No. 115370. Santa Sleigh Run is operated by Volunteers from the Charity

CHRISTMAS CELEBRATION

Wednesday 11th December
1-3pm

JOIN US AND 'OUR MICK' FOR SINGING & DANCING
PLUS A SPECIAL CHRISTMAS TRAY FEAST



Tickets **£12.00**
book on **01922 721 097**
at Bentley Community Centre
Wilkes Avenue
Bentley
WS2 0JN



FESTIVE Flowers



Practice a little mindfulness with this fantastic flower arranging workshop on **Tuesday 10th December** **10-12pm**

Join us for Christmas tunes, a hot drink & mince pie...plus take your creation home.

Session **£4.50**

Must be prebooked - call us on **01922 721 097**

AT BENTLEY
COMMUNITY
CENTRE
WILKES AVENUE
BENTLEY
WS2 0JN



Willenhall Park Christmas Festival

Sunday Dec 15
12pm- 7.30pm

Stalls-Music-Food
Children workshops
Santa lantern walk 6pm
Christmas movie 6.30pm
AROUND THE BANDSTAND



Walsall Council



West Midlands
Combined Authority



 Funded by
UK Government



Christmas Handcrafts Workshop

Create festive joy and unique decorations

29th November and 6th December

5:00 - 8:00 pm

**Nash Dom Community Hub
Sun Street, WS1 4AL, Walsall**

Join us for an intercultural evening :



- Create Christmas toys and decorations
- Embrace the Holiday Spirit
- Spend time with family and friends
- Activities for children
- Refreshments provided




**A Family-Friendly Event
Everyone is welcome!**

For more information contact

01922 616 444  info@nashdomcic.org

 Nash Dom CIC  [nash_domcic](https://www.instagram.com/nash_domcic)

 Nash Dom Community Hub, Sun Street, WS1 4AL



Walsall Council



West Midlands
Combined Authority

This project is funded by the UK government through the UK Shared Prosperity Fund.

The UK Shared Prosperity Fund aims to improve pride in place and increase life chances across the UK investing in communities and place, supporting local business, and people and skills. For more information, visit <https://www.gov.uk/government/publications/uk-shared-prosperity-fund-prospectus>



Walsall Council

 Funded by
UK Government

St Nicholas day

7 December

11 am – 2 pm

**Nash Dom Community Hub,
Walsall Cultural Centre, Sun Street, WS1 4AL**

Admission **FREE**

**Advanced booking required
Registration deadline: 1st December**

- Live Music
- Christmas Crafts Workshops
- Christmas Carols
- Face Painting
- VR Experience
- Bouncy Castle
- Food & Drinks
- Sweet giftbag for each child




SCAN TO REGISTER



For more information contact

01922 616 444  info@nashdomcic.org

 Nash Dom CIC  [nash_domcic](https://www.instagram.com/nash_domcic)

 Nash Dom Community Hub, Sun Street, WS1 4AL



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PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

FAMILY FESTIVE EVENT

SATURDAY 14TH DECEMBER
2024
PLECK LIBRARY



There's snow better place to celebrate the festive season than at Walsall College's *free family event on Saturday 14th December from 10am – 2pm!

Ho-ho-hop down to our Pleck Library Campus and take part in our festive arts & crafts event for all the family!

We'll have a number of activities taking place on the day, including:

- ★ Seasonal card and decoration making 🧑
- 📄 Creating messages to Santa and festive poems for the season 📁
- 🧑 Mini disco and elf dance exercise 🎵
- 🧑 Festive arts and crafts ❄️

🌲 There will even be free refreshments available and a visit from Santa so remember to bring your Christmas lists with you! 🧑

Our Pleck Library Campus is located at: **Walsall College, Pleck Library Campus, Darlaston Road, Walsall, WS2 9RE**

People can contact ashraft@walsallcollege.ac.uk to register their interest and ask any questions they may have, or simply visit our [Eventbrite page](#) to book your *free place.

*Free for anyone aged 19+, living in the West Midlands area and with household income below £33,000 per year, otherwise it will be £6.60 per hour.

Children must be accompanied by an adult aged 19+. Please bring ID with you on the day.



WEAP ENERGY CAFÉ SESSIONS

COME HAVE A COFFEE ON US!

