



First 1001 Days support: Birmingham Service Directory



Second edition: September 2025

Where minds matter

The First 1001 Days

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OVERVIEW

"The First 1001 days include pregnancy and the first two years of a child's life. There is clear, compelling evidence that this is a significant and influential phase in development. This is an age of opportunity.

What happens during this period lays the foundation for every child's future health, wellbeing, learning and earnings potential.

sets the groundwork for children's developing emotional wellbeing, resilience and adaptability; the competencies they need to thrive. During this period we can lay a foundation of health and wellbeing whose benefits last a lifetime - and carry into the next generation".

(Parent-Infant Foundation)

The First 1001 days is a critical period of a child's life and there is no other area in life with the potential for so many services to become involved. Any parent-infant work needs to be embedded within a whole system approach to trauma. Although this can seem challenging, the opportunity this offers to protect and promote the immediate and future wellbeing of babies and young children is vast



Figure 1: The parent-infant relationship sits at the heart of a multi-disciplinary trauma-informed system (Parent Infant Foundation).



OVERVIEW

In May 2023, we launched the first edition of our 'First 1001 Days Directory for Professionals'.

During Summer 2025, we have undertaken a review of the directory, based on the original version, and have established and provided updated information wherever we can. As with our previous directory, this is a working document and may not capture all services and sources of support, but it endeavours to provide a comprehensive overview. We understand that there will be variation in people's experiences of different services therefore we cannot guarantee how helpful a service may be for an individual or family. Where possible, information has been confirmed with services or extracted from their website. Although information is accurate at the time of recording, we acknowledge that over time services and their provision may change. We plan to continue to review and update this document regularly, but would advise that information is used with this consideration in mind. Whilst we are not responsible for any errors or omissions in this document, we are happy for people to contact us at bwc.ftbinfantmentalhealth@nhs.net so we can update accordingly.

RIGHT HELP, RIGHT TIME

When using this document, we would encourage you to consider Birmingham's Right Help, Right Time framework* which sets out four layers of children's needs:

Universal needs: All children have a right to a range of services. Professionals will assess families to make sure that their general needs are met.

Universal Plus: When a child and their family have needs that require support and interventions above and beyond normal universal services.

Additional needs: When a child and their family have needs that may require an intensive or substantial package of support and these can be met without the need for statutory social work intervention.

Complex/ significant needs: When the child's health and development may be impaired without the provision of services or where there is reasonable cause to suspect that the child is suffering or likely to suffer significant harm.

We have tried to identify which level of need each service covers (*note: this is a guide*). For the purpose of this document we have broken this down into:

Universal services: Services who work with all families irrespective of level of need.

Targeted or enhanced services: Services that work with families who need some help, such as parenting support.

Statutory/ specialist services: Services provided to those families working with children's safeguarding teams and in addition to children's social care.

Specialist support focused on IMH/ PMH: Services whose work focuses on IMH/ PMH and requires a specialist intervention or mental health skill set.











Guide to the directory

This document has been formatted in four parts:

- **Perinatal Mental Health (PMH) support in Birmingham**
- **Infant Mental Health (IMH) support in Birmingham**
- **Associated offers of support (Local and National)**
- **Additional online resources, courses, and support**

For ease, services have been ordered alphabetically within each chapter where possible, but the contents page can also be used as a guide. Each page will seek to provide a service description alongside an overview of what is offered and relevant contact/ access details.

Each page will feature different icons (please see key below).

	Location		Contact Number
	Level of Need*		E-mail address
	Click here to make a referral or enquiry		Webchat
	Further Information		Website link

**More information can be found above in the preface.*



This icon indicates we have reused information from the May 2023 version of the directory.

- *We have attempted to follow-up directly with specific services but have not always received a response.*
- *We have checked websites to verify information and made edits where necessary, but we would advise using the information with caution as it may not be fully up to date.*

Each page will also feature a code to identify where the service sits (please see key below).

NHS - National Health Service
LA - Local Authority
VCS - Voluntary Community Sector
Pr - Private

Note: Some services may be featured more than once, but the information provided may vary according to PMH or IMH.



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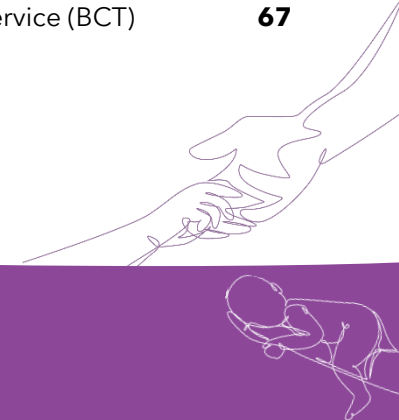
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Chapter 1: Perinatal Mental Health (PMH) support in Birmingham



SERVICES INDIVIDUALS SHOULD ROUTINELY BE LINKED IN

During the first 1001 days, we would expect individuals to routinely be linked in with:

- **GP** - Ongoing
- **Midwives** - They work with women and their babies from conception up to 28 days postnatally
- **Health Visiting Team** - They are involved antenatally up to a child's 5th birthday. They offer five mandated contacts: an antenatal contact between 28-34 weeks; new birth home visit by 14 days postnatal; a 6-8 week home or clinic contact and 1 and 2 year developmental ASQ checks.

Other professionals may become involved over time, depending on the individual and family's needs.

OTHER RELEVANT SERVICES IN THE DIRECTORY TO BE AWARE OF

Whilst the contents page provides an overview of all services and resources listed in the directory, below is a list of those particularly relevant to the perinatal period that are featured in other chapters.

- New Baby Network - Chapter 2 pg 36
- Bereavement and baby loss services - Chapter 3 pg 43-45
- Action for Postpartum psychosis - Chapter 3 pg 54
- Neonatal unit - Chapter 3 pg 57
- Smoke free maternity service - Chapter 3 pg 58
- Perinatal Pelvic Health Service - Chapter 3 pg 59
- Chapter 4



Acacia Family Support

SERVICE DESCRIPTION

Acacia is an award-winning charity that supports mums and families affected by mild to moderate pre or postnatal depression (PND) and anxiety in Birmingham. Acacia is a charity run by staff and volunteers, most of whom have suffered and recovered from PND or have a trained understanding of anxiety and depression. Acacia is an established provider within the Birmingham perinatal mental health pathway and has been successfully supporting families in the region for over 20 years. We are a Christian charity that supports families from all faiths or none.


WHAT THEY OFFER

Our teams provide a range of peer based perinatal mental health support services to help parents feel better and start enjoying their baby, helping them to cope with the emotional and practical effects of PND/anxiety which are common. We offer:

- Timely, comprehensive telephone-based assessment
- Person centred care planning/support
- One-to-one befriending sessions at our centres
- Psycho-educational groupwork using Cognitive Behavioural Therapy strategies at our centres and online
- Free crèche whilst you access our centre-based support services
- Telephone/online support
- Young Parents' Service (for teenage parents/up to 24 years old)
- Dads' support service
- Signposting to other agencies
- Working with Birmingham based families with a child up to the age of two (Perinatal Period)




CONTACT

 0121 301 5990

 [Click here for the website](#)

 Birmingham, Sutton Coldfield B72 1PH

 Targeted/ Enhanced

 [Click here to make a query](#)



Approachable Parenting

SERVICE DESCRIPTION

Approachable Parenting is an organisation based in Birmingham, supporting global majority communities of Birmingham. Dedicated to providing parenting programs and services tailored to ethnic minority families specifically to Muslim-faith minority communities. Our work involves a deep understanding of the culture, beliefs and faith of these families.

WHAT THEY OFFER

- 5 Pillars of Parenting 'Pregnancy to 3 years'* , 4 to 11 Years and Parenting Teens programmes (8 weeks) were developed with clinical psychologists and are underpinned by psychological theories and linked to Islamic faith principles to enable parents to understand the psychological concepts.
- The Pregnancy to 3 Years programme support parents from early pregnancy until the child reaches 3 years. The programme educates parents on promoting secure attachment, bonding, attunement and brain development to support baby to reach milestones. It also helps in raising awareness about parental mental health and the change in family dynamics.
- 1:1 peer support and mentoring through our volunteer lead Sparklers' Service.
- Therapeutic support for parents with low-cost therapy sessions at £30 per session
- Weekly outreach events across Birmingham called '*Chit, Chat and Chai sessions*'.
- We deliver male only parenting programmes and services.
- Qualified Doula's service.

CONTACT



0121 773 8643



info@approachableparenting.org.uk



[Click here for the website](#)



Innovation Development Centre, 22-28 George Street, Balsall Heath, B12 9RG



Targeted/ Enhanced



For referrals, please email:
referrals@approachableparenting.org.uk

**This strand of work has been funded by the
Birmingham Family Hub and Start for Life Programme*






SERVICE DESCRIPTION

Bethel Doula service provides practical and emotional support to vulnerable and isolated pregnant women during and after their pregnancies. They are a charity organisation that covers Birmingham, Solihull and Sandwell area. They are experienced in handling complex cases where a woman may be involved with social services and other statutory agencies, experiencing domestic violence, homelessness, trafficking or other emotional and physical trauma.

