

Welcome to the Birmingham Forward Steps Newsletter June 2021

Celebrating Breastfeeding

As part of Breastfeeding Celebration week (June 20th – 26th), our teams across Birmingham Forward Steps organised and took part in events both online and face-to-face.

Parents that had previously only met online as part of the ['Virtual Breastfeeding Lounge'](#) got a chance to meet in person for the first time as part of an event at Canon Hill Park organised by our Children's Centres. On the day, parents got to meet each other, get helpful advice and feeding tips from our infant feeding experts and take part in baby yoga, amongst other activities.

Our teams also shared helpful advice online, with the Hall Green district sharing videos of their lovely breastfeeding moms who kindly gave their experiences. You can see the videos here:

<https://www.facebook.com/StPaulsChildrensCentres/videos/4398346860218258/>

<https://www.facebook.com/StPaulsChildrensCentres/videos/520810179122135/>

You can find more resources and information put together by our Infant Feeding Team by visiting these webpages [here](#) and [here](#).



Case Study - Employment and Training

The following case study is provided by Alison Edmond, Specialist Team Manager, Northfield District:

"I have been supporting this lady (K) since 2020, she has accessed the Employment and Training workshops that were initially face-to-face then due to the Coronavirus pandemic continued with virtual sessions on a weekly basis. I have supported her with completing her CV and referring her to 'Suited for Success' which have helped her with confidence building, interview techniques and dressing for interview, which she completed.

During a virtual conversation, she decided that she needed to work within school hours due to having children attending school and she would ideally like to take and collect her children from school. She had applied for a Teaching Assistant post previously but had been unsuccessful with securing a position.

K has attended courses that I have sent to her to include: Working with Under 5's, Health And Safety, Early Years Development and a First Aid Course. K spoke to our Volunteer Coordinator, Sheena, at Foxhollies Children's Centre, due to her not having recent experience within Early Years and as she wanted to work with children. K decided that at this moment there was no specific roles suitable for her to volunteer within but would contact FHCC again if any suitable Volunteering roles should arise.

I have been joint working with Zoe from Clarion Futures by previously delivering a workshop and supporting parents into applying for local vacancies. Zoe had sent some information relating to a new program that she is delivering alongside Bournville College; the course incorporated Teaching Assistant training with placements and guaranteed interview. An application needed to be completed by K and sent direct to Zoe at Clarion Futures. At Foxhollies Children's Centre our aim is to empower our parents who wish to learn new skills and support them on their employment and training journey."

Feedback from K: "Hi Alison. Sorry I've been meaning to let you know but I've been so busy . I have got onto the course and started last week. Its a very interesting course but a lot harder than a childcare course. I just need to find a voluntary placement . I'm going to do a few cover letters to hand into schools as the head teacher from my children's school requested one. All thanks to you Alison. Thank you for everything you have helped and done for me ☺"



Alison Edmond

Health Visiting Recruitment – We Need You!

Birmingham Forward Steps are looking to increase recruitment for our Health Visiting Teams by creating a video advert and a poster campaign and would love to have volunteers involved. If you are a Health Visitor or Assistant Practitioner, and feel passionate about promoting the service in a positive light, please feel free to be involved.

We are looking to showcase what an important job being a Health Visitor can be; from giving antenatal advice, offering breastfeeding support, giving routine health checks, through to offering parents emotional support. The job of a Health Visitor is vital to making a difference to the Under 5's in Birmingham.

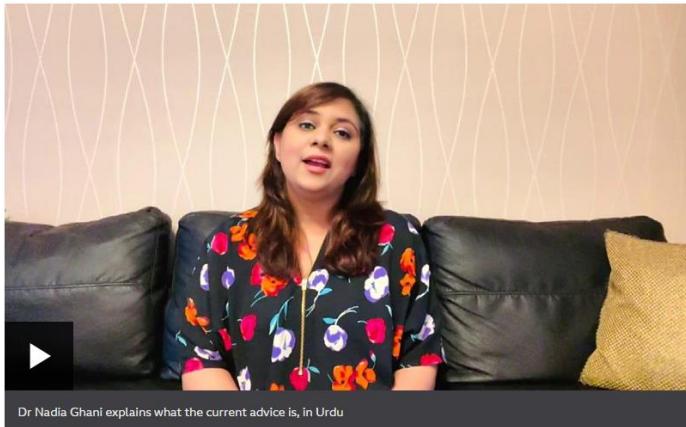
We are looking for a diverse mixture of volunteers; female and male, both younger and more mature, from a variety of backgrounds.