>>> READ MORE

As the nights drawing in and the mornings starting to frost over, winter is certainly around the corner. To help everyone feel a bit more prepared, the Walsall Energy Action Project (WEAP) is offering support through our cozy Energy Cafes across the borough

READ MORE <<<

An Energy Café is a warm welcoming space where you can enjoy a free coffee, chat with friendly advisors, and pick up some valuable tips to save energy, cut down on carbon emissions, and bring down household costs. These Energy Cafés will run until the New Year, and they're open to all!

WHAT'S AN ENERGY CAFÉ?

FREE 'HOME ENERGY AND CLIMATE ADVICE VISIT'

>>> HERE'S A SNEAK PEEK AT SOME OF THE ADVICE ON OFFER:

- Understanding your energy bills.
- Small changes, Big Savings around the home.
- Understanding your heating system, controls and maintenance.
- The importance of insulation and draft proofing in the home.
- Tips to improve indoor air quality.
- Climate change causes and impacts.
- Ways to reduce your carbon footprint

>>> BUILDING A GREENER, WARMER WALSALL TOGETHER

Our vision at WEAP is a sustainable, net-zero Walsall that's fair and inclusive. Through partnerships and community support, we're dedicated to ensuring every resident feels warm, safe, happy, and healthy at home.

More Than Just Coffee! Beyond the Energy Cafés, WEAP offers FREE Home Energy & Climate Advice Visits where our team provides tailored in-home advice. From energy bill breakdowns to heat loss detection using thermal imaging, we're here to help you prepare for the colder months. You can also book a 1-2-1 advice session or visit our Libraries of Inspiration, with books and resources covering sustainable living, growing food, eco-friendly travel, and more!

Get in Touch Want to learn more? Contact your nearest WEAP partner or community hub to see how you can benefit! (Contact details and links are below).

>>> WEAP ENERGY CAFÉ SESSIONS

WEAP Partner	Energy Café Days & Time
Ryecroft NRC	Friday, 10am – 12pm
Aaina Hub	Monday/Tuesday, 10am – 12pm
Brownhills CA	Tuesday/Thursday, 10am – 12pm
Darlaston All Active	Wednesday, 1pm – 3pm
Bloxwich Community Library	Friday, 10am – 12pm
Nash Dom Community Hub	Monday, 10am – 12pm

>>> TO REQUEST HOME VISIT SCAN ME



**FUEL POVERTY AWARENESS
EVENT @ RYECROFT, 27TH
NOVEMBER, 11:00 AM - 2:00 PM**

>>> WEAP PARTNERS:

To learn more about the project you can contact your local community hub and WEAP partner below:
Ryecroft NRC, 28 New Forest Road, Walsall WS3 1TR. 01922 626693
Brownhills Community Association, Pelsall Road, Brownhills, Walsall, WS8 7JS. 01543 452119
Bloxwich Community Library, High Street, Bloxwich, WS3 2DA. weap@walsall.gov.uk
Darlaston All Active, Darlaston Town Hall, Victoria Road, Darlaston, WS10 8AA 0121 568 6144
Nash Dom CIC, Sun Street, Walsall, WS1 4AL. 01922 616444
Aaina Hub, Bath Road, Walsall, WS1 3BS. 01922 644006

Stay warm, save energy, and let's work together for a greener Walsall!

TAI CHILL



Join us at **Old Hall Peoples Partnership** for this new class
starting **Wednesday 30th October**,
10.30 - 11.30am
at
Bentley Community Centre
Wilkes Avenue, Bentley, WS2 0JN

Tai chi is for everyone.
All ages and abilities are welcome to this gentle,
low-impact form of exercise with many benefits.



TAI CHI CAN:

- 1** Increase Flexibility
- 2** Improve Balance & prevent falls
- 3** Improve Posture
- 4** Improve mood & feeling of wellbeing



Funded by
UK Government



Walsall Council



West Midlands
Combined Authority

Commonwealth Games
Legacy Enhancement Fund



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

<https://www.facebook.com/groups/1072838164056354/?ref=share>

MRS MAC'S
BARGAINS A PLENTY
PRELOVED, LOW PRICED
FABULOUS ITEMS COME AND LOOKSY

1 Walsall Street
Willenhall back of
Willenhall library
opposite the willows
blue door WV13 2EX

Tues, weds, Thurs and Friday

10-2.30

Look
forward to
seeing you



Opportunities for Young People



OAK PARK FOOTBALL



JUST TURN UP & PLAY!

