

Prevention Newsletter

Issue 6: 2021

Focus on:

Selly Oak & Perry Barr



Selly Oak Review and Good Practice Event – January 2020

INTRODUCTION

Welcome to our sixth Prevention Newsletter!

Selly Oak and Perry Barr Neighbourhood Network Schemes are a bit different to how others run within the city's constituencies in that they are facilitated internally within Birmingham City Council via a Service Level Agreement by the Neighbourhood Development and Support Unit (NDSU) based in the Neighbourhoods Directorate. Karen Cheney, NDSU Head of Service explains:

"We were the first ones to be signed up in October 2018. We at the NDSU felt it was important to be involved in a new neighbourhood initiative developed by our colleagues in Adult Social Care, as at the time the Prevention First agenda was closely aligned to our own established work practice around community support and development and the localism agenda. The NDSU has an existing and extensive knowledge around city wide community assets, local community connections and networking, working at a ward and neighbourhood level, experience of administering grant aid to community organisations and an understanding and work practice of supporting asset based community development – a perfect match some would say!

The articles in this publication have been chosen to give you a flavour of the different aspects of our work from the Covid-19 Emergency Support in Perry Barr, the scaffolding and training in Selly Oak, the innovative Dementia Friendly Stirchley work, the Impact App used in both NNSs, as well some of the grant funded projects from both too."

Please tell us what you think of the newsletter

We would love feedback on the newsletter. If you complete our very short survey you may win a £20 One4All E-gift card, redeemable in a wide variety of high street shops from this link or scan the QR code on the back page: <https://www.surveymonkey.co.uk/r/PBSO>

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Neighbourhood Network Schemes

What Are Neighbourhood Network Schemes?

Neighbourhood Network Schemes (NNSs) are designed to support older people in Birmingham to connect with individuals, groups, organisations, activities, services and places in their local neighbourhood. They are an integral part of Birmingham City Council's community social work model.

A key task of NNS teams is to identify all the community activity and services which can support people who are over 50. These details can now be found on the Connect To Support directory (<https://bit.ly/3zPxN4k>)



The Unique Approach to NNS in Perry Barr and Selly Oak

Page 1 explains that Selly Oak and Perry Barr are different to other NNSs as they are run by the City Council's Neighbourhood Development Support Unit. Over the past three years this in-house partnership has delivered well on the NNS programme outcomes.

Selly Oak and Perry Barr NNSs between them have issued over 200 small grants to community assets totalling over £3/4 million; facilitated successful partnerships and strong Steering Groups, have mapped and supported over 250 community assets, developed community scaffolding, training and support, and worked with the Area Adult Social Work teams. More recently they have supported the city's Covid-19 support.

Selly Oak NNS Team

Karen Bennett from the Selly Oak NNS Team has given us an insight into what they do:

“ There are three of us in the Selly Oak NNS: Karen Cheney, who is the lead; Ian Ellis and myself, Karen Bennett. We are incredibly fortunate in knowing our area very well.

Karen C has worked on this side of the City for many years and Ian and myself live in the Constituency. So, we know the constituency and the challenges it faces.

Some areas such as Bournville and Cotteridge are well serviced by local community organisations, but others, such as Druids Heath and Masefield don't have so many. The over 50s in the Selly Oak/Selly Park/Bournbrook areas live cheek by jowl with a transient student population, which brings its own challenges.

We were all blown away by the response of our local community organisations during the height of the pandemic. Suddenly switching their operations to delivering food parcels and hot meals as well as befriending services and art and craft packs, to name just a few.

The challenge now is to persuade our over 50s to venture out, especially to outdoor projects funded and supported by Selly Oak NNS such as tai chi in the park (I take part in that!), outdoor yoga, walking groups, vegetable growing and conservation.



Photo: Karen Bennett

Social Work Perspective

A View from Ade Harburn



Photo: Ade Harburn, right

Ade is Social Care Practitioner from the Selly Oak Adult Social Work Team. He explains how they have innovated:

“ Back in late 2019 the Bournville ward Adult Social Care team decided that introducing a social work drop in surgery was an excellent way to get the team meeting and talking to the citizens of the constituency.

We established a base at the Stirchley Baths Community Hub. At first things were a little quiet, but, with some well-placed posters, emails, telephone calls and good old word of mouth, we ran a busy surgery monthly on Fridays from 10:00 to 14:00.

Members of the team were able to speak to visitors on a one to one basis offering the option of a private room for conversations of a more sensitive nature.

We were surprised at the sheer variety of issues we were asked to support with, not just relating to social care but subjects that mattered to individuals, their families and their overall wellbeing. From these conversations we were able to offer signposting to national and local services, such as resources within the Selly Oak NNS. We offered advice, reassurance and where deemed necessary, referrals or links to Birmingham City Council's own services.

Sadly, the onset of the pandemic stopped the surgeries, but it is hoped that when things are eased, we will be able to get back to meeting and supporting citizens in Stirchley, Bournville and Cotteridge at Stirchley Baths Community Hub in September.

Prevention Newsletter Focus on Selly Oak & Perry Barr 2021

A Story of Difference

At one of our surgeries at Stirchley Baths Community Hub we engaged in a conversation with a gentleman we had not met before. He had seen a poster for the surgery and used the opportunity to have a chat with us.

It turned out that he had recently moved to Bournville from another area. He was a little confused as to how the transfer of his care had worked and what he was to expect with support from Birmingham adult social care.

We were able to ensure that someone from Adult Social Care looked at his support in more detail and ensured it was meeting his needs. The gentleman was seen at his home for a review conversation and it concluded with the gentleman feeling settled and understanding his support.

He was also referred to some suitable NNS activities, one being Leaf Creative Arts, a community arts group that creates pieces for public display.

He still regularly drops in to see us, always keen to have a chat and to see what else is happening that may be suitable to keep him active and busy.

Birmingham City Council

Want A Chat With A Social Worker?

Stirchley Baths Community Centre

Bournville Lane, Stirchley

Friday the 7th of February 10am to 2pm
Friday the 6th of March 10am to 2pm
Friday the 3rd of April 10am to 2pm

Adult Social Workers will be available to give general advice and information on the following.

- Dementia
- Mental health
- Learning difficulties
- Physical disabilities
- Social isolation
- Carers support
- Home safety
- Aids and Equipment

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If you require urgent social care, please contact our Adults and Communities Access Point on 0121 303 1234

Selly Oak NNS Community Scaffolding and Support

Birmingham Community Matters

From the very start in 2018, one of the key priorities and strengths of Selly Oak NNS has been the focus and investment in community “scaffolding”, support and capacity building. This has been achieved directly by the team organising a wide variety of training sessions and by commissioning Birmingham Community Matters (BCM) since 2019 to run peer to peer session as well as one to one support with community assets.



Pat Hollinshead from Manningford Hall attended a series of peer-to-peer support sessions facilitated by BCM, aimed at supporting local organisations to keep their projects and facilities Covid-19 safe. Her feedback was:

“ It was great to share experiences with the other groups in the same situation as us. ”

Other peer to peer sessions have included fundraising, managing community buildings and building lunch club connections.



Forward Carers Information Session

Awareness Raising

In addition, Selly Oak NNS has regularly put on short training sessions designed to raise the awareness of those working with people 50+ on relevant topics. Amongst others, sessions have been run about:

- ✓ Hoarding
- ✓ Scam Awareness
- ✓ Fuel Poverty
- ✓ Fire Safety
- ✓ Dementia Awareness
- ✓ Substance Misuse; and
- ✓ Mental Health First Aid

Initially these sessions were run face-to-face at Stirchley Baths Community Hub where the NNS is based, but have been moved online during the lockdown.

Social workers, social prescribers, workers and volunteers from community organisations, police officers and fire safety officers have attended and the sessions have not only enabled shared learning but have also provided an opportunity to network and share ideas and information.

