




Family & Student Support at Erdington Academy







Useful information





Erdington Family Hub at Lakeside Children's Centre


Activity Calendar







Monday	Tuesday	Wednesday	Thursday	Friday
<p>KIDS West Midlands Referral Only 10:00am-11.30am</p>  <p>Foodcycle 3:30am - 5:00pm *Bookable slots* Free 3 course meal for the whole family.</p> 	<p>Breastfeeding Support Group 10:00am-11:30am Run by Birmingham Breastfeeding Network</p>  <p>Stepping Stones Referral only 1:00-2:30pm Stay and play session for children with additional needs, diagnosed or undiagnosed</p> <p>Urban Devotion Youth Services 3:00pm-6:00pm *Call 0121 350 9370 for more information*</p> 	<p>VITAMIN DROPS AND TABLETS AVAILABLE HERE! They are absolutely free and are available from all our centres</p>  <p>You can see if you are eligible for the healthy start vouchers here: www.healthystart.nhs.uk</p> 	<p>BCC Housing Surgery 10:00am - 12:00pm</p> <p>Are you living in a Birmingham City Council Property and need support with housing? Please pop into Lakeside to speak to a housing officer.</p> <p>Duty There is a worker on duty daily to help with any queries or support you and your family may need. All you need to do is call us on: 0121 752 1970</p> <p>This is for any families with children aged 0-19 or 25 with SEND.</p>	<p>Play and Learn 1:15pm - 2.45pm Come and join us for some family fun for children ages 0-5 years.</p> <p>PAUSE Drop In For more information and times please check the following website weekly: forwardthinkingbirmingham.nhs.uk/pause</p> <p>Free Women Only Exercise 1:30pm - 2:30pm Limited Spaces Call 0121 752 1970 to book</p> <p>Free Children's Boxercise 3:30pm - 4:30pm Age 7-11 years Limited Spaces Call 0121 752 1970 to book</p>
<p>Lakeside Children's Centre Lakes Road, B23 7UH (B23 7LY if using a satnav) 0121 752 1970 We are open Monday - Friday 9:00am - 5:00pm</p> <p>Other activities and services available at our centres</p> <ul style="list-style-type: none"> • 1:1 Family Support: Do you need some advice and support? Call your nearest centre to book an appointment with one of our Family Support Workers. • Domestic Abuse support • Infant feeding support • Bookstart • Wellcomm screening • Home safety assessments 				



ErdingtonChildren'sCentres



Castle Vale and Featherstone

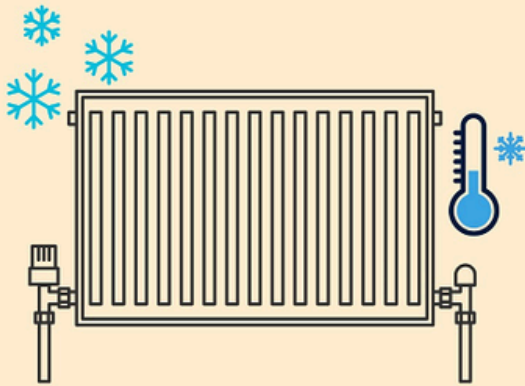
Monday	Tuesday	Wednesday	Thursday	Friday
<p>HEALTHY START Children's vitamin drops</p>  <p>You can pick up healthy start vitamins from any Family Hub or Children's Centre.</p> <p>You can see if you are eligible for the healthy start vouchers here: www.healthystart.nhs.uk</p> 	<p>9.45-11.15am Play and Learn 0-5's</p> <p>Featherstone</p> <p>EEE advice Are you aware you could be eligible for 15 hours free nursery education for 2, 3 and 4 year olds? For more information call your local Children's Centre or visit: www.childcarechoices.gov.uk</p> 	<p>9.30-10.45am Back to Nature Outdoor Play and Learn 0-5's</p> <p>in conjunction with Community Environment Trust</p> <p>Castle Vale Allotments</p> <p>Little Talkers Referral only Featherstone</p> <p>6-8 week programme to support children over two years old who may need support with speech and language who do not attend nursery.</p>	<p>9.45- 11.15am Step by Step Play and Learn 0-5's</p> <p>Osborne Nursery School</p> <p>Stepping Stones Referral only Castle Vale Stay and play session for children with additional needs, diagnosed or undiagnosed</p>	<p>9.30- 11.00am Play and Learn 0-5's Castle Vale</p> <p>Check out the Startwell website for information on healthy eating and the importance of physical movement. www.startwellbirmingham.co.uk</p> 



Download the Family Hubs App



Himaya Haven Energy Fund



Up to £294 voucher for Gas!