- ✓ Skills & ball techniques
- ✓ Footwork exercises
- ✓ Strategy & teamwork exercises
- ✓ Fun games & trial matches



**FRIDAYS
5-6 PM**

**OAK PARK ACTIVE
LIVING CENTRE,
WALSALL WOOD
WS9 9BH**



VISION_FOR_ALL



WWW.VISIONFORALL.CO.UK



INFO@VISION-FOR-ALL.COM



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

FUTURE FOODIES

FREE 3 DAY COURSE FOR 14-16 YEAR OLDS

FREE!

Thursday evenings

5pm - 8pm

Located at Walsall College, Wisemore Campus

Including cooking, budgeting, growing, eco-friendly kitchen tips, cultural cuisines, making a 'fakeaway' and a chance to cook in a professional kitchen.

Use a garden to plate approach and learn skills to use at home and in future careers.



Scan QR code to sign up today



Alternatively please visit: www.walsallcollege.ac.uk

Future Foodies students must return to 3 consecutive Thursdays to complete the course. Courses will commence on the following dates:

Thursday 10th October 2024 (5pm - 8pm)

Thursday 14th November 2024 (5pm - 8pm)

Thursday 5th December 2024 (5pm - 8pm)

Thursday 16th January 2025 (5pm - 8pm)

Thursday 6th March 2025 (5pm - 8pm)



Positive Pathways



Unlocking potential:
help steer young people away from crime.

Positive Pathways is a research project which aims to educate, motivate, and inspire young people to change their negative behaviours, get back on track and move towards a safer future.

Successful applicants will get:

- Seven months of personalised support.
- One-to-one mentoring.
- Information, advice, and guidance.
- A unique residential experience to learn skills for work and life.

To apply, young people must:

- Be 15-17 years old.
- Live in the East or West Midlands.
- Have committed low-level criminal offences or be at risk of doing so.

Refer a young person to Positive Pathways today!

Complete a referral form at www.ingeus.co.uk/positive-pathways or scan the QR code. Please note that making a referral does not guarantee a young person's place on the programme.



For more information about Positive Pathways or to discuss partnership opportunities, email positivepathways@ingeus.co.uk.



ingeus



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Level 1 Developing Community Activities for Youth at Risk

Do you have any young people aged **14 to 19 years** old who are an apprentice, a volunteer or attend your youth provision as a young leader / mentor that would like to take part in **Level 1 Developing Community Activities for Youth at Risk**

This qualification is aimed at helping young leaders to develop their skills as local community leaders and mentors. It is an excellent starting point for a young coach considering a career in youth work who would like to use sport as an engagement tool, or for those who are new to community work. This will include practical activities and **lunch and refreshments will be provided.**

Young people will learn:

- Develop an understanding of working in communities
- Develop an understanding of why partnership working is important
- Develop an understanding of the role of an activity leader
- Develop an understanding of how to engage hard-to-reach young people
- Develop an understanding of how to apply equality, diversity, and inclusion within their role
- Develop an understanding of the health and safety requirements and boundaries relevant to own role
- Be able to plan a community-based activity
- Develop an understanding of how to monitor and evaluate community activities

Saturday 16th November
10am – 5:30pm - Birchills
Family hub

Saturday 23rd November
10am – 5:30pm at Walsall
Town Hall

Young people will need to attend training on **both days**

Click the link to book a place: <https://forms.office.com/e/b2J34xDW6s>

FAITH ALLIANCE YOUTH SPACE

**FREE YOUTH CLUB
ARE YOU AGED 14-17?
WANT ACCESS TO FREE ACTIVITIES?
EVERY MONDAY & WEDNESDAY
4PM TILL 6PM**

BOXING	MUSIC
CRAFT TABLES	VIDEO GAMES

YOUTH CLUB RULES

LOCATION: MLSS COMMUNITY HUB, 501 BLOXWICH ROAD, WALSALL, WS3 2XA AND THE ALL SAINT CHURCH, HIGH STREET, BLOXWICH, WALSALL WS3 3JZ

NO ALCOHOL - NO DRUGS - NO SWEARING - NO BULLYING - NO SMOKING/VAPING - NO ACCESS TO OUTSIDE AREA DURING SESSIONS.