“ Thank you so much for the training opportunities that you have provided, they are really key to my role as a social prescribing link worker. The sessions have not only been useful for me when supporting patients, but they have also been useful for me personally. ”

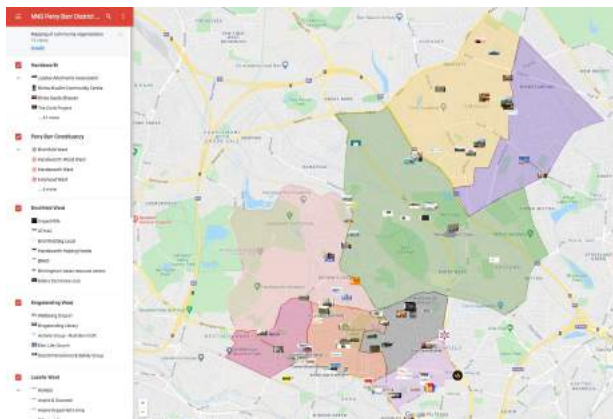
Tina Lakeru – Social Prescribing Link Worker



Support from Spring Housing Association in Perry Barr

Perry Barr's 4 Cs

In Perry Barr Spring Housing Association have been supporting the NNS team by working with organisations across the constituency. Current key themes guiding their work are communicating, capacity building, connecting and collaborating. They have mapped around 150 local support organisations. This information can be found through a database and via Google Maps, offering images, location and contact details. <https://bit.ly/3IDANNc>



Social Media

Spring Housing Association have created Perry Barr NNS social media networks from scratch and update their Twitter and Facebook feeds several times daily. They are connecting, informing and collaborating with a wide range of people and groups. They promote free access to training and other opportunities from both inside and outside the constituency and try to create such opportunities. This adds value for their groups at little cost.

Networking & Training



Spring Housing Association facilitates monthly Zoom 'coffee mornings' called Last Thursday @ 11am. These one hour sessions have covered topics such as how to set up a charity, no recourse to public funds (NRPF), social media and funding through grants. They have partnered with local organisations to host the sessions and hope to create new conversations and support networks.

They also coordinate longer Zoom training sessions on topics such as volunteers and the law, domestic violence support and procurement. Further sessions are already in the diary. Feedback has been positive, such as this from Michael McEntee, CEO of Steps To Your Healthy Future :

“ I found the Volunteers and Law workshop of particular interest. I feel it delivered a practical roadmap to success, as it covered various contingencies that we - as a charity - might not have considered or understood. ”

In addition, the team listens to local needs and offers bespoke support to local groups.



Selly Oak - Our Approach

Understanding the Impact

Every NNS constituency has a small grants scheme to enable the voluntary and community sector to run activities that support older adults. In each constituency a Steering Group along with the social work team, determines what the local priorities are.



The Impact App is a mobile app developed by Nick Booth at Podnosh. Through a successful NNS Central Innovation bid in 2019, submitted by Podnosh and Selly Oak NNS in partnership, the app has been used with all small grant funded projects as a part of their conditions of grant aid. Informal training and peer to peer sessions about the app have so far been provided to all 87 community groups and initiatives.

The Impact App is designed to help funded groups capture what they are achieving. It captures this as both text and a happiness rating and, when appropriate, as audio, video or an image. These demonstrate the qualitative outcomes of the work which groups and older citizens are doing together, by encouraging conversations and collecting stories.

It helps provide a dynamic and creative way of tracking progress around these stories, turning them into useful, usable qualitative data. The app then helps the individual groups see how they are doing in helping people and to understand their own work better. It also provides informative progress reports for the funder, in this case, Selly Oak NNS and now Perry Barr NNS too.

Some of the stories from the app have been used to put together a short video to show the progress of groups funded from 2019 until March this year:

<https://vimeo.com/529370284>

Prevention Newsletter Focus on Selly Oak & Perry Barr 2021

Woolly Mammoth



Woolly Mammoth Stitch Works has received funding from Selly Oak NNS for several projects including '18 at Heart' and 'Woolly Wellness and the Mystery Stitch'. All Woolly Mammoth projects use a simple needle and wool to increase connectedness and wellbeing. Thanks to the NNS funding they have been able to post tapestry kits on a regular basis to 120 residents aged 50+ and offer online events, a private Facebook group and a community magazine. They have also met in person when restrictions allowed. A core (and growing) group of stitchers have decided to carry on meeting in Billesley once a month

Valerie, recently retired, took part in both these projects:

