



Partnership Monthly Briefing March 2026



Walsall Council

PROUD OF OUR **PAST** OUR **PRESENT** AND FOR OUR **FUTURE**



Early Help Partnership Officers

North Locality:-

Sharon = 07584 442656

Sharon.Davies@walsall.gov.uk



Mandy = 0798425330

mandy.evans@walsall.gov.uk



East Locality:-

Lisa = 07985 115233

lisa.clemmens@walsall.gov.uk



Sasha: 07345292912

Sasha.Brown@walsall.gov.uk



South and Central Locality

Emma = 07552 831471

emma.jones@walsall.gov.uk



West Locality:-

Kali = 079405471

kali.kalirai@walsall.gov.uk



Leah = 07345 468386

leah.onions2@walsall.gov.uk



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Time to Talk!

Celebrating Walsall's Voluntary Community Sector



Voluntary Community Sector Networking Event

We are delighted to announce the return of our vibrant Voluntary Community Sector networking event, a special occasion dedicated to highlighting Walsall's outstanding efforts in supporting families. This is your opportunity to engage with local organisations, discover new ways to get involved, and celebrate the positive impact of community initiatives.

What to Expect

- Over 40 stalls featuring local organisations, stakeholders and internal services making a difference in the community
 - A host of engaging activities to try
 - Opportunities to discover ways to support families in Walsall
 - Networking with passionate community members and professionals

Don't miss out on this exciting event. Mark your calendar, come along, and join the conversation as we celebrate and strengthen Walsall's Voluntary Community Sector!

When	Thursday, 23rd April 2026
Where	Bloxwich Active Living Centre, High Street, Bloxwich WS3 2DA
Time	10:00 – 16:00 (drop-in event)

Appreciation Shoutout!

Shout Out to our Partner Family Help Coordinators

Celebrating Dedication Across Walsall Borough

We'd like to take this opportunity to send a heartfelt shout out to all our Partner Family Help Lead coordinators across the Walsall Borough.

Thank you for the hard work and unwavering support that you are currently providing to children, young people, and families who have reached out for help.

Your dedication is deeply appreciated and truly makes a difference.

The support you offer is invaluable, ensuring that it is co-ordinated by someone the family, young person, or child already knows and trusts. This familiar and trusted connection is an essential part of providing effective and Family Help.

Massive Thank You!

From Sharon, Mandy, Kali, Leah, Jo, Emma, Sasha and Lisa



THANK YOU!

Important Referral Information!

Introducing the New Request for Family Help eForm

As part of our **Families First for Children** approach, we're continuing to make it easier for partners to request support for children and families who may need some extra help.

We're pleased to share our **new online Request for Family Help eForm**, which should now be used by all partners when making a referral for family support.

How it works

- The **eForm** is the *starting point* for requesting Family Help support.
- It allows us to receive information securely, consistently, and efficiently.
- You can now **attach supporting documents**, including the **Our Family Assessment**, directly to the eForm.

A reminder about the Our Family Assessment

We want to continue encouraging partners to complete the **Our Family Assessment** wherever possible.

This is an important step in understanding the family's story, identifying strengths, and agreeing what support may already be working well.

If you've completed an *Our Family Assessment*, please **attach it to the eForm** when submitting your request.

Need advice or unsure whether to submit a request?

Before completing the form, please speak with your **Partnership Officer** for advice and guidance.

They can help you:

- Decide whether a Family Help request is appropriate,
- Identify Family help options already available, and
- Make sure families are receiving the right support at the right time.

Access the new eForm

👉 [Click here to access the Request for Family Help eForm]

[Make a request for Family Help support - guidance for professionals | Walsall Council](#)





Walsall
Family Hubs

Supporting families to live happier lives

Services that form part of our Family Hubs and spokes are:



Benefits &
Financial support



Child
Development



Early Help &
Children's Social Care



Employment
& Training



Housing



Infant Feeding
support



Midwives &
Health Visiting



Speech &
Language



Stay & Plays



Parenting support



Police



Volunteering
opportunities

Walsall Family Hub

If you like to be added to the Walsall Family Hubs Distribution list please fill out the link here; <https://forms.office.com/e/XruY3Metrk>

Check out our newsletter for families with children 0-5 years

[Or Visit :](#)
[Things to do with your children | Walsall Council](#)



To keep up to date with whats going on by following our Facebook Page @Walsallfamiliesintheknow or email familyhubs@walsall.gov.uk



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UK Government



Walsall Family Hubs

Supporting families to live happier lives

PEEP Stay and Play This is an exciting programme for families to share ideas and simple low-cost activities that supports your child's learning in Everyday life - talking, singing, sharing books and playing together 0 - 5 years

Parenting my way

Come and learn about how your own childhood can affect how you parent yourself. Discussions around keeping your child safe and looking after yourself, pregnancy and birth.

Grandparents coffee & Chat

Are you a Grandparent who finds parenting has changed and hard to fathom out. Come along and learn about routines, teenager issues and how to be the best Grandparent

Chill & Chat Stay and Play

Stay and Play with your child, meet other parents, share experiences and relax in a safe and friendly environment

Antenatal Peep

Workshops support expectant and new parents to tune in to baby's feeling. Manger their own feelings and understand how to support baby's learning and development.

Stay & Plays

Come along and join our Early Years Team for a range of free stay and plays for children aged 0-5 years.

Dad's for Dads Peer support group

If you're looking for other like minded Dads to meet in a safe and friendly environment come along to our groups. Make new friends and help each others like you.

Dad's Stay & Plays

Fun activities for dad's and their children to participate in to encourage relationship bonding and child's development. These sessions will bring fathers and their children together, helping them to learn how to play with their children and will give them the time to interact with others in an informal setting. Dad's and their children can get to know others, in a fun and safe environment

Don't Slam the Door

Parenting a teenager can be daunting. Come to these sessions learn about the difficulties and complexities of looking after a teen

Henry

We will help you make small, impactful changes to achieve your healthy lifestyle goals. by focusing on practical behaviour changes, new parenting skills, and valuable information about **nutritious food and fun activities for your children.**

Parent Panels

We are looking for new members to join our Parent Carer Panel to have your say on the services available to families in Walsall. You can share your views through face to face meetings, virtual meetings, family fun sessions, online surveys and our facebook page.

Let's Talk Relationships

Look at how to communicate better in order to resolve issues whether you and your partner are together or not.

Look, Say, Sing, Play (0-2 yrs) is a PROGRAMME DEVELOPED BY THE NSPCC. IT IS A 6-WEEK FACE TO FACE STAY & PLAY THAT ENCOURAGES YOUR BABIES DEVELOPMENT THROUGH PLAY. THIS IS FOR CHILDREN AGED 0 – 2 YEARS.

Introduction to solid foods

Do you have a baby around 6 months old? Would you like more information on how to introduce solid foods to your baby? You can come along to our Family Hubs where a member of the infant feeding service will be available to answer any questions and support you through this exciting stage in your baby's feeding journey.

First Words Together (0-2 yrs)

This group aims to encourage early communication among children and develop their language skills. The sessions will also help parents and carers to build their own awareness and confidence in supporting early communication leading up to their babies' first words.

Triple P for Baby

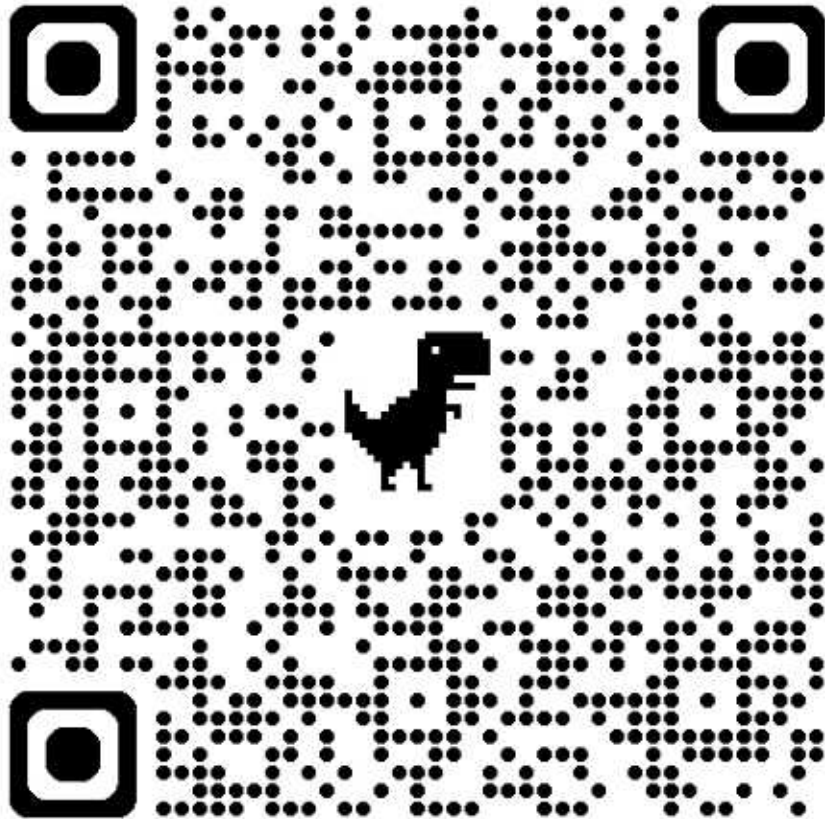
This is a parenting program focusing on strategies to promote positive parent – infant relationship, promoting baby's development and teaching them new skills and behaviours

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



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Family Information Service





DADS GROUPS

We know Dads play a vital role in their children's lives.

We have lots on offer for you at Walsall Family Hubs;

- Dads Stay and plays (weekdays and weekends)
- Dads 4 Dads Peer Support Groups
- One to One support
- Parenting Workshops - Henry
- DadsPad App

and much more

No booking, just turn up

For more information contact Ed
07584 521955 or email
EarlyHelpParentingTeam@walsall.gov.uk

"Stay and play gave me confidence to be myself without fear of feeling judged"
Quote from a Dad

SCAN HERE TO TAKE A LOOK AT OUR FREE AND EXCITING ACTIVITIES .



 [walsallfamiliesintheknow](https://www.facebook.com/walsallfamiliesintheknow)www.walsallfamilyhubs.co.uk



Baby feeding support groups

Come along with your baby to get support throughout your feeding journey

- Receive information, support and access to wider support services
- Hear from other parents about their experiences
- Free refreshments provided
- No need to book just turn up
- Delivered by whg's children's champions

Tuesdays
10.30am-12.30pm
South and Central Family Hub, Birchills St, Walsall W51 8NF

Wednesdays
10.30am-12pm
East Family Hub, Silver Court, Brownhills, Walsall W58 6HA

Thursdays 12.30-2pm
West Family Hub, Tirmington House, Crescent Rd, Wednesbury WS10 8AE



For more information, email Childrens.champions@whgrp.co.uk

 www.whg.uk.com
 0300 555 6666
  Childrens.champions@whgrp.co.uk

Free one-to-one baby feeding support in Walsall

Our friendly and experienced Children's Champions are here to support you from pregnancy to weaning. Our Children's Champions can help with:

- Face to face, home or community visits to offer a friendly and listening ear.
- Link you into support in your area including your local family hub and parent led support groups.
- Help you access digital health support for a range of services offering information, advice and guidance available 24/7.
- Referrals to health professionals.
- Support to access Healthy Start vouchers and other eligible initiatives to help your money go further.

For more information or support, please email:
childrens.champions@whgrp.co.uk

 0300 555 6666
  childrens.champions@whgrp.co.uk
 www.whg.uk.com

In partnership with:



FREE FAMILY FIRST AID AWARENESS WORKSHOP

Free first aid workshop available for:

- Expectant and new parents
- Parents of children 0-5 years



Wednesday 8th October 09:30-11:00
Moxley Peoples Centre, 3 Queen Street, Moxley, Wednesbury, West Midlands, WS10 8TA

Topics include:

- Primary survey-CPR
- Using a Defibrillator
- Recovery position
- Choking
- Minor injuries
- First aid kit



To book your free place, email familyhubs@walsall.gov.uk



Are you an educator of young people?

British Red Cross is piloting an innovative **free** programme of humanitarian education for educators of young people aged 11-18 years. Through a blend of digital and in-person CPD sessions, it's designed to give you the skills, knowledge and confidence to navigate difficult topics in your classroom or youth setting.

The initial two courses available are:

► **Teaching about War and Conflict** ► **Teaching First Aid**

Sign up to the programme to access these free CPD courses, relevant teaching resources that can be seamlessly integrated into your lessons or activities, and ongoing support from our team of experienced educators.

For more information and to sign up:

Visit: redcross.org.uk/cpd Call: 0344 412 2734

Email: redcrosseducation@redcross.org.uk

Introduction

We provide humanitarian education to children, young people and adults.

To improve the resilience of individuals and communities across the UK, so they can thrive in a crisis.

We do this through our CPD programme of humanitarian education.

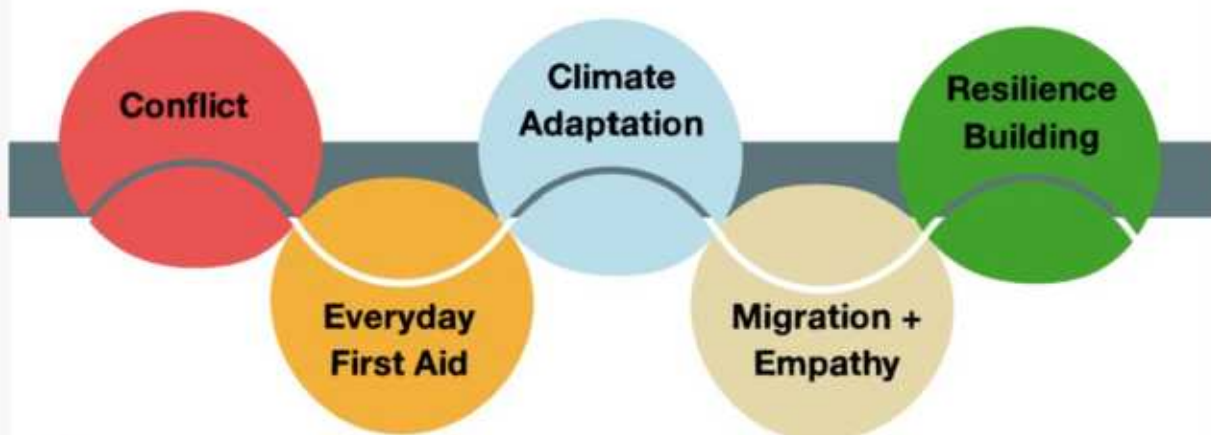


Here for
humanity

The NSPCC has designed a series of webinars in partnership with Vodafone covering the potential harms children and young people face online. Starting in September, the eight-part series will provide an overview of online safety for children, focusing on key topics such as: navigating social media; online grooming; online scams; and managing digital footprints.

Sign up for the webinars: [Online safety webinars for schools](#)

Our courses



Teaching about war and conflict

Module 1: explores what to do when controversial topics come up and how to handle these confidently using a neutral approach and a practical 5-step strategy.

Module 2: you will learn about armed conflicts and the rules of war—known as International Humanitarian Law (IHL).

Teaching about migration

Module 1: you'll learn how to use a trauma-informed approach to teach about migration and displacement when learners with lived experience are in the room.

Module 2: builds topic specific knowledge on the asylum system refugee experience in the UK, including the experiences of young people in the education system.



Here for humanity



Teaching about climate

Module 1: explores a holistic framework for climate education, including active learning, reflection, and managing climate emotions.

Module 2: you will gain the knowledge to support awareness and inspire meaningful climate action.

Teaching first aid

Module 1: introduces the everyday first aid method, equipping you with the essential skills and knowledge to confidently and effectively teach first aid to young people.

Module 2: explore the features and benefits of the First Aid Champions website and gain practical understanding of how to use it to teach first aid to young people.

Here for humanity



Module 1: Skill building CPD module

In this module, you'll develop practical, ready-to-use strategies designed for youth workers.

Choose how you take part:

- Join a live session led by an experienced British Red Cross Education Coordinator
- or
- Complete the same content through a flexible, self-paced e-learning module

Module 2: Knowledge building CPD module

In this module, you'll build your understanding of the topic through a structured e-learning course.

Complete it online, at your own pace, to deepen your knowledge and feel more confident supporting young people.

Teaching resources

Access ready-to-go lesson plans and PowerPoint slides to use with young people.

- Linked to national curricula across all four UK nations
- Includes youth work curriculum connections
- Based on real stories to bring humanitarian issues to life

Further learning and youth action

Educators will be rewarded for completing the course and encouraged to explore another topic.

Young people are inspired to take humanitarian action — we are piloting youth action opportunities throughout 2025.

Here for humanity

For further information please contact me:

Email: RTinkory@redcross.org.uk

Telephone: 0779 388 3187

Click [here](#) to visit our webpage for more information

Sign up [here](#) to access the Educator Hub



Here for humanity

Top tips for TEETH

Children aged 0-3
and pregnant women



1. Protect your PREGNANCY smile

During pregnancy, you're more vulnerable to **gum disease**. Remember, your dental check-ups and treatments are **FREE** up to a year after your baby's birth.

2. Help them brush TWICE A DAY to keep decay away

From the moment their **first tooth** appears, it's time to start helping your child brush **twice a day**.



3. PROTECT THEIR SMILE with regular visits to the dentist

Under 18's are entitled to **FREE** NHS dental treatment in England.



4. Remember... NO NEED TO RINSE after brushing

Don't **rinse** with water after brushing as it washes away fluoride. As they get older teach them to **spit** instead.

5. SKIP THE SUGAR they're sweet enough!

Brushing before bedtime is important. Don't offer food after brushing teeth at night. To protect their smile, offer only water to drink (or milk for younger babies).



6. Go with THE FLOW

Introducing your baby to **free-flow cups** from **6 months** can help avoid tooth decay.



Search **Start for Life** or scan the QR code for more tips and advice for taking care of your little one's teeth.

<https://www.nhs.uk/start-for-life/how-to-take-care-of-your-baby-or-toddlers-teeth/#tips-on-keeping-your-babys-teeth-healthy>

1. Brush twice daily with a family strength fluoride toothpaste (1350-1500ppm fluoride)

Think of brushing as your smile's daily defence!

- ☒ Spend 2 minutes brushing, covering all surfaces
- ☒ Spit – don't rinse! Let that fluoride keep working after you're done

2. Keep sugary foods & drinks to mealtimes only

Sugar is sneaky – but you're smarter!

- Limit sweets and fizzy drinks to mealtimes only
- Try water or milk between meals to stay hydrated and protect your teeth

3. Visit your dentist regularly

Even superheroes need sidekicks – and that's your dentist!

- Book check-ups as often as recommended by your dentist
- Dental visits help spot small issues before they become big problems

P.O.P

POSITIVE OUTCOMES PROJECT



Chill & Chat

Socialise

Games & Quizzes

Play Pool

Arts & Crafts

Hub 1

Mondays & Wednesday / 3:00pm-5:30pm
Ages 15-25
Palace Play Shop Eat, Blakenall Row, Blaxwich, Walsall WS3 1LW

Walsall Council

BLOXWICH COMMUNITY PARTNERSHIP

popwalsall.co.uk

P.O.P

POSITIVE OUTCOMES PROJECT



Socialise

Chill & Chat

Play Pool

Arts & Crafts

Hub 3

Saturdays & Sundays 17:00pm - 20:00pm
Ages 15-24
Pleck Youth Centre, 283 Wednesbury Road, Walsall, WS2 9QJ

Walsall Council

BLOXWICH COMMUNITY PARTNERSHIP

popwalsall.co.uk

P.O.P

POSITIVE OUTCOMES PROJECT



CV creation

Job Search

Interview Skills

College Applications

Hub 2

Tuesdays and Fridays 11:00am - 2:00pm
Ages 15-24
Manor Farm Shop, Unit 26, The Saddlers Centre, Park Street, Walsall, WS1 1YS

Walsall Council

BLOXWICH COMMUNITY PARTNERSHIP

popwalsall.co.uk

P.O.P

POSITIVE OUTCOMES PROJECT



Chill & Chat

Socialise

Games & Quizzes

Music Production

Hub 4

Tuesdays & Thursdays 16:00pm - 18:00pm
Ages 15-24
Willenhall Memorial Park, Pinson Road, Willenhall, Walsall, WV13 2PW

Walsall Council

BLOXWICH COMMUNITY PARTNERSHIP

popwalsall.co.uk

Caldmore MEN'S SHED



Caldmore Men's Shed is a friendly space for men to get together, share skills and make a difference in the local community.

We spend time together planning and doing practical projects, learning:

- carpentry – we have built a tree house and a play house for children, sheds, raised beds, bird boxes, and many more.
- gardening – we have own growing plot at the Garden and share our harvests.
- landscaping – we have created many features at the Community Garden for everyone to enjoy.





FREE

Mondays 10am–12.30pm at Caldmore Community Garden

Every Monday is a MANDay!

Supporting children with a parent in prison.

Children Heard and Seen is a charity (1157879) dedicated to helping children, young people, and families affected by parental imprisonment.

We are committed to addressing their needs, listening to their concerns, and ensuring their voices are heard.

We offer tailored one-on-one support from trained practitioners, assistance for parents/carers, peer support groups for both children and carers, engaging online activities, fun-filled activity days and residentials, as well as practical support such as legal advice and guidance on financial well-being.

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

DIGITAL DIVIDE



WOULD YOU LIKE TO BE MORE DIGITALLY SAVVY?

Our team are here to support you to navigate your digital devices.

Including:

- Downloading & using the NHS App
- Support using mobile phones, tablets, laptops, iPads & other devices.
- Downloading & using specific apps
- Search the internet
- Communicate safely online
- Create jobsearch accounts
- Create an email address and more!

The digital support is tailored to your needs!

CONTACT US FOR MORE INFORMATION

Manor Farm CA - 01922 614316

Bloxwich Community Partnership - 01922 403351



Support Available at Manor Farm Community Association

Manor Farm Community Association Activities

Silver Scheme - Activities and Services for older residents. This includes bereavement support, lunch clubs, community wellbeing walks, craft groups, befriending, guidance and health chats, walking sports, sporting café and much more. This project helps reduce social isolation and supports people to live happily and connected at home for longer.

Making Connections Walsall - Our Social Prescribing Service focussed on the East of Walsall. Supporting residents to access groups, services and support in their community. The project supports signposting to activities and services to support individuals' positive mental health and wellbeing.

East Locality - Locality Leads in Walsall provides opportunities to empower organisations and groups (Not for Profit groups, CIC's Charities, Faith Groups etc) to build strength and resilience within our local communities. This role is about bringing the sector together and really shouting out about all the great work we do! Our focus is the VCS in the East of Walsall. Other locality leads are situated in Bloxwich Community Partnership, Old Hall Peoples Partnership and [Nashdon](#) CIC.

Thrive Bus - Our wellbeing bus that travels to areas across Walsall to support residents with mental Health and Wellbeing and signpost as needed. This activity supports the reduction of stigma of mental health and hosts friendly chats, Wellbeing Walks and time to share in key venues across Walsall. During the summer we focus on Park visits to target families visiting parks to offer support. In the months around the festive season, we place the bus on Park Street in Walsall to support residents in what can be a challenging time. We also have CAB offering Debt advice on the bus.

Walsall Bridges Employability - Previously known as Walsall Bridges. Employment support service for Economically Inactive residents in Walsall. We support participants to write a CV, submit a quality application, Interview Techniques and much more. We support residents to overcome any barriers to employment.

WorkWell - Aimed at supporting individuals with health conditions and disabilities to find or sustain meaningful employment. **WorkWell** aims to provide early intervention for those facing barriers to employment due to health challenges, offering personalised support through a team of trained Work and Health Coaches.

Digital Divide - Initial activity to engage in the digital world. introductory level to encourage participation and encourage digital use. We support residents to access NHS App and access services that are only available through IT. Utilising the residents hobbies and interests these activities are tailored to the individuals to encourage interest in ICT and hopefully encourage progression to more learning to develop skills.

Wellness Wonders will address feelings of isolation for residents of all ages and families in Walsall. We will provide a wide range of services and activities designed to engage and encourage to feel part of their community. This includes one off activities for the whole family like community events. Costs are kept to a minimum or completely free to allow access and increase participation and enjoy socialising at a local level.

Family Hub - Spoke - We are a family hub - spoke with various activities booked and delivered from our site for families to engage in.

Walsall Connected - Supports in residents digital upskilling to help people access digital services and Walsall council online services alongside signposting as required. This work allows for signposting to Digital Divide activities for those who want to learn more.

Wider Determinants of Health - A programme of activities to engage with residents through various activities including crafts, physical activities, mindfulness to improve social interactions and wellbeing. Activities are focused to support the fundamentals of wider determinants of health initiative.

Family First - Family Support and Child Protection Mentors will be employed to support families and young people in the east of Walsall. Family First support will be delivered by the voluntary and community sector organisations across Walsall and will focus on providing support, guidance, and positive role models to help families overcome challenges and achieve their full potential. Our positions will focus on the East of Walsall.

HAF - Playscheme activities that are delivered to children who access free school meals in Easter, Summer and Christmas. We currently house Active Gym and [RicNig](#) to offer this service to families in Walsall.

Feeding our Futures - Throughout the year we will be delivering a Cooking on a Budget Project involving meal planning, and recipes that maximize nutrition and flavour while minimising costs. This would allow members of the public to explore and plan healthier, quick and easy meals for families that support healthy eating in the Morning, Day and Evening. This will include Healthy Breakfast ideas, Healthy Lunch boxes for School/Work- Adult and Child, Healthy Meals using an Air Fryer. Participants will take away an air fryer if they complete the programme. This is a short 3-week programme.

WEAP - We will deliver 1-2-1 and Group Energy Advice Sessions to Walsall Residents. We can signpost for a home visit if further information is needed and this may help residents ultimately save money on energy bills. We explain how to read a bill and how to get support if needed.

Walsall Connected Services - An opportunity to distribute second hand laptops and to promote use of the NHS app and other online services.

Your Town Your Time - A brand new project to promote and encourage youth volunteering in Walsall. We are just about to launch an inclusive project to promote the benefits of volunteering. We hope to enable this project to be Youth Led. The starting point is to get a TikTok account to start spreading the news of this exciting new project.

Housing Support/Crisis - One off financial support through an Aldi Voucher to support households when they are in Crisis. This is offered with other support as needed however if the issue continues, we can refer to the Council teams who can look into this further and offer other help as needed.





Here to
help

Need support with
weight management,
stopping smoking or
wellbeing?

**Be
Well
Walsall**

BeWell Walsall run
free Wellbeing services for
communities across Walsall.

Get help to buy food
and milk
(Healthy Start Scheme)



If you're more than 10 weeks
pregnant or have a child
under 4, you may be entitled
to get help to buy healthy food
and milk.

For more information or assistance to sign up to
either of these programmes please contact your
local Walsall Connected Centre



**Need help accessing
Council services?**

**Nash Dom Community Hub,
Sun Street, Walsall, WS1 4AL
9:30 – 17:00**

Walsall Connected supports with
in-person digital upskilling, general
advice & signposting.



Community Libraries:

Aldridge Community Library
WS9 8NP | Tel: 01922 655669

Bloxwich Community Library
WS3 2HR | Tel: 01922 655000

Brownhills Community Library
WS8 7JB | Tel: 01922 650730

Darlaston Community Library
WS10 8DE | Tel: 01922 654777

Community Partners:

Aaina Community Hub
WS1 9BS | Tel: 01922 644006

Birchills Neighbourhood Community Hub
WS2 6SP | Tel: 07506 202722

**Bloxwich Community Partnership
Stan Ball Centre**
WS3 8AZ | Tel: 01922 403351

Palace Play, Shop, Eat
WS3 1LW | Tel: 01922 712069

Brownhills Community Association
WS8 7JS | Tel: 01543 452119

The Collingwood Centre
B43 7NF | Tel: 0121 360 1484

Darlaston All Active
WS10 8AA | Tel: 0121 568 8144

**Frank F Harrison -
Beechdale Lifelong Learning Centre**
WS2 7DY | Tel: 01922 748967
The Hive Community Hub
WV12 5EA | Tel: 01922 276484

Manor Farm Community Association
WS4 1EU | Tel: 01922 614316

Moxley People's Centre
WS10 8TA | Tel: 01902 490378

**Lichfield Street Hub
(Walsall Central Library)**
WS1 1TR | Tel: 01922 653121

Streety Community Library
B74 3PL | Tel: 01922 054864

Willenhall Community Library
WV13 2EX | Tel: 01922 050771

Nash Dom Community Hub
WS1 4AL | Tel: 01922 616444

Old Hall People's Partnership
WS2 0LS | Tel: 01922 474684

Pelsall Community and Arts Centre
WS3 4BQ | Tel: 01922 682156

RMC The Refugee & Migrant Centre
WS1 1JQ | Tel: 01922 614221

Ryecroft Community Hub
WS3 1TR | Tel: 01922 626693

**Streety Sports and
Community Association**
B74 3HR | Tel: 0121 353 8630

The MindKind Wellbeing Centre
WS2 8AP | Tel: 01922 632170

Walsall Black Sisters Collective
WS1 3RU | Tel: 01922 616996

Willenhall Chart Community Hub
WV13 2NS | Tel: 01902 368199

Walsall Healthcare NHS Trust (Bever Hospital)
WS2 9PS | Tel: 01922 444040
Ask for Walsall Connected

YMCA Walsall
WS1 3PR | Tel: 01922 700950

Free WiFi
available at
your local
library

Please call
first to check
availability

For more information please visit:
www.walsall.gov.uk/walsallconnected





Let's Walk and Talk about Mindful Living.

Discover the Art of taking control of your Life



A journey to Self Awareness and Improved Mental Health. Wellbeing Walk.

- Live in the present.
- Less Stress, Anxiety and Depression.
- More Happiness and Peace.
- Practical Techniques to Improve Mental and Physical well-being.
- Improve your well-being
- Explore and connect with nature,
- Meet new people

Get refreshed and Enjoy the natural serenity of Walsall.
(2 hrs)

Please wear weather appropriate clothing and footwear.

9th April, 2025 (first session)
Time: 10am - 12noon

Once a week
(Wednesday)

SCAN THE QR CODE TO REGISTER



Meeting point:
Outside Arboretum Cafe,
Arboretum Park,
Walsall, WS4 2DA

Contact Angela :
+44 (0) 7878755703



Angela Gonsalves

Personal Centred approach to suit your social, mental and welfare needs

Empowering and Transforming lives



Wellbeing Empowered Solutions CIC
Sun Street
Walsall
WS1 4AL

Agonsalves@wescicwalsall.co.uk

This is Angela's new email address

www.wescic.co.uk

agonsalves@wescic.co.uk

+44 (0) 7878755703

SERVICES OFFERED

- ✓ Befriending services.
- ✓ Interpretation and translation.
- ✓ Advocacy and Social Inclusion support.
- ✓ Welfare / Benefits guidance & information.
- ✓ Community Mentoring & Mental health Coach (Women and Youth).
- ✓ Social prescribing link worker.
- ✓ Community health champion.



www.darlastonyouthcentre.co.uk



THE BEST
youth
Activities
2026

PLACE TO BEE

february
half term



TUESDAY

17TH



12PM – 2.30PM

WEDNESDAY

18TH



12PM – 2.30PM

THURSDAY

19TH



12PM – 2.30PM

FOR FURTHER INFORMATION PLEASE CONTACT:

RAQIA AKHTAR, Youth Worker.

T: (M) 07749131710 E: darlastonyouthcentre@gmail.com

Darlaston Youth Centre, Bills Street, Darlaston, West Midlands, WS10 8BB

SCAN ME!



Accepting

Darlaston

New Members Now

Walsall



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

- Support to registered charities, CIC, CIO, Sport Groups, Faith Groups, Social Enterprises and constituted groups
- Boroughwide promotion of activities/services
- Increase access to local, regional, and national funding opportunities
- Explore income streams and alternative models – crowd funding, fundraising
- Supporting new and emerging groups

- Increase efficiencies and sustainability
- Encourage volunteering opportunities
- Support with policies, charity status and registrations
- Provide developmental training opportunities
- Bringing groups together around a common theme
- Supporting with developing project ideas
- 1-2-1 meetings
- Monthly newsletters

vcsleadnorth@bloxwichcp.co.uk

vcsleadssouth@nashdomcic.org

vcsleadwest@ohpp.org.uk

vcsleadeast@manorfarmca.com



Walsall Council

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Autism
Education
Trust



Autism
Education
Trust

https://drive.google.com/file/d/1Uji-C5kyeDaG2ibMlrdQN_74bBt0jlci/view



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



WE ARE COLLECTING FOR OUR

Uniform Bank

We would love any good quality pre-loved uniform for any local schools

**Drop off and collections
summer holidays at:**

Tynings Lane Church

Tuesday-9.30am-2pm

Sunday- 10-11.30am

Hothouse

Wednesday-10.30am-12.30pm

we will also be open 9am-2pm most

Tuesdays to pop in

FOR MORE INFORMATION

CONTACT ALANA ON

**07540824212 OR
tyningscfw@gmail.com**



If any of our school partners are clearing out their lost property, would you consider dropping the uniform to this uniform bank please?

Family Help are always looking for ways to support our families with uniform.

Thanks



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

ESOL ONLINE

For Beginner (E1) Learners

TUESDAY

5:00 PM – 6:30 PM

FRIDAY

11:00AM – 12:30 PM

- Improve your Speaking and Listening skills
- Learn simple grammar
- Meet new people
- Gain Confidence

REGISTER NOW

074 644 29351

Lperhestjuka@nashdomcic.org

You will need:

- A smartphone or a laptop
- Access to the internet



ESOL ONLINE

For Pre-Intermediate (E2) & Intermediate (E3) Learners

WEDNESDAY

11:00 AM – 12:30 PM

FRIDAY

5:00 PM – 6:30 PM

- Improve Speaking and Listening skills
- Master grammar
- Meet new people
- Gain Confidence

REGISTER NOW

074 644 29351

Lperhestjuka@nashdomcic.org

You will need:

- A smartphone or a laptop
- Access to the internet



ESOL PRE-BEGINNER

Entry Level 1

Join our FREE English courses to boost your employability and communications skills.

- Practical communication lessons
- Interactive sessions
- Cultural understanding

EASY STEPS TO START

- Book your assessment appointment
- Identify your English language level
- Get placed in the right group



Entry Assessment is required for the allocation to the right group. Scan QR code or contact us for assessment.

When?

Monday
Thursday
10:00 am – 12:00 pm



nash_domcic
Nash Dom CIC

Where?

Nash Dom Community Hub
Entrance on Milton Street,
WS1 4LA, Walsall



lperhestjuka@nashdomcic.org
+44 7464 429351 (Ludmila)

Need help?

info@nashdomcic.org
+44 7464 429351 (Ludmila)

Nash Dom Community Hub
Sun Street, WS1 4AL, Walsall

ESOL PRE-INTERMEDIATE

Entry Level 2

Join our FREE English courses to boost your employability and communications skills.

- Practical communication lessons
- Interactive sessions
- Cultural understanding

EASY STEPS TO START

- Book your assessment appointment
- Identify your English language level
- Get placed in the right group



Entry Assessment is required for the allocation to the right group. Scan QR code or contact us for assessment.

When?

Tuesday
Wednesday
10:00 am – 12:00 pm



nash_domcic
Nash Dom CIC

Where?

Nash Dom Community Hub
Entrance on Milton Street,
WS1 4LA, Walsall



lperhestjuka@nashdomcic.org
+44 7464 429351 (Ludmila)

Need help?

info@nashdomcic.org
+44 7464 429351 (Ludmila)

Nash Dom Community Hub
Sun Street, WS1 4AL, Walsall

ESOL BEGINNER

Entry Level 3

Join our FREE English courses to boost your employability and communications skills.

- Practical communication lessons
- Interactive sessions
- Cultural understanding

EASY STEPS TO START

- Book your assessment appointment
- Identify your English language level
- Get placed in the right group

Free Services Available for participants:
Stay & Play Group for children aged 5 and older



Entry Assessment is required for the allocation to the right group. Scan QR code or contact us for assessment.

When?

Wednesday
Thursday
5:00 – 7:00 pm



nash_domcic
Nash Dom CIC

Where?

Nash Dom Community Hub
Entrance on Milton Street,
WS1 4LA, Walsall



lperhestjuka@nashdomcic.org
+44 7464 429351 (Ludmila)

Need help?

info@nashdomcic.org
+44 7464 429351 (Ludmila)

Nash Dom Community Hub
Sun Street, WS1 4AL, Walsall

ESOL INTERMEDIATE

Entry Level 3

Join our FREE English courses to boost your employability and communications skills.

- Practical communication lessons
- Interactive sessions
- Cultural understanding

EASY STEPS TO START

- Book your assessment appointment
- Identify your English language level
- Get placed in the right group

Free Services Available for participants:
Stay & Play Group for children aged 5 and older



Entry Assessment is required for the allocation to the right group. Scan QR code or contact us for assessment.

When?

Tuesday
Tuesday
5:00 – 7:00 pm



nash_domcic
Nash Dom CIC

Where?

Nash Dom Community Hub
Entrance on Milton Street,
WS1 4LA, Walsall



lperhestjuka@nashdomcic.org
+44 7464 429351 (Ludmila)

Need help?

info@nashdomcic.org
+44 7464 429351 (Ludmila)

Nash Dom Community Hub
Sun Street, WS1 4AL, Walsall



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DARLASTON ESOL

Start the New Year with
Confidence!
January- March 2026



Do you want to feel **more confident** speaking English? Would you like better job opportunities? Are you ready to **meet new people** and take a positive step forward in 2026? Join our **FREE ESOL** (English for Speakers of Other Languages) classes in Darlaston!

Who Can Join?

These classes are perfect for adults living in Darlaston and the surrounding areas who want to:

- Improve their English
- Make life in the UK easier
- Feel more independent
- Take the next step towards work, study or volunteering

New Year, New Skills, New Confidence
This is your chance to:

- Understand everyday English more easily
- Improve speaking, listening and reading
- Build confidence to use English at work and in the community
- Meet friendly people in your local area
- Open the door to new opportunities in 2026

Only 10 spaces available!

Reserve Yours Today!

Contact Us: contact@myreachforastar.co.uk
07 44 303 202 6

www.myreachforastar.co.uk

Parents' Guide to Growing Healthy Smiles-Dental care for children

Is your child on a waiting list to be seen by a paediatric health service?

Come and join us at Manor Farm Community Association for the meeting of the Supported Waiting Network.

We have guest speakers to advise on a variety of monthly topics and many services who support with access to additional support for you and your child. Come and chat to other parents, find out what additional support is available across the partnership with our monthly themed support group.

For further advice or information, telephone **01922 656463** or email pals.officer@nhs.net



🕒 9.30am-11.30am 📅 25 March 2026

📍 Manor Farm Community Association
King George Cres, Rushall, Walsall, WS4 1EU

WHC_16633814_09.03.26_V_1



Understanding Autistic Perception in Black and Minoritised Ethnic Communities

A three-day online conference hosted by Black Country Healthcare NHS Foundation Trust, Community Connexions and Community Partners

Tuesday 3 February 2026

Tuesday 10 February 2026

Tuesday 24 February 2026



FREE ONLINE EVENT
Registration opens soon

For enquiries, contact
info@communityconnexionsnhs.net

Why attend?

This conference brings together autistic families, community organisations, and professionals to address inequalities in autism support among Black and minoritised ethnic communities across the Black Country.



Who should attend?

- Autistic people and families
- Community and faith leaders
- Health, education and social care professionals
- Advocacy groups
- Schools and SEND teams
- Voluntary and community organisations

What to expect

Lived experiences from Black African, Black Caribbean and minoritised ethnic communities.

Keynotes on diagnosis, education, health inequalities and employment.

Insights from community groups, SEND, social care and public health.

Action-focused discussions on improving autism pathways.



Day One:
Life with Autism
Through autistic eyes
Lived experiences
Barriers to diagnosis
Education and inclusion



Day Two:
What partners are doing
to make things better
Diagnosis pathways
Community projects
Social care



Day Three:
How things can
work well
National and international
good practice
Deignitised and health
Public access

Speech and
Language UK



Helping children talk and understand words where you work

Do you meet children as part of your job?

You might be a receptionist, voluntary worker, sports coach, or work in museums or transport. This bite-sized information session is for everyone.

Learn more about what you can do at work to spot and support children who might be struggling with talking and understanding words.

Book your free place on
bite-sized training.

This short online training
lasts 20 minutes.



Speech and Language UK is the trading name of SLUK Charity, a registered charity in England and Wales (210091) and Scotland (SC03942), which is a company limited by guarantee registered in England and Wales (30009421). Registered address: 11-21 Westcott Road, London, W1 3ET.



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

WHERE CAN I GET MY BABY WEIGHED?

These clinics will be run by experienced Health visitors, who can offer support, advice and signposting.
You can discuss any health issues and have your baby weighed and measured.



Time: 09:00-12:00

Who will weigh my baby?

Walsall Health Visiting Service at Walsall Family Hubs.

South and Central Family Hub
Birchills Street,
Walsall, WS2
8NF

West Family Hub
Ilmington
House,
Crescent
Road,
Darlaston
WS10 8AE

North Family Hub
275 Blakenall
Lane,
Blakenall,
WS3 1HJ

East Family Hub
Silver Court,
Brownhills
WS8 6HA

Monday

20 October
17 November
15 December

Tuesday

21 October
18 November
16 December

Monday

06 October
03 November
01 December

Tuesday

14 October
11 November
09 December

Call to book your appointment
01922 605246

Phone lines will be open 10am - 12pm: booking is essential

Walsall FIS

Early Years Funding Entitlements

Telephone: 01922 653383

Email: walsallfis@walsall.gov.uk



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



Where can you pick up your Healthy Start vitamins?

If you are eligible, you can get your free Healthy Start vitamins from:

- The Health in Pregnancy service in antenatal clinic at Walsall Manor Hospital
- Family hubs across Walsall ([see list](#))

You can visit the NHS webpage to see where you can get vitamins, or you can contact Walsall's Healthy Child Programme on (01922) 603074 or bcicb.walsallhcp@nhs.net for further help.

To collect your free vitamins, you will have to show your NHS Healthy Start card.

If you are not eligible to receive the free Healthy Start Vitamins, you can still buy them from some Pharmacies.



Family Hubs

North Family Hub
275 Blakenall Lane, Blakenall, Walsall, WS3 1HJ

South & Central Family Hub
Birchills Street, Walsall, WS2 8NG

West Family Hub
Ilmington House, Crescent Rd, Darlaston, Wednesbury, WS10 8AE

East Family Hub
Brownhills, Walsall, WS8 6HA

Health in Pregnancy Service

Blakenall Village Centre (First Floor)
79 Thames Road, Bloxwich, Walsall, WS3 1LZ

NHS

Get your free Healthy Start vitamins



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



Scan to
get started
or visit:
kooth.com



It can be hard to know what to do when you have something on your mind. That's why Kooth is here. We are totally free and anonymous — and we're here whenever you need us. Go to kooth.com whenever you're worried, feeling low — or just need someone to listen.



Feeling worried?

Text chat with our team. They're here to support you with whatever you're going through. We won't ask for your name or address and you don't need a referral from your doctor.



Feeling alone?

Use our forums and discussion boards to get advice, find people who feel the same — and to help others. You can also share your experiences anytime by submitting a poem or article.



Feeling unsure?

It may help you to write your feelings down, or to set a personal goal. At Kooth, you can set goals and use an online journal whenever you choose.



Feeling lost?

We have a tonne of helpful podcasts, videos and articles on all kinds of topics, from self harm, anxiety and depression to coming out, relationships and self care.



Free
to use



No doctor's
referral
needed



We're a
BACP* accredited
service

Live text chats with
our team from midday
to 10pm on weekdays
and from 6pm to 10pm
at weekends.

Start here

kooth.com: free access to support today.

bacp Accredited
Service

*BACP stands for British Association for Counselling and Psychotherapy. We're an accredited service, and our practitioners are either BACP accredited or working towards it. You're in safe hands.

Transitions, like moving to a new school year or starting secondary school, can be tough. Nearly **1 in 4 pupils in England** become disengaged during this period, often feeling less safe, less heard, and less happy in school.

That's where Kooth's free digital mental health support for young people can make a difference.



Walsall Council

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NHS
Walsall Healthcare
NHS Trust

HCP 0-19 Service

Are you a parent/carer of
a child/young person with
Special Educational Needs
and/or Disabilities?

Our SEND Team are offering weekly
drop-in sessions covering the following:



Toileting

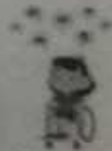
Behaviour



Fussy Eating



Sleep



Emotions

9:30am-11:30am

Every Thursday

Child Development Centre, Coalheath Lane, Walsall, WS4 1PL

If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our **Single Point of Access** on 01922 603074 or send a text explaining your concerns with your child's name, date of birth and NHS number to 07520 634909.



NHS
Walsall Healthcare
NHS Trust

Understanding Your Child's Emotions Workshop (SEND)

Understanding why your child is finding it difficult to regulate their emotions is the first step in helping them to manage their emotions.

The HCP 0-19 SEND Team offer free emotional health and wellbeing workshops to parents and carers of children and young people with Special Educational Needs. We offer these sessions face to face and virtually (via Microsoft Teams).

This workshop explores:

- The building blocks of emotions
- Emotional differences seen in children/young people with special educational needs
- Zones of regulation
- Additional support

To book on a session, you can
call our **Single Point of Access** on
01922 423349 or the HCP 0-19 SEND
Team on 01922 605807

When you call, we will ask you for some information so that we can verify your child's details. Once you have booked a virtual workshop, we will send you an email invite to join that session nearer the time. Your email will be hidden from other parents on the session.



To deliver exceptional care together to improve
the health and wellbeing of our communities



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

The Bereavement Journey



We are writing to let you know that we will be running *The Bereavement Journey* at St John's Methodist Church, Victoria Avenue, Bloxwich, WS3 3HW on Monday evenings from 7pm to 9pm on June 9th, 16th, 23rd, 30th and July 7th & 14th, with an optional faith session on July 21st.

What is *The Bereavement Journey*?

The Bereavement Journey is a 7-session series of films and discussion groups that gently guides bereaved people through the most common aspects of grief and bereavement to help them process their loss. Facilitated by volunteers, any person bereaved at any time is helped to consider for themselves the implications of their bereavement and to discern the next steps. For most people *The Bereavement Journey* provides the tools they need, either to process their loss without one-to-one professional assistance or to identify where further support might help.

Why is *The Bereavement Journey* important?

Bereavement is one of the most stressful times in life and loss needs to be processed. *The Bereavement Journey* provides a safe space for bereaved people to talk with others who understand the pain of grief, to explore the impact of their loss and consider ways they might resolve issues they are facing, for a healthy and positive future.

Who is *The Bereavement Journey* for?

Any bereaved person 18 years and over, bereaved of anyone at any time, by death, and will also help those who are in anticipatory grief. Many people attend *The Bereavement Journey* in the months following the death, but others may find their grief surfacing from an unprocessed death from years beforehand or want to explore how a past bereavement might have affected them.

How much does *The Bereavement Journey* cost?

We ask for a donation of £10 per person, which includes the Guest Manual. But we would not want cost to prevent someone attending.

What is covered by the sessions in *The Bereavement Journey*?

Topics include:

- Attachment, separation and loss
 - The pain and responses of grief
 - Anger and guilt
 - Coping with others' reactions
 - Delayed and suppressed grief
 - Adjusting to change
 - Moving forward healthily
-
- Faith questions (optional)

If you would like more information, please don't hesitate to get in touch:

Email: bereavementjourneywalsall@gmail.com

Mobile: 07970808819

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

Please pass on information to anyone you feel may benefit from *The Bereavement Journey*. We will be running courses throughout 2025 at different venues across Walsall.

School Nurse Service

Your School Nurse service offer FREE virtual workshops for Parents/Carers

Are you a Parent/Carer of a child or young person who is struggling with any of the following:

Sleep

Behaviour

Emotions

Toileting (training and/or common problems)

Healthy Lifestyles

Fussy Eating

Bedwetting

Scan the QR code for more information



Do you need advice and support about other health issues?
You can call our Single Point of Access on 01922 423349.

We have resources to help you:

- Health for Teen Website for teenagers: www.healthforteens.co.uk
- Health for Kids Website for children: www.healthforkids.co.uk
- School Nursing Service Webpages: www.walsallhealthcare.nhs.uk/our-services/school-nursing
- ChatHealth – text messaging service to contact a School Nurse for advice
- Teen ChatHealth - 07480 635363 - Parent ChatHealth - 07520 634909

School Nursing Offer to Schools & Education Settings

Someone you know and can trust...

Your School Nursing Service can work both in and out of School to help provide or find you support about:



Welcome back to the start of a new academic year.

It is timely to remind our schools about the School Nursing provision.

The service is aligned with the Early Help localities and each locality has a link to a team of School Nursing staff lead by a Specialist Practitioner School Nurse. This team will provide named School Nurse support to your school and deliver agreed interventions to your school.

Autumn Term Liaison Meetings

School Nursing locality teams will be contacting each school at the beginning of the term to arrange a meeting with the named link person. This differs between each school however schools normally nominate the SENCo, a pastoral lead or deputy head as a link between the school and the School Nursing service. The benefit of a link person is to promote clear communication between the school and the School Nursing service. The autumn term meetings are an important forum to discuss the School Nurse provision and plan for the year ahead.

Single Point of Access (SPA)

It is important that professionals, parents/carers and young people have easy access to a School Nurse. The SPA provides access to a qualified nurse who can provide advice about health and wellbeing issues & information about our service offer. Parents/carers can call for confidential advice and/or to book onto any of workshops or groups without the need for a referral from a professional.

The SPA operates 9am-5pm weekdays and is accessible by email, phone or text.

- o Email: bcicb.walsallhcp0-19.spa@nhs.net
- o Telephone: 01922 423349
- o Parent/carers Chat Health Text: 07520 634 909
- o Teen Chat Health Text: 07480 635 363

Relationship and Sexual Health Education (RSE) – Toolkit Training for Schools

This academic year will see the introduction of the RSE curriculum for

'Relationship Education, Relationship & Sex Education and Health Education in Schools' (DfE, 2019).

Children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline.

This presents many positive and exciting opportunities to teach them how to be safe, healthy and manage their lives in a positive way.

Relationship Education is compulsory in all primary schools.

Relationship and Sex Education is compulsory in all secondary schools.



The School Nursing Service offer **FREE** training to schools to support delivery of RSE in the curriculum. You will have access to free local resources, information about national resources and hints and tips to support delivery.



To book a place for your school, contact School Nursing Admin on 01922 423349

Session dates:

Date	Time	Venue	Type of School
11/11/25	10.00-12:00	TEAMS	Primary Schools
18/11/25	10.00-12.00	TEAMS	Secondary Schools
13/01/26	13.00-15.00	TEAMS	Primary Schools
21/01/26	13.00-15:00	TEAMS	Secondary Schools
17/03/26	13.00-15:00	TEAMS	Primary Schools
25/03/26	13.00-15.30	TEAMS	Secondary Schools



HCP 0-19 Service

"Supporting pupils at school with medical conditions" Training for Schools

Statutory guidance states that all children with medical conditions are properly supported in school so they can play a full and active role in school life, remain healthy and achieve their academic potential. (DfE, 2017).

The School Nursing Service offer FREE interactive training to schools which will include updates on:

Guidance Policies Care Planning Medicines Management

Allergies Asthma Eczema Epilepsy

Common Childhood Illnesses

Dates available

Date	Time	Venue
05.11.2025	09.30-12.00	Harden Health Centre, W03 1ET
14.01.2026	13.00-16.30	Harden Health Centre, W03 1ET
15.04.2026	09.30-12.00	Harden Health Centre, W03 1ET
17.06.2026	13.00-16.30	Harden Health Centre, W03 1ET

To book a place for your school, please contact
School Nursing Admin
on 01922 423349



If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our **Single Point of Access** on 01922 603074 or send a text explaining your concerns with your child's name, date of birth and NHS number to 07520 634909.

Let's Talk MEN'S MENTAL HEALTH & WELLBEING

We Are The MindKind Projects, A Walsall Based Mental Wellbeing Organisation Who Work With Men In Walsall.

We Would Like To Hear From As Many Men As Possible About What They Feel Will Better Support The Wellbeing Of Men Living & Working In Walsall.

The Information Gathered Will Be Turned Into A Report In Order To Influence How Organisations Large & Small Better Support The Wellbeing Of Our Men, Sons, Fathers, Brothers And Neighbours.

IN ORDER TO BETTER UNDERSTAND MEN. WE NEED TO TALK TO MEN

SCAN THE QR CODE TO
COMPLETE OUR
ANONYMISED 5 MINUTE
QUESTIONNAIRE



men@themindkindprojects.com
01922 632170





Walsall Healthcare
NHS Trust

FRIENDS for life

Groups for children and young people to help improve self esteem and confidence.

Friends for Life groups are for children aged between **7-11 years**. These programs teach children and young people skills that help **promote self-esteem** and **improve confidence**.

Each course runs for **8 weeks** and are **1 hour sessions** between 4pm-5pm. (Venue is dependent on availability. Please ask us to find out).

The groups will be run by staff from the school nursing service.

Sessions are designed to be fun and enjoyable for children and young people. They will learn new skills through talking, playing games and taking part in other fun activities. Each child or young person will receive their own FRIENDS book to keep. Alongside the children's sessions, we will be delivering parent/carer sessions where we will be going through the activities that the children are completing. This allows parents/carers to be involved and to continue to practice the skills at home.

Sessions include:

- Understanding emotions in yourself and others
- How to make and maintain friendships
- Dealing with bullying, peer pressure and managing conflict
- Problem solving, positive coping strategies, relaxation skills
- Changing unhelpful thinking into more helpful thinking

To book on a session or for further information please email:
wht.wellbeing@nhs.net

(Please note that there are limited places available on our face-to-face groups. Instructions will be sent to parents/carers once you book a place for your child)



Further support:

HCP 0-19 SEND Team: **01922 605807**

School Nursing Single Point of Access: **01922 423349**

Health Visiting Single Point of Access: **01922 603074**

Text: **07520 634 909** explaining your concerns with your **child's name, date of birth** and **NHS number** (confidential text chat with a nurse)



Health for Under 5s



Health for Kids



Health for Teens



Walsall Council

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Walsall Healthcare
NHS Trust

Fun FRIENDS (4-7 years)

Groups for children and young people to help improve self esteem and confidence.

The **Fun FRIENDS** groups are for children aged between **4-7 years**. These programs teach children to **engage resilience** early on, **encouraging them to thrive** and **smoothly transition into school life**.

Each course runs for **8 weeks** and are **1 hour sessions between 4pm-5pm**. (Venue is dependent on availability. Please ask us to find out). Parents/carers will be in the face to face sessions and will be involved in the activities. The groups will be run by staff from the **school nursing service**.

The secret to the Fun FRIENDS Program is the group activities that help children to **develop new skills**. There are several **different play-focused activities**, which help teach the following skills in a way that can be easily grasped, understood and used in everyday life:

- Smiling and making eye contact when communicating
- Speaking with a brave and confident voice
- Talking about and understanding feelings in themselves and others
- Helping other people including family, peers, and teachers
- Self-awareness of body clues, e.g., tense means stressed, butterflies mean nervous
- Relaxation techniques to relax the body and mind during stressful situations
- Approaching groups of peers and making friends
- Trying new things, and different approaches to problem solving
- Identifying negative thoughts and turning them into positive thoughts



To book on a session or for further information please email:
wht.wellbeing@nhs.net

(Please note that there are limited places available on our face-to-face groups. Instructions will be sent to parents/carers once you book a place for your child)



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

My FRIENDS Youth Group (11-13 years)

Groups for children and young people to help improve self esteem and confidence.

The **My Friends Youth groups** are for teenagers aged between **11-13 years**. These programs teach children and young people skills that help **promote self-esteem** and **improve confidence**. Each course runs for **8 weeks** and are **1 hour sessions** between **4pm-5pm**. (Venue is dependent on availability. Please ask us to find out). Parents/carers may be required to participate in some parts of the course. The groups will be run by staff from the **school nursing service**.

Sessions are designed to be fun and enjoyable for young people. They will learn new skills through talking, playing games and taking part in other fun activities. Each young person will receive their own FRIENDS book to keep.

Sessions include:

- Understanding emotions in yourself and others
- How to make and maintain friendships
- Dealing with bullying & peer pressure (primary Program, Managing Conflict)
- Problem solving, positive coping strategies, relaxation skills.
- Changing unhelpful thinking into more helpful thinking

To book on a session or for further information please email:

wht.wellbeing@nhs.net

(Please note that there are limited places available on our face-to-face groups. Instructions will be sent to parents/carers once you book a place for your child)



My FRIENDS Youth Group (14-16 years)

Groups for children and young people to help improve self esteem and confidence.

The **My Friends Youth groups** are for teenagers aged between **14-16 years**. These programs teach children and young people skills that help **promote self-esteem** and **improve confidence**.

Each course runs for **8 weeks** and are **1 hour sessions** between **4pm-5pm**. (Venue is dependent on availability. Please ask us to find out). Parents/carers may be required to participate in some parts of the course. The groups will be run by staff from the **school nursing service**.

Sessions are designed to be fun and enjoyable for young people. They will learn new skills through talking, playing games and taking part in other fun activities. Each young person will receive their own FRIENDS book to keep.

Sessions include:

- Understanding emotions in yourself and others
- How to make and maintain friendships
- Dealing with bullying & peer pressure (primary Program, Managing Conflict)
- Problem solving, positive coping strategies, relaxation skills.
- Changing unhelpful thinking into more helpful thinking



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

NEW COUCH TO 5K

Jog Walsall deliver several Couch to 5k Courses per year. Couch to 5K courses are designed to help challenge you to get you off the couch and become a regular runner.

We have NEW programmes starting soon!

Go to <https://groups.runtogether.co.uk/jogwalsall> for more information and how to sign up.

FREE

To find out more or register, please scan the QR code displayed. Alternatively please contact Walsall Healthy Spaces on email: healthyspaces@walsall.gov.uk or telephone 01922 650465



Walsall Council



Walsall Council



mindful nature art, eco-friendly
craft & fun outdoor play

follow us and book here!

@naturemakerswalsallsandwell

nature-makers.co.uk

The UK's Leading Provider of Award Winning Sessions, Workshops & Parties

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



Who are School Nurses?

School Nurses are qualified nurses with specialist training in public health for children, young people and families.

School Nurses are supported by staff nurses, nursery nurses, clinical support workers and administrative staff.

Where do School Nurses deliver their service?

The service is delivered to children and young people from when they start full time school until 19 years old (and up to 25 years for young people with additional needs), who attend a Walsall School in a range of places including schools, community venues, homes and clinics.

What do School Nurses do?

Promote the health, wellbeing and protection of children and young people in Walsall. Identify health needs and offer early intervention. Work with other health professionals, GPs, children's services, voluntary services, schools and other agencies to ensure the health needs of Walsall children and young people are met.

How can the School Nurse Service support your child or young person?

Promote healthy lifestyles

- Maintaining a healthy weight (inc. physical activity, healthy eating and advice for worries about eating disorders)
- Preventative education about tobacco, alcohol and substance misuse
- Promoting good oral health
- Screening and support to provide and increase immunisation uptake
- Relationships, sexual health and contraception
- NCMP - National Child Measurement program - Children in reception and year 6 are offered height and weight checks

Keep children and young people safe and well

- Safeguarding against knife, gun and gang crime
- Promoting good mental health to enhance resilience (inc. bullying, including physical/on-line, peer pressure)
- Promoting safety and reducing accidental injuries
- Safeguarding vulnerable children and young people
- Looked after children

Support children and young people who have additional needs

- Long term health conditions e.g. asthma, diabetes, epilepsy and anaphylaxis
- Disability and complex health needs
- Continence

Helping children and young people make transitions

- Starting school
- Moving to secondary school
- Preparing for adulthood
- Changes and life events



Online support for you and your family

Health for Kids

www.healthforkids.co.uk
Games and activities for children and pages for parent/carers.



Health for Teens

www.healthforteens.co.uk
Blogs and information for young people.



Contact us

Tel:

01922 423349

Email:

schoolnursingadmin@nhs.net
boicb.walsallhcp0-19.spa@nhs.net

Website:

www.walsallhealthcare.nhs.uk/our-services/school-nursing/parents-and-carers



Parent ChatHealth text:

07520 634 909

Teen ChatHealth text:

07480 635 363



Parents' Guide to Growing Healthy Smiles-Dental care for children

Is your child on a waiting list to be seen by a paediatric health service?

Come and join us at Manor Farm Community Association for the meeting of the Supported Waiting Network.

We have guest speakers to advise on a variety of monthly topics and many services who support with access to additional support for you and your child. Come and chat to other parents, find out what additional support is available across the partnership with our monthly themed support group.

For further advice or information, telephone **01922 656463** or email pals.officer@nhs.net



🕒 9.30am-11.30am 📅 25 March 2026

📍 Manor Farm Community Association
King George Cres, Rushall, Walsall, WS4 1EU

Walsall Breastfeeding Peer Support Group

Would you like to meet other breastfeeding mothers and share your feeding journey?
Please come and join us at our face-to-face peer support group every Friday morning.
No appointment required.



🕒 11am-12:30pm
📅 Every Friday
📍 North Family Hub
275 Blakenall Lane
Blakenall, WS3 1HJ

If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our Single Point of Access on 01922 603074 or send a text explaining your concerns with your child's name, date of birth and NHS number to 07520 634909.

Baby feeding support groups

Come along with your baby to get support throughout your feeding journey

- Receive information, support and access to wider support services
- Hear from other parents about their experiences
- Free refreshments provided
- No need to book just turn up
- Delivered by whg's children's champions

Tuesdays
10.30am-12.30pm
South and Central Family Hub, Birchills St, Walsall WS2 8NF

Wednesdays
10.30am-12pm
East Family Hub, Silver Court, Brownhills, Walsall WS8 6HA

Thursdays 12.30-2pm
West Family Hub, Ilmington House, Crescent Rd, Wednesbury WS10 8AE



For more information, email Childrens.champions@whgrp.co.uk

 www.whg.uk.com  0300 555 6666  Childrens.champions@whgrp.co.uk



NEED BREASTFEEDING SUPPORT?

We're here for you and your family when you need us

0300 100 0212



 **National Breastfeeding Helpline UK**
 **NationalBreastfeedingHelpline**
 www.breastfeedingnetwork.org.uk

Evidence-based, non-judgemental and friendly breastfeeding support for all; wherever you are in your feeding journey.

Funded by the Department for Health and Social Care and The Scottish Government



Calls to the Helpline cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package. The National Breastfeeding Helpline is provided by the Association of Breastfeeding Mothers (registered charity in England and Wales no. 280137) and the Breastfeeding Network (registered Scottish charity no. SC027007) and funded by the Department for Health and Social Care and The Scottish Government.

HENRY Healthy Families programme online

Give your child a great start in life

The HENRY programme is completely **FREE** to join for parents and carers of children aged 0 to 5 years old.

We will send you details of how to join online.



The programme provides everything you need to help your little one get off to a great start.

We cover the 5 following themes across 8 weeks:

- Feeling more confident as a parent
- Physical activities for the little ones
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Each week there is a 1 hour live session and a couple of videos to watch before each session. You'll also receive a free toolkit with lots of fantastic resources, delivered to your home. The programme is an opportunity to share ideas and experiences with other families in a safe environment!

Programme details

Week 1 will start Tuesday 4th March 10 am-11:15am

The programme will run each Tuesday for 8 weeks, session 8 will be 6th May due to the Easter break.

Please note that each group has a maximum capacity of 6 families so please do get in touch if you would like to join us, in order to save your space and get your toolkit sent out in good time!



Get in touch to sign up now!

Contact Us

Laura Dickson
Local HENRY Coordinator
Tel: 01922 653901
henry@walsall.gov.uk



Charity number 1132581

Healthy Families: Growing Up online



Join our online parent group

Healthy, thriving children and families



HENRY's free **Healthy Families: Growing Up** online programme is for parents and carers of primary-school age children - it will help you develop a healthier, happier lifestyle that the whole family can enjoy.

The programme covers these 5 themes across 8 weeks and provides everything you need to help your children flourish:

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family



"This was the best thing I could possibly have done to help me be a better mum"

"This was so much better than I expected. I would encourage every parent to do it."



Get in touch to sign up now!

Programme details

Week 1 will start Tuesday 4th March 7pm-8:15pm

The programme will run each Tuesday for 8 weeks, session 8 will be 6th May due to the Easter break.

Contact Us

Laura Dickson
Local HENRY Coordinator
Tel: 01922 653901
henry@walsall.gov.uk



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Are you a new or expectant parent / caregiver?

SECURE BEGINNINGS

Free Professional Therapy Services Available

- ✓ Free counselling/therapy sessions.
- ✓ Support for new and expectant parents or caregivers of infants aged 0-3 years.
- ✓ Group workshops with other new parents.
- ✓ Build your confidence and self-esteem.

CONTACT US

01902 826306
cts@murrayhall.co.uk
The Bridge, St Mark's Rd, Tipton, DY4 0SL

ABOUT

We are here to help provide counselling support antenatally and postnatally to parents/caregivers with babies of up to three years of age.

WHO?

- Those wanting support during pregnancy or after baby is born.
- Those wanting advice with developing relationships between them and their baby.



WHAT WE OFFER:

- Six sessions of up to two hours of one-to-one counselling support by our qualified therapists/counsellors.
- Therapy to build confidence and self-esteem.
- Increase bonding.
- Support personal emotional issues.
- Group workshops with other parents.



REFERRAL DETAILS

This service is aimed at soon-to-be parents, new parents, and caregivers with infants up to 3 years old living in Walsall.

Self-referrals are accepted with the option for escalation to tier 3 specialist services when support exceeds the service's scope.

Referrals can also come from partner organisations as outlined in the PIR mental health pathway for Walsall.

Please scan below QR code for referral form.

To learn more please contact:

- Lisa Cox - Programme Coordinator
- Michelle Jones - Clinical Lead
- Leanne Bennett - Link Worker.

CONTACT DETAILS:

01902 826306
cts@murrayhall.co.uk
The Bridge, St Mark's Rd, Tipton, DY4 0SL.



Scan Me



MURRAY HALL COMMUNITY TRUST SECURE BEGINNINGS

PARENT INFANT EMOTIONAL
WELLBEING COUNSELLING
SERVICE

FUEL THE FUTURE: BITE BACK IN SCHOOLS



FULLY FUNDED,
STUDENT-LED
PROGRAMME TO
TRANSFORM YOUR
SCHOOL'S FOOD



- **FOR YEARS 7, 8, 9 OR 10** STUDENTS EXPLORE FOOD ENVIRONMENTS IN SCHOOL AND THEIR COMMUNITY
- **SKILL-BUILDING** RESEARCH, COMMUNICATION, ADVOCACY, AND TEAMWORK
- **REAL IMPACT** LASTING CHANGE IN YOUR CANTEEN
- **15 HOURS OF CONTENT** IN A WAY THAT WORKS FOR YOU
- **TRIED & TESTED** DELIVERED SUCCESSFULLY IN 200 SECONDARY SCHOOLS

WHAT WE OFFER

- ✓ Ready-to-go **resources** and **session plans**
- ✓ Kick-off assembly **delivered by an inspiring Bite Back ambassador**
- ✓ **£500 grant** to help you run it
- ✓ High-quality **physical resources**, including workbooks and badges

"The Bite Back programme has been a catalyst for change at our school."

DARTON ACADEMY

"My students are loving the content of the lesson resources"

THE GILBERD SCHOOL



APPLICATIONS NOW OPEN!



Walsall Council

 Walsall College

FUTURE FOODIES

FREE 3 DAY COURSE FOR 14-16 YEAR OLDS

FREE!

Thursday evenings

5pm - 8pm

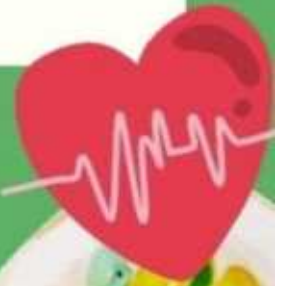
Located at Walsall College, Wisemore Campus

Including cooking, budgeting, growing, eco-friendly kitchen tips, cultural cuisines, making a 'fakeaway' and a chance to cook in a professional kitchen.

Use a garden to plate approach and learn skills to use at home and in future careers.



Walsall Council



PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Let's Talk Presents

Walk & Talk

The Let's Walk & Talk group are inviting you to join their weekly session at **Walsall Arboretum**, every Thursday between 1:30pm and 2:30pm to get out, join us, enjoy the outdoors and connect with others!

If you would like to be involved, get in touch!



07909 213184/07423 687464



bchft.letstalk@nhs.net



HCP 0-19 Service

Are you a parent/carer of a child/young person with Special Educational Needs and/or Disabilities?

Our SEND Team are offering weekly drop-in sessions covering the following:



Toileting



Behaviour



Fussy Eating



Sleep



Emotions

🕒 9:30am-11:30am

📅 Every Thursday

📍 Child Development Centre, Coalheath Lane, Walsall, WS4 1PL

If you require advice and support from the Health Visiting Service, School Nurse Service or any of our teams, please contact our **Single Point of Access** on **01922 603074** or **send a text explaining your concerns** with your **child's name, date of birth** and **NHS number** to **07520 634909**.

Discover Your Unique
Community...

- Themed weekly sessions and workshops
- Free refreshments

- Sensory library
- Specialists guest speakers
- Neurodiversity awareness

- Informal chat and Advice
- Friendly and Non-Judgemental
- Resources and Signposting

George Rose Hub
188 Wolverhampton
Street,
Darlaston
WS10 8UB

The Visitors Centre
(Cafe)
Walsall Arboretum
WS1 2QH

 **METTAMINDS**



Neurodiverse Parent Group

A support group for parents and carers
navigating Neurodiversity



Supportive
Community



Informal discussions
and Awareness



Workshops and
Guest speakers

Free Support Sessions

At Walsall and Darlaston Venues

Mondays between
10.30am- 12 pm

Email: parents@mettaminds.co.uk
www.mettaminds.co.uk/blogs
Call: 07882253187

For further
information email
or call DMC.



Star Light Multi CIC
building a brighter future



- Service's We Offer -

- ★ THERAPUTIC SENSORY ROOM ★
- ★ INCLUSIVE FAMILY EVENTS ★
- ★ VIRTUAL REALITY ★ GAMING ★ CODING ★
- ★ STAY AND PLAY ★
- ★ COMMUNITY SENSORY GARDEN ★
- ★ CREATIVE ARTS AND CRAFTS ★
- ★ SENSORY ACTIVITIES AND PARTIES ★
- ★ HOLIDAY CLUBS ★



CONTACT: 073987 85853

ADDRESS: 25A STATION STREET - WALSALL - WS2 9ZJ

Website
Scan Here



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



We help with anxiety,
depression, or stress

NHS
Walsall
Talking Therapies

FREE confidential, and tailored for you

Our experts have helped lots of people in
Walsall become happier and healthier



For anyone aged 17 or over registered with a Walsall GP

Support available via...



In-person

Phone

Video

Online

Workshop

Call 0800 953 0995 or self-refer by visiting
www.walsalltalkingtherapies.nhs.uk



Walsall Council



west midlands
police and crime
commissioner

WOMEN IN ACTION

FREE

SELF DEFENCE
CLASSES

FOR WOMEN

IN WALSALL

PROGRAM

- ✓ **Every Program lasts 6 weeks**
There are **only 12 places** available per program.
We will be running programs throughout the entire year.
- ✓ **Classess**
Classes take place every Wednesday between 18:30-19:30 in Willenhall
- ✓ **PROGRAM**
Our next program starts on: **3rd September**, the next one will be from **15th October** and last one will start on **5th November**



0744 303 202 6



Reach for a Star
Enabling transformations



FACILITATOR

The classes are delivered by the world's largest self-defence school for women!!!

Visit their website to learn more.

<https://strikebackselfdefence.com/>

SIGN UP

To sign up, email us at:

admin@myreachforastar.co.uk

SUBJECT: self-defence for women



www.myreachforastar.co.uk

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Smoking / Vaping Cessation

Be
Well
Walsall

Our free stop smoking service has been designed to create long-lasting changes.

How do we help smokers quit?

- Provide 8-12 weeks' worth of stop smoking support.
- 8 weeks of free Nicotine Replacement Therapy including vapes
- 12 weeks of behavioural support
- Useful resources and information booklets

Our levels of support:

- Low – Digital support, patient led, check ins with the BWW team
- Medium – 1:1 Health Coaching, weekly appointments, face to face or telephone including NRT and vapes



ELIGIBILITY: People aged 12+, who live, work or registered to a GP in Walsall that currently smoke a tobacco product



Walsall Council

maximus



How can you make a referral?

Be
Well
Walsall

Our referral process is simple, and we'll just need a few minutes of your time.



www.maximusuk.co.uk/health-professionals



Walsall Council

maximus



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

ASH Ready Reckoner January 2025: Costs of smoking to society

ASH estimates that smoking costs Walsall **£263m** per year



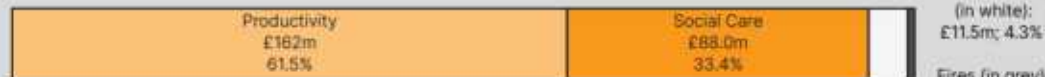
of adults in Walsall smoke, which is about 32.3k people.

MORE STATISTICS ABOUT THE COST OF SMOKING

An estimated **£73.4m** is spent by consumers on purchasing tobacco (legal and illicit) annually in Walsall.

The national average spend on tobacco is around **£2,338** per smoker.

The Green Book Quality-Adjusted Life Year (QALY) value applied to the intrinsic value of life gives an estimated loss of **£218m** due to premature deaths from smoking in Walsall. This figure is not included in any other totals on this page.



Fires (in grey):
£2.02m; 0.8%

IMPACT OF SMOKING ON PRODUCTIVITY

Smoking negatively affects earnings and employment prospects. The cumulative impact of these effects amounts to productivity losses of **£162m**.



HEALTHCARE COSTS DUE TO SMOKING

The combined cost of smoking-related medical treatment via hospital admissions and primary care services is **£11.5m**.



SOCIAL CARE COSTS DUE TO SMOKING

Many current and former smokers require care in later life as the result of smoking-related illnesses. The estimated cost is **£88.0m**.



FIRE COSTS DUE TO SMOKING

Smoking materials are a major contributor to accidental fires. Smoking-related fires result in annual losses of **£2.02m**. About 12 smoking-related fires are attended by the Fire and Rescue Service each year.



Revenue from cigarette and hand-rolled tobacco taxation (excluding VAT) only brings in about **£41.5m** per year

Be Well
Walsall

Ready

to give up smoking

for good?

Be Well Walsall is a free wellbeing service which can help you make healthy changes that last.

Our free stop-smoking service includes:

Achievable goal setting



Personalised 1:1 coaching



Nicotine replacement therapy (NRT) plans



(including vapes)

Walsall Stop Smoking Services



Walsall Council

Stop Smoking Service	Commissioned Provider	Referral	Inclusion Criteria (Eligibility)	Intervention Summary	Mode of Delivery	Contact details	Duration of Intervention
Black Country Healthcare Mental Health Stop Smoking Service	Black Country Healthcare NHS Foundation Trust	Self or professional referral. <i>NB: referral will be made at every opportunity e.g. by screening patients' smoking status during admission.</i>	Mental health patients who are current smokers and are admitted to the Trust's hospital or community sites	Ward Smokefree Champions (nursing staff) have been trained to deliver Very Brief Advice (VBA) and support patients through a combined behaviour change and nicotine replacement therapy (NRT) programme, including vapes.	Initial bedside consultation, followed by 1-1, face to face support	Call 07350 432 384 or email: stephen.adeniyi2@nhs.net	For duration of hospital stay or up to 12 weeks (Post discharge will be provided by the local stop smoking service in Walsall, Sandwell, Dudley and Wolverhampton). <i>NB: Smokefree champions follow up at 1 and 4 weeks</i>
Be Well Walsall (Community Wellbeing Service)	Maximus UK Ltd.	Self, third party (e.g. parent on behalf of a child) and professional referral (e.g. social prescriber, social worker, health professional)	Tobacco user (12+), living, working or registered to a GP in Walsall	Trained health and wellbeing coaches supporting people through a 8-12 weeks behavioural change programme alongside nicotine replacement therapy including the offer of vapes and Varenicline. A quit vaping support service is also offered.	1-1 and groups, face to face, (virtual or in person) and telephone support	Call 01922 444044 or register online: www.maximusuk.co.uk/stop-smoking/	6 – 12 weeks support with a 4 and 8 week quit assessment
Stop Smoking in Pregnancy Service (SSIP)	Walsall Healthcare NHS Trust (WHT)	Self or professional referral. <i>NB: referrals will be made at every opportunity e.g. initial booking (CO screening), midwife appts, 36 wk appt (CO screening) etc</i>	Tobacco user living, working or registered to a GP in Walsall and pregnant. Previously declined still offered	Trained Tobacco Dependency Advisors are available to support women through a combined behavioural change and nicotine replacement therapy programme, including the offer of vapes.	1-1, face to face, (virtual or in person)	(01922) 270477	12 weeks support with a 4 and 12 week quit assessment. If ongoing support for abstaining from tobacco use is needed during pregnancy this will be provided.
Inpatient Tobacco Dependency Service	Walsall Healthcare NHS Trust (WHT)	Professional (hospital ward staff) and self	Hospital admitted person who has consumed tobacco within 30 days (12+)	Trained Tobacco Dependency Advisors (TDAs) deliver very brief advice, initiate nicotine replacement therapy (NRT), complete an initial assessment and continue to provide up to 12 weeks of behavioural support and NRT for the inpatient.	Initial bedside consultation, followed by 1-1, face to face or telephone support	Call 07890 910 530 or 07890 910 560 or email wht.tdt@nhs.net	For duration of stay in hospital up to 12 weeks. Post discharge is provided by Be Well Walsall or community pharmacy. <i>NB: TDA's follow up at 1, 4 and 12 weeks.</i>
Quit with Bella App	Solutions4Health	Self or professional referral.	Tobacco user (18+), living, working or registered to a GP in Walsall	An AI-powered tobacco cessation robo-coach supporting people via a digital platform through a behavioural change programme, with human interaction if needed and alongside 12 weeks of nicotine replacement therapy and/or vapes.	Virtual 1:1, messaging and video call	Call 0800 772 3872 or email walsall.stopsmoking@nhs.net	6 – 12 weeks support with a 4 and 12 week quit assessment



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Supported Waiting Parent Network

Is your child on a waiting list to be seen by a paediatric health service?
Come and join us for support while you wait to be seen.

Forthcoming dates for 2026

- January 28th
- February 25th
- March 25th
- April 29th
- May 27th
- June 24th
- July 29th
- August 26th
- September 30th
- October 28th
- November 25th

For further advice or information,
telephone **01922 656463** or
email pals.officer@nhs.net



🕒 9.30am-11.30am

📍 **Manor Farm Community Association**
King George Crescent, Rushall, Walsall, WS4 1EU

WHC_15342614_18.11.25_V_2



Feel great, move better, and hit your healthy weight!

Get FREE access to tailored health education, 2000+ healthy recipes and activities to help you eat smart, get active, support your mental health, and reach a healthy weight.

To get started

- 1 Scan the QR code, or go to grohealth.com/walsall
- 2 Complete the form to check eligibility.
- ✓ We'll contact you to help you get started!



SCAN ME!



Walsall Council



Need help?

Email us at support@grohealth.com

Call us on **0330 133 0307** (8am-6pm Mon-Fri)

Ranger Programmes

Join the Ranger Programme!

Explore, learn, and grow with our exciting outdoor sessions for children and young people.

Tiny Rangers (Under 5s)

Discover nature through play!

These fun, outdoor sessions help little ones connect with the natural world while developing early skills through exploration and imagination.



Home Ed & Junior Rangers (Ages 6-12)

Adventure awaits! Learn practical outdoor skills like fire lighting, den building, and nature crafts. Perfect for curious minds and budding explorers.

Join the adventure

Contact us at:

healthyspaces@walsall.gov.uk



Walsall Council



Family Hubs



Walsall Council

NHS
Walsall Healthcare
NHS Trust



Outreach Support: We're here for you

Are you struggling with a Cancer or Palliative diagnosis?
Or are you living with a current life limited condition?

We will help and guide you and your family during each stage of your journey. Our Outreach Team can offer you practical information and emotional support using a holistic approach.

We can offer you:

- 1-1 support meetings
- Signpost you to other services
- Provide language support where required
- Offer a range of information on conditions
- Be a listening ear when you need it the most
- Engage with other health professionals/services involved with your care
- Ensure your immediate needs are assessed and met



You're never on your own

Call us on: 01922 602 610

Or e-mail: ciss.enquiries@nhs.net



Search Information & Outreach Support Services

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



LUVC.I.C
EMPOWER · EDUCATE · ELEVATE

BLOOM WITH LUV

'Planting the Seed Workshop'

Create a "Confidence Bouquet" – choosing flowers that represent strength, peace, and love.

Discussion: What does self-LUV mean to you?

Reflection: Writing personal affirmations for growth.

Takeaway: Affirmation cards tied to your bouquet

SATURDAY 11TH APRIL 2026

FLORAL GLORY - WALSALL

Light refreshments will be available

Tickets Available on Eventbrite
info@listenupliftventcic.com



Clarity & Connection
LIFE & WELLNESS COACHING

— Mettaminds presents: —

Clarity and Connection – Life & Wellness Coaching for All
12pm–2pm · 16th April

Clarity and Connection – Life & Wellness Coaching (Men Only)
1.30–3pm · 28th February

Introduction to Meditation
12.30–2pm · 20th March

The Wisdom of the Breath – Calm, Clarity & Connection
12.30–2pm · 13th February 2026

The Way of Tai Chi – A Gentle Introduction to Practice
12.30–2pm · 2nd May

Time In: A Journey Through Sound & Stillness
12.30–2pm · 15th May

Held at The New Art Gallery Walsall

mettaminds



Spotting Problem Gambling

Problem gambling shares many similarities with other addictions. However, there are usually no visible signs or physical changes that directly indicates there is a gambling problem.

Some common signs are:

- > The person gambles more than they intended.
- > The person is feeling guilty about the way they gamble.
- > The person wants to stop betting but feels as if they can't.
- > The person gambling is hiding betting slips, lottery tickets or money for gambling.
- > The person gambling is borrowing money and not repaying it.
- > The person gambling is losing time from work or school due to gambling.
- > Feeling restless or irritable when attempting to cut down or stop gambling.
- > Jeopardising or losing a significant relationship, job, or education because of gambling.

If you notice yourself, a colleague or a family member/friend in any of these statements, our services can provide support!

About Aquarius

We are **Aquarius**, a charity with services across the Midlands, supporting people affected by alcohol, drugs and gambling.

We have over **40 years' experience** providing evidence-based, high quality services to help change behaviour and change lives.

We are proudly part of **Recovery Focus**, a group of charities inspiring recovery from mental ill health, domestic abuse and the harms caused by alcohol, drugs and gambling. recoveryfocus.org.uk

In partnership with >



BeGambleAware.org

Get in touch

Call: **0300 456 4293**

Email: gambling@aquarius.org.uk

Visit: aquarius.org.uk/gamblingservices

INVESTORS IN PEOPLE
We invest in people Gold

Aquarius Head Office: 236 Bristol Road, Edgbaston Birmingham B5 7SL
T: 0121 622 8181 E: headoffice@aquarius.org.uk W: www.aquarius.org.uk
Registered Charity: 1014305 Company No: 2427100

How Can We Help?

Our **gambling services** support people **18 years and over** affected by gambling, either their own or the gambling of a family member/friend, through 1:1 or group support sessions.

As the Midlands arm of the **National Gambling Support Network**, we provide support, information and advice to anyone suffering with a gambling problem, as well as to family members and friends affected by someone else's gambling.

All the support we provide is tailored to your needs, interests, and personal goals.

- > The psychology of gambling
- > Tips and strategies to control, reduce, and stop your gambling
- > Information on how to block gambling software
- > How to engage the support of family and friends as you stop gambling
- > Alternatives to gambling
- > Coping with cravings and urges to gamble
- > Signposting to debt management
- > Coping skills to help deal with a family member or friend's gambling.

How to refer

You can **self-refer** to this service or be referred by a professional. To find out more or refer call: **0300 456 4293** or email: gambling@aquarius.org.uk

Who Can We Help?

We support people **18 years and over** affected by gambling, either their own or the gambling of a family member/ friend.

Our services are delivered across the West Midlands and West Mercia:

- > Birmingham
- > Coventry (and Warwickshire)
- > Dudley
- > Herefordshire
- > Sandwell
- > Solihull
- > Staffordshire
- > Stoke
- > Telford and Wrekin
- > Walsall
- > Wolverhampton
- > Worcester

Our support is tailored to you.

We have a single point of contact for referrals to ensure you are given the best advice, information and signposting suited to your own situation.



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

+ Toddler Sessions, Adult
Activity Sessions. + Party Hire

+ Fundraising, Donations and
Working Parties

+ Information

+ Contact Us

Get social on
www.facebook.com/snapplayground

66485

X Post

X Follow @SNAPCannock

Welcome to S.N.A.P Playground



S.N.A.P. is a
Special Needs Adventure Playground.

It provides a safe, secure and non-judgemental
play area for children and adults with special
needs. Siblings without special needs are also
welcome.



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Making Connections Walsall

Get Connected, Stay Connected



Making Connections Walsall is a friendly service for residents of all ages in Walsall that aims to address loneliness, social isolation and to empower residents to take responsibility for their own health and well-being

0121 380 6690



What is the Making Connections Walsall Project?

Making Connections Walsall tackles loneliness and social isolation by offering one to one support to help Walsall residents engage in community activities and build social networks.

Why addressing loneliness is important

"The most terrible poverty is loneliness, and the feeling of being unloved." Mother Teresa

Loneliness:

- Is more harmful than smoking 15 cigarettes per day
- Is more harmful than inactivity and obesity
- Increases the risk of depression
- Increases the risk of dementia
- Increases reliance on health and social care services



The importance of strong social networks, access to friends and family, and an active social life should not be underestimated. Those who lead happy and active social lives enjoy improved health and well-being than those who do not.

How does it work?

There are lots of groups, organisations and clubs in Walsall which can support the health and well-being of local people. However, people often don't know about them. Referrals are processed by the West Midlands Fire Service (WMFS) who will connect you to your local hub organisation.

The social connector will arrange to meet you, either in your home or at a community venue in your local area. At the first appointment they

GIRLS YOUTH CLUB

Every Friday from 4:30pm
to 6:30pm at Palfrey Park,
Dale Street, WS1 4AF

Only £1 per
session!

AGE: 8 - 16



IQRA

Supplementary School and Youth Provision

For more information
Call: 01922 644006
Email: info@iq-ss.co.uk

AFTER-SCHOOL GARDEN CHOIR WITH B'OPERA



EVERY FRIDAY
3.10-4PM

CALDMORE COMMUNITY GARDEN



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Every Saturday 11am-2pm FREE Garden SATURDAYS

Come, explore the Garden and make childhood memories!

Book in advance to
register for one hour at:
11am, 12pm OR 1pm.
<https://tinyurl.com/gardensaturdays>

And we will be in touch on Friday
afternoon to confirm your space.

Family garden sessions for all ages,
come along with your family for fun
craft, nature or science activities in a
relaxed and safe environment.

Some of the activities you can
expect at the Garden Saturday:

- Nature education
- Forest school
- Gardening
- Outdoor play
- Nature crafts
- Creative activities to
celebrate different cultures
- Campfires
- Science experiments
with Fiona and Albert

CALDMORE
COMMUNITY
GARDEN

Carless Street,
W13 3RH Walsall

ENGAGE YOUTH EMPOWERMENT SERVICES

Steps to Success

Equality Diversity and Inclusion AGES 8 - 25

MENTORING | HOME BULK MEETING | Detatch Work Outreach
ON CALL RESPONSE | SOS RESPITE | HOLIDAY ACTIVITIES
CREATIVE WORKSHOPS | Podcasting | FUNDAYS | MEDIA

T: 01902 219640 | 07898 599540
E: contact@eyes2success.com
W: www.eyes2success.co.uk

SKILL-UP
TRAINING CENTRE
TRANSITION THROUGH TRADES
PLASTERING
& PAINTING
CONTRACTORS
When Quality & Speed Matters

LOTTERY FUNDED

YOU CAN FIND US ON



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



Star Light Multi CIC
building a brighter future

Community Sensory Garden

Therapeutic Sensory
Community Garden
We cover the 5 senses
Smell - Touch - Sight - Taste - Sound
The Sensory garden has been designed
by the community of Walsall

Activities include

Mud Kitchens
Planting - Vegetables and Herbs
Busy Boards
Sensory Lighting
Safe Space
Outdoor Activities

Address



Address: 25a Station Street, Walsall, WS2 9JZ Phone: 07396 765853



West Midlands
Combined Authority



Walsall Council

This project is funded by the UK government through the UK Shared Prosperity Fund. The UK Shared Prosperity Fund aims to improve pride in place and increase life chances across the UK investing in communities and place, supporting local business, and people and skills. For more information, visit <https://www.gov.uk/government/publications/uk-shared-prosperity-fund-prospectus>



Walsall Council



Star Light Multi CIC
building a brighter future

STAR LIGHT YOUTH CODING AND GAMING CLUB



Every Saturday
2PM - 4PM
From 4th Jan 2025
Book Online

Gaming

Coding

Virtual Reality

Relax with friends

Free Entry

Age 9 - 16

Drop off sessions

25a Station St, Walsall,
WS2 9JZ

07396 765853

www.starlightmulticic.co.uk

Funded By



west midlands
police and crime
commissioner

GUITAR CIRCLE

EVERY
WEDNESDAY
6.30-8.00PM

ST MATTHEW'S CHURCH,
WALSALL, WS1 3DG

St matthews
church



For more information,
contact:
01922644006

BOYS YOUTH CLUB

Every Sunday
3:15pm-5:15pm

AGES
8-14

SNACKS & DRINKS
BALL AND BOARD GAMES
BAKING + LOTS MORE!

FREE

Just drop in!!



Aaina Community
Hub

Bath Road, Caldmore
Walsall
WS1 3BS



Walsall Council

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Please see our video for our Honour in a Crime? (Honour-Based Abuse) Training at Worcester University with professionals.

Worcester

University: <https://www.youtube.com/watch?v=WJVM952cv eM&t=82s>

Please check out the videos which are featured on our YouTube Channel: <https://www.youtube.com/@darlastonyouthcentre>

If you would like to know more about honour-based violence training for your staff, please contact: Raqia Akhtar on 07749 131710



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Early Intervention

(commencing July 2025)

- Resilience Workshops for Children and Young People. Involving Positive Engagement Activities: fishing, arts, gardening, sports and more.
- 1:1 and targeted group sessions for primary school age children. Identified through our Enlighten Project in schools
- Peer-led Mentoring
- Early-Access Support for Parents: self refer for wellbeing workshops . Use partnerships to support and advise around housing, finances, mental health, and parenting.
- Community Awareness Campaigns



Family Support & Empowerment

- Support to families whose children are victims of, or at risk of exploitation/outside harms. Specialised one-on-one relational support for parents and siblings, offering tailored guidance.
- Build stronger protective factors within the family unit.
- Guidance on navigating education, health, and community systems.
- Parent wellbeing craft mornings and family days designed to strengthen the family unit.

Exploitation/Outside Harms

- One to one support to children and young people who are at medium risk of exploitation. Referral pathway through Local Authority Aspiring Futures only
missingexploitedchildren@walsall.gov.uk
- One to one Transition support for young adults aged 18-25



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



Fun Football

Register to attend:
30 Spaces Only
15 spaces per group
8-11 & 11-16

Time
5pm-6pm
Every Thursday

BLOXWICH ACTIVE LIVING CENTRE
High St, Bloxwich, Walsall WS3 2DA

CONTACT: LUCIO - 0735932661



MENTAL HEALTH & WELLBEING GROUP & 1:1 CLINIC

WEDNESDAYS 11:30 - 12:30

PROVIDING A SAFE SPACE TO:

- Build coping skills to manage mental wellbeing
- Improve understanding of mental health issues and symptoms
- Improve mindset and perspectives
- Gain support and learn from one another

LEAD BY REGISTERED MENTAL HEALTH NURSE EBONY BELLE

1:1 CLINIC - LAST WEDNESDAY OF EVERY MONTH ONLY - MUST BE BOOKED

For more info: ebony@belaforall.com



OAK PARK FOOTBALL

JUST TURN UP & PLAY!

- Skills & ball techniques
- Footwork exercises
- Strategy & teamwork exercises
- Fun games & trial matches

FRIDAYS 5-6 PM

OAK PARK ACTIVE LIVING CENTRE, WALSALL WOOD WS9 9BH

ENQUIRIES: 07544 322218

VISION_FOR_ALL WWW.VISIONFORALL.CO.UK INFO@VISION-FOR-ALL.COM



BLOXWICH LAUNCHPAD

LAUNCH YOUR DIGITAL SKILLS

Opening Spring 2025
A brand new centre for digital skills support & training in the heart of Bloxwich.

Offering:

- Internet access
- Training opportunities
- Access to computers
- Information, advice & guidance
- Career sessions

Taster sessions
Running October - November 2024





THEIR
FUTURE

Our Girls

Mentoring support group

Empowering young girls by raising awareness on
Sexual Violence & Safety, Mental Wellbeing and
Healthy Relationships & Friendships

- ★ Mental wellbeing
- ★ Healthy relationships & consent
- ★ Self esteem

- ★ Group sessions
- ★ 1-1 sessions
- ★ 6 weeks

◆ Sponsored by The National Lottery ◆

www.theirfuturecic.com



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Positive Pathways Research Study

Positive Pathways is a research project which aims to help educate, motivate, and inspire young people to change their negative behaviours, get back on track and move towards a safer future.

Funded by the Youth Endowment Fund (YEF), Positive Pathways offers selected applicants a unique residential experience and up to seven months personalised support to help get back on track and move towards a safer future.

To be eligible for Positive Pathways a young person must:

- Be 15-17 years old.
- Live in the East or West Midlands.
- Be willing to take part in a research study which includes undertaking a survey at the start and end of the programme.
- Provide consent to take part (as well as a guardian, carer or parent consenting).

And meet at least one of the following criteria:

- Be experiencing high levels of detention, suspension or exclusion.
- Have been identified as possibly associating with individuals involved in criminality.
- Have been arrested or convicted of a criminal offence (some exclusions apply to this).

Every young person in the study will have an equal chance of either participating in the Positive Pathways programme or joining the group that takes part in various enrichment activities.



ingeus



Positive Pathways Research Study

If eligible, and consent is received, each young person will receive either:

Control Group	or	Intervention Group
→ An activity delivered by the organisation that referred the young person to the research through a £50 enrichment payment from Positive Pathways for participation.		→ A four night, five day residential experience to learn work and life skills. → A dedicated Mentor to provide information, advice and guidance. → A celebration event following programme completion.
→ A £20 Love2shop voucher for completing a survey at the beginning and end of the evaluation.		→ A £20 Love2shop voucher for completing a survey at the beginning and end of the evaluation.

Refer a young person to Positive Pathways today!

Complete a referral form at www.ingeus.co.uk/positive-pathways or by scanning the QR code. Please note that making a referral does not guarantee a young person's place on the programme.

For more information about Positive Pathways or to discuss partnership opportunities, email positivepathways@ingeus.co.uk.



ingeus



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



Online Safety Advisor,
Nicola Rudge
nicola.rudge@walsall.gov.uk

About me

Meet our Online Safety Advisor

Based in Walsall, West Midlands I am Walsall Council's Online Safety Advisor, Nicola Rudge. A qualified teacher and experienced educator. My goal is to use my knowledge and experience of using technology to ensure schools are best advised and supported to ensure all stakeholders are safe online.

Online Safety Schools Support SLA

Our Online Safety Advisory Service addresses how schools and organisations can protect children online and effectively embed online safety strategies into the curriculum. The service brings together best practice approaches on empowering and educating young people to use the internet and digital technology responsibly and safely, both in school and at home. This will allow young people to take advantage of the opportunities the internet and new technologies can offer, whilst responding to any risks.

What we offer

- Whole school training: This can be offered for all groups in school including all staff, SLT, governors, students and families. These sessions are run in a variety of ways including school based parent and pupil sessions, remote meetings, lessons delivered remotely and informative newsletters and updates
- An Online Safety Audit, that will create a report uniquely tailored for your school that identifies any gaps and/or risks from both a national and safeguarding context
- Policy support and development including online safety policy development, social media policies and acceptable user agreements.
- Classroom support sessions for staff and students, in person or remotely
- Designated Safeguarding Lead or Online Safety leader support through Online Safety meetings and a termly update seminar

Why choose us?

- We will support you with online safety integration into the curriculum and a consistent message is shared amongst staff, parents and students
- Examine the latest approaches to safeguarding children and young people in keeping children safe online
- Give you an understanding the latest developments from social media on encouraging young people to stay safe online and the positive use of social media
- Highlight the potential risk areas online and the dangers of sharing images
- Give you ideas in how to engage with issues online, also dealing with what upsets children online
- Give you insights from other schools on their approach to developing an effective online strategy that encourages the safe use of the internet and new technologies
- Give guidance on the use of apps both personally and in school and the relationship between new technologies and consistent behaviours



Domestic Abuse Walsall Service (DAWS)

DAWS is designed to be inclusive, we know that domestic abuse can happen to anyone and so our service is accessible to all people who have experienced domestic abuse and needs safe accommodation to leave the situation. We welcome referrals from anyone regardless of family size, gender, sexual orientation, languages spoken, No Recourse to Public Funds, or any background.

The service provides emergency short-term accommodation for men and women, with or without children, who are escaping abuse. The service includes an 8 unit refuge for mainly single females and females with young children (1 of these units is accessible for those with physical disabilities). The refuge promotes independent living as well as having staff available on site. The 19 dispersed units include 2/3 bed houses and flats across the borough which supports those who find it difficult to live in refuge accommodation or service users such as those who are male, families with older male children, LGBTQ+ or those from ethnic minority groups. These properties are available to anyone fleeing domestic abuse and promote independent living without support staff on site.

Referrals can be made (**via phone 01922 746574**) by any support agency, services such as the councils homelessness team, GP, social services or the police. Customers can also self-refer. Every referral is considered and we will reflect on support needs and the needs of the other service users (in refuge) to determine whether you will be safe living with us including geographical risk for dispersed properties.

Referrals can be made Monday- Friday 9am-5pm and weekends 9am-5pm. We will always speak with the customer being referred and if accepted will discuss and arrange a safe and planned move with customer and referring agency.

You can get more information on the services available to victims of domestic abuse in Walsall at: <https://www.saferwalsallpartnership.com/domestic-abuse>

Phone contact 01922 746574. (Referrals via phone only)



Referral criteria

WeMatter is currently being delivered across England.

This programme is not suitable for children and young people who are experiencing ongoing domestic abuse. If WeMatter is not suitable, we can look to refer you on to a more appropriate service.

**To contact the team please call:
0300 373 0258**

**Email:
wematter@victimsupport.org.uk**

**If you are in immediate danger call:
999**



We are an independent charity offering **free, confidential** support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using our 24/7 live chat service:
victimsupport.org.uk/live-chat
- using BSL: **victimsupport.org.uk/bsl**
- Online: **victimsupport.org.uk**

To find out how you can help us, visit
victimsupport.org.uk/get-involved

 @VictimSupport

 VictimSupport

 victimsupport_uk

 [Linkedin.com/company/victim-support](https://www.linkedin.com/company/victim-support)

Published by Victim Support
President HRH The Princess Royal
Victim Support, Ground Floor, Building 3, Eastern Business Park,
Wern Fair Lane, Old St Mellons, Cardiff CF3 5EA
Telephone: 020 7268 0200

Charity registration: 298028 Company no: 2158780
Registered in England. Limited by guarantee.
Registered office as above.



WeMatter

An online group work programme for children and young people affected by domestic abuse



victimsupport.org.uk



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Turning Houses Into Homes

BUY
OR
DONATE

PASS IT ON FURNITURE STORE



Can you help? We are in need of good quality furniture to support domestic violence victims, those previously homeless and families/individuals in need. We can collect for FREE!

Pass it on furniture store
Wilkes Avenue, Bentley, Walsall, WS2 0LS
Telephone Number 01922 474684

Walsall Communities Renting Together

Nash Dom CIC is leading a Pilot Communities Renting Together Project. We are looking for landlords to partner with us and help house some of our most vulnerable communities in Walsall

Partner with us if you want to:

- support your local community
- improve rental conditions
- engage with the community



To get involved or find out more information, contact us

✉ info@nashdomcic.org

☎ 01922 616 444

📷 [nash_domcic](#)

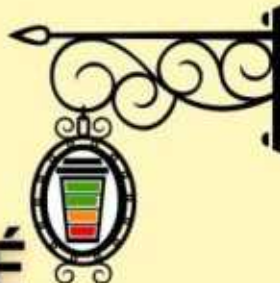
📘 Nash Dom CIC

📍 Nash Dom Community Hub,
Sun Street, Walsall, WS1 4 AL



Be a part of a community-led initiative that fosters inclusivity and sustainability in the private rental sector. Together, we can create a better future for all





ENERGY CAFÉ

You're in for a treat!



Every Monday at 10 am - 2 PM

Nash Dom Community Hub, Sun Street,
Walsall WS1 4AL



We offer:

- FREE warm and welcoming space to relax, chat, and enjoy a cuppa
- FREE help to reduce your energy bills
- FREE energy-saving tips
- FREE referrals for home visits to improve energy efficiency



Everyone is welcome – drop in and make the most of it!



LOOKING TO LOWER YOUR BILLS AND SAVE ENERGY BY BECOMING MORE ENERGY EFFICIENT?

Nash Dom in partnership with Walsall Energy Action Project (WEAP) offers you:

- FREE efficiency advice and support to help lower your energy bills
- FREE assessment if you're eligible for financial help with your energy bills
- FREE Home Energy Visits to get advice and discover ways to improve your home and make it more energy-efficient

BOOK A FREE CONSULTATION



SCAN TO REGISTER

For more information contact

01922 616 444 info@nashdomcic.org

[f](#) Nash Dom CIC [@nash_domcic](#)

[Nash Dom Community Hub, Sun Street, WS1 4AL](#)



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Free Advice & Support



Monday - Friday
9:30 am - 5:00 pm

- Financial & Housing Support
- Homelessness
- Safe Spaces
- Energy advice and support (WEAP)
- Multilingual assistance: Romanian, Slovakian, Polish, Russian, Ukrainian, Latvian Lithuanian, Bulgarian, Urdu, Panjabi, Gujarati



 nash_domcic  Nash Dom CIC



Contact us to book an appointment

info@nashdomcic.org
01922616444



Nash Dom
Community Hub,
Sun St, Walsall
WS1 4AL



Walsall Council



GET STARTED WITH ART

Everyone starts somewhere.
Learn from industry experts,
get invaluable experience and
a taste of what it is like to work in art
and creativity.

ON THIS COURSE YOU'LL:

- Learn about canvas painting, clay sculpture, lino printing, mosaic tiles
- Get an introduction to photography and editing
- Take part in a fun week, meeting new people and developing your confidence
- Get lunch provided and public transport costs reimbursed

DATES FOR YOUR DIARY:

Taster day: 1st July 2025

Course dates: 7th to 11th July 2025

Express interest by: 4th July 2025

Location: Birmingham King's Trust Centre

Eligibility criteria: 16 to 30 years old and not in other full time commitments.

To find out more, email
WestMidsOutreach@kingstrust.org.uk



PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Get Back to Work with Confidence

Personalised Plans | Expert Coaches
Practical Solutions

If you're living with a health condition or disability and want to find or return to work, WorkWell is here to help.

We offer short-term, tailored support to help you overcome barriers to employment. Whether that's managing anxiety, building confidence or improving your CV and interview skills.

You'll work one-to-one with an experienced employment advisor and have access to supportive workshops designed to help you feel ready, motivated and confident.

Take the first step today

Contact WorkWell and start your journey
towards meaningful employment.

Call 01922 654353
walsallworks@walsall.gov.uk
Register at walsallworks.com



JOB SEARCH WORKSHOPS

Visit the YMCA's open Job Search Workshops to gain experience and knowledge in how to:-

- Create a UC Account
- Help with creating job search accounts
- Advice on job searching techniques

BENEFITS

- Increased Access to Technology and Resources
- Confidence Building in Using Digital Tools
- Skill Development for Digital Inclusion
- Access to Local Job Listings and Resources

Thursdays 10am - 12pm
YMCA 1a Small Street, Walsall. WS1 3PR

West Midlands Combined Authority

YMCA Here for young people
Here for communities
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK HEALTH & WELLBEING HOUSING TRAINING & EDUCATION SUPPORT & ADVICE



Are you 16+ years and experiencing barriers to employment due to health conditions or disabilities?

Our **Emploment Support Officer** is
here to help you!



Contact us today for support - 01922 614316

WorkWell is a new initiative designed to provide early support to thousands of people across the Black Country with health conditions or disabilities, helping them overcome barriers to find or keep employment and improve their wellbeing.

THE HUB

COMMUNITY FOOD SHOP

OHPP
Oldham Peoples Partnership
Partnership to the
Future

**LAUNCHES 25TH
MARCH
at 9.30am**

Join our community shop now for a **£3 yearly subscription** and gain access to food, household and general essential items at near cost price. You do not need to meet any criteria, our shop is open to everyone.

BECOME A MEMBER NOW



Queen Elizabeth Avenue, Bentley, Walsall, WS2 0BD

01922 474 684 @ohpp3 Charity No: 1099939



Walsall Council



BLOXWICH COMMUNITY Pantry

OPEN TUESDAYS 1:30PM-3PM

Our community shop allows residents access to discounted and low cost food, cleaning and personal hygiene products.

- Membership required & renewable each January at the cost of £2
- One free gift per person per day, minimum £5 spend (free gifts may be withdrawn at anytime)
- The purchase of multiple items of the same product may be restricted
- Reselling of goods purchased or gifted through the community pantry is prohibited and will result in membership being cancelled
- Products purchased or gifted from the community pantry cannot be consumed on the premises



BLOXWICH
COMMUNITY
PARTNERSHIP

STAN BALL CENTRE
ABBOTTS STREET
WS3 3AZ
01922 403 351



KNIVES DOWN - WEIGHTS UP

SUNDAYS 4PM TILL 6PM

- ☐ 13 to 16 year olds
- ☐ Safe / supervised session
- ☐ Free to come and train
- ☐ Build confidence
- ☐ Build self-esteem
- ☐ Create discipline & Healthy habits

STRIKE
FORCE



STRIKE FORCE COACHING AT
LEGENDS GYM

Strike Force Coaching
Knives down - Weights Up

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



Enjoy a hearty, cooked meal on us!

Join us for tasty food and
great chat every week
across Walsall and
The Black Country.

No need to book, just turn up!

(And it's free!)

foodcycle.org.uk | 02077 292775

Registered Charity Number 1134423



Enjoy a hearty, cooked meal on us!



Every Wednesday at 7pm



Green Lane Baptist Church
Burrowes Street
Walsall
WS2 8NX



more info

foodcycle.org.uk | 02077 292775

Registered Charity Number 1134423



FIND A MEAL



Dudley

Tuesdays 1pm
St. Francis' Church
Laurel Road
DY1 3EZ

Poplar Crescent
bus stop
(1 mins walk)



Wolverhampton

Wednesdays 5pm
Wesleyan Holiness Church
2 Merridale Ln
WV3 9RD

Wolverhampton
Grammar School bus
stop (2 mins walk)



Walsall

Wednesdays 7pm
Green Lane Church
Burrowes Street
WS2 8NX

Long Acre St.
bus stop
(2 mins walk)

Join us for tasty food and great chat!

No need to book, just turn up.

(And it's free!)



Getting here

2 min walk from Long Acre
St bus stop which is serviced
by the 69, 70 and 70A.



Scan me for
directions



UTURE

JOB CLUB

Walsall Works host weekly job clubs to provide support and guidance for those who:

- Are exploring new job or career paths
- Have limited job search experience
- Have a basic understanding of employment opportunities and labour market trends
- Returners to work

Every Tuesday, 9:30am - 12:30pm at The Lichfield Street Hub Library, Lichfield St, Walsall, WS1 1TR

To book onto our Job Club call us on **01922 654353** or email walsallworks@walsall.gov.uk

For more information on how we can support you, visit our website www.walsallworks.com.



Walsall Council

Jobs | Apprenticeships | Training

HOT JOBS

Find out all about local vacancies
and get expert advice from one
of our Employment Advisors



Every other Monday



10am - 10:30am



Online via Microsoft Teams



Email walsallworks@walsall.gov.uk for dates and to book your place.

Unlock Your Potential

Whatever stage you are at, if you are looking to change jobs, returning to work or getting started, Walsall Works provides expert 1-to-1 support to help you find the right job for you.

Help with CV writing
and job applications

Finding flexible work
that fits around you

Links to live vacancies
and upcoming events

Support with applying
for apprenticeships

Career planning
and work trials

Access to
free courses



Open to all Walsall residents

01922 654353

walsallworks@walsall.gov.uk

walsallworks.com

Scan to register



Walsall Council



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

EFFECTIVE ONLINE JOB SEARCHING WORKSHOP

Are you currently job searching with no
success?

IN THIS WORKSHOP WE WILL LOOK AT:
What an online job searcher needs to be
successful
Useful job searching websites
Tips and tricks to complete online
applications

 17 February 2026

 1pm - 2pm

 Walsall Library WS1 1TR



Email walsallworks@walsall.gov.uk to book your place.

PUBLIC SECTOR APPLICATIONS WORKSHOP

Thinking about a career with a purpose?

IN THIS WORKSHOP WE WILL LOOK AT:
What a public sector role is
Where to find and apply for public
sector roles
Top tips on filling out public sector
applications

 19 February 2026

 12pm - 1pm

 Walsall Library WS1 1TR



Email walsallworks@walsall.gov.uk to book your place.

CV WORKSHOP

Haven't got a CV or need to update
yours?

IN THIS WORKSHOP WE WILL LOOK AT:
What a CV is and why you need one
What to include on a CV
Common CV mistakes
Different CV styles

 26 February 2026

 12pm - 1pm

 Walsall Library WS1 1TR



Email walsallworks@walsall.gov.uk to book your place.



Apprenticeship Show

Unlock Your Future!

Come along to our Apprenticeship Show to meet employers and take that first step towards a rewarding career

Apprenticeships combine real work with training and study for a specific role. You'll learn new skills, gain experience and earn a salary too

Thursday 5 February 2026 - 4pm - 7pm
The New Art Gallery Walsall, Gallery Square, Walsall, WS2 8LG



Book your place at: [ApprenticeshipShow2026.eventbrite.co.uk](https://www.eventbrite.co.uk/e/apprenticeship-show-2026)
or scan the QR Code above

Find out more at: www.walsallworks.com Or call: 01922 854353



Walsall Council



EXPO

2026

The Black Country's Largest Job Fair

Thursday 19 March 2026

9am - 3pm

The Hub @ Walsall College
Littleton Street West WS2 8ES

- Meet over 40 employers hiring now
- Get expert advice and support
- Be prepared and bring your CV



Book your place at: [WWEXPO2026.eventbrite.co.uk](https://www.eventbrite.co.uk/e/walsall-work-expo-2026)
or scan the QR Code above

Find out more at: [walsallworks.com](https://www.walsallworks.com) Or call: 01922 854353



PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

YOUTH GUARANTEE

1000's set to benefit from new support into work & training!

Thousands of young people across England are set to benefit from a new £45 million initiative aimed at providing tailored support into employment.

The Youth Guarantee trailblazer programme will connect 18-21 year olds with job and training opportunities in a key initiative designed to remove barriers and expand access to meaningful work.





 Walsall College



**FREE*
TRAINING
AND GREEN
CSCS CARD**

**FAST TRACK YOUR FUTURE IN
CONSTRUCTION**

SEE REVERSE FOR 2025/26 DATES

Learn more ashraft@walsallcollege.ac.uk

Programme details

Want to kick-start your construction career quickly? Our Fast Track CSCS Course gets you site-ready in just 1 week.

What does a CSCS card enable?

- Proof that you are qualified and safe to work on a construction site
- Essential for access to most construction jobs in the UK
- Improves your employability and career prospects
- Shows employers you meet the industry standard for health & safety

What qualifications will I get?

- ✓ Award in Health & Safety in a Construction Environment
- ✓ CSCS Test included
- ✓ Direct support into job opportunities

Dates and times

11 th November 2025	9 th December 2025	13 th January 2026
10 th February 2026	10 th March 2026	14 th April 2026
12 th May 2026	9 th June 2026	14 th July 2026

10am - 3:30pm for 1 week

Eligibility criteria

- Able to demonstrate the ability to work at a minimum Entry 3 in English
- Aged 19 or over
- Currently unemployed, claiming benefits or on a low income
- You must be eligible to live and work in the UK

Location

Walsall College Green Lane campus
Long Acre St, Walsall WS2 8HX

Ways to apply

- Learn more ashraft@walsallcollege.ac.uk
- Call- 01922 657000
- Speak with your Work Coach



Walsall Council

PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



WARM WALSALL

Join us for warm soup, a hot drink and good company in a friendly women only space!

Date: Every Monday and Tuesday

Time: 10am - 12pm

@ Aaina Community Hub, Bath Road, WS1 3BS



For more information
CALL: 01922 644006
EMAIL: info@aainahub.com



Walsall Council

Happy Hour WARM WALSALL

Every
Saturday's
11:00-12:00

Start Date
Saturday 13th December



ARCTIC
BRINGING COMMUNITIES TOGETHER

Free Refreshments

For information
CALL 07853605740



PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE



Coffee at
the Clock



Could you
volunteer in our
coffee shop?



**WE NEED
VOLUNTEERS**

*With the possibility of employment in the future for
committed volunteers*

**Carpathian
Community
Shop needs
your help**

We're looking for
volunteers to support
our brand new
Community Shop

Volunteer Perks:

- free membership
- access to our loyalty system
- 10% discount in the shop

***you must have work permission in UK**



Contact Us

- ☎ 0192 261 6444
- ✉ carpathianshop@gmail.com
- 📍 Carpathian Community Shop

Nash Dom CIC,
Sun Street, Walsal
WS1 4AL



**COMMUNITY
FUND**

weap
walsall energy action project

Become a Community Champion!

Help Walsall save energy, cut bills &
fight climate change.

More information:

As a Community Champion
volunteer, you'll:

- ✓ Share energy-saving tips
- ✓ Support local events
- ✓ Promote WEAP's goals
- ✓ Signpost to grants & support
- ✓ Free training & qualifications
provided!



Join a growing team of local changemakers
✉ Email weap@walsall.gov.uk to get involved

📞 nash_domcic
🌐 Nash Dom CIC
✉ info@nashdomcic.org
☎ 01922616444



NASH DOM
COMMUNITY HUB,
SUN ST, WALSHALL
WS1 4AL