FOR MORE INFORMATION CONTACT: SHARON 07828 863681

SUPPORTED BY



ORGANISED BY



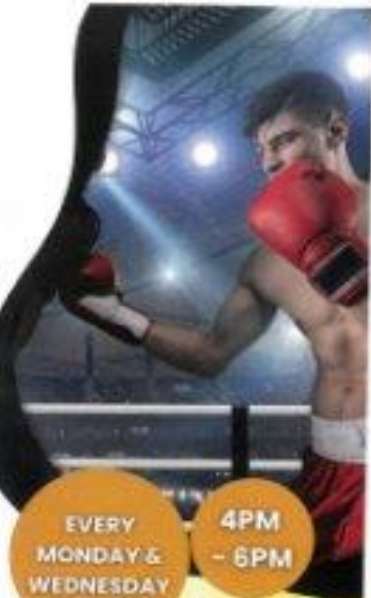
FAITH ALLIANCE YOUTH SPACE

**FREE YOUTH CLUB
FREE ACTIVITIES**

Maintain a drug-free,
alcohol-free and vape-
free space

EVERY
MONDAY &
WEDNESDAY

4PM
- 6PM



Why Attend?

**BOXING
MUSIC
CRAFT TABLES
VIDEO GAMES**

FOR
AGES
14-17



CONTACT SHARON

07828863681

Monday: THE ALL SAINT CHURCH,
HIGH STREET, BLOXWICH,
WALSALL WS3 3JZ

Wednesday: MLSS COMMUNITY
HUB, 501 BLOXWICH ROAD,
WALSALL, WS3 2XA

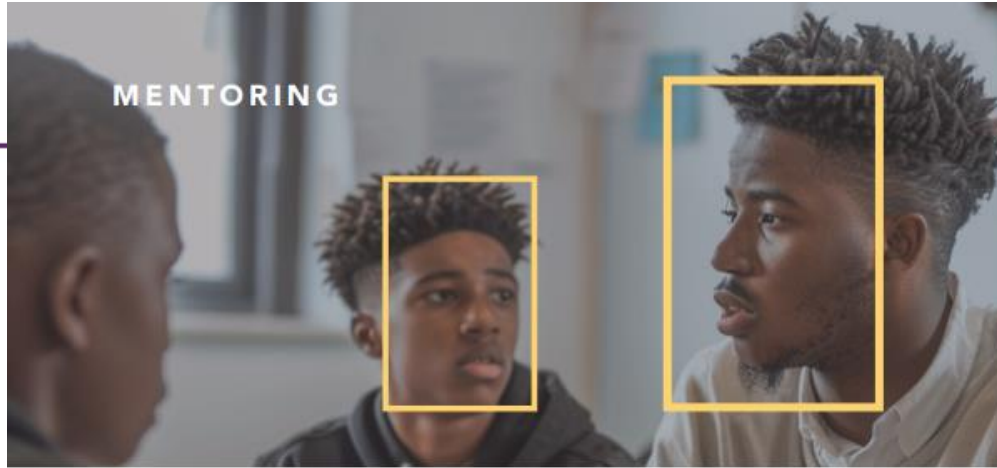


Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



Providing a space for young people to create the best versions of themselves



Next Up 1-2-1 Mentoring

A **12-week programme** for young people **ages 11-17** in the West Midlands. Our mentors focus on **Empowerment, Resilience, Confidence, Identity**. We aim to unlock each young person's full potential.

The programme can include music, offering a creative outlet for personal expression and growth.

Next Up Group Sessions

A **6-week programme** for young black males **ages 11-17** in the West Midlands. Our specialised initiative empowers through dynamic group activities, fostering future leaders. It's a unique, gender-specific opportunity for personal growth, featuring discussions on culturally specific concerns.

This inclusive approach fosters understanding and community. The programme prioritises building confidence, equipping youth with tools for resilience and a positive mindset to navigate through challenges, laying the foundation for lasting success.

MUSIC WORKSHOPS



Being Seen Workshop

A **6-week music-making project** for kids and teens who might not be on the radar for high-risk concerns.

