



FAMILY NEWSLETTER

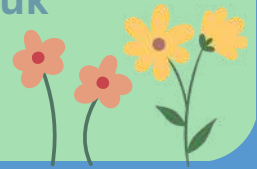
Family newsletter information for parents and caregivers in Erdington, Gravelly Hill, Castle Vale, Pype Hayes, Perry Common, Kingstanding and Stockland Green.

March 2023

Welcome

What is Erdington Families?

We are part of the Early Help scheme to ensure families around Birmingham are connected to support systems around them. You can get in contact us if you need any support or advice at erdingtonfamilies@compass-support.org.uk



Services directories

If you are looking for support for a child or a family, we have useful directories on [our website](#).

For services across the city, all the assets and services are now on the new [Route 2 Wellbeing website](#).



Stay and Play

Monday Morning 9.45-11.15am

Osborne Nursery School

Station Road, Erdington

B236UB

No booking needed

Everyone Welcome



DLP
DEVELOPING LOCAL
PROVISION



Adult Courses

Falcon Lodge Community Hub

Starting February 2023



Arts: Cake Designing



Arts: Jewellery Making



Sow & Grow

★ Looking to start or change career or just have FUN with learning. ★

Tuesday 28th February: **Arts and Crafts**

Tuesday 7th March: **Sow & Grow**

Tuesday 14th March: **Arts & Crafts**

Tuesday 21st March: **Sow & Grow**

Tuesday 28th March: **Arts and Crafts**

Time: **12:15pm—2:00pm**

For Parents/Carers with children under age five.

**Venue: Falcon Lodge Community Hub, Church Road,
Sutton Coldfield, B75 7LB**

To book your place please contact Natalie Clarke

on: 0121 752 1860 / 07870981272

FREE

Adult & Child First Aid Awareness Session

Date: Thursday 30th March 2023

10am—12pm

Castle Vale Children Centre,

372 Yatesbury Avenue, B35 6DG.

Certificates for completion of the session.

**Contact Natalie Clarke
to BOOK your place on:**

07870981272 /

0121 752 1920



For Parents/Carers with
children aged under
five. Adult session.



Monday

9.45 - 11.15 am
Step by Step
Play and Learn
in conjunction with
DLP North Cluster
Osborne Nursery School

9.30 - 11.30 am
KID's West Midlands
Support Group
Referral only
Lakeside

1.00 - 2.30 pm
Hug in a Mug
Referral only
Lakeside

1.15 - 2.15 pm
First Words Together
(12-24 months)
16/01/23-13/02/23
Featherstone
27/02/23- 27/03/23
Castle Vale
Call to register interest

1.30 - 3.00 pm
Employment and Training
Drop-In
Lakeside

Tuesday

10.00 - 12.00 pm
The Feeding Lounge
Lakeside

For any breastfeeding
advice please contact any of
the Children's Centres or
come along for support to
one of the groups.



1.00 - 2.30 pm
Hug in a Mug
Referral only
Featherstone

1.15 - 2.45 pm
Play and Learn
Over 2's
Featherstone

2.00-3.00pm
Baby Massage
Featherstone
Call to register interest

Wednesday

9.45 - 11.15 am
Play and Learn
Under 2's
Featherstone

Group Information

All our groups are on a
first come first served
basis (1 session per week
for 6 weeks) in order to
provide a
service to all families

In order for the sessions
to run smoothly please
ensure you arrive at the
session within the first
20 minutes.

DID YOU KNOW?...

National recommendations are
that pregnant women and
young children should take
vitamin D supplements.

Ask for yours at reception or
call your Children's Centre.



Thursday

9.30 - 11.00 am
Hug in a Mug
Referral only
Castle Vale

9.45 - 11.15 am
Stepping Stones
Referral only
Featherstone

1.30 - 3.30 pm
Employment and Training
Drop-In
Featherstone

1.15 - 2.45 pm
Play and Learn
Over 1's
Lakeside

1.15 - 2.45 pm
Play and Learn
Under 1's
Lakeside

1.15-2.45pm
Play and Learn
under 5's
In partnership with
Home-Start
**Kingstanding Leisure
Centre**

Friday

9.45 - 10.45 am
First Words Together
(12-24 months)
20/01/23-17/02/23
Call to register interest
Lakeside

1.00 - 2.30 pm
Step by Step
Play and Learn
Run in conjunction with
DLP North Cluster
Castle Vale

HIGH IMPORTANCE

Please ensure that you bring
NHS numbers for everyone
attending a group session.
This is highly important to
ensure that staff can sign you
in and out effectively.