You can only apply if you are:

- ✓ • A Social Housing Tenant (housing association, local authority, ALMO)
- ✓ • On a pre-payment meter
- ✓ • Facing financial difficulty or at risk of their meter cutting off due to lack of funds.
- ✗ • If you have British Gas or Scottish Power as your gas provider you are not eligible.

Contact: Mob: 07596 864 617

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 @himayahavencii

If you meet the criteria we will need the following information from you to process the application:

Step 1

- Name
- Address
- Phone Number
- Age
- Employment Status
- Ethnicity
- Any Physical/Mental Health Problem

Step 2

Evidence

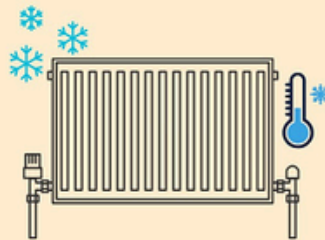
- 1) A recent photo of your pre-payment meter **and**
- 2) Proof of rent arrears **or** evidence of benefits/UC entitlement
- 3) Proof of tenancy

Evidence 1 - Pre-payment meter

- Meter must be visibly ON
- Picture must display a current balance/debt
- Picture must be clear and not blurry
- Picture of a pre-payment meter in your home **or** a screenshot of your online energy account.

Evidence 2 - Proof of rent arrears or benefits/UC

- Evidence of rent arrears (overdue rent): Through a screenshot of internal systems/letters sent to you detailing debt amount **OR**
- Evidence of benefits/UC entitlement: Benefits better or a screenshot of full bank statement with reference to the payment being made



Evidence 3 - Proof of tenancy

- Provide a picture of your lease or an email from your landlord to prove your tenancy agreement.

All Evidence should be within the last 3 months of referral being made, though we do know that in some cases it may be longer, e.g. confirmation of PIP letters

Contact us only when you have your evidence ready, so we can have a smooth process.

Contact: Mob: 07596 864 617

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Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



Search Solihull Approach Parenting

Talking Space

Are You Having a Difficult Time?

Our Talking Space service offers an out of hours, safe place, to come and chat with our Crisis Intervention Workers. (with access to clinical support if needed)



ERDINGTON

SELLY OAK

NORTHFIELD

WE CAN HELP WITH

- Low Mood
- Struggling to Cope
- Anxiety
- Stress
- Suicidal Thoughts

Drop In Days (No Appt)

6pm till 10pm

Erdington
Saturday & Sunday

Selly Oak
Monday, Tuesday & Wednesday

Northfield
Thursday, Friday, Saturday & Sunday

See reverse to book an appointment

Mind Birmingham
Registered Charity no. 1003906
Registered Company no. 2024372

LivingWell
Counselling UK

creative
SUPPORT

NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

Child 
Bereavement UK
REBUILDING LIVES TOGETHER

Child Bereavement UK has launched in Birmingham
The service offers online, face-to-face and group support for bereaved individuals, couples and families.
Email: helpline@childbereavementuk.org
Phone: [0800 02 888 40](tel:08000288840)

kooth

bacp Accredited Service

NHS
Providing NHS services

You can talk to us
about anything,
anonymously.

Free mental wellbeing support for young people.

kooth.com



Birmingham Family Hubs are part of a national programme. There will be ten physical Family Hub locations across Birmingham, by the end of 2025, where you will be able to go to get advice and practical support for you and your family.



Current locations:

Hall Green locality

St Paul's Children's Centre, Balsall Heath, B12 8NN
phone: 0121 464 6349

Hodge Hill locality

Dyson Gardens Children's Centre, Highfield Road, Saltley,
Birmingham, B8 3QF
phone: 0121 675 4617

Ladywood Locality

Main hub:

Soho Road Children's Centre, 21 Louise Road,
Handsworth, Birmingham, B21 0RY
phone: 0121 551 9020

Erdington Locality

Lakeside Children's Centre, Lakes Road, Erdington, B23 7UH
phone: 0121 752 1970

Services Available

Intensive Family Support
Parenting Support Support for Separating Parents
SEND support
Domestic Abuse
Mental Health Services
Housing
0-5 Health Visiting
Infant Feeding Programme
Birth Registration
Debt & Welfare Advice
Substance Misuse Support
Youth Services
Midwifery/Maternity

Search Birmingham Family Hubs for more information.