While many initiatives focus on addressing specific issues, our goal is to spotlight the importance of identity development, self-esteem, and confidence for these young individuals. This workshop creates a safe space for them to truly be seen and express themselves.

Transformation Workshop

A **6-week music-making project** for young people in the criminal justice system or at risk of offending.

This transformative experience emphasises on building self-esteem, confidence, and identity. Through active engagement, children and young people will strengthen their potential to achieve their best outcomes.

Join us on a journey of empowerment and self-discovery through the power of music.

Contact details
To refer a young person or for more information please email.
Hello@projectlabbb.org

AGES 15 - 25



THE SOCIAL HUB

TUESDAYS & THURSDAYS

4pm - 6pm



BOXING



MUSIC WORKSHOPS

AIMING TO IMPROVE THE HEALTH AND WELLBEING OF YOUNG ADULTS ACROSS WALSALL



ARTS & CRAFTS



SPORTS



BOARD GAMES

A SAFE PLACE TO TALK

Willenhall Memorial Park
Pinson Road
Walsall
WV14 3PW



READING

www.darlastonyouthcentre.co.uk



Exploring Issues
DARLASTON



make new friends

YOUTH CENTRE

BILLS STREET, DARLASTON, WS10 8BB

YOUTH
Activities

LEARN NEW SKILLS

Daddy's little...izzat
Exhibitions and Road Show

Honour in a crime
WORKSHOPS AVAILABLE



9YRS - 19YRS
TUESDAY & WEDNESDAY
4PM - 6.30PM

Have Fun.

FOR FURTHER INFORMATION PLEASE CONTACT:

RAQIA AKHTAR, Youth Worker.

T: (M) 07749131710

E: darlastonyouthcentre@gmail.com



ACCEPTING NEW MEMBERS NOW!

f x t d YouTube Scan Here



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

catch 22 COUNTY LINES SUPPORT AND RESCUE

Who are we?

Catch22 county lines support and rescue service is a support service for children and young people under age 25, who are living in the areas of London, West Midlands, Greater Manchester or Merseyside

Are you or somebody you know involved in county lines and looking for advice and support, then our service can help.

Our service offers:

- Confidential Support
- A rescue service that operates from 9am -10pm, 7 days a week, 365 days a year
- Advice and guidance for parent and carers
- Women and Girls focused support caseworker
- Mental Health focused support caseworker

What does the 'support' look like?

Our case workers can provide you:

- A safe confidential space to talk openly
- Advice and guidance to reduce county lines involvement
- Create a wider support network with professionals creating education, training and employment opportunities
- Support with emotional and mental health wellbeing
- Better relationships between your parents/care giver

We have a flexible approach and will organise the support sessions to suit your individual needs.

What does the 'rescue' look like?

- Two members of the team will collect you and return you to a pre-agreed safe address.
- On your return we will check on you a few days later to offer you that continued support if you wish
- We understand that you are experiencing lots of emotions, so on your journey home we are here to listen and support for as long as you need us

If you feel this support will benefit you please speak to the person that gave you this leaflet and ask them to make contact with us.



SUPPORT



RESCUE



Emotional Wellbeing Support for Secondary School Pupils in: Walsall



Wysa is an AI chatbot that has been commissioned by **Black Country NHS Foundation Trust** to give you a safe, non-judgmental space where you can talk about anything and everything that's bothering you. Let off steam and share your worries - Wysa is here to listen.

You'll get full access to all of Wysa's self-help tool packs, including 150+ exercises, with everything from mindfulness and meditation to therapy tools for anxiety and depression.



Private



Anonymous



Secure

"I've been able to fix my sleep schedule for school and I've been feeling more organised for the most part...I've been able to de-stress better with a better daily routine."

- Wysa user

To download Wysa Premium

Scan the QR code
from your phone



Or use the link:

<https://get.wysa.uk/rVzkVH2LmBb>

If you are asked for a code, please enter:

BCWA2023



Is Wysa private?

Wysa is not a social media platform and users cannot message each other. No one will see what you share with Wysa, and it's completely anonymous. No email or sign-up is required within the app.

Once you have downloaded the app, all you need to do is open it and enter a nickname to get started!

Who will have access to my conversations?

Your day to day conversations with Wysa are completely confidential and no one will have access to them

How long do I have access to Wysa for?

