



This newsletter is being produced by Birchfield Big Local and Birchfield Neighbourhood Forum to provide a source of local news and information during these challenging times.

The aim is to provide news and information about what is going on in the local area that may help people find the support they need and also to encourage and inspire. If you have information, news or a story that you would like to share then please send it to:

Birchfield Big Local—Email: andrew@birchfieldbiglocal.org (Tel: 07421 994752)

Post: Birchfield Big Local, 16 Grosvenor Road, Birmingham B20 3NP

Birchfield Neighbourhood Forum—Email: bnhforum@yahoo.co.uk (Tel: 07791 379939)

If you can, please follow us on Twitter: [@birchfieldNHF](https://twitter.com/birchfieldNHF) and [@BirchfieldBigL](https://twitter.com/BirchfieldBigL)

Please feel free to share this newsletter with other people or print a copy out for friends or neighbours who don't have access to the internet.

The NHS is Open for You

Medical chiefs in the region are concerned about the drop in numbers attending accident and emergency departments and contacting their GP for expert help. People may be worried about putting pressure on the NHS or about catching Covid-19. Hospitals have measures in place to keep people safe.

The NHS is still there for people who need urgent and emergency services for stroke, heart attack and other life-threatening conditions. People should still contact their GP if they are concerned about potentially serious health conditions such as cancer.

Young children should still get their required immunisations and pregnant women should continue with their maternity appointments.

Birchfield Big Local

Birchfield Big Local is working with two local social enterprises - Golden Sparkle CIC and Athac CIC - to distribute food supplies to families and elders in the Birchfield area. The food is provided by FareShare West Midlands.

We are also contacting elderly residents by telephone to ensure that they have what they need and for a friendly chat. If you need help or know a neighbour who needs help, please contact us on:

Tel: 0121 448 5594 (Mobile: 07421 994752)

Email: andrew@birchfieldbiglocal.org

For information and regular updates please see our Facebook page.

Hard Times Require Furious Dancing

Bringing together Birchfield and Welsh House Farm Big Locals—this project is about using arts and creativity to respond to the issues that matter most to you, with the aim of bringing about meaningful change in the two areas.

Launched in May last year at an event at Church Vale, HTRFD has commissioned four local artists to work with schools and the wider community using different methods.

A series of art packs are being produced for families and children with ideas about paper art, seed sowing, block printing, music making and much more. The first pack will be available on 9th June. If you would like a copy of the pack, please contact: Tel: 0121 448 5594 (Mobile: 07421 994752) Email: andrew@birchfieldbiglocal.org

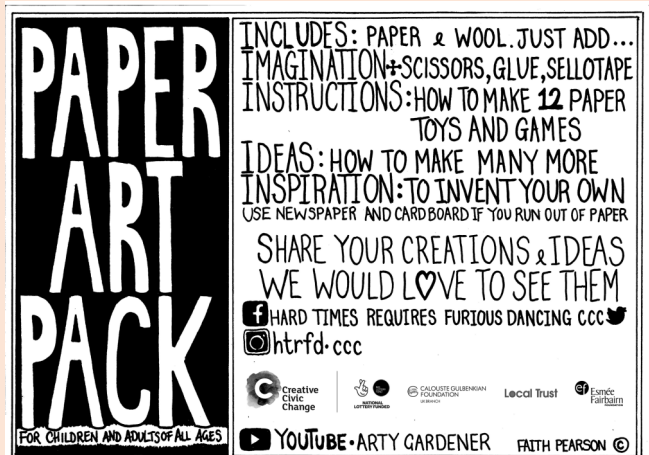
We are encouraging children and families to share their creations through social media.