Addresses:

**Lakeside
Children's Centre**
Lakes Road, Erdington,
Birmingham, B23 7UH
Telephone: 0121 752 1970
Open 9.00 am - 5.00 pm
*Some car parking space
available, disabled parking plus
plenty of on street parking.*

**Featherstone
Children's Centre**
29 Highcroft Road,
Erdington, Birmingham,
B23 6AU
Telephone: 0121 752 1870
Open 9.00 am - 5.00 pm
On street parking available.

**Castle Vale
Children's Centre**
372 Yatesbury Avenue,
Castle Vale, Birmingham,
B35 6DG
Telephone: 0121 752 1920
Open 9.00 am - 5.00 pm
On street parking available.

Osborne Nursery School
Station Road,
Erdington, Birmingham
B23 6UB
On street parking available.

**Kingstanding Leisure
Centre**
Dulwich Road,
Kingstanding, Birmingham
B44 0EW
Car park spaces available

Other Children's Centre information

Family Support

Need some advice
and support?

Ring to speak to our
duty Family Support
Worker who can help
and advise.

If we cannot support
then we will identify a
service that can.

Facebook

Join in on Facebook with
comments, likes, shares
and ideas.

Erdington Children's
Centre

Wellbeing Support

Need support with your
wellbeing?

Contact your local Children's
Centre to ask about
Walking for Wellbeing
or Hug in a Mug.

Employment, Training and Volunteering

Get support with CV writing, interview skills and accessing
courses such as Survival English, Crafts,
Introduction to Childcare and many more.

We also have a range of volunteering opportunities
within the Children's Centre.
Contact: Zaheer on 07974 255788
or Natalie on 07870 981272

Health Activities

We can support you with:

- Introduction to solid food.
 - Oral health.
- Bottle to cup transition.
 - Fussy eating.
 - Safety in the home.
- Healthy eating and nutrition.

Contact: Tal on 07816 364241
or
Paula on 07816 364232



We would love to
receive some
feedback about a
service or group you
have attended - this
will help us to
identify future
groups and activities.

Parenting Support

We offer a number of
courses including:

- Promoting Happier
Parenting.
- Domestic Abuse
Support.
- Solihull Approach.
- Healthy Eating
Nutrition for the
Really Young (HENRY).
- Incredible Years
Parenting Programme.

Please call your local
Children's Centre to
enquire or/and book on.

Language Through Play

If you have concerns around your child's speech and
language development, we offer sessions to help
support and enable parents/carers to optimize their
child's speech and language skills.

The support is through our Little Talkers sessions and
home learning with talking tips and activities from the
Wellcomm toolkit.

Please enquire at your local Children's Centre to find
out how to access support.



BOOKINGS NOW OPEN

GO TO WWW.BRINGITONBRUM.CO.UK

How do I apply?

You will need to get a code off your child's school which allow you to book onto the sessions at bringitonbrum.co.uk

Bring it on Brum! is a FREE Holiday and Food (HAF) Programme funded by the Department for Education, designed for children and young people across Birmingham to have fulfilling, active and healthy school holidays.

Bring it on Brum! is the biggest scheme of its kind in the country, and we're really excited to bring it to you and your family!

If your child is eligible for benefits-related free school meals, then they are entitled to access the Bring it On Brum! holiday clubs for free. The clubs are suitable for children aged 4-16 and have a wide variety of activities available including sports, arts and crafts, cooking and lots more fun activities at venues local to you.



Erdington Kids Easter Camp

FREE HOLIDAY CLUB FOR FSM CHILDREN

Boxing ● **Football** ● **Cricket** ●
Easter Egg Hunt ● **Snooker** ● **Arts and Crafts**

Choose Time:

Either
10AM-2PM

OR
2PM-6PM



 The Midlands Greek & Cypriot Association, Magnet Centre,
Park Approach, Erdington, B23 7SJ.



