

LOCAL STUFF

Birmingham | MIND

Birmingham Mind is the largest independent mental health charity providing services in and beyond the City of Birmingham's boundaries.

Our website shows how we are promoting wellbeing and recovery, providing high quality support and challenging the stigma of mental distress.

Crisis Cafe | Birmingham

Birmingham's first ever Crisis Cafe is open to anyone in mental health crisis and is open **Thurs - Sat evening: 17:30 - 22:00** each week.

No appointment is needed | Anyone is welcome to attend the cafe | We have staff available on site, to give both medical and well being support and advice.

Beechcroft Centre, 501 Slade Road, Erdington, B23 7JG

Informal inquiries about the crisis cafe: 0121 608 8001 during office hours.

Please note this phone number is not a crisis support line.

Birmingham MIND Wellbeing Service

Offers a range of info & access to community services that support emotional wellbeing. We offer a range of workshops, groups and courses that you can sign up for and we are also able to provide information on other services in the community that might be helpful to you.

Including: Mindfulness | Coping with Anxiety & Depression | Relaxation
Improving Self Esteem

We can also offer you an appointment to discuss your concerns in more detail before arranging access to our workshops and signposting you to other organisations.

Open **Mon - Fri 9:00 - 17:00** | Evening & weekend support by appointment only.

**Birmingham Mind Wellbeing Service, Beechcroft Centre,
501 Slade Road, Erdington, Birmingham, B23 7JG**



The Factory Young People's Centre

The Factory is a modern, state of the art youth provision, located in Longbridge, South Birmingham and is part of the Birmingham City Council Youth Service.

The Centre provides a multitude of activities and opportunities for young people (aged 10-25), from weekly youth club programmes and events to a range of services and support that young people may require. The Factory prides itself on being a welcoming and friendly safe place to come, try out new opportunities, meet and make new friends, and have a great time.

Sounds of the City

Sounds of the City is our all new music programme allowing young people aged 16-22 the opportunity to record an audio track. If you are a solo artist or band and would like to explore this opportunity **give Becky a call on 0121 464 8850.**

<http://www.thefactory.org.uk>

Birmingham LGBT

Our vision is a vibrant, diverse lesbian, gay, bisexual and trans community in Birmingham, UK in which individuals can realise their full potential and have equal access to what the city has to offer.

Birmingham LGBT is the city's leading charity advocating for and supporting lesbian, gay, bisexual and trans communities in Birmingham and beyond. We offer a range of services focused on improving the health & wellbeing of individuals.

We offer a range of services and activities for the LGBT Community in Birmingham and beyond. Including sexual health & wellbeing, events, domestic violence, counselling, support, fitness, arts and more...

<https://blgbt.org>

Forward Thinking Birmingham | Youth Mental Health

Pause Drop-In Centre

Pause is our city centre drop-in service. You don't need an appointment and can just drop in to chat with someone about how you're feeling.

Mon, Tues, Thurs, Fri: 10:00 - 18:00

Weds: 12:00 - 20:00

Sat & Sun: 11:00 - 16:00

Come and see us at 21 Digbeth - we're five minutes' walk from the Bull Ring.

ADHD Support

For under 16s

We offer support for children and teenagers diagnosed with ADHD who are also experiencing mental health problems. To access the service, you need to make a referral.

If you think your child may have ADHD, you will need to contact your GP, who can arrange for you to see an appropriate healthcare professional for diagnosis and support.

For over 16s

We offer support for young people with ADHD at our community hubs. Our team of dedicated mental health professionals provide self-help advice, therapy or medication where appropriate, as well as ADHD assessments if required. To access these services, please make a referral.

<https://www.forwardthinkingbirmingham.org.uk/make-a-referral>

Yoga for All | Barefoot Birmingham

****Free yoga classes for carers****

If you have a Birmingham postcode and are looking after a family member or friend who is frail, ill or disabled, you qualify for FREE classes!

Regular yoga practice can help you: get fit, toned and flexible | look after your back and posture | reach your ideal weight | relax & feel amazing

Do phone in advance to find out how yoga can help you and to book your space, as occasionally class times may vary.