“ I've just been re-reading The Mystery Stitch magazines and realised how lucky I was to have you to keep me going through Covid. It's been a difficult time. You will never know how much taking part in the 18 at Heart and Mystery Stitch projects during the pandemic has meant to me. ”

Suzanne and Tina, who run Woolly Mammoth, explain:

“ We have also participated in a number of NNS networking events and these have been invaluable. We have built relationships with other projects who have supported us on the ground and helped us reach older people who would benefit most from a dose of 'woolly wellness'. ”

Email: hello@woollymammothstitch.works

Dementia Friendly Stirchley

A City First

Stirchley became the first “Dementia-friendly Community” in Birmingham in October 2019, as recognised by the Alzheimer’s Society. The Selly Oak NNS Team took the first steps to creating a Dementia-friendly Stirchley back in November 2018.

A Dementia Friendly Community is a city, town, village, district or ward where people with dementia are understood, respected, supported and feel confident that they can contribute to community life.

This recognition was built on the great work that had been developed at Stirchley Baths Community Hub over previous years – including the fantastic Memory Café and Moving Memories Choir activities run by Leaf Creative Arts and centre staff and volunteers having done Dementia Friends training.



A Dementia Awareness Session for the public during Dementia Action Week May 2019 was held and an organised Memory Walk in Stirchley Park on World Alzheimer’s Day in September 2019. We also had to meet Alzheimer’s Society criteria that touched on every area of community life - arts and culture, business, students and schools, faith groups and police.

There was a great response from traders to do a Dementia Friends session. Some now offer a quiet space for people with dementia and are now able to support a person with dementia if they are confused or lost.

Leaf Creative Arts



One of the most popular and creative activities was the ‘yarn bombing’ of Stirchley with community knitted and crocheted forget-me-not flowers (the Alzheimer’s Society logo) and bunting during that first Dementia Action Week.

Since 2020 Leaf Creative Arts have been funded by Selly Oak NNS to take over the co-ordination and further development of the Dementia-Friendly Stirchley work, so it is now embedded within the community and co-ordinated by a local community organisation.

Leaf put together a brilliant video for Dementia Action Week earlier this year:

<https://bit.ly/3IFfoTS>

Along with Leaf and their other partners at Home Instead and Forward Carers, Selly Oak NNS are currently running information sessions to share the good practice and encourage individual community organisations, neighbourhoods and other Neighbourhood Network Schemes to look at becoming Dementia Friendly.

For more information on Dementia Friendly Communities and the official recognition process, visit alzheimers.org.uk/dementiafriendlycommunities. To find out more on how to become a Dementia Friend and Friends’ Champion, visit dementiafriends.org.uk

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Support
Unit

Perry Barr Responses in Lockdown

Community Groups Rose to the Challenge During the Pandemic

Perry Barr NNS has funded and connected a wide range of activities and services which supported local citizens during lockdown. Many of these involved provision of food parcels or meals. As that need was met, activities to combat isolation were delivered. In addition, with an understanding of the challenges of the local economy, support has been available to help citizens find employment too.

Some organisations have concentrated on an element of this, whilst others have very much broadened their offer. At the start of the first national lockdown, Cedar Church in Kingstanding, for example, became involved in community outreach work to help provide support for people facing an uncertain time. Although the church building could not be used as a hub for face to face activity, there was a realisation that other initiatives could be launched in a safe and supportive way to benefit those most in need.

Since March 2020, these have included, amongst other things, becoming Covid Champions; installing Digital Noticeboards; running Cedar Food & Essentials Bank, establishing Half Term Heroes, distributing over 200 Christmas hampers and initiating Hope Again – a digital notice board to help people find jobs, advertise, invest, train, hire and volunteer.

Pages 9-11 give a flavour about how Cedar Church and other local Perry Barr organisations have risen to the challenge and served their communities during the pandemic.



Food Provision



Laurel Road Community Sports Centre gave us a couple of examples about they have made a difference.

A couple facing mobility limitations and early onset dementia were facing a crisis, but Laurel Road Church helped arrange home delivery of medication, sourced trusted carers and arranged daily meal deliveries. A quick call each morning provided reassurance and finally the right assessments and a good care plan has been put in place for them. The husband said:

“Me and the Mrs would not have made it without your help, I can't thank you enough you have given us a better quality of life.”