074100 00015
Contact For Booking



EASTER HOLIDAY CLUB

Our Easter schedule will run from Monday 3rd April to Thursday 6th April. Our morning session 9am-1pm will be for children aged 5-8 years old and our afternoon session will be for children aged 9-13 years old. As **ALWAYS** we have planned a fun filled few days.

If your child is eligible for free school meals then please use the link in bio to secure a place today!

PLACES ARE LIMITED SO PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT!



YEARN 2 B



CHILDREN'S HOLIDAY CLUB FREE

6-14 YEARS

DATES:

Monday 3rd April to Thursday 6th April

11am to 3pm

VENUE:

ERDINGTON METHODIST CHURCH
WESLEY ROAD
ERDINGTON
B23 6TX

STAFF DBS CHECKED

PRIORITY GIVEN TO HOUSEHOLDS ON
BENEFITS

PLACES ARE LIMITED
BOOK EARLY TO AVOID DISAPPOINTMENT

TO BOOK

Email:

yearn2be@gmail.com

Call: 07464 029215

Facebook: Yearn To Be

www.bringitonbrum.co.uk

ACTIVITIES

Games

Football

Boxing/Pad Work

Children's Circuits

Arts & Crafts

Cooking

BENEFITS

Improve Well Being

Physical Fitness

Confidence Building

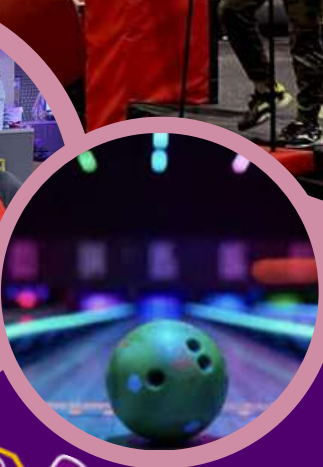
Improve Self-Esteem



bringing you out
of your shell



PHOENIX UTD
COMMUNITY INTEREST COMPANY



8-14 Easter Sports & Media Camp



Does your child qualify for free school meals? if so they are entitled to a fully funded place to our action packed sports camp at Jaffray Playing Fields from 10am - 2pm every day! Non-eligible children £20 per day or £60 for 4. Call 0121 622 1992 for details.

April
11-14
2023!

Activities include:

- ✓ AQA Learning
- ✓ Football
- ✓ Bowling
- ✓ Rock Climbing
- ✓ Laser Tag
- ✓ Trampolining
- ✓ Team Building
- ✓ Broadcasting
- ✓ Shirt Printing
- ✓ Hat Printing

Places are limited, so act fast!

<https://external-forms.viewsapp.net/forms/v/1a000ed3-7ac7-4f68-93c1-f31526eeb805>



Droitwich Spa - Yychbold First School, WR9 8PP
 Coventry - Park Hill Primary School, CV5 7LR
 Nuneaton - Park Lane Primary School, CV10 8NL
 Rugby - Rugby College, CV21 1AR
 Warwick - All Saints Junior School, CV34 5LY
 Birmingham - Yarnfield Primary School, B11 3PJ
 Birmingham - Erdington Hall Primary School, B24 8JJ



From
 £11
 Per Day

**BOOK
 NOW**

CLICK THE **YELLOW**
 BOOK NOW BUTTON AT

www.kitsacademy.com

for more information
 Call us on
 07772 873271
 Email us at
bookings@kitsacademy.com



**EASTER HOLIDAYS
 YEARS 1-8**

Droitwich - Multi Sports
 Coventry - Multi Sports
 Nuneaton - Multi Sports
 Birmingham - Multi Sports
 Warwick - Dance / Multi Sports / Football
 Rugby - Archery & Fencing / Gymnastics
 & Trampoline / Dance / Multi Sports



DROP OFF
 9:00-9:30



PICK UP
 3:00-3:30

EARLY DROP OFF
 8:30-9:00

LATE PICK UP
 3:30-4:30

£2.50 EXTRA

£5 EXTRA



**All Parents Must Pre-Book
 to Avoid Disappointment**

Accessible Community Games

Inspiring physical activity for people in our community
 with physical, learning and sensory disabilities



Free, Fun, Friendly and Engaging

The Accessible Community Games allows you to try different sporting activities regardless of your age or ability.