If you'd like to be our model in front of the camera, please drop an email to: balwant.dass@nhs.net



COVID Vaccination Advice – In Different Languages

Urdu



As the Covid vaccine is being rolled out to younger age groups, what should you do if a service user has limited understanding of English but is expecting a baby, is breastfeeding or is trying to have a baby?

BBC Asian Network is helping the South Asian community to understand what the science says in five languages: [Gujarati](#), [Punjabi](#), [Sylheti](#), [Tamil](#) and [Urdu](#). Does the vaccine have any effects on fertility for both men and women? Doctors have answered some commonly asked questions about pregnancy and the Covid vaccine.

To access the videos, please visit:
<https://www.bbc.co.uk/news/uk-57515924>

Community Fundays!

During half term, some of the Early Years and Specialist role teams from BFS Northfield District arranged two community Fundays and were happy that 12 families came along to join in with the event and take part in activities.

The team delivered a fun and activity packed event within a local park; the sun was shining and they promoted safe sun protection and healthy eating with families - which linked nicely to some of the [Startwell](#) characters which they were promoting during this event.

The idea for an event was planned so that many young parents, families and children could access something that would help them to get outdoors within a COVID safe environment; as well as help with their mental health and wellbeing, and provide a variety of activities to keep their children entertained during half term. Activities included an obstacle course (180 Katie, Active Azra and Sammy Skills), making play dough (Sammy Skills and Suzy Startwell) and planting seeds (Fay 5 a Day and Suzy Startwell).

"We placed the Startwell characters around the tree for the children to see and become familiar with and some of our parents were actually using some of the names to their children whilst completing the activities which was great!! We all enjoyed some sunshine on our community events in the park and families had a chance to get involved in an outdoor activity after spending so much time indoors after the countless lockdowns and weeks of endless rain. We received positive feedback from our families and would love to arrange more community events in the future!"

– Sally, Health Activities Worker.



Michele (Volunteer Coordinator), Sam (Early Years Worker), Lucy (Early Years Apprentice), Sally (Health Activities Worker)

Tanya

"We loved the activity in the park. Staff really engaged with me by chatting and making me feel welcome. I would recommend to others and would now be interested in the parents Forum which Joy (community development worker) leads on."

Melissa

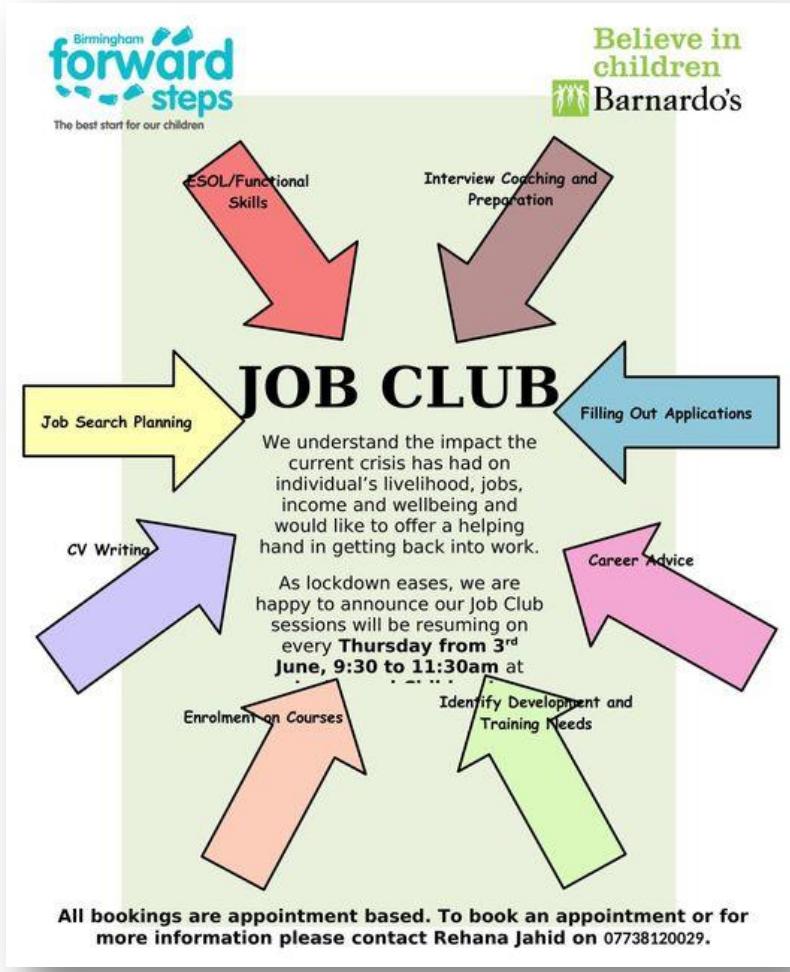
"Thought it was an excellent day all the activities were good. My children loved it. It was great to meet up with other parents. Staff were excellent."