You will have access for 12 months from when you download it.

Is Wysa safe?

Wysa's words have been written under the guidance of a qualified therapist. Clinical validation, safety, and research are key to our approach.

If you need emergency help, hit the SOS button to find the right helplines at your fingertips, and do a grounding exercise to put yourself back in control.

How is my data used?

The Wysa team may occasionally use some messages, which are completely anonymous, to train Wysa's chatbot to help improve its ability to have helpful conversations. No one outside of Wysa will ever have access to chat messages. Wysa will use the anonymous data gathered, such as how many times each of the programmes within Wysa are used and how many times the SOS button is triggered, to produce a report to show how useful Wysa has been support Emotional Wellbeing. This will not include any information about who is using it.

What should I do if I am having a crisis?

If you are in need of urgent support, Wysa has an 'SOS' button at the top of the screen. This will give you a list of emergency numbers you can call or text. The support advice you get from the helplines is confidential and not shared with Wysa. Wysa cannot provide an emergency response or in any other way alert 999 to your needs.



Secure



Anonymous



Private

Could you be a young carers champion ??

Young carers champions Advocate and raise awareness for young people who have a caring role and responsibilities for a family member. Currently Walsall young carer service support 278 young carers in Walsall

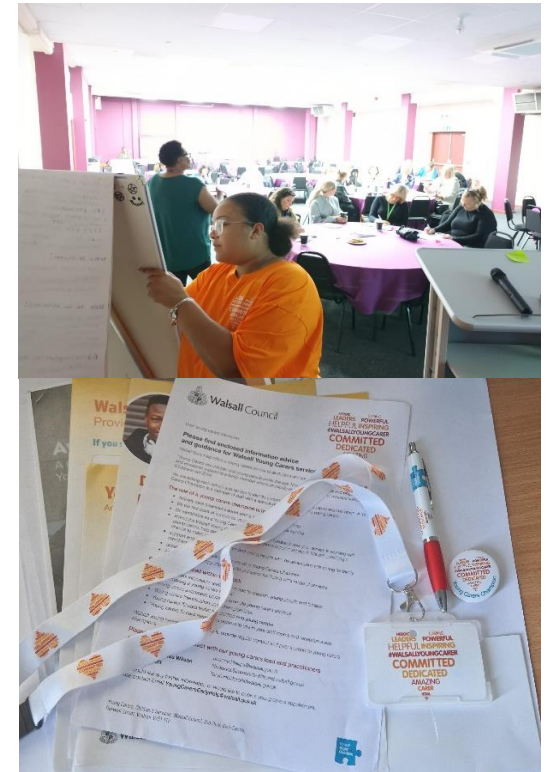
Walsall young carers service deliver regular young carers champions meetings offering practitioners and partners across Walsall, information, advice and guidance on supporting young people with a caring role.

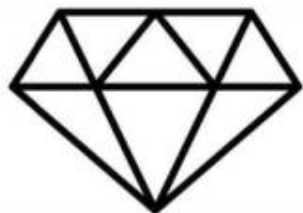
Our September young carers meeting shared:

- update on young carers service
- Resource packs
- school challenge and school award
- the role of a young carers champion in a school
- Young Carers week 10th –16th March 2025

HEROIC LEADERS
HELPFUL
#WALSALLYOUNGCARER
COMMITTED
DEDICATED
AMAZING CARER
VITAL

If you would like to become a young carers champion or would like any more information on Walsall Young carers service please contact youngcarers@walsall.gov.uk or Visit Walsall Young Carers website <https://go.walsall.gov.uk/children-and-youngpeople/early-help/early-help-children-and-young-people/youngcarers>





ALUMINA

FREE ONLINE SUPPORT FOR 10-17'S

ALUMINA IS A PROJECT OF

Youthscape

MOVING
TOWARDS A LIFE
FREE FROM
SELF-HARM

ALUMINA IS A GROUND-BREAKING ONLINE SUPPORT PROGRAMME FOR YOUNG PEOPLE WHO ARE STRUGGLING WITH SELF-HARMING BEHAVIOUR. LIVE SESSIONS, THROUGH A WEB BROWSER CONNECT YOUNG PEOPLE WITH TRAINED YOUTH WORKERS OVER SEVEN WEEKS. IT HELPS YOUNG PEOPLE REDUCE THEIR HARMING BEHAVIOUR AND FIND ALTERNATIVE WAYS OF COPING.

