

Prevention Newsletter

Issue 7: 2021

Focus on Yardley



Fran from Acocks Green in Bloom and Bano from Khawateen Creative Minds

INTRODUCTION

Welcome to our seventh newsletter!

The Prevention and Communities (P&C) Commissioning Team want to share some of the fantastic work happening in communities all over Birmingham. Each month, we will focus on a different constituency to share local knowledge and showcase the wide range of initiatives taking place. For October we are focusing on Yardley constituency, as well as some city-wide provision.

The great news is that Birmingham City Council's Cabinet approved Neighbourhood Network Schemes (NNSs) to continue for five or possibly even seven years. This demonstrates the success of NNS so far and the impact it has had for citizens, social workers and local community organisations. Due to this welcome extension there is currently a procurement process going on. Details can be found on In-Tend:

<https://in-tendhost.co.uk/birminghamcc.aspx/Home>

We are also pleased to announce that two websites have a lot of information about NNSs including the new video explaining what they do and demonstrating some of the impact.

You can go to Connect to Support:
<https://bit.ly/3hQmlIJ>

Or BVSC's website:
<https://bit.ly/3IHuVRw>

Birmingham's Neighbourhood Network Schemes



Building Resilient Communities



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How Does Yardley Neighbourhood Network Scheme Support You?

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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 50+. This information can now be found on the Connect To Support directory: <https://birmingham.connecttosupport.org/>

Key Aims of Yardley NNS

Disability Resource Centre is the lead agency in the Yardley Constituency and is working in partnership with Age UK Birmingham to oversee and coordinate the project. Both partners have a Community Development Worker and together they have been mapping the activities and services available to over-50s, identifying any gaps and supporting new or existing groups in developing activities or services that will help fill those gaps.

The Community Development Workers work closely with the Yardley Social Work teams to help link them up with relevant activities and services in the area that may be of benefit to older adults.

Small grants are available to help with this. During lockdown the small grants programme was able to fund a Yardley Helpline, supporting citizens with issues around housing, benefits, healthier living, food support, amongst a range of many other issues. Over the next pages, examples of the projects supported by these grants in Yardley are described. Over the past year many have supported the Covid-19 relief work.

Capacity Building

Yardley NNS organised a variety of workshops delivered remotely over the lockdown, to help build capacity. These were designed and developed by the Asset Support Group, open to all Yardley assets, who defined what "sustainability" looked like to them, and many were delivered by

Birmingham Community Matters.

DigiKick delivered digital skills workshops for local assets. Other workshops covered included disability and equality training, domestic violence awareness and marketing.

The Yardley Social Work team highlighted hoarding as an issue in the constituency and there has been an awareness workshop for both community assets and social work teams, delivered by Clouds End CIC.

YNN Yardley Neighbourhood Network Scheme
Connecting People. Improving Lives

Birmingham age UK
disability resource centre

COMMUNITY OPEN DAY

Free Event For Citizens, Community Groups and Professionals

Book on EventBrite

SCAN ME

Come and join us and help shape local activity enabling the older generation to live happy healthy lives

THURSDAY 11TH NOVEMBER 2021
10am - 1pm

Blakesley Hall
Blakesley Road
Birmingham
B25 8RN
Also available on Zoom

If you can't make it, come join us on Zoom here

Yardley NNS Supporting Local Groups

Fundraising

Yardley NNS is unique in employing a Senior Fundraiser. The main objective of this part time role is to overcome one of the bigger hurdles identified for Yardley - the lack of funding coming into the constituency compared to other areas.

Since January 2020, the worker in this role has enabled an additional £173,915 to be raised for local community groups and organisations. Covid-19 presented funding opportunities as well as challenges and much of this additional funding came from the Community Lottery Fund.

Over £48,000 was also secured from Veolia Environmental Trust for the refurbishment of a local community venue.

The support offered ranges from:

- Light Touch: introducing groups to funders, encouraging applications, sharing details of funding streams and assessing suitability against funder's criteria.
- Shared Responsibility: edit, contribute to applications, support re-application
- Lead: instigate funding applications, project development as well as writing applications

Khawateen Creative Minds



Sidra, Bano and Nazia – Khawateen Creative Minds

“ Nicola listens to you, your ideas and opinions but also guides you in the best direction. During the first wave of the pandemic, Nicola understood the need for funding for the Asian Muslim community, providing ongoing support to ensure successful project delivery.

Recently Nicola has helped us with a successful Community Lottery Fund application. We were originally unsuccessful, but Nicola encouraged us to not give up hope and explained we were turned down for a technical reason not because our project was unsuitable.

Thank you for making lots of people independent as well as confident.

Email: ntoms@disability.co.uk

Yardley Asset Support WhatsApp Group



At the beginning of lockdown, a Yardley asset's WhatsApp group was established. This currently has over 80 participants ranging from local assets to social prescribing link workers, ward councillors and even the MP's office.

Throughout lockdown this group has provided invaluable support to each other to resolve problems being faced by citizens from last minute food requests to advice about where meditation classes are being held. Yardley NNS networkers contribute to their local expertise to this and also gain valuable information.

What Do Social Workers Think?

Views from the Social Work teams

We asked a few of the social workers in Yardley how the Neighbourhood Network Scheme had helped them embrace the new Three Conversations model. Here is what they told us.

I always find NNS team are helpful and reliable. I have connected so many people to them to link with telephone befriending services during Covid time. Prior to this they have linked people in the community for different activities.

Thank You

Kolpona Begum

Social Worker – Yardley Team

Various assets were identified and shared during the ward meetings; questions were asked about the gaps in our constituency and NNS has worked diligently to fill those gaps. We changed our approach to working remotely at the beginning of the pandemic – NNS were there to support all staff to identify services.

Despite, some assets closing during the pandemic, NNS continues to update us about their closures and openings of new ones.

Abiodun Babajide

Social Worker – Yardley Team

Yardley NNS is most approachable and DRC very helpful in supporting citizens. If they can't they will signpost social workers to where they can get this particular support from. A valuable asset to have!

Stephen Bennett

Social Worker – Yardley Team

Without the Yardley Neighbourhood Network Scheme, Adult Social Care would not be where they are now, in terms of obtaining community support for adults in the community, within their communities.

I appreciate how they have made a positive difference in improving the quality of life for vulnerable adults in our communities.

Honest Ndlovu

Social Worker – Yardley Team

Lorraine Maguire, Yardley's CNSO

This is a new role that started in February 2021. Lorraine is a Community Network Support Officer, a new role within Birmingham City Council. She works closely with Yardley NNS and the assets to build and connect the community as part of the Prevention Agenda. She supports individuals directly to have better lives and reach their potential. She told us:

“ The Yardley NNS team have been a powerhouse of information and ideas that have ensured that my citizens are being connected to the correct assets and not ‘falling through the gaps’.

We have a WhatsApp group with Yardley NNS and the assets and together this community resolves issues quickly and effectively and prevents a crisis for local citizens.

I had been working with Miss N who fled to Birmingham following domestic violence. With the support of the assets and Yardley NNS I have been able to sort out her benefits, mental health support and gain her some voluntary work. This has improved her physical and mental health and well-being.

Email: Lorraine.Maguire@birmingham.gov.uk

Music and Rhythm in Yardley

Neighbourhood Network Scheme Grants

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 determine what the local priorities are. On this page and the next, examples of these grants in Yardley are described, starting with some which enabled citizens to access the health and wellbeing benefits of music.

Drumming and Singing



First, African drumming. Damon Wilding brought his NNS funded drumming workshops on line to over 50s in Yardley. To make it accessible to all he gave participants metal waterbottles and taught them to drum on those. Feedback has been really positive and a couple of citizens have even purchased their own drums.

Email: bongodamo@gmail.com
Phone: 07592 016494

Singing - Yardley went International!

Yardley Community Singers, based at Oasis Hobmoor also went online in lockdown. Not only that - they had friends and family members join in from as far away as India. They are now meeting every Monday evening at Oasis Hobmoor Community Centre and are still linking in participants who can not attend via Zoom.



Email: Sandra@sandradaniels.com
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Relaxing with Beat It Percussion

In response to conversations with the Yardley Social Workers, an activity to provide some respite for carers was requested. From this, Relax and Chat was born, delivered by Beat It Percussion.

During lockdown, two sessions per week were held over Zoom, providing an opportunity to have a social chat, followed by a Sound Relaxation. This was especially beneficial to people who are carers who had little scope for relaxing. The activity was also accessible to those who are receiving care.