We would like you to have fun, try new sports activities and find something you really enjoy.

You can meet activity providers who will guide and support you whilst you participate in their activity.

We look forward to seeing you there.

For more information please email becki@inspireactivity.co.uk

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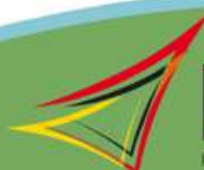
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TICKETS ARE FREE
 Book online
trybooking.co.uk/CDAS
 or
 register with us on the day

20+ ACTIVITIES
 available to try led by
 experienced instructors

FOOD AND DRINKS
 Vending machines
 available on site, you
 are welcome to bring
 your own picnic

GB AMBASSADORS
 Meet and be inspired by
 Great British Para Athletes



BMet
 Inspiring futures, realising dreams.

Key visitor information

On arrival, you'll be guided to the welcome point for a visitor wristband and activity sticker card

Community Games helpers will be available at all times to answer questions and provide support

Where possible, outdoor activities will be relocated inside in the event of bad weather

Quiet room

First Aid provision and private treatment room

Male and female changing rooms and toilets
 Fully accessible changing facility with hoist available

The facility is accessible to both pedestrian and wheelchair users
 If assistance is required, carers must accompany visitors as we do not provide a care service



potential Activities

GOALBALL
 ATHLETICS
 BOCCIA
 SOFT ARCHERY
 BOXING
 ORIENTEERING
 QUICK CRICKET
 BLIND FOOTBALL
 DANCE
 MARTIAL ARTS
 VI CRICKET
 TENNIS
 TABLE CRICKET
 WHEELCHAIR -
 BASKETBALL
 CYCLING
 TABLE TENNIS
 NETBALL





Emotion Dysregulation in Autism



FOUNDED BY ZAYNAB
SOHAWON (ZEZE)

The mental health charity for autistic young people
Empowering Youth by Being Caringly Curious

REGISTERED CIO UNDER CHARITY COMMISSION FOR ENGLAND AND
WALES NO. 1201408

**Talks on systemic trauma, early
identification of autism, early prevention of
mental illness, intersectionality in
black/asian communities, alexythymia
All by young people!**

**There are two links:
For young people only
For everyone**



FB

@EDysregAutism



TWITTER

@EDysregAutism



IG

@EmotionDysregAutism





EMAIL

info@emotiondysregautism.org



MOBILE

07554768391



Nurturing ADHD kids

FREE WEBINARS FOR PARENTS

**Find out about our Support groups and
information sessions**

**Sunday April 2nd 10am
Monday April 3rd 7pm
Saturday April 8th 11am**

Register on Eventbrite

<https://www.eventbrite.co.uk/e/5966853>

91067

or use this QR code

LED BY ADULTS WITH ADHD



Contact us for details:

Phone: 0731 116 7485

Email: contactus@brewseducation.org

BREWS CIC

BIRMINGHAM RESILIENCE EDUCATION & WELLBEING SERVICES

**Birmingham Resilience Education
and Wellbeing Services CIC**

Multiply at BMet!

'**Multiply**' is a new government-funded programme to help adults improve their numeracy skills. The brand-new programme at Matthew Boulton College is designed to help adults improve their maths skills to help with everyday life and provide more job opportunities with higher wages. And best of all, it is absolutely **FREE!**

On-site & Online programmes available to start now!

Course location - Matthew Boulton College, Jennens Road, Birmingham City Centre, B4 7PS (on-site delivery)

'**Multiply**' will help you:

- Improve your confidence
- Gain the skills to help in managing your money
- Strengthen skills in the workplace
- Improve maths skills to gain better job opportunities
- Support your children while improving your own skills
- Develop maths skills if you've found it hard to access before

Candidates must:

- Be unemployed, about to enter work or currently employed and in receipt of Universal Credit
- Be 19+ as of 31st August 2022 and have lived in the UK for the past three years
- Live in the West Midlands Combined Authority (WMCA) catchment area
- Not have maths GCSE at grade C (or equivalent)

To secure a place on the course:

Call [0121 362 1174](tel:01213621174) OR email Adultskills@bmet.ac.uk