WHAT THEY OFFER


- Practical support for women, for example, providing advocacy and support during appointments; support throughout pregnancy, birth and beyond; breastfeeding/formula feeding and supplying essential items.
- Emotional support for women when they are in labour and giving birth and working through anxiety and PTSD surrounding giving birth (and much more).
- Parent education classes – these give future mums and dads the skills and confidence to take care of themselves and their babies before and after birth. The sessions are suitable for non-English speakers and those with learning difficulties.
- Run a Lunch, Learn Play group at Ladywood Leisure Centre. The group meets most Wednesdays from 10.30am until 1pm. It offers a range of free activities for mums and their babies.
- MumSports (Coming soon).
- They offer 24hr wrap around care
- Bethel Babys, bumps and beyond sessions – Offers a safe space to ask questions about pregnancy, practical tips to prepare your mind and body for birth, mindfulness activities and the opportunity to explore the journey of pre and postnatal care with caring experts
- West Birmingham Programme: [click here to find out more](#)
- 'Yums Club' – Is a support and information group for teenage and young mums under 20 years

CONTACT


 07881 300533 (10am - 4pm Monday-Friday)

 doula@bethelnetwork.org.uk
enquiries@bethelnetwork.org.uk

 [Click here for the website](#)

 Ladywood Leisure Centre, B16 8TR (Classes and Lunch, learn play group)

 Targeted/ Enhanced

 [Click here to make a referral or request a doula](#)

Note: The Bethel Health & Healing Network also offer the 'Rapha listening service'. This is for anyone 18+ who is in need of a listening ear. [Click here to find out more.](#)



Birmingham Forward Steps

SERVICE DESCRIPTION






Birmingham Forward Steps (BFS) is the citywide health and wellbeing service for babies and children 0-5 years of age and their families, combining **early years and family support services** and **health visiting**. BFS works with 5 strategic partners and is commissioned by Birmingham City Council (Public Health).

More Information on BFS can be found in Chapter 2 and Chapter 3.

WHAT THEY OFFER

BFS Family Support Workers and Early Years Workers keep perinatal mental health needs in mind when meeting with and supporting families, and signpost to targeted services where needed – for example NHS mental health services, or VCS mild-moderate mental health support.

CONTACT ACROSS THE DISTRICTS

-  Depends on location – see below
-  Depends on location – see below
-  [Click here for more information on BFS Children's Centres and family hubs](#)
-  [Click here to use the postcode checker to locate the relevant Children Centre or Health Visiting Team and access contact details](#)
-  [Click here to make a referral or contact the above](#)



Breathe Trust Connect

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SERVICE DESCRIPTION

Breathe Trust Connect is a non-statutory voluntary therapeutic service for birth parents who have lost a child(ren) through adoption and want to access support around this. We aim to reduce the trauma associated with adoption, preventing future adoptions where possible, building relationships and improving lives. BTC strive to keep families together where safe to do so and offer specialist support to families at risk of further care proceedings. We work with mothers, fathers and couples where safe to do so.

WHAT THEY OFFER

There are different pathways to access depending on the circumstances and needs of the birth parent(s):

- **Adult Pathway** - For those who no longer have children in their care. BTC support parents to understand and process their losses, experiences and to consider past and future parenting.
- **Pregnancy Pathway** - For those who have lost a child(ren) to adoption and are currently pregnant. BTC help to strengthen the parent and unborn baby's relationship. Support is offered throughout pregnancy, following birth and can include practical as well as emotional support.
- **Parenting Pathway** - For those who have a lost a child(ren) to adoption and have since given birth to another child and successfully parenting. BTC help to strengthen the parent and child relationship, offering emotional support, therapeutic parenting groups, opportunities to meet other parents with similar experiences and support in meetings.

New Growth

New Growth sits within Breathe Trust Connect and is for care experienced people expecting their first child in the first and second trimester of pregnancy (up to week 28 gestation). The same voluntary aspect applies, and we accept referrals for both parents, even where father is the care experienced parent. We understand that pregnancy can be a difficult time for everyone concerned and that being care experienced can bring additional challenges. A Pregnancy Outreach Worker* is available to provide support at this exciting yet potentially challenging time.

There are 2 different pathways to access depending on the circumstances and needs of the birth parent(s):

- **Pregnancy** - New Growth's role is to support parents from as early in their pregnancy as possible. We aim to help parents feel safe and connected with those who can support you. New Growth can help you understand any assessments that might take place and can attend meetings/appointments with you where needed. We understand that being pregnant can be an anxious time. Our aim is to strengthen your relationship with your unborn baby and the professionals working with you.
- **Parenting** - New Growth work alongside parent(s) to strengthen the relationship between themselves and their child(ren). They support your emotional wellbeing and run therapeutic parenting groups and family events. New Growth can support you to meet other care experienced people and help you be the parent you want to be.

Next Steps

Parents will be contacted following a referral by either a member of the team or our Referral & Advice Officer. You will be invited to an initial meeting to consider what support you would like moving forward. Any support is taken at your pace, there is no rush or limits to the length of time we are able to work with families. The work is trauma informed and underpinned by models of therapeutic life story work, Dyadic Development Psychotherapy and Attachment-based practice.

CONTACT



0121 303 1699



BTC@birminghamchildrenstrust.co.uk



Specialist/ Statutory services



Please contact the inbox directly if you have any queries or would like to make a referral. Individuals can make a self-referral, or, with consent, a professional can make a referral on parents behalf.

**This strand of work has been funded by the Birmingham Family Hub and Start for Life Programme*

Note: If you would like to receive a copy of BtC's professional leaflet including more information on their different pathways and what they offer, please contact their team inbox or e-mail the FTB Infant Mental Health inbox:

bwc.ftbinfantmentalhealth@nhs.net



SERVICE DESCRIPTION

Elayos is a Birmingham based charity that provides a no-Cost Doula services to those who need it most. Elayos exists to bring compassion, support and advocacy to vulnerable and isolated birthing people in Birmingham. As doulas they come alongside, build relationships, listen and equip with the information needed to empower clients to have a positive and informed pregnancy, birth, and postnatal period. They typically work from the time of referral to around 3 months postnatal.

WHAT THEY OFFER

- Their doulas nurture and provide practical, emotional, and physical support throughout pregnancy, labour and the postnatal period.
- They listen, support, and provide information, signpost and advocate for those who are vulnerable, isolated and have had their self-autonomy removed.
- They work for individualised care planning and continuity of care so that all involved are fully informed, prepared and affirmed in their choices around their journey into parenthood.
- They work on a referral basis to support clients in some of the following ways:
 - Accompanying to appointments (where possible)
 - Birth preparation
 - Birthing partners
 - Birth debriefs
 - Regular follow-ups to check wellbeing
 - Access to our Infant Feeding Specialist
 - Postnatal support
 - Signposting to useful services
 - Supplying baby and maternity essentials where needed
 - Befriending

CONTACT



[For queries, click here](#)



Targeted/ enhanced.



[Click here to complete a referral.](#)



[Click here to find out more](#)





SERVICE DESCRIPTION

Forward Thinking Birmingham (FTB) is a mental health service providing support, assessment and intervention for infants, children and young people aged 0-25 who are experiencing mental health difficulties including perinatal mental health difficulties. FTB's multidisciplinary core, specialist, and urgent care teams work closely with the BSMHFT Specialist Perinatal Community Mental Health Service (SPCMHS) to ensure that the perinatal mental health needs of service users under the age of 25 are met in the most appropriate way.

FTB has a small infant and mental health team, which currently includes a perinatal clinical specialist who works across both FTB and the SPCMHS. Core, specialist and urgent care teams in FTB, and any teams in SPCMHS, can access consultation from this PMH clinical specialist, to support thinking about, and planning for, younger parents making the transition to parenthood.

WHAT THEY OFFER

- Through FTB's core and specialist teams, support to young people in the perinatal period where there may be difficulties such as postnatal depression, and strengthening of the parent-infant relationship, with staff access to specialist perinatal and infant mental health consultation as needed.
- Joint work with the SPCMHS for young people aged 16 and over to ensure access to the full range of specialist perinatal mental health interventions as needed.
- Through the FTB perinatal clinical specialist, consultation and support to ensure that care pathways are clear and support good quality care for young parents and parents-to-be.

CONTACT



To get in touch or find out more, e-mail the FTB perinatal inbox:
bwc.ftbperinatalmentalhealth@nhs.net



Specialist support focused on PMH



[Click here to make a referral](#) or contact the team directly to discuss.



SERVICE DESCRIPTION

The Maternal Mental Health Service (MMHS) supports women, their partners and families living in Birmingham and Solihull who have experienced perinatal loss and have associated mental health difficulties. The service is for women who are experiencing significant mental health distress which is impacting on day-to-day life, which is directly associated with their experiences of: Miscarriage, Ectopic pregnancy, Termination of pregnancy due to foetal abnormality, stillbirth, neonatal death (loss linked to the maternity journey).

WHAT THEY OFFER

- They offer peer support, specialist midwifery and psychological therapy, which aim to build an understanding of individual experiences, current difficulties, and possible factors which may affect emotional wellbeing.
- The care provided will be based on individual needs and preferences and may include a combination of the following tools and approaches:
 - Providing a safe space to share experiences
 - Talking with someone who has also experienced perinatal loss
 - Information about how the brain and body responds to trauma, and its association with loss and grief
 - Managing feelings
 - Talking about parental identity and how this has been impacted by perinatal loss
 - Managing relationships
 - Developing resources and strategies for meaningful living
 - Person centred, cognitive behavioural, relational and compassion focused approaches
- Their specialist midwife provides support and care, both around the experience of loss and any concerns around future pregnancies. Their specialist midwife can provide a link between the maternity service and other services involved in mental health care for women/birthing people, including the local primary care therapy service (IAPT) and the wider perinatal mental health team.
- Their trained peer supporters bring their own personal experience of perinatal loss to support others. They will bring together people with shared experiences to support each other providing authentic support.
- The length and number of sessions required will be assessed on an individual basis.

CONTACT



For any queries or support around completing a referral, please e-mail:
bsmhft.mmhs@nhs.net



[Click here for more information amount the MMHS](#)



Specialist/ Statutory



For information of referrals, please contact the above e-mail. *Please note all referrals must come from health professionals working within Birmingham and Solihull, such as Midwives, GPs, Obstetricians, Health Visitors, Nurses).*



SERVICE DESCRIPTION

Maternity Engagement Action CIC is a Black-led, community-rooted organisation working to transform the perinatal experience for Black and Black Mixed Heritage women and their families in the West Midlands and beyond. They provide a safe space and peer support for black women throughout pregnancy, birth, and early motherhood. Their aim is to empower Black women and raise awareness of how to request and expect culturally safe, compassionate, and equitable maternity care. Their practice is informed by community research, and data analysis of the Black birth experience here in Birmingham, and they do this through continuous equitable engagement, ensuring they are responsive to the needs of the Black birth community. They work to challenge the current system of maternity care that is leaving Black women many times more likely to die than white women and re-imagine and co-create maternity support systems that are safe for Black women and their babies. They believe that once Black and babies women are safe in the perinatal period all women and babies will be safe.

