

NORTHFIELD EARLY HELP

NEWSLETTER - UPDATES - EVENTS



NORTHFIELD
Community Partnership



northfield
families

Birmingham
Children's Partnership



BIRMINGHAM
CHILDREN'S TRUST

Referrals / Family Connect Forms - [Click Here](#)

Route2Wellbeing Directory - [Click Here](#)

ROUTE **2** WELLBEING

Find health & wellbeing services near you

PHONE : 07516918133 MON-FRI

EMAIL: northfieldfamilies@northfieldcommunity.org

FOLLOW US : @northfieldfamilies on Facebook and Instagram

www.northfieldcommunity.org

Food Bank



Housing &
Benefit
Advice



Family
Support



Under 5's &
SEND
support



Financial
Support



Information
& referrals
to local
resources



Welcome to our January Newsletter

Happy New Year!

2024



Christmas at NCP!



- St Laurence Junior School children kindly decorated Christmas cards for us to include in our hampers!
- Tim and Sue, who instead of asking for gifts for their 50th wedding anniversary, asked for money so they could donate two sacks of presents to our toy drive!
- Our Christmas hampers have been assembled, thanks to our amazing staff and volunteers.



We've had an outpouring of incredible donations and we truly cannot thank you enough.



Festive activities at Northbrook Homeless Centre with Frankley Childrens Centre

Early Help 'Dads & Kids' Christmas Event



The Royal Orthopaedic Hospital kindly made and donated an amazing 25 hampers! We cannot thank them enough for their continued support.



Welcome Sharon!

Sharon Purchase joined the Northfield Early Help team in November as an Early Help Advisor.

Sharon worked in secondary schools as a lead mentor for 17 years and is a great addition to our team!



NORTHFIELD
Community Partnership

Birmingham
Children's Partnership

Northfield Locality Early Help

How can we help?



MEET THE TEAM



LIZ

Early Help
Manager



LAURA

Early Help
Advisor



SHARON

Early Help
Advisor



MADI

Community
Connector



CAITLIN

Community
Connector



New NCP Website

We have had a much-needed website makeover, and we are pleased to unveil its new look to you!

<https://www.northfieldcommunity.org/>



What is Early Help?

Families are telling us about the many challenges they face, so partners across Birmingham are connecting together to support families who want early help.

The following sectors are connecting together in ten localities: community, voluntary and faith sectors, health, family support, social work, police, schools, further education, nurseries, children's centres, health visitors and GPs.

If you are working with a vulnerable family that requires some extra help or has complex needs, then please get in touch with your

Sign up to our Early Help newsletter!

☐ I'm not a robot

Submit

Mailing List - Create your own for free!



FREE online parenting courses

Every parent in Birmingham can access these free parenting courses using the code 'COMMUNITY'

<https://inourplace.co.uk/>

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

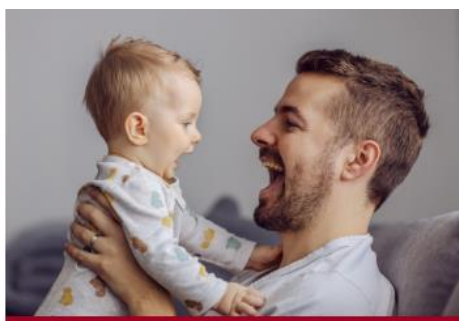


Antenatal

[View courses](#)



- [Understanding pregnancy, labour, birth and your baby.](#)
- [Understanding pregnancy, labour, birth and your baby: for women couples](#)



Postnatal

[View courses](#)



- [Understanding your baby \(0 - 6 mths\)](#)
- [Understanding your preterm or sick baby in hospital](#)
- [Understanding your preterm or sick baby now you're home](#)



Children and Young People

[View courses](#)



- [Understanding your child: from toddler to teenager \(6 mths - 19+ years\)](#)
- [Understanding your child with additional needs \(6 mths - 19+ years\)](#)
- [Understanding your teenager's brain](#)
- [Understanding your child's feelings](#)
- [Understanding your child's mental health and wellbeing](#)
- [Understanding the impact of the pandemic on your teenager](#)
- [Understanding the impact of the pandemic on your child](#)



For Teenagers

[View courses](#)



- [Understanding your brain \(for teenagers only!\)](#)
- [Understanding your feelings \(for teenagers only!\)](#)



For Adults

[View courses](#)



- [Understanding your relationships](#)
- [Understanding your own trauma](#)



Community Languages

[Professionally translated courses](#)



[Auto-translation option](#)



Upcoming Events / Activities



Volunteer Recruitment Day

Looking for volunteers for your projects in 2024?

Sign up for a stall at our volunteer recruitment day 10am-4pm Tuesday 23rd Jan 2024 at Northfield Arts Forum, Northfield Shopping Centre.

Book your place by emailing August on august@northfieldcommunity.org



First Words Together

Would you like to

- ☒ Help your baby or toddler learn to talk?
- ☒ Get ideas for supporting communication?
- ☒ Receive five free toddler books?
- ☒ Spend quality time with your child?



First Words Together sessions are run on:

Day Fridays beginning 19th January Time 9.30 -10.am

Venue: Kings Norton Library

Call or Email to book a place:
0121 464 1532 kings.norton.library@birmingham.gov.uk






Enjoy exploring rhymes, stories and games to play with your child once a week for five weeks!

FREE activities for families with children under 2

Northfield District Childrens Centres

new activity timetable Jan-March

Monday	Tuesday	Wednesday	Thursday	Friday
Antenatal Breastfeeding Support (Once a month) 10:00-11:30am Wychall Children's Centre <i>Booking essential</i>	Antenatal Solihull Approach 10:00-11:30am Virtual <i>Contact Becki on 0121 453 3515 for further details.</i>	Antenatal Solihull Approach 10:00-11:30am or 7:00-8:30pm Frankley Plus Children's Centre <i>Contact Becki on 0121 453 3515 for further details.</i>	 The best start for our children	First Words Together (0-2 Years) 10:00-10:45am Wychall Children's Centre
Baby Massage (0-6 Months) 10:00-11:00am & 11:30am-12:30pm Wychall Children's Centre <i>Booking essential</i> £5 per course – payable on the first week.	Family Support phone drop-in available Between 9am and 5pm Monday – Friday 0121 453 3515	Promoting Happier Parenting 10:00-11:30am 17th January – 14th February Wychall Children's Centre <i>Booking essential</i>	Art to Heart 10:00am-12:00pm Frankley Plus Children's Centre	Busy Babies (Birth-Walking) 10:00-11:30am Frankley Plus Children's Centre
Promoting Happier Parenting 1:00-2:30pm 19th February – 18th March Frankley Plus Children's Centre <i>Booking essential</i>	Little Talkers (2+ Years) 10:00-11:00am Wychall Children's Centre <i>By referral only</i>	Rhythm & Rhyme (Birth- 6 Months) 10:00-10:45am 21st February – 20th March Frankley Plus Children's Centre	Would you like to volunteer within our groups? If the answer is yes, then please contact Michele on 0121 453 3515 for more information.	Stay & Play (Birth-5 Years) 1:00-2:30pm Wychall Children's Centre
Rhythm & Rhyme (Birth- 6 Months) 1:00-1:45pm 15th January – 12th February Frankley Plus Children's Centre		English for Speakers of Other Languages 10:00-12:00pm Frankley Library	Breastfeeding Lounge 11:00am-12:00pm Virtual <i>Contact Becki on 0121 453 3515 for further details.</i>	"Do I need to book to come to a group?" Groups do not require booking unless stated otherwise.
Healthy Start Vitamins are available in our centres - just ask our admin team at either Wychall or Frankley Plus Children's Centres about vitamins.	Breastfeeding Lounge 1:30-2:30pm Virtual <i>Contact Becki on 0121 453 3515 for further details.</i>	HENRY - Healthy Families: Right from the Start 1:00 - 2:30pm Virtual <i>Contact Ruth on 0121 453 3515 for further details.</i>	Busy Babies (Birth-Walking) 1:00-2:30pm Wychall Children's Centre	Step by Step 1:00-2:00pm Frankley Plus Children's Centre <i>By referral only</i>
Breastfeeding Lounge 1:30-2:30pm Wychall Children's Centre	"How much is it to come to a group?" All groups are free of charge unless stated otherwise.	<div><div>Little Talkers (2+ Years) 1:00-2:00pm Frankley Plus Children's Centre <i>By referral only</i></div><div>Toddle Time (Walking-3 Years) 1:30-3:00pm Wychall Children's Centre</div></div>	Introduction to Solids Workshop (Once a month) 1:00-2:00pm Virtual <i>Booking essential</i>	 Being active, eating well, achieving more.