Recently he has befriended a gentleman in a similar situation and has been really supportive to him.

An older Caribbean woman, was no longer physically able to cook and this led her to being depressed and not managing her diabetes well so she turned to Laurel Road Church for help. She received weekly wellbeing phone calls and could order the foods she was no longer able to cook and reported:

“Every Friday I look forward to my meals knowing that once again we can eat the food we love, and my blood sugars are good.”

Her husband has an allotment and has said he will now donate produce to the church so they can distribute it to families who need it.

Perry Barr Lockdown Innovations

Support for NHS Workers

The **Cedar Food & Essentials Bank**, funded by the NNS was established at the beginning of the pandemic to provide emergency support for vulnerable households and frontline NHS workers. It operated through the University Hospitals Birmingham NHS Foundation Trust, and supported approximately 400 - 500 NHS staff across five major hospitals.

Provisions and Support

Sporting Elite has been delivering over 30 parcels per week, supporting over 150 people. Through this they have been able to talk to some of the elderly community and support them with needs such as books and DVDs.



Many food projects in Birmingham during the pandemic have recognised the transformative impact of doorstep conversations whilst carrying out deliveries.

For example, Sporting Elite were supporting an elderly woman in her 80s, lonely, living alone and rarely seeing her family. They started off by taking her a food parcel and would chat for 5-10 minutes which she loved as she never really got to see anyone. As the visits went on she started to watch out of the window for when the volunteer would arrive as she looked forward to the visits. The volunteer says:

“ Last week when I arrived to see her, there was a lovely bunch of flowers waiting for me - she had sent someone to get them as she said I had made her happy again I will continue to pop and see her even when the pandemic is over. ”



Wellbeing Activities

To tackle this isolation and boost wellbeing many NNS grants have delivered activities and connections.

Janet, in her 70s, faced boredom and isolation in lockdown. At the start of the pandemic **Cedar Church** supported her to connect digitally to the weekly Zoom sessions. They created a Cedar Community App with links to vaccine and health information and were able to upload other content, such as Christmas carols and a new community anthem 'Singstanding'. They were able to share a Covid-safe fireworks display digitally and even celebrate Janet's husband's birthday over Zoom.



Photo: Janet with Pastor Andrew Kisumba

Great Barr Volunteers is one of many mutual aid groups that have developed in the pandemic. They received over 100 requests for help during the pandemic and contacted 800 people by phone. As well as providing shopping for essentials and medicine they have carried out wellbeing calls and provided a book bank.

As activities and socialising moved on line, many organisations, including Great Barr Volunteers provided digital equipment and support. Volunteers donated tablets and they procured accounts for BT Wi-Fi allowing connection to nearby hot spots enabling families and older citizens to be able to socialise and keep connected on-line. They continue to have support and devices available for use.

Video links

Singstanding video:

<https://www.youtube.com/watch?v=nNrNLMixA7k>

Cedar Online Fireworks Party video:

<https://youtu.be/Wyb7fmKwaFA>

Increasing Income & Reaching Out

Welfare Advice

A number of community based organisations offer benefits and welfare advice.

One couple were really struggling because of health and wellbeing problems. They were alone with no children or family support and were struggling with day to day chores. Their house needed a lot of repairs and adaptations. They were supported by the **Nishkam Civic Association** who helped them to get appropriate help with benefits and housing. Emotional wellbeing support continues and, via the city council, occupational therapist support continues and the couple have been re-housed into more suitable accommodation meeting their health needs.



Volunteering

Another aspect of wellbeing during lockdown has been having purpose and many people across the city volunteered to support local organisations.

Aspire Supported Living CIC provide cooked meals and essential food parcels from their base in Handsworth. Citizens of Perry Barr can also contact the office for a bespoke food parcel delivered to them if they can not access the site.

In addition, citizens who are seeking employment opportunities and voluntary work experience are able to support Aspire Supported Living CIC to distribute essential food parcels and make a positive difference to individuals lives. To date around 30 volunteers have supported the distribution and over 300 tonnes of food has been distributed to those who are facing financial hardship.