WHAT THEY OFFER

- **Melanin Mums of Brum** – This is a non-judgemental private Facebook safe space that promotes positive perinatal well-being for Black women that live in Birmingham and the West Midlands. They share information, provide peer support and host virtual events and local meetups. To find out what's on, join the Facebook group.
- **Community Support** – They host monthly Sat'day Soup birth story sessions, and perinatal 'Bump and Baby' walking groups and there are two peer-led WhatsApp groups for infant feeding and general maternal wellbeing support. They develop and share resources on 'pregnancy and birth preparation', 'postnatal and early parenting' and 'perinatal mental health and well-being'.
- **Black Maternity Hub** – They run an online counselling service providing meditation, mindfulness and trauma support with a qualified psychologist, and they have 'Ask the Doula' sessions online, and in the Family Hubs in Ladywood.
- **Specialist Offers** – These include infant feeding support and therapeutic storytelling for birth trauma and maternal wellbeing
- **Community-led Research** – MEA run an annual See Me Hear Me campaign, with an event on the role of responsible and equitable research approaches for Black perinatal research led by community needs. This aids their community-led research and data platform.
- **Outreach and Engagement** – The MEA team have a stand in the foyer of Birmingham Women's and Children's Hospital engaging with Black perinatal families.

CONTACT



admin@maternityengagement.uk



[Click here to access the website](#)



Targeted/ Enhanced



[Click here to join the Melanin mums Facebook group](#)
[Click here if you have a query](#)



SERVICE DESCRIPTION

For women who live in the Birmingham and Solihull area, and plan to give birth here, they can register their pregnancy through the self-referral portal. This can be accessed by [clicking here](#). Women can select from Birmingham Women's, Good Hope, Heartlands or Solihull Hospital (for City Hospital please see below).

Birmingham Women's Hospital

SERVICE DESCRIPTION/ WHAT THEY OFFER

- Birmingham Women's hospital offer free parent education services. [To book online, please click here](#)

CONTACT



0121 472 1377 (Main switchboard)
0300 020 1201 (Maternity Triage)
0121 335 8098 (Home Births)



[Click here for more information about Birmingham Women's Hospital Maternity Services](#)



Birmingham Women's Hospital, Mindelsohn Way, B15 2TG



Universal – Targeted/ enhanced



[Click here to make a referral](#)
[If you are opting for a home birth, please click here for more information](#)



[Click here to access maternity leaflets](#)



Maternity Hospitals & Antenatal Education

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Midland Metropolitan Hospital

CONTACT

SERVICE DESCRIPTION/ WHAT THEY OFFER

The parent craft classes:

- 3 hours, they are run once a month at MMUH and include:
- Signs of labour
- Induction of labour
- Fetal Monitoring
- Pain relief options
- Different types of delivery
- Midwife led care and water birth
- 3rd stage of labour
- perineal care
- Immediate postnatal care
- Immediate care of the neonate inc vit K and potential obs and -BM's
- What to pack in hospital bag
- Postnatal mental health
- Tour of the labour ward and Serenity



Maternity Triage, Midland Metropolitan University Hospital:
0121 507 4181 (open 24 hours a day, seven days a week)

- Community midwifery: 0121 507 3774
- Self-referrals: 0121 507 3675/4918
- Midland Metropolitan University Hospital switchboard: 0121 554 3801



Midland Metropolitan Hospital Grove Lane Smethwick B662QT



Universal - Targeted/ enhanced



[Click here for useful information and to access a referral form](#)

Good Hope Hospital

SERVICE DESCRIPTION/ WHAT THEY OFFER

- Solihull Approach offer free virtual 'Understanding your pregnancy, labour, birth and your baby' classes. [To book click here](#)



0121 424 2000 (Main switchboard)
0121 424 7055 (Maternity Assessment)
0121 424 7637 (Antenatal Clinic)



[Click here for more information about Good Hope Hospital Maternity Services](#)
[Click here for more information about Good Hope Hospital Maternity Services](#)



Good Hope Hospital, Rectory Road, B75 7RR



Universal - Targeted/ enhanced



[Click here to make a referral](#)

Alternatively to refer for a maternity assessment, call the number above.



[Click here for other useful contact information](#)





Heartlands Hospital


SERVICE DESCRIPTION/ WHAT THEY OFFER


- Due to COVID restrictions, Heartlands Hospital are not currently offering antenatal classes,
- Parents can book some courses through the National Childbirth Trust under 'courses and workshops' [by clicking here](#)
- For more information on general antenatal classes, [click here](#)


CONTACT


 0121 424 2000 (Main switchboard)
0121 424 1514 (Pregnancy Assessment Emergency Room)
0121 424 0730 (Antenatal Clinic)

 [Click here for more information about Heartlands Hospital Maternity Services](#)
[Click here for more information about Heartlands Hospital Maternity Services](#)

 Heartlands Hospital, Bordesley Green East, B9 5SS

 Universal - Targeted/ enhanced

 [Click here to make a referral](#)
Alternatively speak to your GP to be referred to a midwife


 [Click here for other useful contact information](#)

Solihull Hospital


SERVICE DESCRIPTION/ WHAT THEY OFFER


- Although Solihull does not explicitly have a perinatal service, they do offer a small number of scanning appointments.
- You can speak to the antenatal/ newborn screening midwives on 0121 424 3718/ 0121 424 0928. Although they are based at Heartlands, they can be accessed at Solihull hospital.
- Click here for further information on [antenatal screening](#) and [postnatal screening](#).


CONTACT

 0121 424 2000 (Main switchboard)
0121 424 4374 (Maternity Services 8am-5pm Monday to Friday)
0121 424 4373/ 0121 424 5381 (Antenatal Clinic)

 [Click here for more information about Solihull Hospital Maternity Services](#)

 Solihull Hospital, Lode Lane, B91 2JL

 Universal - Targeted/ enhanced

 [Click here to make a referral](#)
Alternatively speak to your GP to be referred to a midwife



SERVICE DESCRIPTION

The Maternity Link Support Workers (MLSW) is a service providing one-to-one support to help pregnant people and their families who navigate maternity services and pregnancy across BSOL to ensure they receive the right care at the right time through social prescribing, advocacy and education to build confidence. This service supports those where English is not their first language, global majority communities, young mothers, those with suspected or diagnosed Neurodiversity and those living in areas of high deprivation.

WHAT THEY OFFER

- Support in hospital appointments
- Social prescribing
- Education of what to expect on the maternity journey and understanding of consent - delivered in the language spoken with content made culturally specific.
- Languages spoken include: Urdu, Romanian, Pashtu, Arabic, Somali and Bengali. Community specific support for Black women and those with suspected or diagnosed Neurodiversity.
- Reasonable adjustments / Maternity passport for those with Neurodiversity.
- Work alongside Family Hub staff, delivering care in Family Hubs to link families to the services available past the MLSW remit of support.
- As well as supporting women and their families, LSWs collaborate with public health, primary care, social care and community care colleagues to ensure that there is a focus on national priorities to make maternity and neonatal care safer, more personalised and equitable.

****Just to note, a decision is pending regarding the future provision of the MLSW in Birmingham. The description and offer outlined above may be subject to change from end of August 2025.***

Note: Maternity link support workers are unique to Birmingham and so not all hospitals will have them across the country.

Note: Continuity of carer teams exist across the different maternity hospitals however this scheme has been paused nationally at the current time to allow for safe staffing levels across mainstream midwifery. Queries around this should be directed to the Maternity Link support workers in the interim.

CONTACT



bwc.matlinksupport@nhs.net (Maternity Link Support Workers Referral email)



[Click here to visit the website](#)



Targeted/ enhanced



For queries, please contact the above e-mail or the midwife.



SERVICE DESCRIPTION

Our Local Maternity and Neonatal System (LMNS) works to ensure that every baby has the best possible start to life. Our two local maternity providers, along with supporting NHS Trusts and voluntary organisations, are united as part of the Birmingham and Solihull United Maternity and Newborn Partnership (Bump) to provide high-quality services and care.

WHAT THEY OFFER

- **Community midwives** work across LMNS (Birmingham Women's and Children's NHSFT/ University Hospitals Birmingham) and work with women and their babies from conception to 28 days postnatally and with all neonates at Birmingham Women's Hospital up to 4 weeks. They provide universal care and support to all pregnant women before birth (antenatal), during birth (intrapartum) and after birth (postnatal).
- A team of 11 (BWC) and 13 (UHB) **specialist midwives** cover multiple areas of vulnerability, e.g. Domestic Abuse, FGM, Perinatal Mental Health, teenage pregnancy, substance misuse, safeguarding and adult safeguarding and homelessness. Safeguarding midwives support Child in Need (CiN) and Child Protection (CP) plan babies and sit across the Integrated Safeguarding Service BWC.
- All specialist midwives work closely with the perinatal mental health team and complete perinatal mental health training. Once a referral is received, the specialist midwife will conduct mood scoring (Whooley, GAD-2) and complete a wellbeing plan, liaise with relevant services and make referrals as required. There is a psychiatric liaison clinic with a perinatal service consultant for high-risk women, and a midwife-led 'Dove clinic' for women who do not meet the criteria for high-risk pathways but still need additional support.