Every Wednesday @ 17:30pm -18:30

Barefoot Birmingham, 7 High Street, Harborne, B17 9NT

0121 426 2633

Free Meditation & Yoga Classes | Birmingham

Every Thursday 19:30 in B16.

Free Sahara Yoga Meditation meetings:

Apollo Hotel, 243 Hagley Road, Edgbaston (opposite TGI Fridays)

We normally sit on chairs to achieve yoga effortlessly and spontaneously.

No need for mats or special clothing.

Classes are designed to help those attending get into a tangible meditative state.

It helps reduce stress and increases wellness and health.

www.meetup.com/Birmingham-Free-Meditation

Birmingham Crisis Centre | Domestic Abuse Support

Welcome to Birmingham Crisis Centre...

Since 1988 we have been providing a safe haven for female victims of domestic abuse. Domestic abuse occurs across society, regardless of age, gender, race, sexuality, wealth and geography. Children are also affected, both directly and indirectly, and there is also a strong correlation between domestic violence and child abuse.

We wished there was no need for our Charity to exist but while figures of domestic abuse rise we'll continue, with your help, to bring security and comfort to vulnerable women and their children.

<http://www.birminghamcrisis.org.uk>

Anawim

Anawim comes from the Aramaic word (ah-nah-weem) meaning the poorest, the outcast, the persecuted - those with no voice.

Anawim is a Women's Centre based in Birmingham that provides a holistic service to women across the city. It exists to support women and their children - especially women vulnerable to prostitution.

<http://www.anawim.co.uk>

Rape & Sexual Violence Project | Birmingham

At RSVP, we believe that everyone deserves a life free from sexual violence and abuse. We offer empathic services to support and inspire children and adults of all genders who have been affected by sexual violence and abuse.

Our confidential services are delivered with compassion, professionalism and humanity. We're here to offer you the tools, and understanding, to enable you to overcome the effects of sexual violence and make positive, meaningful changes for a hopeful and confident future.

You might feel nervous contacting us for support; we know it takes courage to call. Everyone at RSVP appreciates this and will treat you with respect, empathy and sensitivity.

If you have been affected by sexual abuse, you can access our free services. Get in touch with us to find out how we can support you on **0121 643 0301 | info@rsvporg.co.uk**

Forward Carers | Birmingham & West Midlands

Caring for someone in Birmingham? Find out how Birmingham Carers Hub can support you...

Forward Carers is a West Midlands based carer support service, here to make a real difference to the lives of people caring for an elderly frail, sick or disabled family member. Our aim is simple – to improve the physical and mental wellbeing of carers, young and old, including parent carers, so that families stay healthier and happier together, for longer.

We've listened to what carers like you have told us they wanted to know and the things that help them in their role. On this website, you will find useful information on how to look after yourself and manage your caring role, with advice and tips designed with carers across the West Midlands in mind.

<https://forwardcarers.org.uk>

Loss to Suicide Support Group | Birmingham Samaritans Centre

Birmingham Samaritans are now offering access to a support group - Loss to Suicide - for anybody affected by a suicide. You are welcome to attend the group meetings no matter how long ago your loss was or the connection to your loved one – parent, sibling, family member, friend or acquaintance. This group has been set up in order to provide a forum within which you are able to talk, or just simply listen, to like minded people who understand what you are going through. You are not alone.

Meeting: 19:00 - 20:30 on the last Friday of each month at our centre in Bow Street B1 1DW. There is free on-street parking near the centre.

Bali: 07890 603198

Please note that this service is not provided by Samaritans - however, it is one that we are pleased to have the space to facilitate.

Moseley and Kings Heath Shed

A development of the typical shed in the garden, where men have traditionally escaped housework and pursued their own practical interests without interruption.

In our 'shed' there is more space, tools, equipment and materials, and of course there are people with knowledge, experience and skills which enables and encourages members to make, mend, re-purpose, or follow their own projects or hobbies.

Our main purpose is to help reduce loneliness, isolation or social exclusion, among older men and women. We have already begun to attract people from these groups to the 'shed', where there's an accessible, friendly, warm and welcoming place to gather, chat, share, socialise and enjoy a hot drink.