Beat It Percussion also facilitated a project aimed at the 'Unsung Heroes' of the Pandemic: professionals, care workers, delivery drivers, shop and hospitality workers and more. Although not funded by the NNS it supported a number of assets in the area and Yardley NNS supported by publicising this.



“ I look forward to this and it makes me feel connected. Even if it rains all day, I can still do this and I won't get anxiety. What have I got out of it? I've learned to do Zoom. I've relaxed. That's job done as far as I'm concerned. Thursday is sorted and I don't need to worry. ”

“ I have just moved to this city. My mental health is up and down. When you phoned me and invited me to your class, I thought you were an angel come to help me. You have given me a head start and I know a few nice people now. ”

Email: info@beatitpercussion.co.uk
Website: www.beatitpercussion.co.uk

Encouraging Men To Be Involved

Yardley Walking Football - The Beautiful Game, Walked.

“Walking football does what it says on the tin. No running, we don't have a third match official, offside or throw-ins. Physical contact is minimal. Important when you get to our age.”



RM is a citizen of Yardley who attended Walking Football at Beechcroft Sports and Social Club. He felt there was a need in Yardley for this activity for the over 50's.

RM worked alongside the local Football Association development worker for seniors and was given a pitch on Sedgmere Sports & Social Club for free initially, every Monday morning.

Yardley Walking Football group is now fully established using Yardley NNS funding and Yardley Walking Football for the Over 50's is now a prominent activity in Yardley for both men and women.

The group now has 35 members ranging between 55-85 years old, and is looking to start additional sessions, including women only sessions. RM says:

“I set up my community group because I wanted to meet new people of my age. I'm in my mid-fifties and I work part time but work colleagues live all over the Birmingham and Solihull Area.”

Email: Rhysbmorgan@gmail.com

Prevention Newsletter October 2021 Focus on Yardley

Acocks Green Men's Shed

As is the case with the shed movement internationally, the focus is particularly on attracting older men, but in Acocks Green, members took the decision to also welcome women. The Shed's primary function is to be a meeting place for like-minded people. with a well equipped workshop.

Yardley NNS funding enabled the Shed to purchase high quality metalwork and woodworking machinery and a dust extraction unit, which will allow for a better air quality for members. All of this means they can broaden the scope of activities open to members.

Members are encouraged to share skills, make, mend or repair items, but most importantly to create relationships with other members. The Shed was forced to close for virtually the entire period of the pandemic but members themselves would take it upon themselves to contact each other to ensure everyone was keeping safe and well.

Shed members have worked on various personal projects including making a dolls house, building garden furniture and most recently, working on a medieval chain mail!

The Shed is now able to open fully for two sessions a week, still currently with small numbers and is looking for new members.



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Website: <https://www.facebook.com/acocksgreenmensshed>

Feed Yardley

What are these grants?

An additional grants programme funded by the City Council in each constituency was the Emergency Food and Assistance Programme. This offered grants of up to £5,000 for community groups to respond to the Covid-19 lockdown with essentials such as food, toiletries, and other essentials. In partnership with Barnardo's, Yardley NNS funded 13 separate projects to support vulnerable adults and families over the lockdown as the table below demonstrates.

Community Asset	Title of Project	Description
Acocks Green Baptist Church	Feeding Programme	Hot meals delivered in Acocks Green and surrounding areas
Essential Deliveries	Food Bank	Delivery of essentials across the city
Inspired Steps	Cooked Meal Provision & Food Transport	The preparation and distribution of freshly cooked healthy meals to vulnerable individuals
Oasis Hobmoor	Oasis Pantry Hobmoor Phase 2	Social Supermarket
Arts in the Yard	Feed Yardley Plus	Food bank distributing non-perishable goods
Ne Kongo	Ne Kongo Community Support	Food Parcels and Supplies for the Congolese diaspora in Yardley
Oasis Blakenhale	Blakenhale FOOD Club	Food Pantry
FEM Trust	Helping Hand	Food Parcels for BAME Families with learning difficulties
Camp Hill Early Help Family Support Team	Early Help Family Support	Food parcels
House of Play and Education	Play is Serious!	Children's play group
Baby Aid Birmingham	Emergency Food Bank	Essentials for parents
Khawateen Creative Minds	Friendly Food Distribution	Food parcels - Fresh food for Asian families in Hay Mills
Acocks Green Christian Centre	Mum's Lunch Club	Hot Meals social meet up for parents and children

Supporting Yardley Citizens

To pick out a couple of examples, with support from the Emergency Food and Assistance Grants, Arts in the Yard collected and reallocated 2.5 tonnes of non-perishable food and essentials for local foodbanks.

