



# ACP FAMILY WELLBEING CENTRE WINTER 2021 NEWSLETTER



## Happy holidays from our family to yours!

This newsletter is a great opportunity to get in touch with the people who have supported us this year and those who have used our services. What a year it has been! This year we have been able to extend the wellbeing services and have new members in the team. We now have a counsellor and two domestic violence support workers and are so pleased that the new provision is supporting the local community and helping to enhance their health and wellbeing. Our physical activities, cycling, yoga, fitness have continued to support women's health and we have also supported men's health with our Men's outdoor boot camp sessions.

Arts and craft sessions have been supporting women to get creative and produce beautiful art works.

Our advice services have been supporting the community by providing an array of advice and guidance support. A large proportion of our work supports carers in the community.

Training and Employment in an area where unemployment is high, on the agenda at ACP and a new project supporting young people into work and training has been launched this month. The X-Cite Project - this programme is delivered by a consortium of local community organisations to help and support young people back into training or employment. The X-Cite Project is part-funded by the European Social Fund and supported under the Youth Employment Initiative.

Are you aged between 15 to 29 and are currently unemployed or inactive, we can provide support to develop your skills and qualifications to help you progress to employment or further learning. Call us today!

*The Ashiana Family Wellbeing Centre improving the quality of life for people living, working and volunteering in Sparkbrook and surrounding areas.*

## Tips for recharging and resting over the holiday season

Wake up every morning with a smile. Plan your day ahead with your family.

Spend time alone and take time out for your own self-care.

Stay hydrated, eat well, sleep well, move your body, boost your brain power and keep your mind active, for a safe, healthy and happy festive season.





Image: Wellbeing team with their local PCSO at WMP Sparkbrook left to right, PCSO Whelan, Kam, Shabana and Shehla.



**Bump & Beyond**

Support For You and Your Baby through Pregnancy and beyond

**We are offering a 8-12 week programme covering nutritional health and well-being supported by GP services, health and nutritional coaches.**

Research has shown that as compared to national average Birmingham has the highest number of premature births and perinatal deaths affecting ethnic minorities. Our project aims to support mothers from these communities through their journey from preconception to early years of their child and provide best possible start of life for their new borns.

**CONTACT FOR MORE INFO:**

telephone 0121 687 6767

email: [shabana@acpgroup.org.uk](mailto:shabana@acpgroup.org.uk)  
[vinita@acpgroup.org.uk](mailto:vinita@acpgroup.org.uk)

Visit: [www.acpgroup.org.uk](http://www.acpgroup.org.uk)

## Thank You

The end of the year is a great time to reflect on our partnerships with schools, charities, stakeholders, and our funders and our community. These connections are vital in supporting the work we do. We have been able to work together in supporting families and being able to provide communities with access to services to benefit their health and wellbeing. Our wellbeing team has been super busy over the last few months, see some of the things they have been doing here

If you want to work with us drop us an email;

[womenwellbeinghug@gmail.com](mailto:womenwellbeinghug@gmail.com)

### New Counselling Services culturally sensitive and confidential....with Sadhana

"Counselling can be useful to anyone who wants to explore the way they are thinking or feeling. Furthermore as well as for anyone experiencing a problem and are keen to resolve it. At some point of our lives, we can go through difficult situations, affecting our emotions, having impact on relationships or day to day functioning. Counselling comes under the umbrella term 'Talking Therapy', helps people to come to terms with a variety of problems they are facing with an ultimate aim of recovering them. It allows them to share and encounter their difficult feelings, in safe confidential environment.

There are various choices how you want to use the service through face to face at Ashiana in privacy, online through digital media Zoom and telephone counselling for particularly those who either find it difficult to travel or too busy in their lives can use the service from comfort of their home"

Contact: [Sadhana@acpgroup.org.uk](mailto:Sadhana@acpgroup.org.uk)





## Domestic Violence support services

ACP recognises Domestic Violence is on the rise. 1 in 3 Males and 1 in 4 Females are victims. You are not alone. We want to help you take control of your life, to be independent and most importantly to be safe.

Therefore, ACP has established a new confidential bilingual

and culturally sensitive Domestic Violence team. Whether it is finding somewhere safe to live, dealing with immigration issues, accessing welfare benefits or seeking legal services to safeguard you and/or your children

Our experienced staff are here to LISTEN and HELP

Call Shehla or Alkuma on:-

[0121 687 6767/ 07579764469](tel:01216876767)

[womenwellbeinghub@gmail.com](mailto:womenwellbeinghub@gmail.com)



Men's Bootcamp Saturday mornings ACP Garden



## What's New in 2022

We have got lots of exciting projects and initiative's to support local communities to help enhance their quality of life.

Look out for new wellbeing coffee mornings popping up near you, more yoga and wellbeing for parents in schools. Arts and crafts for wellbeing in schools and community spaces near you.

Advice and support for good health, nutritional advice for optimum health

If you want to collaborate with us, or want us to come to a community group in your setting please get in touch with our wellbeing team: **0121 687 6767**



Artwork image below by women's community art group with Artworks Hall Green at ACP



Visit our website and find out how you can join our sessions classes and/or activities.





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Centre**

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[www.acpgroup.org.uk](http://www.acpgroup.org.uk)

**Follow us on social media**

Instagram @acp.birmingham  
Facebook @acp.birmingham  
Twitter @ashianacp

## Stay safe and well

2021 is certainly a year that will go down in history! The pandemic has changed the way we view the world to some extent, it has made us appreciate what and who we have in our lives. It has made us look at our own self-care needs and it has brought together families and communities during turbulent times.

From the ACP Family Wellbeing Centre family to you and your family, we would like to wish you a restful and joyful festive break.

Stay safe this season in the midst of an Omicron Covid-19 wave.

It's important to ensure that you get authentic sources of information, the following websites are reputable sources. Follow the guidelines to ensure you keep yourself, your family and your communities safe

### GOV.UK: What you need to do

<https://www.gov.uk/coronavirus>

### NHS: Advice for everyone

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

## Office Closure and Re-Opening

We will be closed from 25<sup>th</sup> December 2021 til the 3<sup>rd</sup> January 2022 and offices will re-open on Tuesday January 4<sup>th</sup> 2022.