Members can choose to take part in one of the activities that are available, or bring along one of their own projects on which to work. We have already found that many enjoy sharing their experience, knowledge, expertise and skills with others, generating interest, involvement and helping generate commitment to the shed.

Although the national body for 'sheds' is Mens Sheds, our 'shed' welcomes both women and men as members.

<http://moseleyandkingsheathshed.org.uk>

Painting the Rainbow | Community Tai Chi in Birmingham

The aim of Painting the Rainbow Tai Chi is to make Tai Chi in Birmingham and surrounding areas available to people in all walks of life and levels of mental and physical health.

We are based in the West Midlands and focus mainly across the Midlands and Worcestershire. Our aim is to bring tai chi and chi-kung to you and provide it in a way that meets your needs, be that seated, standing, gentle or more active.

We have open classes in the daytime and evenings to suit most people and are more than happy to provide sessions on-site to suit you: **0121 251 6172 | admin@balancedapproach.co.uk**

FOR FREE TAI CHI AND CHI-KUNG CLASSES IN YOUR LOCAL PARK PLEASE SEE
PARK TAI CHI

<https://www.paintingtherainbow.co.uk/park-tai-chi-classes>

Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'

[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]

Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

www.mind.org

The Active Wellbeing Society | Birmingham

Provides a programme of free activities for all ages and abilities in local parks and outdoor spaces and within communities across Birmingham.

We work with some of the most deprived communities in Birmingham and beyond to improve people's health and wellbeing through physical and social activity, empowering citizens to live more active, happier and healthier lives.

If you live or work in Birmingham, you can get active for free. There are activities for every member of the family – from walks and rambles to running and cycling, Zumba to tai chi, gardening to bushcraft, and much, much more.

Register below to receive your free Birmingham Wellbeing Membership card and key fob, and then just turn up with either at an event you'd like to take part in. Please note, this does not replace your Leisure Card which you will still need for indoor activities.

We manage the outdoor offer previously run by Birmingham Wellbeing Service, including Active Communities, Active Parks, Active Streets, Big Birmingham Bikes and Run Birmingham.

<https://theaws.co.uk>

Active Communities

Join us to help make your community a happier, healthier place to live!

A new and exciting initiative that aims to create innovative solutions that make it easier for people to access social and physical activity. We are doing things differently! This means working to find lots of opportunity to come together and ways to participate in creating happier and healthier lives in local communities.

There are lots of people like you who care about their local community who have knowledge and skills they want to share or that they need.

The Crowd is a network of local citizens who want to see positive changes in their community and where people tell us their ideas to make it a healthier and happier place to live. Whether you're a parent, a student, working, unemployed or a volunteer we'd love you to join us and get involved. Start by telling us your ideas to help change the area you live for the better!

Join the Crowd: Tell us what's good about your community, what needs to get better and what you want to do or change to help people get out and about to enjoy the streets, parks and open spaces.

In return, we promise to provide the Crowd and its volunteers the resources, tools, training and, in some cases, funding to help bring these fantastic ideas to life. Let's change your community!

<https://theaws.co.uk/activities/active-communities>

Short Term (Day) Bike Loans

Do your children already have bikes and perhaps you want to ride as a family? If you don't have an adult bike yourself, you can use one from a Wellbeing Centre.

Short term bike loans are available to adults with a Birmingham City Council Leisure Card. At centres where we have staff, bikes will be available to hire for the day, for FREE (subject to availability).

Take your leisure card to your nearest participating centre with proof of identification and recent proof of address. With this the staff will be able to activate the Big Birmingham Bikes membership. You will be required to sign a Hire Agreement, and after this you will be able to use the day-hire service for free. You must present your Leisure Card every time you wish to borrow a bike.

Bikes must be returned by the time specified by that centre, which will usually be around one hour before the centre closes. These bikes may not be kept overnight. Bikes will be issued on a one bike per membership basis.