Ne Kongo West Midlands supports the welfare of members from the Democratic Republic of the Congo. They were funded to provide emergency foods assistance and essential supplies to members of the community and to reduce isolation and loneliness. Jean Claude from Ne Kongo West Midlands said:

“ Throughout this project, we have learned a new dimension of how we can be an effective and purposeful organisation helping those in need and reaching out to vulnerable adults within our community. We did benefit from other organisations within Yardley and our volunteers exceeded in their duties. ”



Arts in Yardley

Prevention & Communities Grants

In 2018 the City Council's Adult Social Care put out a call for third sector organisations who could support the Prevention First agenda. Currently 44 organisations are funded through Prevention and Communities grants, known as P&C providers.

These final three pages highlight some of these providers. Details can be seen in the Prospectus, which is being updated: <https://bit.ly/2Xpo32K>

Arts in the Yard

Arts In The Yard (AITY) is one of the organisations supported by P&C funding. Arts In The Yard's Women of Yardley Unite (WOYU) programme is aimed at women who also fall into one of the following categories: over 50, a carer, or having a disability, long term health condition or mental health condition. It empowers them through learning new arts and crafts skills, confidence building and developing friendships and support networks.

Prior to Covid-19 participants attended a regular four hour arts and craft session, working alongside various professional artists. By the end of the session they would take home a high-quality hand created product. Lunch was included and new local friendships with a diverse group of women were developing.



Arts In The Yard (AITY) were able to respond quickly and imaginatively to Covid-19, diverting their resources and programme to a home delivered art/craft pack accompanied by a

doorstep wellbeing check in, tutorial videos from artists, peer support via a lively Whatsapp group, Zoom craft and coffee sessions and, more recently, a walking group.

AITY have been able to reach new participants who would struggle to attend face to face sessions.

“ I was finding lockdown a struggle. This gave me something to feel excited about, to look forward to each month. It has helped my mental health a lot too. I have learnt so many new skills. It has felt nice to see other people's work; makes you feel part of the group. ”

AITY were also active in other ways during Covid. The “United in Yardley” newsletter was originally funded by Yardley NNS - a pilot edition of 4000 copies was printed and delivered in priority areas. Additional Lottery funding allowed 40,000 copies to be produced and delivered to households. The NNS team ensured the information in the newsletter directory was appropriate, relevant and up to date. The spring edition is here: <https://bit.ly/39hNS7H>

“ Just got this mag through the door. It is amazing! So much signposting info. I just got out of hospital having survived Covid. It's really cheered me up to see so much is going on to try and access people with their many and varied needs. Thanks so much. You and your team are doing 1 incredible job. ”



Email: hello@artsintheyard.org
Telephone: 0121 339 5029
Website: www.artsintheyard.org

Prevention & Communities Support

Safe and Sound

Safe and Sound is a citywide programme, funded by Prevention and Communities (P&C) grants. The programme offers friendly, interactive workshops, specifically aimed at enhancing life skills and well-being. The objective of the course is to help build confidence and independence by developing a better understanding of topics including safety in the home and in the community, internet safety, understanding hate crime and how to report it, safe relationships, signs of abuse and safeguarding, mental well-being and how to improve it.

The discussions and activities that take place in this group setting, which has continued via Zoom during Covid-19, have resulted in participants cultivating friendships and increasing their support network, building their self-belief, and developing skills to maintain a positive lifestyle.

Feedback includes:

“ It has given me something to look forward to and skills to use in the future! ”

“ I have looked forward to each week as I then tell my family what I have learnt. ”

“ Safe and Sound gave me coping skills to help me when I am struggling so that I do not have to suffer anymore. ”

The Safe & Sound support continues to make a huge impact on citizens with learning disabilities, by giving them the tools that they need to manage their conditions, their personal safety and prevent them deteriorating, despite the added stress that Covid-19 continues to create.