Where?

- Wychall Children's Centre, Staple Lodge Road, B31 3ER
- Frankley Plus Children's Centre, 131 New Street, B45 0EU
- Frankley Library, Balaam Wood Academy, B45 0EU

Group Information

Antenatal Breastfeeding Support - Advice and support to get your breastfeeding journey off to the best start.

Antenatal Solihull Approach - An advice and guidance group for expecting parents.

Art to Heart – Group aimed at promoting emotional wellbeing through craft activities for you and your child.

Baby Massage - Massage course for babies aged 0-6 Months.

Busy Babies – Activities that will stimulate your baby's cognitive and language development.

Breastfeeding Lounge - A comfortable drop-in group for advice and support with breastfeeding.

English for Speakers of Other Languages - An opportunity to learn the basics of the English language.

First Words Together - Helping parents support their children in early communication and language development.

HENRY - Healthy Families: Right from the Start - A healthy lifestyle course aiming to create long term life changes for families.

Introduction to Solids Workshop – Information on introducing solid food to your baby.

KIDS - A stay and play session for children with additional needs.

Little Talkers - Language and communication stay and play style group for children aged 2+.

Promoting Happier Parenting - A parenting course offering advice and guidance.

Rhythm & Rhyme – Music and song time to support with early language development.

Stay & Play - Activity group for children aged 0-5 years.

Step by Step - A stay and play session for children with additional needs.

Toddle Time - Activities and experiences to support your child's next stage of learning and preparation for their two-year development check and for development following the check.



Like our Facebook page for updates and information - scan the QR Code or search: 'Northfield District Birmingham Forward Steps'.

Timetable of Activities



Northfield District Children's Centres



Monday 15th January – Friday 22nd March 2024

Kings Norton, Longbridge, Northfield and Weoley Castle

Frankley Plus Children's Centre: 0121 453 3515

Wychall Children's Centre: 0121 433 4130





The best start for our children



autism
west midlands

NORTHFIELD PARENT CARER SUPPORT GROUP

Join us for our Parent Support Group where you will be able to meet with other parents, share ideas, celebrate achievements, and offer support.



**Second Friday of
every month**

Friday 12 January 2024

REGISTER AT:

<https://tinyurl.com/34jud4xb>

What you can expect:

- Guest speakers
- Focus upon wellbeing
- Embracing neurodiversity
- Support, advice & guidance
- Light refreshments



West Heath Community Centre in The Tea Room

Join our lovely volunteers in The Tea Room every Tuesday and Wednesday morning for warmth, chat, social activities or even some quiet time.



**Tuesdays
&
Wednesdays
10.00am
12.00pm**



- Hot Drinks
- Toast / Cup a Soup
- Biscuits

- Board Games
- Books to Read
- Crafts (Tuesdays)

Advice & Information
from Birmingham City
Council Community
Network Support Officer
(Andy) every 1st & 3rd
Tuesday.

Hampstead House, Condoval Road
West Heath, B31 3QY
Telephone - 0121 475 2833
Email - office@westheathcommunitycentre.co.uk
www.facebook.com/WestHeathCommunityCentre
Website - www.westheathcommunity.co.uk

New Early Help Flyer – Please Share



NORTHFIELD
Community Partnership



Northfield Locality Early Help

Food Bank



Housing & Benefit Advice



Family Support



Under 5's & SEND support



Financial Support



Information & referrals to local resources



Northfield Community Partnership is working with Birmingham Children's Partnership to support all families in our constituency.

Contact Our Early Help Team

07516918133

northfieldfamilies@northfieldcommunity.org

For referral forms
Google
'Birmingham Childrens
Partnership Resources'



NorthfieldFamilies



Northfield Families- Northfield
Community Partnership



BIRMINGHAM
CHILDREN'S TRUST

Birmingham
Children's Partnership