Support into Employment

Hope Again, an NNS funded project is a website and integrated into the Cedar app. It is aimed at helping people in the West Midlands area to find work, training and other opportunities. It enables people to advertise, invest, train, hire and find jobs and mentors. www.cedarhope.com

It includes some partnership working with local businesses and other notable organisations including The Commonwealth Games 2022, HS2, West Midlands Combined Authority, Census 2021, Birmingham City Council, Right Time Recruitment, Juniper Training, and other ventures like Digikick who offer internet training.



Henry pictured with Pastor Andrew outside his new employment

Hope Again supported Henry, a young man looking for an apprenticeship position. A local garage advertised on Hope Again and Henry was successful in his application. He says:

“ Since working there I have been made to feel welcome and have learnt lots of new skills and feel it's a job I am happy to stay in for many years. ”

Contact details for Perry Barr Assets pages 9-11

Aspire Supported Living CIC: 0121 554 8007
or email: syma@aspireliving.org
Cedar Church: <https://www.cedar.church/contact/>
or email: info@cedar.church
Great Barr Volunteers: jon@perrybarr.com
Laurel Road Community Sports Centre:
office@laurelroad.co.uk
Nishkam Financial Advice Helpline: 0121 515 0003
Sporting Elite: seb.hamilton@sporting-elite.com

Prevention & Communities Grants - Laughter and Digital Skills

What are these grants?

In summer 2019 there was an open application process for organisations able to support the City Council's Prevention First agenda. Forty-six organisations were successful. Details can be seen in the **Prospectus** (<https://bit.ly/3rXUiBn>). Due to Covid-19 these have had to adapt, but almost all are still delivering activities and support. Please contact them directly to check what they can offer at the moment.



Laughter, Murder & Panto



Women & Theatre's Community Performance Club involves creative, uplifting activities for carers and people of all genders over 50.

The project began with a comedy course at The Brandwood Centre in January 2020, led by W&T's Artistic Director, Janice Connolly (aka Mrs Barbara Nice). Activity since March 2020 has been delivered online. Throughout 2020, the focus was comedy resulting in the creation of short films: Laughter in Lockdown and The Lockdown Diaries.

Informed by discussions with citizens, their 2021 courses have involved drama and storytelling, resulting in a murder mystery and a performance piece set in a charity shop – all filmed over Zoom.

Across all courses, participants have reported increased confidence, participation, motivation, emotional wellbeing, and sense of community. For some, their involvement has been transformative in relation to activity levels and outlook – providing a much-valued tonic to external situations.

W&T will resume in-person activity this autumn, with plans to produce a Brandwood Pantomime at The Hub, Hazelwell. The project is not for just 'big characters' or those confident speaking in front of a group. W&T create an inclusive and supportive atmosphere where everyone can gain confidence, be creative and collaborative, and have fun.

W&T also deliver projects elsewhere in the city. Recently they worked with women of different ages and backgrounds in Perry Barr to produce an audio piece about women and athletics, called Run, Jump, Throw!

For information & a mailing list: womenandtheatre.co.uk

Helping Citizens Join the Digital Age



DigiKick has a mission to help those who may feel 'left-behind' by the digital age. Their main project, Tea and T'Internet, first (Digi)kicked off back in 2019 when a grant from Selly Oak Neighbourhood Network Scheme enabled them to run a pilot for 12 weeks.

Their approach is to teach people in a fun and friendly environment, with lots of tea and cake! It was a huge success right from day one; with a relaxed approach enabling citizens to contact family and friends, access support and keep in touch with their community.

Working now across the city, with thanks to Birmingham City Council support, DigiKick has continued to deliver throughout the pandemic, successfully moving their service online, and plan to return to community sessions in September. Kevin told us about his experience:

“ It means a lot to meet other people here, I've made a lot of connections with other people and the community. It's not just the learning, although I do enjoy it, I have made more friends in three months than I have ever done before. ”

To refer / introduce someone:
<https://www.digikick.co.uk/referral>

Vulnerable Adults Grants: Birmingham Irish Association

What are These Grants?