Participants receiving on-going advice and support have been able to increase their resilience.

Email: sclarke@disability.co.uk
Phone: 030 3040 2040

Help in East Birmingham

Collaboration underpins one P&C grant with five partners working together across the postcodes of B10, B11 and B12.

Small Heath Community Forum (SHCF) leads this consortium, supported by Ashiana Community Project, Narthex, Muslim Educational Consultative Committee and Digby South Residents Association.

These organisations are well established within their communities. Between them they offer much from advice and guidance to coffee mornings and exercise classes. As restrictions are lifted, they have begun to re-introduce their face to face health and wellbeing programmes. There are also some great volunteering opportunities.

Between these organisations, over the three months to June 2021 over 450 citizens were supported to complete welfare benefit forms, over 40 citizens visited at home and over 170 carers' grants were accessed.

One of example of how they can change lives is a man with a severe mental health disorder, who was referred to SHCF's Khidmat Centre as he was worried about his council tax bill, was suffering bereavement and felt he had no-one to talk to.

SHCF ensured he no longer needed to pay any council tax and applied for Personal Independence Payment (PIP) and a free bus pass. Further, he feels like his health has been improved and is less stressed:

“ I am ever so grateful to have come to the Khidmat centre, it has opened up my eyes definitely. I feel like a different person as I now can openly talk about what is bothering me. Financially I am stable as well and I have the freedom of travelling on the bus to wherever I need to go. ”

Email: info@shcf.org
Phone: 0121 773 8619

Supporting Citizens With Disabilities City-wide

Cerebral Palsy Midlands

Access for All, funded by a Prevention and Communities grant enables disabled citizens to access the community and its assets. Cerebral Palsy Midlands (CPM) provides specialist support to citizens so they are able to access all facilities and services in their local communities – from shopping to sports. CPM's centre in Harborne offers a menu of activities ranging from Tai Chi to social media and art therapy.

The centre has recently re-opened with full Covid-safety measures in place, and is providing a mixture of face to face, outreach work and online activities.

The Being Heard music group met online during the pandemic. With careful planning the first 'live' Being Heard group met with three members in May. It was wonderful to witness the benefits of live music on each member of the group.



“It's nice to be seeing and catching up with friends again rather than being at home stuck in front of a screen.”

“Once I get to the centre I'm happy and I enjoy it. I like listening to music, seeing my friends, staying busy, doing activities like tai chi and wheelchair dance. I really enjoyed the trip to the Safari Park and I would like to go again!”

Email: info@cpmids.org.uk
Phone: 0121 427 3182
Facebook: [CerebralPalsyMidlands](https://www.facebook.com/CerebralPalsyMidlands)
Website: www.cpmids.org.uk

Focus Birmingham's Summer Picnic

Focus Birmingham is a charity for people living with visual impairments. The overarching aim is to support people's independence and to enable them to live healthy, informed, empowered and happy lives.

People living with visual impairments often face isolation and this was made more acute by the pandemic. So, to mark the easing of restrictions, Focus held a picnic for citizens and their families, staff and volunteers in Cannon Hill park

The sun shone and the day was a great success - a significant milestone for those who had been unable to socially distance and meet safely under the previous restrictions. It was the first time new friends made during online activities met.



“It was so good to see you beautiful people in person - we finally met face-to-face. Connecting by Zoom has been brilliant, but seeing everyone face to face was magical.”

“I loved the picnic! When we do it again, let me know please!”

“The picnic was a fantastic experience to lift everyone's spirits after lockdown. Seeing everyone face-to-face after all this time gives us encouragement that the world is starting to return to normal!”

Phone: 0121 478 5222
Website: <https://www.focusbirmingham.org.uk/>

Contact Details

Yardley NNS Contact

Disability Resource Centre
Ambreen Khan
Service Manager
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<https://www.facebook.com/YardleyNNS/>



@NNS_Yardley



<https://www.disability.co.uk/yardley-nns/>

Yardley NNS Team

The team consists of:
Ambreen Khan, Service Manager
Michael Summers, Community Development Worker
Doreen Wiffen-Jones, Community Development Worker, Age UK
Nicola Toms, Senior Fundraiser



improving lives of disabled people for over 25 years.



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