Centres that offer bike loans: Kingstanding Wellbeing Centre | Nechells Wellbeing Centre | Saltley Wellbeing Centre | Shard End Wellbeing Centre

<https://theaws.co.uk/short-term-day-bike-loans>

Wheels for All

Big Birmingham Bikes provides Wheels for all, including adapted cycles for people with disabilities or differing needs.

It's FREE and is open to everyone who would like to attend, including schools and community groups.

Try out a wide range of adapted cycles | Find out potential training available | Learn how to get involved as a volunteer or sponsor

**Sessions run every Friday at Hockley Day Centre, 27 All Saints Road, Birmingham, B18 5QB
10:00 - 14:00**

**Chris Watts (Birmingham 'Wheels for All' Coordinator) chris.watts@cyclimg.org.uk
07971 476520 | www.facebook.com/WfaBirmingham
Keith Hill | 07885 235204 | keith.hill@theaws.org**

Eco Birmingham

We contribute to debate and engage in projects that are relevant and tangible to the people who live in the city such as air pollution, plastic waste, food poverty and fuel poverty. We do this through delivering grass roots activities, events and programmes that engage, educate and stimulate communities and volunteers; supporting, advising, challenging and training organisations and influencing wider social change through dissemination, partnerships, research and internships.

Based in the urban heart of Northfield, South Birmingham, our office base, Northfield Ecocentre, is packed full of energy saving, environmentally friendly features (such as solar panels, a green roof and an air source heat pump). It is also home to Cycle South Brum, our cycling initiative.

<http://ecobirmingham.com>

Edible Brum

Edible Brum is all about food. We help people to learn how we can grow it ourselves, how it's linked to our health and well-being, how we need to make serious changes in our behaviour to tackle food poverty and hold organisations to account for the amount of food that is wasted and plastic waste that is created. Get involved in one of our regular community gardens, book one of our experts to get your project off the ground or volunteer and help us help others.

Growing your own food? Get help for your community group to start or improve your food growing project. If you live in Longbridge, Rubery, Cofton or Northfield you can access this support for free in 2018 as part of the Move More Eat Well programme. We helped Allens Cross Community Centre to grow 185kg of fruit and veg last year. What could we help you achieve?

<http://ediblebrum.com>

Green Spaces near you...

Lickey Hills Country Park

A favourite area for hikers and mountain bikers, this 524-acre park consists of many trees, marshes and trees including a wide variety of wildlife. The park offers different things to different people - it's a place for family days out, to spot wildlife, for sport, school trips, or maybe just for the views and a cup of tea.

Park Rangers are based at the Lickey Hills Visitor Centre. Drop in to find information, maps, books, postcards and gifts.

Cafe serves light snacks, and there is good indoor and outdoor seating. Please note it accepts cash only. Accessible toilets and baby changing facilities are located at the Visitor Centre.

The Centre is located at the end of Warren Lane off Rose Hill. It's open daily from 10:00 - 17:50 in summer & until 16:20 in the winter.

<https://www.birmingham.gov.uk/lickeyhills>

Martineau Gardens | Therapeutic Horticulture

Martineau Gardens form a therapeutic environment of over 2 acres of organically maintained land, two miles from the City Centre.

Includes a substantial wildlife area, formal gardens, a vegetable plot, an orchard and herb beds. The volunteers look after the Gardens for the benefit and pleasure of the people of Birmingham.

A friendly, respectful culture where the volunteers support and encourage one another. Gardening together provides an opportunity for talking and listening to other people. Working with the natural cycles of sowing, nurturing, harvesting and surviving the winter can help vulnerable people to learn from experience that they can help things to grow, and eat the result in some cases. They also learn from the fact that sometimes things don't work out, but next year you can try again.

Socially inclusive

We welcome a wide range of volunteers who work together, looking after the Gardens. Our regular volunteers have included people with the following disabilities or support needs:

Mental health issues | Recovering from addictions | Older people | Learning disabilities | Autistic spectrum / Aspergers | Physical disabilities

Staff work with the mix of people so that everyone is contributing to the best of their ability, and learning about plants, the environment and each other.

<https://martineau-gardens.org.uk/volunteering/therapeutic-horticulture>