CONTACT



To get in touch with one of the specialist midwives or find out more, e-mail the FTB perinatal inbox who will be able to support: bwc.ftbperinatalmentalhealth@nhs.net



[Click here to find out more about the LMNS](#)



Universal - targeted/ enhanced - specialist/ statutory



[Click here to make a referral](#)

Alternatively speak to your GP to be referred to a midwife



SERVICE DESCRIPTION

Birmingham Healthy Minds perinatal pathway support women's mental health during pregnancy and the first year after birth. This includes mental illness existing before pregnancy, as well as illnesses that develop for the first time, or are greatly exacerbated in the perinatal period. If the child is 12 months or less, the patient will be placed on the perinatal pathway. If the child is over 12 months of age and under 24 months of age, the patient will only be placed on the perinatal pathway if the presenting problem is directly related to the pregnancy or the birth e.g unidentified postnatal depression/birth related trauma.

WHAT THEY OFFER

- Once referred, individuals can be offered either a telephone or face-to-face assessment within 2 weeks.
- If BHM is identified as suitable to meet their needs and dependent on complexity or severity of their presentation, Individuals could potentially be offered either a workshop, online computerised cognitive behavioural therapy package, telephone guided self-help or face-to-face sessions with the service.
- If what is offered as a service is suitable, then it is recommended the patient commences treatment within 6 weeks of referral.
- There are perinatal champions across the 4 teams.
- Professionals can also enquire about a case discussion regarding a potential referral or query if this would be considered helpful.
- Birmingham Healthy Minds also have a collection of self-help resources. Link included below.

CONTACT



Women can self-refer by calling 0121 301 2525 or texting BHM to 60777



Women can self-refer via the website, [click here for information](#)



[Click here to access the self-help guides \(including PND\)](#)



Targeted/ Enhanced



[Click here for the self-referral form](#)

Women can also be referred via their GP or other professional via SPOA or completion of BHM referral form

Note: If you would like specific contact details for the champions, please contact the FTB Perinatal Team on: bwc.ftbperinatalmentalhealth@nhs.net or call the BHM number noted.



SERVICE DESCRIPTION

Noah's Star is a Birmingham-based charity dedicated to supporting families of premature and sick babies, from neonatal care through to early childhood. Founded by parents with lived experience of neonatal care, we provide emotional, practical, and peer support to reduce isolation and improve outcomes for families during and beyond their neonatal journey.

WHAT THEY OFFER

- **Neonatal Support*:** On-site support at Birmingham Women's and Children's Hospitals from peer support workers with lived experience.
- **Weekly Neonatal Stay & Play*:** for families when they have been discharged from hospital
- **Therapist-Led Early Intervention Group*:** For babies under two showing signs of developmental delay, led by a physiotherapist and occupational therapist.
- **Emotional Wellbeing Support:** Counselling for parents, wellbeing activities, and reflective listening.
- **Sibling Support:** Activity packs, groups, and support for brothers and sisters of neonatal babies. This includes play sessions for siblings whilst their brother or sister is in hospital to enable parents to spend time with their babies.
- **Peer Support*:** One-to-one and group support for parents including virtual coffee mornings and in-person meetups.
- **Workshops and Parenting Programmes:** Including Circle of Security Parenting® (COSP).
- **Outreach and Community Events*:** Family picnics, Dad's and Non-Birthing Partners groups stay & play sessions, forest school activities, and open mornings at our Family Hub base.

CONTACT



jo.shellum@noahsstar.co.uk



[Click here to access the website](#)



Noah's Star Family Hub, Woodbrooke Centre, 1046
Bristol Road, Birmingham, B29 6LJ



Targeted/ Enhanced



Families can self-refer by contacting us directly, or they can be referred by professionals (e.g. midwives, health visitors, neonatal staff, family hub teams). There is no formal access criteria – support is available to any family in Birmingham who has experienced neonatal care.

**This strand of work has been funded by the Birmingham Family Hub and Start for Life Programme*



SERVICE DESCRIPTION

The Rees Foundation is a national charity dedicated to supporting care experienced people of all ages. Whether someone left care last year or decades ago, we're here to walk alongside them - offering practical support, emotional encouragement, and access to vital resources. We provide crisis grants, mental health and wellbeing support, housing guidance, opportunities for connection, and so much more.

WHAT THEY OFFER

*In Birmingham, we're proud to run our Start for Life project – supporting care experienced parents across the city as they navigate the joys and challenges of parenting, manage stress, and boost self-esteem. The groups are facilitated by a team who may be care-experienced themselves or professionals with relevant experience, with the aim of creating a safe, supportive space where care experienced parents can connect and explore topics that matter to them.

CONTACT



contactus@reesfoundation.org



0330 094 5645



[Click here to access the website](#)



Targeted/ Enhanced

**This strand of work has been funded by the Birmingham Family Hub and Start for Life Programme*



Specialist Perinatal Community Mental Health Service (SPCMHS)

SERVICE DESCRIPTION

The service supports women with mental health difficulties during pregnancy and up to one year after the birth of their baby (includes women who have a previous history of serious mental health difficulties or women who are experiencing mental health difficulties for the first time). They also support mothers experiencing bonding disorders*.

WHAT THEY OFFER

The SPCMHS has geographical multidisciplinary teams that are made up of doctors, nurses, social workers, occupational therapists, nursery nurses, psychologists, and peer support workers. They work closely with the individual, wider family and other professionals involved in the parent's care. Specialist PMH support provided by SPCMHS teams include:

- Assessment, treatment and care for mothers experiencing mental illness during the perinatal period (preconception, antenatally and postnatally).
 - Antenatal and postnatal affective disorders including depression and bipolar affective disorder
 - Antenatal postnatal anxiety disorders impacting on pregnancy and childbirth such as tokophobia, perinatal onset OCD and PTSD arising from childbirth
 - Postpartum/ puerperal psychosis
- High Risk Birth Plan and additional level of mental health support for women who may experience higher risk of relapse in the initial post-natal period.
- Psychological assessment and evidence-based psychological treatment and counselling
- Time-limited, symptom-focused, psycho-educational group work and therapeutic groups for mothers with moderate mental health problems
- Advice and monitoring of evidence-based medication.
- Support and information for families of women under the service
- Partnership working with social services and family teams to protect children who may be vulnerable due to maternal mental illness.
- Consultancy, advice, support and resources to other mental health services and social services

Note: The Chamomile Suite is a Mother and Baby Unit located at The Barberry Centre. This inpatient service offers conjoint inpatient admission for women and their babies in situations where a mother is suffering a mental health problem and appropriate treatment and care cannot be provided at home.

**Note: In line with the NHS Long Term Plan, they can support up to 24 months post-partum if there are bonding concerns that have not resolved quickly. This is dependent on the need rather than for every person in the service. The service supports women 18+ but works jointly with FTB for women aged 16-17 years.*



0121 301 2030



East - bsmhft.perinataleast@nhs.net

South - bsmhft.perinatalmh-bwh@nhs.net

Sandwell and West Birmingham - bsmhft.perinatal.swb@nhs.net

Solihull - bsmhft.perinatal.solihull@nhs.net



[Click here to visit the website](#)



Specialist - Specialised support focused on IMH



Referrals should be made via SPOA who will get the referral to the appropriate team. [Click here](#) for further details including referral form and access criteria.



Note: Referrals must come from health professionals (e.g. GPs, Health Visitors, Midwives, other secondary care teams, NHS psychological services (all same referral form)).

CONTACT

If it would be helpful to discuss a referral, you can contact the team for a further conversation.





Chapter 2: Infant Mental Health (IMH) support in Birmingham



SERVICES INDIVIDUALS SHOULD ROUTINELY BE LINKED IN

During the first 1001 days, we would expect individuals to routinely be linked in with:

- **GP** - Ongoing
- **Midwives** - They work with women and their babies from conception up to 28 days postnatally
- **Health Visiting Team** - They are involved antenatally up to a child's 5th birthday. They offer five mandated contacts: an antenatal contact between 28-34 weeks; new birth home visit by 14 days postnatal; a 6-8 weeks home or clinic contact and 1 and 2 year developmental ASQ checks.

Other professionals may become involved over time, depending on the individual and family's needs.

OTHER RELEVANT SERVICES IN THE DIRECTORY TO BE AWARE OF

Whilst the contents page provides an overview of all services and resources listed in the directory, below is a list of those particularly relevant to Infant Mental Health that are featured in other chapters.

- Neonatal unit - *Chapter 3 pg 57*
- Chapter 4





Approachable Parenting

SERVICE DESCRIPTION

Approachable Parenting is an organisation based in Birmingham, supporting global majority communities of Birmingham. Dedicated to providing parenting programs and services tailored to ethnic minority families specifically to Muslim-faith minority communities. Our work involves a deep understanding of the culture, beliefs and faith of these families.

WHAT THEY OFFER

- 5 Pillars of Parenting 'Pregnancy to 3 years'* , 4 to 11 Years and Parenting Teens programmes (8 weeks) were developed with clinical psychologists and are underpinned by psychological theories and linked to Islamic faith principles to enable parents to understand the psychological concepts.
- The Pregnancy to 3 Years programme support parents from early pregnancy until the child reaches 3 years. The programme educates parents on promoting secure attachment, bonding, attunement and brain development to support baby to reach milestones. It also helps in raising awareness about parental mental health and the change in family dynamics.
- 1:1 peer support and mentoring through our volunteer lead Sparklers' Service.
- Therapeutic support for parents with low-cost therapy sessions at £30 per session
- Weekly outreach events across Birmingham called 'Chit, Chat and Chai sessions'.
- We deliver male only parenting programmes and services.
- Qualified Doula's service.

CONTACT



0121 773 8643



info@approachableparenting.org.uk



[Click here for the website](#)



Innovation Development Centre, 22-28 George Street, Balsall Heath, B12 9RG



Targeted/ Enhanced



For referrals, please email:
referrals@approachableparenting.org.uk

**This strand of work has been funded by the
Birmingham Family Hub and Start for Life Programme*



Birmingham Forward Steps

SERVICE DESCRIPTION

Birmingham Forward Steps (BFS) is the citywide health and wellbeing service for babies and children 0-5 years of age and their families, combining **early years and family support services** and **health visiting**. BFS works with 5 strategic partners and is commissioned by Birmingham City Council (Public Health).