SELF-HARMING BEHAVIOUR IS OFTEN DUE TO A SET OF COMPLEX ISSUES THAT HAS ROOTS IN LOW SELF-ESTEEM, DIFFICULT RELATIONSHIPS, COMMUNICATION STRUGGLES AS WELL AS POSSIBLE CHILDHOOD TRAUMA. IT'S AN ISSUE THAT MANY YOUNG PEOPLE FACE DAILY AND MOST KNOW SOMEONE FOR WHOM IT IS A CURRENT ISSUE.

DEVELOPED THROUGH FUNDING FROM COMIC RELIEF AND THE NATIONAL LOTTERY, ALUMINA IS A NEW APPROACH TO SUPPORTING YOUNG PEOPLE VIA PHONE, TABLET, LAPTOPS OR DESKTOP COMPUTERS.

SINCE 2014, ALUMINA HAS BEEN OFFERING YOUNG PEOPLE PASTORAL SUPPORT ALONGSIDE PRACTICAL IDEAS THAT ARE HELPFUL IN DEALING WITH EMOTIONS AND SELF-CARE, IN ORDER TO HELP TEENAGERS REDUCE THEIR SELF-HARMING BEHAVIOUR. ALUMINA COMBINES 'ACTIVE LISTENING' WITH A TEACHING PROGRAMME THAT EDUCATES YOUNG PEOPLE TO TAKE CONTROL OF THEIR HARMING BY GIVING THEM TRIED AND TESTED STRATEGIES FOR COPING. BY EMPOWERING YOUNG PEOPLE, ALUMINA CAN REDUCE SELF-HARM.

- OPEN TO YOUNG PEOPLE AGED 10-17
- ONLINE IS COMFORTABLE CONTEXT FOR YOUNG PEOPLE TO ENGAGE
- SIGN UP IS FREE, QUICK & RUN BY TRAINED YOUTH WORKERS
- CLEAR SAFEGUARDING POLICY AND PROCEDURES



ALUMINA IS A PROJECT OF

Youthscape

WHO IS IT SUITABLE FOR?

OVER THE 7 WEEKS THE COURSE TAKES PLACE ONCE A WEEK, IN THE SIXTY-MINUTE SESSION WHERE YOUNG PEOPLE CAN LOG ONTO A SAFE AND SECURE ONLINE ENVIRONMENT JOINING TWO OF OUR TRAINED COURSE LEADERS AND UP TO 12 OTHER YOUNG PEOPLE. THE SESSIONS ARE RAN ON A SECURE TEACHING SOFTWARE, THAT KEEPS RECORDING OF SESSIONS (FOR SAFEGUARDING PURPOSES) AND ALLOWS YOUNG PEOPLE TO ANONYMOUSLY ENGAGE WITH EACH OTHER AND THE COURSE LEADERS VIA A CHAT BOX, WHILE THE LEADERS PRESENT VIA THEIR CAMERA AND MICROPHONE. THEY INTERACT WITH EACH OTHER AND THE COURSE LEADERS USING A LIVE WHITEBOARD AND CHAT. THEY DO NOT NEED TO REVEAL THEIR NAMES AND THEY WILL NOT BE ABLE TO CONTACT OTHERS ON THE COURSE OUTSIDE OF THE SESSIONS.

ALUMINA IS SUITABLE FOR YOUNG PEOPLE AGED 10 TO 17; WE SUPPORT THOSE OF ALL GENDERS AND THOSE WHO DO NOT GENDER IDENTIFY. A YOUNG PERSON CAN ACCESS OUR SERVICES WHETHER THEY HAVE BEGUN TO HAVE THOUGHTS OF SELF-HARM; IF THEY HAVE BEEN HARMING A SHORT TIME OR IF IT IS A LONGER TERM CHALLENGE FOR THEM. WHAT MATTERS MOST IS THAT YOUNG PEOPLE ARE INTERESTED IN BEING PART OF A 'COMMUNITY SEEKING RECOVERY FROM SELF-HARM' - WHATEVER THAT PROCESS LOOKS LIKE.

HOW DO I REFER A YOUNG PERSON TO ALUMINA?