At the beginning of the pandemic the City Council put out a call to the voluntary and community sector. This was to provide additional support to adults who might be clinically vulnerable to Covid-19 and also to isolation and poor health due to lockdown. Sixteen organisations were grant funded. Below is one example that is still running this project city-wide.

Birmingham Irish Association

Throughout the Covid-19 restrictions, Birmingham Irish provided a wide range of information and support to the Irish and Traveller communities who can be hard to engage. They were able to support and engage many more Travellers than expected.

Birmingham Irish Association are funded through the Prevention & Communities grants. During the pandemic they received additional funds from the Vulnerable Adults grants. With this, Birmingham Irish served the community in a range of ways:

-  collecting prescriptions and delivering them to vulnerable citizens
-  providing food parcels, hot and cold meal provision to those in need
-  working in partnership with ICAP counselling service (which specifically supports the Irish community) to assist citizens who were experiencing mental/emotional distress due to bereavement
-  running a befriending service for citizens who were at risk of the effects of isolation
-  supporting carers
-  building a wide network working with a wide variety of organisations including counselling services, GPs, Salvation Army, Age UK and the Chinese Community Centre to build and provide a support network to the citizens' of Birmingham.
-  reaching people via social media utilising Facebook & YouTube

Undoubtedly, Birmingham Irish Association have been instrumental during this time in ensuring citizens did not have to access Adult Social Care unnecessarily.

And More...

We asked Birmingham Irish Association what else citizens can get involved with. This is what they said:



“ This is our Rambling group that gets together every Friday for long park walks. They are loving the freedom of the great outdoors while still abiding by the Covid restrictions. After their walk they head to a local café or pub for a light lunch. We have a member of staff and two volunteers who are walk leads. This group meet every Friday from 10:00 until 15:00.

We have now resumed our Face to Face computer/iPad classes at St Anne's every Wednesday from 10:00 until 14:30 with Covid restrictions still in place.

Our dementia service has also resumed with smaller groups in four venues and by the end of the year we hope to this will be across the city.

Every Friday we have a coffee morning online. Friendships have formed from this and they all have said they will meet face to face once they feel more confident about the Covid-19 situation.

Our Children's Dementia support worker is currently going around local schools to educate school age children in the signs and symptoms of Dementia. We have introduced memory games to the children along with short videos showing the effects of someone living with Dementia.

Tel: 0121 604 6111
Monday to Friday - 10:00 to 15:00

Contact Details

Selly Oak NNS Team



Karen Cheney – Lead Facilitator
Ian Ellis – NNS Community Worker
Karen Bennett – NNS Community Worker



Birmingham Community Matters, Scaffolding and Community Support Partner

For more information

E-mail: Karen.Cheney@birmingham.gov.uk
Tel: 0121 464 9072/ 0121 675 8519



@SellyOakNNS

Please scan this QR code to go to a very short survey about this newsletter to give us feedback on it.



Perry Barr NNS Team



Neil De-Costa – Lead Facilitator
Michael Wynter – NNS Community Outreach Project Officer



Spring Housing Association – Scaffolding and Community Support Partner

Lucy Bird – NSS Partner Community Outreach Project Officer
Holly Omeara – Partner Community Outreach Project Officer
Dave Conroy – Partner Associate

For more information

Email: perrybarrnns@birmingham.gov.uk
Tel: Michael 07592 586 663 or Neil 07917 643626



<https://www.facebook.com/PerryBarrNNS/>



@PerryBarrNNS



<https://springhousing.org.uk/neighbourhood-network-information/>

Birmingham City Council Commissioning Team Contacts

The Prevention & Communities Commissioning Team consists of:

- Emil Prysak – Team Manager Emil.Prysak@birmingham.gov.uk
- Rukia Siddique – Contract Manager for Selly Oak & Perry Barr NNS
Rukia.Siddique@birmingham.gov.uk

Plus:

- Matthew Bick
- Lise Smith
- Susan Coke
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- Quaced Hussain
- Claire Starmer
- Rita Adams
- Charmaine Mack

We are supported by BVSC

- Rosie Barrett - RosieB@bvsc.org
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