More Information on BFS can be found in Chapter 1 and Chapter 3.

WHAT THEY OFFER

The next page will detail some of the services on offer related to IMH (other offers of support can be found in the relevant chapters). Please note this is a guide and is not limited.

Please contact the relevant Children's Centre/ Family hub or Health Visiting Team using the [postcode checker](#) to find out more information about what they have to offer.

EARLY YEARS & FAMILY SUPPORT


Children's centres across 10 districts coordinate and provide targeted early years and family support services under Birmingham Forward Steps*. Children's centres are open 9am-5pm Monday to Friday with some support offered in evenings and weekends. Birmingham Forward Steps works with partner organisations which oversee children's centres in the 10 districts.

HEALTH VISITING

Health Visitors deliver the Healthy Child Programme which focuses on six high impact areas which strive to improve life outcomes and reduce inequalities. The health visiting team offer five mandated contacts to children and their families; an antenatal contact between 28-34 weeks; new birth home visit by 14 days postnatal; at 6-8 weeks home or clinic contact and 1 and 2 year developmental ASQ checks (telephone, clinic or home). Health visitors offer a targeted response to families with above universal needs and form part of the core offer of targeted family support at district level. Specialist health visitors are in post also for vulnerable groups e.g. temporary accommodation specialist health visitor.


**Note: Enquiries for Children's Centre activities should be directed to the appropriate centre*


GENERAL CONTACT

 CASS Support 0121 303 1888 (Monday to Thursday 8:45am to 5:15pm; Friday: 8:45am to 4:15pm)


 bchc.bfs.enquiries@nhs.net


 [Click here for the Birmingham Forward Steps website](#)


 Universal - targeted/ enhanced

 [Click here to make a referral or contact the above](#)

CONTACT ACROSS THE DISTRICTS

 Depends on location - see below

 Depends on location - see below

 [Click here for more information on BFS Children's Centres](#)

[Click here for Birmingham Forward Steps Health Visiting](#)

[Click here for Birmingham Community Healthcare Health Visiting](#)

 [Click here to use the postcode checker to locate the relevant Children Centre or Health Visiting Team and access contact details](#)



Birmingham Forward Steps (Cont.)

Antenatal and Infant Feeding

SERVICE DESCRIPTION/ WHAT THEY OFFER

Children Centre workers and health visiting teams provide a range of support for families pre and post birth, including Antenatal Parenting Programmes supported by midwives, Infant feeding advice including weaning sessions, breast feeding support is delivered by the breastfeeding Network (home /group / online lounges/ 1:1) and more.

Note Your local Health Visiting Team can also provide help with Breastfeeding, Safe & Responsive Bottle Feeding, Weaning, Speech, Sleep and much more.

CONTACT



Please contact the local Children's Centre or Health Visitor using the [postcode checker](#) to find out more!



[Click here to view Community Breast feeding support](#)
[Click here to find out about Responsive breast feeding](#)
[Click here to find out about Responsive bottle feeding](#)

Early Years Outreach Workers

SERVICE DESCRIPTION/ WHAT THEY OFFER

Early Years Outreach workers support health visitors to complete 1 and 2 year mandated universal assessments and undertake follow-up visits when families are not seen to engage with HV mandated checks. They provide targeted stay and play group sessions, speech and language support and SEND support- Steeping Stones and Footprints for targeted families.

CONTACT



Please contact the local Children's Centre using the [postcode checker](#) to find out more!

Parenting Programmes

SERVICE DESCRIPTION/ WHAT THEY OFFER

This is a collaborative approach with Children Centre staff/Midwifery/BCT and other partners. These programs will help with parental responsiveness and secure parent child attachment (and more!).

CONTACT



Please contact the local Children's Centre using the [postcode checker](#) to find out more!

[Click here to access Family Hubs - Parenting Courses](#)

[Click here to access the inourplace online courses](#)



[Click here to view Birmingham Children's Trust Targeted Parenting Offer](#)

[Click here to view Birmingham Children's Trust Parenting Directory](#)



SERVICE DESCRIPTION

Breathe Trust Connect is a non-statutory voluntary therapeutic service for birth parents who have lost a child(ren) through adoption and want to access support around this. We aim to reduce the trauma associated with adoption, preventing future adoptions where possible, building relationships and improving lives. BTC strive to keep families together where safe to do so and offer specialist support to families at risk of further care proceedings. We work with mothers, fathers and couples where safe to do so.

WHAT THEY OFFER

There are different pathways to access depending on the circumstances and needs of the birth parent(s):

- **Adult Pathway** - For those who no longer have children in their care. BTC support parents to understand and process their losses, experiences and to consider past and future parenting.
- **Pregnancy Pathway** - For those who have lost a child(ren) to adoption and are currently pregnant. BTC help to strengthen the parent and unborn baby's relationship. Support is offered throughout pregnancy, following birth and can include practical as well as emotional support.
- **Parenting Pathway** - For those who have lost a child(ren) to adoption and have since given birth to another child and successfully parenting. BTC help to strengthen the parent and child relationship, offering emotional support, therapeutic parenting groups, opportunities to meet other parents with similar experiences and support in meetings.

New Growth

New Growth sits within Breathe Trust Connect and is for care experienced people expecting their first child in the first and second trimester of pregnancy (up to week 28 gestation). The same voluntary aspect applies, and we accept referrals for both parents, even where father is the care experienced parent. We understand that pregnancy can be a difficult time for everyone concerned and that being care experienced can bring additional challenges. A Pregnancy Outreach Worker* is available to provide support at this exciting yet potentially challenging time.

There are 2 different pathways to access depending on the circumstances and needs of the birth parent(s):

- **Pregnancy** - New Growth's role is to support parents from as early in their pregnancy as possible. We aim to help parents feel safe and connected with those who can support you. New Growth can help you understand any assessments that might take place and can attend meetings/appointments with you where needed. We understand that being pregnant can be an anxious time. Our aim is to strengthen your relationship with your unborn baby and the professionals working with you.
- **Parenting** - New Growth work alongside parent(s) to strengthen the relationship between themselves and their child(ren). They support your emotional wellbeing and run therapeutic parenting groups and family events. New Growth can support you to meet other care experienced people and help you be the parent you want to be.

Next Steps

Parents will be contacted following a referral by either a member of the team or our Referral & Advice Officer. You will be invited to an initial meeting to consider what support you would like moving forward. Any support is taken at your pace, there is no rush or limits to the length of time we are able to work with families. The work is trauma informed and underpinned by models of therapeutic life story work, Dyadic Development Psychotherapy and Attachment-based practice.

CONTACT



0121 303 1699



BTC@birminghamchildrenstrust.co.uk



Specialist/ Statutory services



Please contact the inbox directly if you have any queries or would like to make a referral. Individuals can make a self-referral, or, with consent, a professional can make a referral on parents behalf.

Note: If you would like to receive a copy of BtC's professional leaflet including more information on their different pathways and what they offer, please contact their team inbox or e-mail the FTB Infant Mental Health inbox:
bwc.ftbinfantmentalhealth@nhs.net





SERVICE DESCRIPTION

Forward Thinking Birmingham (FTB) is a mental health service providing support, assessment and intervention for infants, children and young people aged 0-25 who are experiencing mental health difficulties. FTB has a small infant and mental health team, which is currently piloting a small Parent and Infant Relationship (PAIR) Service offer (PAIRS). The PAIRS team work mainly in Family Hubs, offering training, consultation and support to community staff supporting families during the First 1001 Days, and some specialist interventions to families most in need of PAIR support.

WHAT THEY OFFER

FTB's multidisciplinary core and specialist teams support work with families across the age range. In addition, for the under 2s, the PAIRS team offer:

- Introductory training on IMH
- Consultation, supervision, and support
- Signposting advice to wider First 1001 Days services and resources
- Direct work with babies and/or their parents/carers including Parent-Infant Psychotherapy (PIP) and Watch Me Play!
- Attachment-based group support for parents/carers and parents/carers to be (in development)
- Outreach work with vulnerable families supported by partner organisations.
- Partnership work across agencies to promote the importance of Infant Mental Health and wider service development and collaboration.

CONTACT



bwc.ftbinfantmentalhealth@nhs.net



Specialist support focussed on IMH



[Click here to make a referral](#) or contact the team directly to discuss.



SERVICE DESCRIPTION

New Baby Network are a volunteer led organisation supporting parents from pregnancy through the transition into parenthood. They aim to promote secure attachment between parents/caregivers and their children, through a range of mechanisms including face to face/online peer led support groups and activities.

WHAT THEY OFFER

- Antenatally
 - Antenatal course - This is a two session course that supports parents in planning a positive postpartum experience (recommended 32+ weeks gestation). Includes a workshop on preparing to feed your baby with free stretchy wrap hire and a live demonstration of how to use your wrap. They also offer support in creating a Postnatal Plan with a free Perinatal Planner.
- Postnatally
 - Milk Mates Infant Feeding Support Groups – Connect with local parents and receive support for all types of infant feeding. There is also an Infant Feeding Webchat and virtual support groups available. [Click here to find out more and book](#)
 - Wellbeing walks – provide an opportunity to connect with local parents and improve wellbeing. [Click here to find out more and book](#)
 - Virtual Listening* – Birth listening sessions are available for £35 a session for those who are currently affected in their daily life by their pregnancy, birth or early parenthood experience. [Click here to find out more and e-mail the above to book](#)
 - New baby Club – A relaxed and friendly baby club to connect with other local families and explore parenting together. With singing and baby singing at the end of each session and monthly workshops on the 'big' topics (eg. sleep!). [Click here to find out more and book](#)
 - Time to Sign – A fun and informal baby signing group. We sing well known nursery rhymes, songs and tell stories using baby signs to learn together. [Click here to find out more and book](#)
- Lending Library – There are a range of books available to borrow via post on topics relating to pregnancy, infant feeding, birth and being a parent. [Click here to find out more](#)
- They strive to collaborate with other voluntary and statutory bodies where possible.