- TEACHERS, SOCIAL WORKERS, YOUTH WORKERS AND OTHER PROFESSIONALS CAN TALK TO A YOUNG PERSON ABOUT JOINING ALUMINA, BUT THE FINAL DECISION IS THEIRS.
- YOUNG PEOPLE APPLY TO JOIN ALUMINA ON OUR WEBSITE SELFHARM.CO.UK AND FILL IN A SIMPLE FORM INCLUDING THEIR EMAIL ADDRESS.
- ONE OF OUR TEAM WILL CONTACT THEM WITHIN 24 HOURS TO INTRODUCE THEMSELVES AND ASK THE YOUNG PERSON TO PROVIDE CONTACT INFORMATION FOR AN ADULT AND A SCHOOL/COLLEGE NAME SHOULD THERE BE ANY WELLBEING CONCERNS DURING THE COURSE. THAT ADULT CAN BE A PARENT, TEACHER, HEALTH CARE PROFESSIONAL OR YOUTH WORKER.
- SESSIONS RUN IN THE EVENINGS AND YOUNG PEOPLE WILL BE SENT A LINK TO SIGN IN AND JOIN A SESSION AT A TIME THAT SUITS THEM.

WHAT SUBJECTS DOES ALUMINA ADDRESS?

- WHO AM I? WHAT'S MY STORY AND HOW DOES IT AFFECT ME?
- CONTROL: WHAT CAN, AND CAN'T I CONTROL?
- THE ADDICTIVE NATURE OF SELF-HARM
- GETTING OUR BRAINS TO THINK DIFFERENTLY -
- USING ALTERNATIVE STRATEGIES
- TALKING ABOUT FEELINGS
- WHAT OTHER SUPPORT MIGHT I NEED?



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

WHAT ABOUT SAFEGUARDING?

AT YOUTHSCAPE WE TAKE SAFEGUARDING AS A PARAMOUNT DUTY IN OUR SUPPORT OF YOUNG PEOPLE. WITHIN ALUMINA WE MANAGE SAFEGUARDING CONCERNS ONLINE BY:

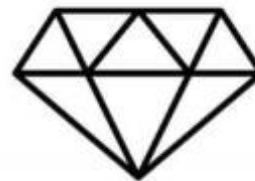
- ENSURING EACH YOUNG PERSON PROVIDES US WITH A CONTACT PERSON (AGED 18 +) , SHOULD WE HAVE ANY CONCERNS. THIS CAN BE A TEACHER, PARENT, YOUTH WORKER, FAMILY FRIEND, HEALTH CARE PROFESSIONAL – THIS SAFEGUARDS ANY IMMEDIATE CONCERNS WE MAY HAVE REGARDING WELLBEING. WE ALSO ASK THEM TO PROVIDE US WITH THEIR SCHOOL OR COLLEGE NAME.
- EMPOWERING YOUNG PEOPLE TO RECOGNISE THEIR EMOTIONS AND USE THE PRACTICAL COPING STRATEGIES THEY WILL LEARN IN ORDER TO REDUCE THEIR HARMING BEHAVIOURS. WE DO NOT ENCOURAGE AN 'IMMEDIATE STOP' STRATEGY AS THIS INCREASES RISK.
- ALLOWING YOUNG PEOPLE IN ALUMINA TO ONLY ENGAGE WITH EACH OTHER WITHIN THE ALUMINA GROUP SETTING.
- YOUNG PEOPLE'S EMAIL ADDRESSES ARE KEPT SOLELY FOR THE PURPOSE OF SENDING THE ALUMINA SESSION LINKS. DATA WILL NOT BE PASSED ON WITHIN THE ORGANISATION, TO ANY OTHER PARTIES NOR FOR ANY OTHER PURPOSES.
- YOUNG PEOPLE MAY SIGN UP WITHOUT PARENTAL CONSENT IF AGED OVER 14 IN LINE WITH OTHER SIMILAR THERAPEUTIC SUPPORT WORK.

QUESTIONS?

EMAIL THE ALUMINA PROJECT MANAGER HELLOALUMINA@YOUTHSCAPE.CO.UK

TO FIND OUT MORE

VISIT SELFHARM.CO.UK



ALUMINA

ABOUT YOUTHSCAPE