Please see the following links:

Facebook Page: [Hard-Times-Require-Furious-Dancing-CCC](https://www.facebook.com/Hard-Times-Require-Furious-Dancing-CCC)

Twitter: [@CCCFurioussdance](https://twitter.com/CCCFurioussdance)



Instagram: [htrfd.ccc](https://www.instagram.com/htrfd.ccc)







PAPER ART PACK
FOR CHILDREN AND ADULTS OF ALL AGES

INCLUDES: PAPER & WOOL. JUST ADD...
IMAGINATION+SCISSORS, GLUE, SELLOTAPE
INSTRUCTIONS: HOW TO MAKE 12 PAPER TOYS AND GAMES
IDEAS: HOW TO MAKE MANY MORE
INSPIRATION: TO INVENT YOUR OWN
USE NEWSPAPER AND CARDBOARD IF YOU RUN OUT OF PAPER

SHARE YOUR CREATIONS & IDEAS
WE WOULD LOVE TO SEE THEM

 [HARD TIMES REQUIRES FURIOUS DANCING CCC](https://www.facebook.com/Hard-Times-Requires-Furious-Dancing-CCC)
 [htrfd.ccc](https://www.instagram.com/htrfd.ccc)

 [YOUTUBE • ARTY GARDENER](https://www.youtube.com/channel/UC...)  FAITH PEARSON ©



Mental health support

Free counselling with Citizen Coaching

Citizen Coaching, a social enterprise that delivers counselling services is offering free anger management courses as it predicts a rise in hidden mental health problems in lockdown.

If you live in Birmingham and have a GP in Birmingham and are over 16, Citizen Coaching have counselling sessions with qualified professionals available now— no waiting list.

Call on 01213147075 - or leave a message or live chat on the website: <https://citizencoaching.com/>
Email: hello@citizencoaching.com

Support for key workers and those self-isolating from Spring to Life

Are you self-isolating and finding it difficult to cope during this time of uncertainty? Do you need someone to talk to? Then call 0121 262 3555 (lines are open 9-23:00) to speak to an experienced and qualified counsellors.

Are you a key worker? Are you finding it hard and stressful at the moment during this time of uncertainty? Do you need to talk to someone, then please call 0121 633 1217 (lines are open 9-17:00).

Covid-19 Resilience Funding

New funding is now available to directly support individual families and young people aged 16 - 25 through the Covid-19 emergency period and longer-term impact.

Resilience funding of up to £150 will be available from Birmingham City Council for families in hardship, for example to buy food, medicines, nappies, and other supplies. Or in emergencies to pay bills, fuel, white goods, or internet access. Funding for young people in need of financial support is being provided through the Matt Kendall Foundation—<http://themattkendallfoundation.org/>

Families and young people (16 - 25) are asked to contact support workers or schools as a first step to access Resilience Funding. They will complete a short application on behalf of the family or young person and in most cases, funding will be released on the same day.

Domestic Abuse Support

As the national coronavirus lockdown continues, Birmingham City Council has been working with Birmingham & Solihull Women's Aid (BSWAID) to widen available support for those at risk of domestic abuse.

The importance of staying home to help stop the spread of Covid-19 has also meant those suffering domestic abuse are at greater risk.

This week BSWAID extended its helpline's opening hours, so people can contact their specially trained team daily on 0808 800 0028 between 9.15am and 5.15pm.

For those unable to speak safely to operators, the charity is also piloting a local webchat service over the coming weeks through www.bswaid.org, where those in need can have a confidential web chat between 10am and 2pm on weekdays.

Also the Domestic Abuse Hub – which the city council opened in partnership with BSWAID in March 2019 – remains open to those who are at risk of being made homeless as a result of domestic abuse. Those at risk can call 0808 169 9604 for an appointment at the Hub.

Elderly & Vulnerable Priority Shopping Hours

	Thursday - the first hour of opening.
	Monday, Wednesday and Friday, 9am - 10am. (except Express stores).
	Friday - from store opening until 9am.
	Monday and Thursday - the first hour of opening.
	The first hour of opening, every day.
	Monday to Saturday, 9am - 10am.
	The first hour of opening, every day.
	Check local stores.
	Check local stores.