CONTACT



newbabynetwork@gmail.com



[Click here to visit the website](#)



[Click here to visit the Facebook page](#)



Varies with each activity. Select the above links or contact the above e-mail to find out more.



Universal



Follow the relevant embedded links above for information on how to book. Alternatively, contact the above e-mail address for enquiries.

**Note: Activity incurs a cost (but there is support for those unable to pay).*



SERVICE DESCRIPTION

Noah's Star is a Birmingham-based charity dedicated to supporting families of premature and sick babies, from neonatal care through to early childhood. Founded by parents with lived experience of neonatal care, we provide emotional, practical, and peer support to reduce isolation and improve outcomes for families during and beyond their neonatal journey.

WHAT THEY OFFER

- **Neonatal Support*:** On-site support at Birmingham Women's and Children's Hospitals from peer support workers with lived experience.
- **Weekly Neonatal Stay & Play*:** for families when they have been discharged from hospital
- **Therapist-Led Early Intervention Group*:** For babies under two showing signs of developmental delay, led by a physiotherapist and occupational therapist.
- **Emotional Wellbeing Support:** Counselling for parents, wellbeing activities, and reflective listening.
- **Sibling Support:** Activity packs, groups, and support for brothers and sisters of neonatal babies. This includes play sessions for siblings whilst their brother or sister is in hospital to enable parents to spend time with their babies.
- **Peer Support*:** One-to-one and group support for parents including virtual coffee mornings and in-person meetups.
- **Workshops and Parenting Programmes:** Including Circle of Security Parenting® (COSP).
- **Outreach and Community Events*:** Family picnics, Dad's and Non-Birthing Partners groups stay & play sessions, forest school activities, and open mornings at our Family Hub base.

CONTACT



jo.shellum@noahsstar.co.uk



[Click here to access the website](#)



Noah's Star Family Hub, Woodbrooke Centre, 1046 Bristol Road, Birmingham, B29 6LJ



Targeted/ Enhanced



Families can self-refer by contacting us directly, or they can be referred by professionals (e.g. midwives, health visitors, neonatal staff, family hub teams). There is no formal access criteria – support is available to any family in Birmingham who has experienced neonatal care.

**This strand of work has been funded by the Birmingham Family Hub and Start for Life Programme*



Specialist Perinatal Community Mental Health Service (SPCMHS)

SERVICE DESCRIPTION

The service supports women with mental health difficulties during pregnancy and up to a baby's second birthday (this includes women who have a previous history of serious mental health difficulties or women who are experiencing mental health difficulties for the first time). The Perinatal Community Mental Health Service also support mothers experiencing bonding disorders*.

WHAT THEY OFFER

Geographically-based multidisciplinary teams made up of psychiatrists, community psychiatric nurses & mental health practitioners, social workers, occupational therapists, nursery nurses, psychologists & CBT Therapists and peer support workers. The service offer support from experienced community nursery nurses who can provide advice and guidance on 'caring for your baby'. They work closely with the birthing parent, wider family and other professionals involved in their care. Specialist parent-infant relationship support provided by the SPCMHS also includes:

- Assessments including: ABQ, PBQ, MORS and PIIOS: Parent-Infant Interaction Observation scale, NBO: Newborn Observation Scale
- Intervention including: VIG: Video Interaction Guidance, COSP: Circle of Security Parenting groups are offered service wide. Nursery Nurses offer 1-1 and group sessions concerning attachment based parenting and behavioural techniques to enhance engagement including baby massage and WMP: Watch Me Play!
- Training and Education: Five to Thrive resources; additional guidance and psychoeducation is provided through ICON resources that promote the message that infant crying is normal and how to manage it. A key message underpinning the ICON strategy is to minimise the risk of acquired head injury in infancy from the risk of a baby being shaken. Education is provided around ordinary development and developmental stages. Support around crying, weaning and sleep interventions. Psycho-education around *Wonder Weeks* stages when there are predictable stages of developmental leaps. A few days before this developmental leap occurs, babies typically have a regression during this brief period babies tend to be unsettled and likely to be more clingy and out of their usual eating and sleeping routines. Providing this psychoeducation is a way to raise awareness for parents and carers to expect these predictable developmental milestones and the baby's need for additional comfort.

**Note: In line with the NHS Long Term Plan, they can support up to 24 months post-partum if there are bonding concerns that have not resolved quickly. This is dependent on the need rather than for every person in the service. The service supports women 18+ but works jointly with FTB for women 16-17 years of age.*

CONTACT



0121 301 2030



East - bsmhft.perinataleast@nhs.net

South - bsmhft.perinatalmh-bwh@nhs.net

Sandwell and West Birmingham - bsmhft.perinatal.swb@nhs.net

Solihull - bsmhft.perinatal.solihull@nhs.net



[Click here to visit the website](#)



Specialist - Specialised support focused on IMH



Referrals should be made via SPOA who will get the referral to the appropriate team. [Click here](#) for further details including referral form and access criteria.



Note: Referrals must come from health professionals (e.g. GPs, Health Visitors, Midwives, other secondary care teams, NHS psychological services (all same referral form)).

If it would be helpful to discuss a referral, you can contact the team for a further conversation.





Chapter 3: Associated offers of Support (Local and National)



Abuse related services



Birmingham & Solihull Women's Aid (BSWA) - incl. BFS offer


SERVICE DESCRIPTION/ WHAT THEY OFFER


BSWA provide frontline specialist support to women and children experiencing domestic across the Birmingham and Solihull by listening and responding to their needs.

Two Early Years Independent Domestic Violence Advisors (IDVA's) have been employed by BSWA and work specifically with BFS. They deliver The Freedom Programme across all 10 districts.

- This offers emotional and practical support, including safety planning, Domestic Abuse awareness, civil injunctions to women accessing children centres in Birmingham and affected by domestic abuse.
- The aim is to help women make sense of and understand what has happened to them and describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.
- At BFS children are observed and tracked during creche, with sessions using social stories, puppets and sensory play to explore feelings and emotions. The programme usually lasts for 11 or 12 weeks and is FREE.


CONTACT BSWA


 0808 800 0028 (Helpline number) open 7 days a week 9:30am-5:00pm

 *Our Theresa Stewart Women's Centre is open for face-to-face support: Mon, Tues, Thurs, Friday 10am-4pm and Wednesday 1-4pm.*


 [Click here for the website](#)


 Targeted/ enhanced


 [Click here to Contact](#)

 For further information, contact your local children's centre. To find the nearest children's centre, [click here](#).

CONTACT BFS

 Please contact the local Children's Centre using the [postcode checker](#) to find out more!

 [Click here to visit the BFS website](#)
[The Freedom Programme Website](#)

 01942 262 270 (Freedom Programme Helpline)
0808 2000 247 (National Domestic Violence 24 hour helpline)

 help@freedomprogramme.co.uk



Abuse related services (continued)

VCS

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Ashiana

SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide specialist support to women and girls experiencing domestic violence through a culturally sensitive, multilingual service. They offer advice and advocacy to women and 1:1 counselling support is available for those impacted by sexual abuse or who have experienced harmful practice (e.g. FGM, forced marriage). Support groups are also available, and they offer training to professionals and more.

CONTACT

 020 8539 0427

 info@ashiana.org.uk (webchat service also available)

 [Click here to visit the website](#)

 Targeted/ enhanced




Birmingham Crisis Centre

SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a local charity that provides a safe haven for victims of domestic abuse. Their accommodation provides a home for up to 23 women and their children. A nursery is also available on site. They have a 24-hour helpline for any woman who is a victim of domestic abuse and seeking refuge, help, advice and support. They also offer 1:1 counselling to residents (through self-referral by client)


CONTACT

 0121 507 0707 (24hr helpline)
0121 554 6059 (Enquiries)

 enquiries@birminghamcrisis.org.uk

 [Click here to visit the website](#)

 Targeted/ enhanced

 For more information [click here](#) or use the e-mail address above.

VCS




Bharosa

SERVICE DESCRIPTION/ WHAT THEY OFFER

Bharosa is a domestic abuse service for ethnic minority women (particularly those from a South Asian background) living in Birmingham. They provide a free service which is confidential and unbiased for women and young girls over the age of 16, who are experiencing any form of domestic abuse. The service provided is culturally appropriate and sensitive to the needs of the women that they support, and in a range of cultural languages. The individual can contact Bharosa themselves, or they can ask for an organisation or individual, such as a social care worker, doctor, health visitor, or family friend to contact on their behalf.

CONTACT

 0121 303 0368
0121 303 0369

 bharosa@birmingham.gov.uk

 Targeted/ enhanced

LA



Abuse related services (continued)

VCS

42



SERVICE DESCRIPTION/ WHAT THEY OFFER

Gilgal is a refuge in Birmingham. They provide a safe environment for women (and their children) who require emergency short-term accommodation and support after they have left a situation of domestic abuse.

- There is 24/7 support at the refuge and support workers are available for mum and child.
- 1:1 support is available to children by the Children's worker
- Individual support plans are drawn up between mum, support worker and children's worker.
- Activities, practical help and support going forward.

CONTACT



0800 008 6622 (24/7)



mail@gilgalbham.org.uk



[Click here to visit the website](#)



Targeted/ enhanced



[Click here to get in touch](#)



Rape Crisis



SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a charity working to end sexual violence and abuse. They provide specialist information and support to all those affected by rape, sexual assault, sexual harassment and all other forms of sexual violence and abuse in England and Wales.

Note: Although Birmingham does not host a Rape Crisis Centre, individuals can still contact the support line.

