

Northfield Families Newsletter

On behalf of Birmingham Children's Partnership, we are offering support to children, young people, and their families in the **Northfield Locality**. We work with people from bump to 25 years, and their families. (For adults- only refer to Northfield Community Partnership 0121 411 2157).

We can help with:

- **Emergency grants of up to £100 towards food and fuel costs**
- **Food parcel delivery**
- **Fuel vouchers**
- **Free access to parenting courses**
- **Access to emergency family grants**
- **Referrals to baby banks and services**
- **Benefits, housing, and employment advice**
- **Referral & signposting to mental and emotional health services**
- **Signposting to other supportive and recreational services via our community connectors**

Northfield Families is working closely with SEMH Pathfinder and Barnardo's to offer a range of holistic support geared specifically to each family's needs. **SEMH Pathfinder** support schools to meet the social, emotional, and mental health needs of children and offer a programme of intensive support to those family's most in need. **Barnardo's** offer activities, courses, and support for families with children under 5 years old.

Family Connect Form You can connect families to all of the support listed above by completing a [Family Connect Form- for Professionals](#).

Families can also self-connect to services using the [Family Connect Form- Self Identification](#)

If you would like to contact Northfield Families directly you can also speak to Sue or Jess:

northfieldfamilies@northfieldcommunity.org

Mon- Wed: 07516 918 133 Thur- Fri: 07951 346 327

Webinar You are invited to join our 30-minute webinar on **Wednesday 27th January 2021** to hear about how we can support families and the offer from Northfield Families and Barnardo's. Simply sign up at the link below:

[Northfield Families & Barnardo's – How can we help you to support families? Tickets, Wed 27 Jan 2021 at 02:00 | Eventbrite](#)

Look out for our other webinars, covering a range of topics including arts therapy for all ages, mental health for young people and insights into other partner organisations.

Bellfield Junior School Support

Bellfield Junior School are an outlet for the Fair Food Project food bank and have 40 food parcels available. They also have a large collection of new or nearly new children's clothing and lots of shoes, trainers & wellies. These are available to all families in the area in need not just those attending Bellfield School. Please share with networks and signpost to Bellfield.

Contact Head Teacher Nigel Attwood on n.attwood@bellfield-jun.bham.sch.uk or call 0121 464 2895.

Internet Safety

[Information, Advice and Support to Keep Children Safe Online \(internetmatters.org\)](https://internetmatters.org) There are good guides provided here on how to set up parental controls on mobiles and broadband for all major providers - something families can put in place to safeguard against inappropriate content. Other useful websites are:

[Net Aware: Your guide to social networks, apps and games \(net-aware.org.uk\)](https://net-aware.org.uk)

[UK Safer Internet Centre - Online Safety Tips, Advice and Resources | Safer Internet Centre](#)

Parenting Courses

[Ourplace | Online Parenting Child Education Courses \(inourplace.co.uk\)](https://inourplace.co.uk)

Parenting support. We've pre-paid for each parent, grandparent and carer to access £88 of online courses. Use the code COMMUNITY to access support for children from bump to 19.

Mental & Emotional Support

For young people aged 11-25 there are forums, guides and counselling available completely free at [Kooth](https://kooth.com)- all interaction is completely anonymous.

If you are under 25 and registered with a GP in Birmingham, you can receive support from [Pause](https://pause.org.uk). We also provide support for parents and carers who are concerned about their child or young person's wellbeing. You can get in touch with Pause by calling 0207 841 4470 or [email](mailto:info@pause.org.uk).

Adults can get support from MIND by calling 0121 262 3555. Or for urgent help call Forward Thinking Birmingham on 0300 300 0099. And remember to stay active.

Overview of the Birmingham Children's Partnership services in Birmingham:

There are services across Birmingham, to find out what is available in other parts of the city:

[Birmingham Children's Partnership - Resources | Birmingham Children's Partnership - Resources | Birmingham City Council](#)

The link below shows the contact details for leads in the area:

[Voluntary sector local leads | Birmingham Children's Partnership - Resources | Birmingham City Council](#)

The Postcode checker will show which area each family will come under:

[Early Help Service Postcode checker updated April 2020 | Birmingham City Council](#)



Mental Health Resources

Please find below links to websites with useful Mental Health resources.

If you or your child are struggling with mental health then please use the resources below, and contact the school as Place2Be the school counselling team are available to help.



<https://www.place2be.org.uk/coronavirus>



<https://parentinfo.org/>

Help and advice for families in a digital world Parent Info is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents from leading experts and organisations.

PAUSE

<https://www.forwardthinkingbirmingham.org.uk/services/13-pause>

Pause is our city centre drop-in service, based in Digbeth.

Run by The Children's Society, it's a little bit different to other mental health services you might have experienced. The best bit about Pause is you don't need an appointment; you can simply drop in for a chat.



<https://www.childline.org.uk/>

You can call ChildLine anytime on 08001111, or visit their website which has lots of useful advice. You can also chat to someone online.



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

You can call The Samaritans for free on 116 123, 24hours a day, 365 days a year. You can talk to them about anything that is making you feel worried, no matter how big or small.



<https://www.nhs.uk/oneyou/every-mind-matters/>

An NHS initiative to help support people with their mental health. There is lots of information on their website and a button you can click if you need urgent help.

YOUNGMINDS

<https://youngminds.org.uk/>

A children and young people's mental health support charity. There is a 'find help' tab at the top of their home page.



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

Enter your postcode on this website and it will give you a list of services local to you that may be able to help. The school postcode is B31 4BP.



<https://www.themix.org.uk/get-support>

Essential support for under 25's, you can visit their website or call 0808 808 4994 from 4pm until 11pm daily. They also have a crisis line that you can text 24 hours a day.



<https://www.mind.org.uk>

Mind can help you make choices about treatment, understand your rights or reach out to sources of support



<https://papyrus-uk.org/>

Prevention of young suicide. If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice. <https://papyrus-uk.org/hopelineuk/>



<https://www.kooth.com/>

Kooth is a free online counselling and emotional well-being service for children and young people that can be accessed through a tablet, mobile and desktop computer. Kooth is a confidential and anonymous service.



<https://www.selfharm.co.uk/>

SelfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your life.



<https://www.beateatingdisorders.org.uk/>

Beat is the UK's eating disorder charity. They are a champion, guide and friend to anyone affected by eating disorders, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered.