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**DEPARTMENT FOR
LEVELLING UP VISIT TO RMC**

On 21st March we were delighted to welcome a group of delegates from DLUHC who had travelled from all over England to spend their Away Day at our offices in the Jewellery Quarter.

Steve Nesbit and his team were keen to learn about all of our work with a special interest in the Afghan and Ukrainian Resettlement programmes. After arriving and being introduced to the team, our Head of Service Abbas Baig gave an introduction into RMC’s background and work followed by a presentation about our resettlement work by Sandra Tittel and Kamran Mushtaq.

During the morning sessions all 16 delegates were shown around both of our sites in small groups where they had a chance to talk to members of our frontline, resettlement, employment and health teams as well as some of the resettled families from around the region.

Our visitors were very grateful for the opportunity to talk to families around housing issues in particular and have found the information exchange very helpful for the development of future resettlement policy.

“The FSW at RMC is very professional and helps solve all our problems and questions all the time. She helped us with Universal Credit, questions about my disability status, blue badge, and many others I cannot remember. She helped with child benefit for our baby which we didn’t receive for 9months and we got it very quickly after she started working on this. She remembers everything that we discuss and completed all our questions.” - Client Feedback



VINOCHOCK ORCHRETRA

2

A Ukrainian children's orchestra has been established to help retain cultural identity and support with trauma and wellbeing. Children of all levels and all ages (ideally 8-18 years) are welcome. Rehearsals take place at the Midlands Art Centre (MAC) in Canon Hill Park from 11:30am (arrival time) for two hours, 12-2pm every Sunday.

Some members of Birmingham Conservatoire are helping with wind instruments and the 20 year old Ukrainian conductor is currently studying composition there.

This is a very exciting opportunity as there are lots of instruments to choose from and some lessons will also be offered with no costs involved.



If you would like to sign up your child for free or interested in finding out more, please email birminghamforukraine@gmail.com

UKRAINIAN ROUTE CHANGES

THIS BRIEFING IS FOR INFORMATION PURPOSES AND DOES NOT CONSTITUTE LEGAL ADVICE. WE RECOMMEND THAT YOU SEEK EXPERT LEGAL ADVICE IF ANY OF THE BELOW APPLIES TO YOU.

Ukraine Permission Extension scheme (UPE)

In February 2024, the government announced that people who have permission to stay under one of the Ukraine Schemes will be able to apply for an additional 18 months of permission to stay in the UK within three months before the expiry of their current permission to stay.

This further permission to stay will provide the same entitlements to access work, benefits, healthcare and education. The application will be free.

Further details of the scheme have not yet been published.

Ukraine Family Scheme

This Scheme closed for new applications at 3pm on 19th of February 2024. Any applications that were submitted before that date will still be considered under the previous rules.

Homes for Ukraine

This scheme is still open but permission to stay is now granted for 18 months (rather than 3 years).

For applications submitted after 3pm on the 19th of February, eligible applicants may be sponsored by people who are British or Irish Citizens or settled in the UK.

Ukraine Extension Scheme

This Scheme is closing for new applications on 16th May 2024. Applications remain open for children born in the UK to parents that have permission under on the Ukraine Schemes.

UKRAINIAN ROUTE CHANGES

FREQUENTLY ASKED QUESTIONS

3

THIS BRIEFING IS FOR INFORMATION PURPOSES AND DOES NOT CONSTITUTE LEGAL ADVICE. WE RECOMMEND THAT YOU SEEK EXPERT LEGAL ADVICE IF ANY OF THE BELOW APPLIES TO YOU.

What will happen if I don't receive a decision on a UPE application before my current permission to stay expires?

The law protects people that submitted a valid application in time and before the current leave expires (known as 3C leave).

Your leave is extended for as long as the Home office takes to make a decision. This means you will continue to have the right to work and claim benefits while you wait for a decision

You would normally not be able to travel whilst your application is pending.

How will we be notified that we are eligible to apply for the UPE?

The Home Office has not published details about the scheme yet but it is expected that this will happen towards the end of 2024 as the first visas granted under the Ukraine Schemes will be expiring in March 2025.

We advise you to seek legal advice within the three months before the expiry of your permission to stay in the UK.

What kind of evidence will need to be submitted for the UPE application? Do I need to show that I have made the UK my main place of residency?

The Home Office has not published details about the scheme yet but it is expected that this will happen towards the end of 2024.

Normally people applying for further leave to remain are asked to prove their residence in the UK for the duration of their current permission to stay. While we do not yet know what documents will be required for this application, it is generally advised that you keep records of your residency in the UK such as payslips, school/college letters, NHS letters, utility bills, bank statements etc.

My Biometric Residence Permit (BRP) is expiring on 31/12/2024 but my permission to stay is valid for longer. How will I be able to prove that we have permission to stay and travel outside the UK?

The Home Office plans to phase out all BRPs by the end of 2024 and move to a digital system of eVisas.

An eVisa is an online record of your immigration status and the conditions of your permission to enter or stay in the UK. You will need to create a UKVI account, if you don't already have one, to be able to access your eVisa.

If you have a BRP that expires on 31 December 2024, the Home Office will contact you to explain how to create a UKVI account and access your eVisa before the expiry date of your BRP.

During 2024, you should continue to carry your in-date BRP when travelling internationally until it expires.

From Summer 2024 onwards, if the passport or national identity document you are travelling with is linked to your UKVI account, airlines and other carriers will be able to digitally check that you have permission to come to the UK.

As part of the homelessness strategy, Birmingham City Council (BCC) has made available a limited number of properties under the Local Authority Housing Fund (LAHF). Although these properties are classed as Temporary Accommodation (TA) they are dispersed accommodation and are a better alternative to the traditional TA offer.

The properties are partially furnished prior to occupancy, however, to support guests moving into these properties, BCC will make available a grant of up to £2,000 for additional essential items.

It is important to note that access to this grant is not an automatic entitlement. It is a discretionary grant which means that applications may be refused if they do not meet the specific conditions.

Key points to note:

Grant Amount: The maximum amount available is up to £2000 and is subject to approval.

Eligibility: The grant is available to households on the Homes for Ukraine programme in Birmingham who are facing homelessness and who have a homelessness application registered with Birmingham City Council.

It is not available to:

- a) households on the Family Visa or Ukraine Extension Scheme.
- b) Homes For Ukraine households who have not been hosted in Birmingham

Application Limit:

On receipt of the tenancy for an LAHF property the household can submit one application within the first month of moving in.

Evidence Requirements:

Please ensure that you provide valid documentation/receipts to support your application. Payments in advance will not be made.

Eligible items

Items eligible are restricted to:

- a) Flooring (if there is no covering on the concrete),
- b) Washing machine,
- c) Dining table,
- d) Wardrobe.

The financial support for LAHF properties is not part of the regular HFU Move On fund, which is why the list of eligible items is restricted. This means when your family is ready to move from the LAHF property into permanent accommodation an application to the Move On fund can be made. However, any monies already paid towards the LAHF property will be deducted before considering your application to the Move On fund. It is also important to note that any items purchased for the LAHF property should be retained by your family when moving to new accommodation as a new application for the same items will be rejected.

Please speak to your advisor at Spring Housing if you have any questions about the Local Authority Housing Fund and how to register your homeless application.

We would like to inform you of some important updates regarding the Move On fund, designed to help Ukrainian households to move into independent accommodation. It is important to note that access to the fund is not an automatic entitlement. The fund is a discretionary grant which means that applications may be refused if they do not meet the outlined conditions.

More details about the move on is available at: [Homes for Ukraine – move on funding | Birmingham City Council](#).

Here are the key updates:

1. Grant Amount: The maximum amount available is dependent on the number of guests in your household up to £2000/£4000. Please note this funding is not an automatic entitlement and is subject to approval.

2. Eligibility: The grant is available to households hosted under the Homes for Ukraine scheme in Birmingham.

It is not available to:

(a) households on the Family Visa or Ukraine Extension Scheme.

(b) Homes For Ukraine households who have not been hosted in Birmingham.

Applications from guests who have been rematched into Birmingham from another Local Authority may be considered on an individual basis depending on BCC receiving funding following the transfer.

3. Application Limit: Each household can submit a maximum of two applications within the first three months of securing a tenancy within the private rented sector. Please remember that the application is linked to the property and not to individuals within the group.

4. Evidence Requirements: Please ensure that you provide valid documentation/receipts to support your application. Payments in advance will not be made.

5. Eligible items: The list of eligible items has been updated. This list is not exhaustive; however, only essential or emergency items will be considered. The updated list can be found on the website at:

[Homes for Ukraine – move on funding | Birmingham City Council](#).

Please speak to your advisor at Spring Housing if you have any questions that have not been answered by the above link and before you apply.



[Translate](#) ترجمه 翻译

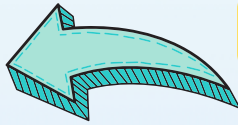
The Migrant Advice Portal is a hub to access support and to better connect asylum, refugee and migrant services across Birmingham and the West Midlands.

This site is in an early launch stage. If you find issues or areas that need improving, please [contact us](#).

[Find support](#)

[Read about the portal](#)

[Ukraine migrant area](#)
українські мігранти



Access support services across Birmingham and the West Midlands specifically for Ukrainians

Ukrainian migrant support hub

A gateway for Ukrainian migrants and those who support them to access information, events and services.

Шлюз для доступу до інформації, подій та послуг для українських мігрантів та тих, хто їх підтримує.

[Home](#) > [Ukraine](#)

[Search](#)

[Emergencies & crime](#)

[Housing](#)

[Shopping](#)

[Transport](#)

[Money](#)

[Work](#)

[Education](#)

[Health](#)

[Disability](#)

[Looking after your family](#)

[Life in the UK](#)

Go to:

www.migrantadviceportal.org



ВОРКШОП З ПРАЦЕВЛАШТУВАННЯ

Участь безкоштовна

- ✓ побудова кар'єри
- ✓ поради по вашій професії
- ✓ зміна кваліфікації
- ✓ CV та інтерв'ю

На заході ви можете задати будь-які запитання по працевлаштуванню



03 ТРАВНЯ, П'ЯТНИЦЯ
12:30 - 14:30

АДРЕСА: RMC OFFICE, UNIT 2,
57 FREDERICK STREET,
JEWELLERY QUARTER,
B1 3HS



WELCOME EVENT: ІНФОРМАЦІЙНИЙ ЗАХІД ДЛЯ НОВОПРИБУЛИХ УКРАЇНЦІВ

Зустріч буде проходити англійською з перекладом на українську мову



10 ТРАВНЯ (п'ятниця)
11am - 1pm

RMC Office, Unit 2
57 Federick street,
Jewellery
Quarter,
B1 3HS



ТРЕНІНГ ПО БІЗНЕСУ: SELF-EMPLOYMENT

Участь безкоштовна

- ✓ Типи самозанятості
- ✓ Податки та бенефіти
- ✓ Кому підходить?
- ✓ Поради по першим крокам



12 КВІТНЯ, П'ЯТНИЦЯ
12:30 - 14:30

АДРЕСА: RMC OFFICE, UNIT 2,
57 FREDERICK STREET,
JEWELLERY QUARTER,
B1 3HS



ТРЕНІНГ НАДАННЯ ДОПОМОГИ ПРИ СТРЕСІ СОБІ ТА БЛИЗЬКИМ

Тренінг буде проводитись українською мовою



17 ТРАВНЯ (п'ятниця)
11am - 1pm

RMC Office, Unit 2
57 Federick street,
Jewellery
Quarter,
B1 3HS





EID MUBARAK

It's now time to celebrate and rejoice with family and friends

YOU ARE INVITED TO JOIN THE EID CELEBRATION

Date: 13th April 2024 (Saturday)
Time: 4:00-7:00pm
Venue: St. Germain's Church, City Rd, Birmingham, B17 8LE




CHUKANOVA MARINA OKSANA POBUDZEI DARIIA DMYTRIIEVA

WOMEN

Director Lora Arkhypenko

**FILM SCREENING
26 APRIL 2024**

BOOK TICKETS HERE



**ARENA THEATRE
WOLVERHAMPTON**

Level 3 Award in Education and Training

Here at the WEA, we believe in bringing education within reach of everyone.

The AET course qualifies you to teach in the Further Education sector, in your area of occupational competence. It is suitable for anyone currently teaching or wishing to teach in colleges and for those training in industry, business, or the public services. It is the first steps towards professional recognition in becoming a teacher, tutor, or trainer in your sector of expertise.

All learners will complete a skills assessment so we can establish levels to ensure learners are joining courses to support their learning development.

This Level 3 course is free to those who are working and earning less than £30,000 per year.

This course will be free to West Midlands Combined Authority residents who receive means-tested benefits or earn a low income. You must be aged 19 from August 31st 2023, to be eligible for this year's funding. Courses are subject to 10 or more learners enrolling for courses to begin.

For more information, or to discuss further, please contact:
Nadia Smitheman on 07827553111 or at Nsmitheman@wea.ac.uk
OR
Sundeep Kaur on 07788396024 or at skaur@wea.ac.uk

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The WEA is a charity registered in England and Wales (no. 1112778)

wea.org.uk

Level 3 Award in Education and Training



To support learners in preparation for their level 3 qualification we will be running a short study skills course. This will provide learners with knowledge and confidence. Once completed learners will be transferred to the level 3 course.

Level 3 Study Skills
14/05/2024 – 15/05/2024
Tuesday & Wednesday
10.am – 1.p.m
2 sessions
Course Code – Q00015099

Level 3 Award in Education and Training
16/05/2024 - 02/07/2024
Tuesday, Wednesday & Thursday
10.am – 1.p.m

To enrol please click into the link below
[WEA online and in-course courses for adults WEA](#)

Or call 0300 303 3464 (press option 1 to join a course) please give the course code Q00015099.



West Midlands Combined Authority
WEA
Adult Learning Within Reach

CONCERT FOR UKRAINE



ON BEHALF OF



THE ROTARY CLUB OF WALSALL

27th APRIL
7:00-9:00PM

ST MATTHEW'S CHURCH
PRESENTS

MUHA BAND

TWO PART CONCERT WITH A REFRESHMENT BREAK

MUHA BAND (Ukraine/UK, based in Nottingham) offers a new tradition in contemporary Eastern European music, influenced by the multicultural society in the UK, the band is a brilliant live act.

www.muha.co.uk

Tickets are £10 each available prepaid or on the door.
All the proceeds will go to The Rotary Club of Walsall to provide humanitarian aid to the people of Ukraine.



www.stmatthewswalsall.co.uk
St Matthew's Close, Walsall, WS1 3DG
01922 626039
office@stmatthewswalsall.co.uk

THE ROTARY CLUB OF WALSALL
All enquiries please contact trevor@walsallrotary.org

or use QR code
www.walsallrotary.org
walsallrotaryclub



KRYLA

KRYLA is a newly established organization in Birmingham, dedicated to empowering Ukrainians who have recently arrived in the UK. Our goal is to create a welcoming and supportive community—a place where Ukrainians feel at home, where their traditions are respected, and where they always feel understood and valued.

Founded by Ukrainians who have themselves fled the war, KRYLA understands the ongoing needs and challenges of adapting to life in the UK. Our mission is to help Ukrainians integrate quickly and easily, enabling them to build independent, fulfilling futures.

We offer a comprehensive range of programs for all ages, including mental health support, guidance on employment and entrepreneurship, socialization through our Youth Club, participation in sports activities, cultural events, tailored English lessons, a Business Speaking Club, art classes, and more. Additionally, we provide volunteering opportunities for Ukrainians, helping them gain valuable skills and experiences.

At KRYLA, We believe that through unity, Ukrainians find strength and hope, building a brighter future for themselves and their families in a new country.



Upcoming...

WOMEN'S EMPOWERMENT GROUP

EMOTIONAL ABC ART WORKSHOP

CEEUS CREATIVE NETWORKING IN LONDON

CEEUS NETWORKING MEETING

WOMEN'S WELL-BEING WORKSHOP

LEADERSHIP TRAINING

I AM GOING TO A MAGICAL LAND

YOGA SESSIONS

BOAT TRIPS

FISHING TRIPS

CANOEING

NATURE WALKS

see chances.inspire changes.
make noise.

CEEUs! Network

A network of collective innovators creating a Migrant presence.

Over the past few years, we have been engaging with communities and establishing a Central and Eastern European migrant presence in British Society, Public Life, the Cultural Scene and beyond.

Building upon the views of our communities we have created CEEUs!; a network for creatives with a Central and Eastern European migrant background.

Our main aims are to address the underrepresentation of Central and Eastern European migrants in the UK, xeno-racism and hostility. We want to encourage, empower and promote CEE migrants to share their voices and foster networks that can achieve definitive actions. We want to train future leaders and migrant activists.



Scan me!

Centrala

Paul Hamlyn Foundation

10

CEE US!

see chances.inspire changes.
make noise.

What's on this month?

April 2024



Unit 4 Minerva Works
158 Fazeley Street, Birmingham, B5 5RT
0121 5130240
www.centrala-space.org.uk

See Chances...

ESOL Wednesdays
At Centrala, we offer ESOL, 10am - 12pm
(English for Speakers of Other 6 - 8pm
Language). Don't miss this chance Saturdays
to improve your English language 10am - 12pm
skills and open doors to new opportunities.

JOB CLUB* Thursdays
We provide 1:1 support with job 10am - 12pm
hunting, job applications, and gaining interviews.

ONLINE EMPLOYABILITY WORKSHOP* Tuesdays
Offering advice and support to 10am - 12pm
enable Ukrainians in Birmingham 30th 1pm -
to gain the necessary interview 3pm
skills to find employment in the UK.

ADVISORY DROP IN SESSIONS Tuesdays
Do you have questions about 12pm - 5pm
employment, schools, or education? Every Tuesday we
Are you confused about housing or are here to offer advice, and help you
accessing a GP? find the support you need.

DROP IN SESSIONS WITH RMC Wednesday
Offering advice and support for 10th, 24th
Ukrainians: social support; staying 12pm - 1pm
with hosts and moving on; health and mental health; art and culture;
opportunities to get involved and be active, and housing advice.

DROP IN SESSIONS WITH SPRING HOUSING Thursdays
Offering Ukrainians advice on: 12pm - 5pm
initial housing support on arrival; move on support; post tenancy
support, and actions and support planning for individuals.

Inspire Changes...

I AM GOING TO A MAGICAL LAND* Wednesday 3rd
Through the theme of play, music, 2pm - 4pm
and art therapy, children and parents will take part in a
workshop where together they will learn how to recognise emotions
and using physical sensations to identify emotions

EMOTIONAL ABC ART WORKSHOP* Saturday 6th
During the workshop parents will 2:30pm -
be provided with Emotional ABC 4:30pm
(Emotional Skill program) to help them to understand their children
and themselves how to recognise stress and trauma. We will provide
tools to help to cope with potential stressors/triggers of trauma.

START YOUR CAREER IN CARE Thursday 25th
A care company will host an 1pm-2pm
employment opportunity event for Central and Eastern
Europeans. They specialise in supporting people to gain Level 1
qualifications in care which can lead to a guaranteed job
interview.

WOMEN'S WELL-BEING WORKSHOP* Saturday 27th
Find Your Place in Space: Art and 12.30pm-
Movement Workshop with 2.30pm
Outside The Box.

Make Noise...

EASTERN INCANTATIONS* Friday 5th
Eastern Incantations weekend, 6pm - Late
two evenings of experimental FREE
sounds from Eastern Europe and Saturday 6th
Migrant performers. 7:30pm - Late
£15

RAGE ROOM* Saturday 13th
During this workshop 12pm - 3pm
participants will come together to journey through the
experience of accessing, channelling and releasing anger,
the opportunities and possibilities this presents for
transformative healing

GAMES CLUB Saturdays
Boardgames, cards, chess, 12pm - 2pm
draughts

CEEUS NETWORKING MEETING* Wednesday 17th
Monthly networking events for 6:30pm - 8:30pm
Central and Eastern Europeans to chat, create connections, and
community.

***BOOK ON OUR WEBSITE**

Unit 4 Minerva Works
158 Fazeley Street, Birmingham, B5 5RT
0121 5130240
www.centrala-space.org.uk

Midlands Art Centre Repair Café

6th April – 25th May

11am – 2pm | FREE, drop in | First Floor Gallery

Bring your broken items to be fixed by Balsall Heath repair café!

The first session on Sat 6 April will focus on textiles repair. Their skilled volunteer menders will be on hand to fix your household electrical appliances and textile items. Join them to save old items from being thrown away and enjoy sharing skills, building relationships, having fun and learning new things.

Midlands Art Centre Knit Social

11

Sun 14 April

2pm – 4pm | FREE, booking essential | First Floor Gallery

Get cosy and creative at our Knit Social event, inspired by Tatiana Wolska's exhibition.

Bring your knitting needles and join fellow art enthusiasts for an afternoon of stitching and chatting. Whether you're a seasoned knitter or a beginner, everyone is welcome to unwind, connect, and share the joy of making.

You Said, We Did!

Hosts informed us that they would like the monthly virtual networking forum to be arranged on different weeknights rather than just a Thursday. We have therefore taken their feedback on board and the next host event is on Tuesday 23rd April (7pm-8pm)



Spring Housing Association

First Day of Spring.

On the 20th of March, amidst the gentle blossoming of flowers and the promise of warmer days ahead, Spring Housing Team came together at Moseley Hive to celebrate not just the change in seasons, but also the spirit of teamwork and community support that defines us.

Housing Advice Sessions

Monday
10.30-12:00
Sutton Coldfield
Library
Red Rose Centre
Birmingham
B72 1XX

Tuesday
12pm -5pm
Bosnia House
Sprakhill
Medley Road
Birmingham
B11 2NE

Wednesday
09.30- 17:00
JQ Hub
24 Mary Street
Jewellery Quarter
Birmingham
B3 1UD
Appointment via
Booking Only

Wednesday
11:00 - 14:00
The Moseley Hive 93
Alcester Road
Moseley
Birmingham
B13 8DD

Thursday
12.00 p.m-5.p.m
Centrala
158 Fazeley Street,
Birmingham B5 5RT

Friday
09.00 - 16:00
Hestia House
22 Old Walsall Rd
Hamstead
Birmingham
B42 1DT
Appointment via
Booking Only

How can I book?

Contact the Homes for Ukraine team

via our email hfu@springhousing.org.uk or telephone 0121 663 1443 line to book you in!

DATES FOR YOUR DIARY

St George's Day – 23rd April 2024

St George's Day used to be a national holiday in England. It is now an observance that is celebrated with parades, dancing and other activities. Flags with the image of St George's cross are flown on some buildings, especially pubs, and a few people wear a red rose on their lapel. Church services on the Sunday closest to April 23rd often include the hymn 'Jerusalem', written by the poet William Blake. The words describe a supposed visit to Glastonbury, England, by Jesus Christ during his youth.

Shakespeare Day – 23rd April 2024

Many fans and enthusiasts of William Shakespeare, who was one of England's greatest poets and dramatists, celebrate National Shakespeare Day, also known as Shakespeare Day, on April 23 each year.

Special pageants are held at Stratford-upon-Avon in Warwickshire, where Shakespeare was born and where thousands of tourists go each year to see his plays performed. The bells of Holy Trinity Church ring out and the Mayor of Stratford leads a procession there to lay flowers on Shakespeare's grave. The procession includes bands, civic dignitaries, costumed actors and actresses, Morris dancers, and the staff and pupils of some local schools.

STAFF SPOTLIGHT

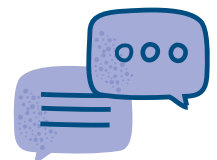
NAME: Tarek Hadeed

JOB ROLE: Family Support Worker

BIO: 16 years of experience in the humanitarian sector in 4 INGOs and several local charities. 3 academic degrees: MBA, BSc Economics, and Crisis and Disaster Management diploma.

WHAT DO YOU LOVE MOST ABOUT YOUR ROLE? the ability to elevate suffering and to help people with a new fresh start in their lives.

WHAT HAS BEEN YOUR GREATEST ACHIEVEMENT AT RMC SO FAR? I am happy to say that every day brings new successful stories for HfU hosts and guests, in terms of education, work and social integration. However, my greatest achievement was to be able to serve in all resettlement projects across three different offices for RMC.



If you would like to share any feedback with us, please email us at:

ukraineb@rmcentre.org.uk with 'feedback' as the subject line. We would love to have your suggestions, ideas and comments to improve this service.

Alternatively, if you have an upcoming event or wish to share a positive story, please write to the above email address with 'FAO Sandra' in the email subject line.

Deadlines for submissions are the 30th April 2024.

ESOL HUB BIRMINGHAM

- Help people with English Language needs by finding a suitable English course around the City.
- An online test to check your level of English
- A list of ESOL course providers

M: 0121 303 4318
W: www.birmingham.esolhub.co.uk

JOSEPH CHAMBERLAIN SIXTH FORM COLLEGE

- Offer short, intensive courses along with part time one-year courses.
- Vocational ESOL
- Can study other vocational qualifications alongside ESOL

E: info.adultlearning@jcc.ac.uk
W: www.jcc.ac.uk

MOSELEY FOR UKRAINE

- Informal English classes
- Beginner; 10:00 – 12:00
- Intermediate; 13:00 – 15:00
- Course is free of charge
- Create a CV
- Translate your Ukrainian diploma/s if necessary.

E: Moseleyforukraine@gmail.com
W: www.moseleyforukraine.org

NORTH BIRMINGHAM 4UKRAINE

- ESOL Classes
- Monday morning classes
- Offer a friendly learning environment with free refreshments
- Focus on making learning fun and appropriate to everyday life in the UK.

Contact: esol@nb4u.co.uk
W: www.nb4u.co.uk

BOSNIA & HERZEGOVINA UK NETWORK

- ESOL Classes
- Information, advice and guidance
- Social and celebration events
- Day trips

M: 0121 772 3052
W: www.bosniauknetwork.org

CENTRALA

- ESOL Classes
- Tailored learning – cater to your unique goals
- Experienced Instructors – providing a supportive and engaging learning environment
- Practical approach – to support your language for everyday life
- Flexible scheduling – morning or evening classes.

M: 0121 513 0240
W: www.centrala-space.org.uk

STEP UKRAINE PROGRAMME

- Virtual 12-week English language and employment programme
- 2.5 hour daily English classes
- Options for morning, afternoon or evening lessons
- Remote and teacher led

M: 0800 319 6089
W: www.worldjewishrelief.org/stepukraine/

EASTERN EUROPEAN WELFARE ASSOCIATION

- Bespoke employment advice, coaching and CV writing
- Vocational ESOL
- Access to Ukrainian speaking Psychologists
- General information, advice and guidance

M: 0121 740 0824
W: www.ewacic.com



Talking Space

Are You Having a Difficult Time?

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



ERDINGTON

SELLY OAK

NORTHFIELD

- WE CAN HELP WITH**
- Low Mood
 - Struggling to Cope
 - Anxiety
 - Stress
 - Suicidal Thoughts

Open to anyone aged 18+

5pm till 11pm

Every Day

By Appointment
Simply call us:
0121 262 3555
Email:
help@birminghammind.org

Our Talking Space Venues



5pm till 11pm | Every Day

Beechcroft,
Rear of 501 Slade Road
Erdington, Birmingham
B23 7JG
Appointment Only
Call Us:
0121 262 3555
Bus routes: 11c, 11a, 65, X64



5pm till 11pm | Monday - Wednesday

grounded.
11 Bournbrook Road, Selly
Oak, Birmingham, B29 7BL
Appointment Only
Call Us:
0121 262 3555
Bus routes: 68



5pm till 11pm | Thursday - Sunday

Creative Support, 888 Bristol Road
South, Northfield, Birmingham B31 2NS
Appointment Only
Call Us:
0121 262 3555
Bus routes: 61, 63, X20, 18, 27, 76.
15 minute walk from Northfield Train Station

Book Now

What is the Community Mental Health and Wellbeing Service?

This service will help and support you with your mental health and wellbeing.

We offer appointments with our specialist team of mental health care professionals, called the Neighbourhood Mental Health Team via your GP practice.

This new service makes it quicker and easier for people to get the right support by bringing together a range of services available in the NHS and in your community.

How can the service help me?

We help people by providing support, advice, and treatment.

We can help you with your mental and physical health, as well as helping you resolve issues affecting your wellbeing such as money, work, housing, relationships, trauma, abuse, or addiction.



I need help right now.

If you need emergency support with your mental health, there is always someone to talk to.

You can call the **Birmingham and Solihull Urgent Mental Health Helpline** (managed by Birmingham Mind) 24 hours 7 days a week for advice and support on **0121 262 3555** or **0800 915 9292**

You can speak to **Samaritans** right now, or any time day or night by calling **116 123**

Or send an email to **Jo@samaritans.org** for a response within 24 hours.

If you are an immediate danger to yourself or others **call 999** or go to your nearest A&E.



Ask your GP surgery for more information, or visit **www.bsmhft.nhs.uk**



Birmingham and Solihull Community Mental Health and Wellbeing Service



If you're experiencing problems with your mental health, mood, or wellbeing this service is here to support you.



Birmingham and Solihull
 Community Mental Health
 and Wellbeing Service

Who can access the service?

We welcome anyone aged 18 or over who is experiencing new or ongoing mental health symptoms, as well as people who have an existing mental health diagnosis such as Bipolar, Personality Disorder, Schizophrenia etc.

Who are the Neighbourhood Mental Health Team?

We are a group of mental health care professionals based at local GP practices across Birmingham and Solihull.

The service is provided in partnership with Birmingham and Solihull Mental Health NHS Foundation Trust and Birmingham Women's and Children's NHS Foundation Trust and is part of the Birmingham and Solihull Integrated Care System (ICS).



What will happen in my appointment?

Appointments take place at your GP practice or over the phone or video call with a mental health care professional. Occasionally our team may also visit you in your home depending on your circumstances.

In your first appointment we'll ask you to talk about how you're feeling, the symptoms you are experiencing and what is happening in your life.

We will listen to you and your experiences and will recommend options to help you to manage your situation and take the next steps to getting further treatment and support.

This may include things like:

- getting a therapy or counselling appointment
- being prescribed medication
- helping you connect with services available in your local community to get support with any issues affecting your wellbeing such as housing, money, or relationships.

The Community Mental Health and Wellbeing Service does not replace an appointment with your doctor, so you'll still be able to see your GP or Psychiatrist if you need to.



How do I make an appointment?

To book an appointment contact your GP surgery and ask about the Community Mental Health and Wellbeing Service.

Please note: this service is not appropriate for everyone. The receptionist may recommend you speak with a care navigator first to find out if it's right for you.

Вітаємо у Бірмінгемі!

Центр Біженців та Мігрантів (Refugee and Migrant Centre) вітає вас у Бірмінгемі в рамках програми "Житло для України" (Homes for Ukraine)



Welcome To Birmingham

The Refugee and Migrant Centre would like to take this opportunity to welcome you to Birmingham and the Homes for Ukraine Scheme.



UKRANIAN

SCAN QR CODE FOR OUR
WELCOME PACK

ENGLISH