CONTACT



0808 500 2222 (24/7 Rape and Sexual abuse support line)



[Click here to start an online chat](#)



[Click here to view the website](#)



Universal

VCS

CONTACT



0808 8010327 (Monday-Friday 10am-8pm)



Webchat is available Monday-Friday 9-10am (access via the website)



[Click here to access the website](#)



Universal

VCS

Respect: Men's Advice Line



SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a helpline service for male victims of domestic abuse. They offer support via telephone, E-mail and webchat. Telephone interpreters are available for those where English isn't their first language.





Abortion Recovery Care and Helpline (ARCH)

SERVICE DESCRIPTION/ WHAT THEY OFFER

ARCH is dedicated to promoting the emotional, psychological and spiritual well-being of clients, by the provision of real understanding, counselling and supportive help to women, men and families after an abortion.

All services are offered confidentially, compassionately, without judgement and free of charge:

- Their helpline is staffed by volunteer Befrienders
- Although ARCH is based in Glasgow, they can offer free 1:1 counselling via telephone or secure video anywhere in the UK.

CONTACT



0345 603 8501 - Helpline Monday to Friday 9am-5pm or every evening, 7pm-10pm.



info@archtrust.org.uk



[Click here to visit the website](#)



Universal



[To use the contact form, click here](#)



Edward's Trust

SERVICE DESCRIPTION/ WHAT THEY OFFER

They offer a holistic approach to supporting people through bereavement and loss in Birmingham. They offer counselling (1:1 or as a couple), support groups, play therapy, wellbeing therapies and social events.

They support:

- Parents bereaved, or about to be bereaved, of their baby or child - whatever the age or circumstance.
- They also offer, advice, support, information, and training to professionals working with bereaved families.

Note: They also support Children and young people aged between 4 - 24 years on an individual basis

CONTACT



0121 454 1705 (Bereavement Support) Mon, Tues, Thurs, Fri 9-5pm, Weds 9-8pm



admin@edwardstrust.org.uk (for queries)



3 Vicarage Road, Edgbaston, B15 3ES



[Click here to visit the website](#)



Universal



Bereavement & baby loss services (continued)

NHS

44

CONTACT



Maternal Mental Health Service (MMHS)

SERVICE DESCRIPTION/ WHAT THEY OFFER

The MMHS supports women, living in Birmingham and Solihull who have experienced perinatal loss and have associated mental health difficulties. *Note: More information can be found in the Perinatal Chapter.*



For any queries or support around completing a referral, please e-mail: bsmhft.mmhs@nhs.net



[Click here for more information amount the MMHS](#)



Specialist/ Statutory



For information of referrals, please contact the above e-mail. *Please note all referrals must come from health professionals working within Birmingham and Solihull, such as Midwives, GPs, Obstetricians, Health Visitors, Nurses).*



MISCARRIAGE
ASSOCIATION
The knowledge to help

Miscarriage Association

SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide support and information to anyone affected by miscarriage, ectopic Pregnancy or molar pregnancy. They offer support via their helpline and live chat. They also have offer online support via Facebook and their forum. They also have a UK-wide network of support group volunteers with personal experience of pregnancy loss who offer support groups via zoom. Visit the website to find out more!

CONTACT

VCS



0303 003 6464 - Mon, Tue, Thu 9-4pm and
Weds, Fri 9am-8pm



info@miscarriageassociation.org.uk (for queries)



Live chat is available Monday-Friday 10-3pm
[Click here to access](#)



[Click here to visit the website](#)



Universal



Sands

SERVICE DESCRIPTION/ WHAT THEY OFFER

They work to support anyone affected by pregnancy loss or the death of a baby during or shortly after birth. Services include a national helpline, grief chat, and a bereavement support app (find on the app store). They also have local support groups with trained befrienders (details for Birmingham are listed under 'contact'); and an online forum enabling bereaved families to connect with each other (including a support group for dads). There is also a wide range of bereavement support resources.

CONTACT

VCS



0808 164 3332 (Helpline) Monday to Friday 10am-3pm. Tuesday,
Wednesday and Thursday evenings 6-9pm.
07709 425001 (Birmingham Sands)



helpline@sands.org.uk
Birmingham@sands.org.uk



Grief chat is available Monday-Friday 9am-9pm [Click here to access](#)



[Click here to visit the website](#)



Universal



**TFMR MAMAS**

SERVICE DESCRIPTION/ WHAT THEY OFFER

TFMR Mamas seeks to create a safe supportive space for those going through or have gone through a termination for medical reasons (TFMR). They offer free online monthly support groups and are in the process of launching a 24/7 members hub. Resources can also be found on the website.

CONTACT

[Click here to visit the website](#)

Universal

[Click here to register](#) (Family)[Click here to register](#) (HCP)**Way Widowed and Young**

SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a UK charity for people aged 50 or under who have lost their partner. It's a peer-to-peer support group operating with a network of volunteers who have been bereaved at a young age themselves. Bereavement support resources can be accessed via the website.

Note: To access the network, individuals must sign up for a membership. Financial schemes are in place for those where this may be difficult.

CONTACT



0300 201 0051 (for queries)
Monday-Friday 9:30-5pm

[Click here to visit the website](#)

Universal

[Click here to join](#)

Children in Care/ Care experienced related services



Children in Care (Forward Thinking Birmingham)

SERVICE DESCRIPTION/ WHAT THEY OFFER

The FTB Children in Care and Care Leavers Team provide an enhanced offer to the FTB work for children in care and care leavers (0-25 years) and to the networks around them. This can include:

- Groups for foster carers and residential workers of FTB Children and Young People – Attachment and Developmental Trauma, Sensory Groups
- Support Network Meetings and multi-agency care planning
- Join FTB Core Teams and Urgent Care Team MDT meetings
- Link in with residential homes and semi-supported accommodation e.g. St Basil's
- Liaison with networks
- Specialist OT assessments and recommendations
- Support with trauma informed thinking
- Support with formulating from care perspective
- Training and Education to staff and carers

In addition, the team work closely with other colleagues who work with children in care and care leavers

- Professional Case Consultations (eg. With Social workers, CiC nurses, TESS etc)
- Joint assessments with TESS to help determine best service to meet needs

CONTACT



bwc.ft.cic@nhs.net



Specialist/ statutory



Professionals can email for a consultation



Breathe Trust Connect

SERVICE DESCRIPTION/ WHAT THEY OFFER

Breathe Trust Connect is a non-statutory voluntary therapeutic service for birth parents who have lost a child(ren) through adoption and want to access support around this. We aim to reduce the trauma associated with adoption, preventing future adoptions where possible, building relationships and improving lives. More information can be found in chapter 1/2.

CONTACT



0121 303 1699



BTC@birminghamchildrenstrust.co.uk



Specialist/ Statutory services



Please contact the inbox directly if you have any queries or would like to make a referral. Individuals can make a self-referral, or, with consent, a professional can make a referral on parents behalf.



SERVICE DESCRIPTION/ WHAT THEY OFFER

The aim of the citywide pre-birth service is to:

- To build capacity within families to enable babies to remain within their wider families, where it is safe for them to do so.
- To offer multi-agency professional relationships that deliver continuity and consistency and therefore have a greater chance of success.
- To provide the earliest assessment, help and support to parents with subsequent pregnancies to enable mothers and fathers to make changes in their lives and contribute to improved infant health.
- To support better decision-making for children.

The pre-birth service will complete a pre-birth or parenting assessment that is holistic and explores a parent(s), or primary carer's ability to provide safe care for their child/ren and meet their immediate and long-term care needs. The right approach and intervention at the right time can strengthen relationships for children and minimise the possible impact of trauma. The Trust's over-arching practice model "Connections Count" provides the core value base and guiding principles that underpins the Pre-birth Service's approach. The model centres on our work with children, their parents, wider family, community and other professionals, using the following elements.

- How We 'Be' – The heart of our relational approach.
- What We Do – Our 4 Pillars of Practice (1. Listening to the voice of the child, 2. Assessment & Analysis, 3. Planning & Intervention 4. Reviews, Listen & Learn).
- What We Achieve – Creating positive change and improving children's lives.

An assessment must be seen by all as an opportunity to provide timely and effective help and support (intervention) to improve the child's current and future lived experience. The identification of needs and provision of help and support should happen as soon as possible during the assessment.

Criteria for BCT Pre-Birth Service:

1. Expectant parents who have had previous children removed from their care –
2. Highly vulnerable first-time parents –

If there are multiple risk factors that will impact on the unborn child's development the pre-birth service will be responsible for the assessment, support, and intervention.

3. Care experienced young people or children in care where their presenting needs are significant or there are risk factors that require a detailed pre-birth assessment.

CONTACT



Specialist/ statutory



To find out more, contact the IMH inbox bwc.ftbinfantmentalhealth@nhs.net. They will be able to put you in contact with the relevant person to support your query.



BIRMINGHAM CHILDREN'S TRUST **Therapeutic Emotional Support Service (TESS)**

SERVICE DESCRIPTION/ WHAT THEY OFFER

Birmingham Childrens Trust's (BCT) Therapeutic Emotional Support Service (TESS) is the emotional wellbeing service for children in care and care leavers. Its purpose is to promote the health and emotional wellbeing of children and young people (0-25 years) and to support those who have responsibility for their care. TESS operates on the principles grounded in the relationship-based tradition and heavily influenced by systemic, strengths based, restorative and trauma-informed approaches. TESS work closely with social work colleagues in Children in Care (CiC) and Safeguarding teams, fostering teams, the children with disabilities teams, and care leavers service.

The TESS model has a focus on the development of a shared understanding of the child and young person's attachment and trauma experience and related difficulties through a systemic, attachment and trauma lens. This means having a focus on the development of primary care relationships (for under 18s in care) that support children and young people through their journey of self-discovery and recovery from past trauma.

Our aim is to:

- Support young people and care leavers to build resilience.
- Promote secure attachments and support placement stability for children in care.
- Promote connections, support networks and develop healthy relationships for our care leavers
- Address the impact of developmental trauma.
- Provide interventions grounded in relationship-based and trauma informed practice.

CONTACT



0121 303 7884 - our duty desk is open Monday to Friday 9.30 to 12.30.