Pinar

"I really enjoyed the day so did my child. Staff really engaged with us they were kind and helpful. It was all good. I'm now interested in going to the Big Toddle and parents forum."

Ladywood Job Club

Ladywood district are offering a new job club for parents and carers looking to get help with employment. The club offers career advice, CV writing, interview coaching and more. For more information call: Rehana Jahid on 07738120029



Springfield Food Pantry

It's a good week to join the Springfield Food Pantry! Visit the link below to take a look at what they have got in!

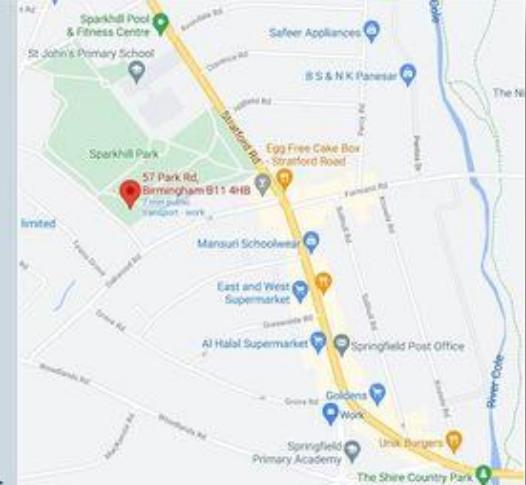
Go to: <https://your-local-pantry.force.com/s/member-sign-up>

Or come along Tuesday or Thursday between 9:00 and 11:00 a.m.

Your Local PANTRY
• Springfield •

Opening times:
Tuesdays and Thursdays
9:00—11:00 a.m.

www.yourlocalpantry.co.uk [@thespringfieldproject](#) [@springfield_p](#)



On Park Road between Showell Green Lane and Oakwood Road POSTCODE: B11 4HB

Job Vacancy

Perinatal Mental Health Project Volunteer Co-ordinator

Spurgeon's currently have an exciting opportunity for a Perinatal Mental Health Project Volunteer Co-ordinator to work as part of a new Perinatal Mental Health project team.

The aim of this project is to improve the perinatal health and mental health of Pakistani mothers by providing specific and dedicated resource to increase engagement with support services and therefore improve health outcomes for new Pakistani mothers and their babies. It will also increase dialogue between the Pakistani community and the wider BFS partnership, allowing for barriers to access to be explored, understood and tackled.

For more information please visit:

<https://isw.changeworknow.co.uk/spurgeons/vms/e-careers/positions/aCRqkOWXHdBzl6zb6DXX7Y>



Key Worker Pilot Project

Barnardo's have recently been awarded a new contract to deliver The Key Worker Pilot Project across Birmingham and Solihull which is designed to improve the services to children and young people with learning disability and/or autism, as well as their families and carers where there is a risk of crisis and hospital admission.

The key worker pilot is part of a new NHS England linked to Long Term Plan objectives for learning disabilities and Autism. The pilot service gets underway in September and will run until the end of March 2022. This will be a new dedicated team of Key Workers, who will work to put the children and young people at the heart of the system by bringing a range of services together, challenging the system and outcomes. The service will be available to children and young people up to the age of 25.

If you would like more information about the pilot or to get involved, please contact CCG Project Lead, Tom Parker:
tom.parker3@nhs.net

In partnership with



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