[Click here to visit the website](#)



Specialist/ statutory



[Click here to make a referral](#)



Child development related services

CONTACT



Activities and Healthy Eating (Birmingham Forward Steps)

SERVICE DESCRIPTION/ WHAT THEY OFFER

The Children Centre Staff in each district uses the model of 'Making Every Contact Count (MECC)' to address the whole family's needs and takes a lead role in coordinating health promotion activities for children under 5 and their families. They promote a range of programmes, activities, and resources to encourage healthy eating, activity and play for families and children, incorporating the Startwell messages.



[Click here to visit the website](#)



Universal - Targeted/ enhanced

Note: Families should also talk to their health visitor for support.



Birmingham Food Refusal Services

SERVICE DESCRIPTION/ WHAT THEY OFFER

They support parents and professionals manage child feeding difficulties through educational and training courses. Resources and information leaflets are available via the website.

Note: Services may incur costs

Families should also talk to their health visitor for support.



[Click here to visit the website](#)



Targeted/ enhanced



[Click here to contact the service with an enquiry](#)

CONTACT

PR



Birmingham Paediatric Nutrition and Dietetic Service

SERVICE DESCRIPTION/ WHAT THEY OFFER

Birmingham Community Nutrition offer two different services.

- **Startwell** - obesity prevention programme. [For more information, click here](#)
- **The Paediatric Team** - Provide dietary advice to children and families referred to the service with nutritional problems. [For more information, click here](#)

Note: Families should also talk to their health visitor for support.



0121 683 2300 (for queries)
0121 683 2303 (for Startwell queries only)



Referrals.nutrition@nhs.net



[Click here to view the website](#)



Targeted/ enhanced

CONTACT

NHS



Child development related services (continued)

VCS

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SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide specialised services for disabled children and their families including diagnosis, equipment, services and support children to lead a full and active life.

- Autism Service - provides assessment, intervention, and support for children with ASD
- Family support - helps families by providing practical and emotional support and signposting
- Equipment, sensory packs, short breaks, support with energy bills

Note: Some services may incur costs

CONTACT



0345 300 1348 (general enquiries)



charity@caudwellchildren.com



Speak to a member of the family support team [by clicking here.](#)



[Click here to visit the website](#)



Universal



Get in touch using the above information. [Alternatively, click here.](#)



Child Development Centres

NHS

SERVICE DESCRIPTION/ WHAT THEY OFFER

This service is for pre-school children with physical or developmental delay who may need additional help, support or intervention in order to reach their potential. If children show delay in development in two or more areas, for example physical development and communication development they may need to be assessed at the Child Development Centre. There are 3 pathways:

- Neuro developmental pathway
- Early development pathway children under 5
- Global developmental pathway children under 5

Note: Referrals are accepted from Paediatrician's. Families should also talk to their health visitor for support.

CONTACT



[Click here to visit the website](#)



There are 4 Child Development Centres (CDCs) within the city of Birmingham.



Specialist/ Statutory



[Click here to view the referral criteria and forms.](#)





Early Years Inclusion Support (EYIS)

SERVICE DESCRIPTION/ WHAT THEY OFFER

The teams provide specialised teaching, advice and support for babies and pre-school children who have emerging or identified special educational needs in the following area(s): Communication and Interaction; Play, Thinking and Learning Skills; Hearing; Vision; Physical Development; Social and Emotional Development. Early Years Inclusion Support comprises 2 teams:

Early Support Service

The Early Support Service offer support to children with emerging or identified SEND needs at home with their parents or carers. If your child is yet to attend a childcare or early education setting you or any agency involved with your child can make a referral into the Early Support Service. The Early Support Service works directly with babies and pre-school children with emerging or identified learning and development needs. The Early Support service is a [National Portage Association](#) affiliated Early Years service. By working in partnership with you and your child we support by:

- Listening to everything you share with us about your child and family.
- Understanding your child's interests, strengths and needs.
- Enabling your child to develop through assessment, play and learning activities.
- Developing SEN Support Targets.
- Signposting to any relevant groups or accredited training offered within Birmingham, or nationally.
- Working as a Team Around the Child with all other professionals involved.
- Offering information to support your child's successful transition to an early years setting, childminder or school.
- Liaising with staff in any setting/school and/or with any specialist SEND teams that might offer the setting/school future support
- Requesting, and guiding you through the Graduated Approach of the SEND Code of Practice 2014 leading into Statutory Education, Health and Care Assessment (EHC), if required.

Area SENCo (Special Educational Needs Coordinator) Team

Babies and Pre-school children who are in private, voluntary, or independent (PVI) early years settings have their special educational needs co-ordinated by the setting based SENCo. You can speak to the Setting based SENCo if you have concerns about your child's needs. The setting based SENCo may contact the Area SENCo Team who support setting based SENCos by:

- Promoting Inclusion
- Providing advice and training and targeted support to settings
- Upskilling staff to identify and assess children's needs and to develop individual plans
- Supporting the setting based SENCo to work in partnership with parents/carers and other professionals as part of the 'Team around the Child'
- Guiding through the Graduated Approach of the SEND Code of Practice leading into Statutory Education, Health and Care (EHC) assessments if required
- Offering advice and support when children make the transition to school
- Managing Inclusion Support in the Early Years (ISEY) budget on behalf of the Local Authority

CONTACT



[Click here to visit the website](#)



Targeted/ enhanced



Early Support Service: If your child is yet to attend an early years setting or school, please email EYISParentEnquiries@birmingham.gov.uk for referral information.

Area SENCO Team: Talk to the Special Educational Needs Coordinator (SENCo) in your child's PVI early years setting.

For all other enquiries, parent carers can contact us at:
EYISParentEnquiries@birmingham.gov.uk



Child development related services (continued)

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VCS



Mencap



SERVICE DESCRIPTION/ WHAT THEY OFFER

They support individuals with learning disabilities and their families and carers. They have a helpline service and offer advice and information on a range of topics from everyday living and relationships to early years and children. They can offer help with personal support, residential care, respite, supported living and much more! There are also local groups.

CONTACT



0808 808 1111



helpline@mencap.org.uk



[Click here to visit the website](#)



Universal



SEND (Birmingham Forward Steps)



SERVICE DESCRIPTION/ WHAT THEY OFFER

Their aim is for all children and young people with a Special Educational Need or Disability (SEND) across Birmingham to get the help they need early, and as easily as possible.

CONTACT

LA/ NHS/ VCS



Please contact the local Children's Centre using the [postcode checker](#) to find out more!



[Click here to visit the BFS website](#)

[Click here to visit the Birmingham City Council Website](#)



Targeted/ enhanced



**Birmingham
Community Healthcare**
NHS Foundation Trust

Community Paediatrics



SERVICE DESCRIPTION/ WHAT THEY OFFER

The community paediatric service provide assessment, diagnosis, management and where indicated, treatment to children and young people across Birmingham where there are concerns regarding a child's development such as developmental delay, Neurological disability for example cerebral palsy or other physical disabilities, along with other specific conditions.

CONTACT

NHS



[Click here to view the website](#)



Specialist/ Statutory



[Click here to access the referral criteria and forms](#)



Family Planning and Sexual Health related services



SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide free, accessible and confidential sexual health services in Birmingham and Solihull, including all types of contraception, and STI testing and treatment. Their service is non-judgmental and for people of all ages, genders and orientations. Everyone is welcome, and there is no need to see a GP first.

Services include (not exhaustive):

- ChatHealth - confidential help and advice from Umbrella health advisors via text message.
- Contraception, STI testing, HIV Testing and treatment
- Pregnancy testing and advice
- Abortion advice
- Support and counselling (abuse clinic, alcohol and substance abuse, psychosexual services)
- Appointments and walk-in clinics
- Services for under 16's

CONTACT



0121 237 5700 ([click here for times](#))



To use ChatHealth text 07312 263287 (Monday-Friday 9:30-4pm)



[Click here to locate the nearest service](#)



[Click here to visit the website](#)



Universal



[Click here to find out more about booking appointments and walk-in clinics](#)



Mental Health related services



SERVICE DESCRIPTION/ WHAT THEY OFFER

They are the national charity for women and families affected by postpartum psychosis (PP). They run a peer support service, connecting women and families throughout the UK to recovered volunteers, via: an online peer support forum; one to one email support; meeting a volunteer programme (video and in person); social groups and creative workshops. They also develop information for women and their families and offer training to frontline health professionals.

CONTACT



020 33229900 (General enquiries)



app@app-network.org (General enquiries)



[Click here to visit the website](#)

[Click here to learn more about peer support](#)

[Click here to access the information guides](#)



Universal



Birmingham Mind Helpline

SERVICE DESCRIPTION/ WHAT THEY OFFER

Their Helpline provides advice and information to people experiencing mental health difficulties, their families, professionals and the wider public. The helpline can also offer advice, information and signposting relating to health and social care, alongside a range of other issues.

Note: The Helpline is managed by Birmingham Mind between 9am - 11pm. Between 11pm and 9am, calls are diverted to either Birmingham & Solihull Mental Health Foundation Trust or Forward Thinking Birmingham (Depending whether adult or young people's services are required).

CONTACT

VCS



0121 262 3555 (9am-11pm)

0800 915 9292 (9am-11pm)



help@birminghammind.org



[Click here to access live chat](#) (10am-9pm)



[Click here to visit the website](#)



Universal



Talking Space is also available at certain locations.

[Click here to find out more](#)



SERVICE DESCRIPTION/ WHAT THEY OFFER

Samaritans are there 24 hours a day, 365 days a year to listen to anyone, whatever they are going through.

CONTACT

VCS



116 123 (helpline 24/7)



jo@samaritans.org



A pilot online chat service is sometimes available via the website. [Click here to find out more.](#)



[Click here to visit the website](#)



Universal



Physical Health related services

Health in Mind

SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a large, dynamic team of experienced professionals working within BCH to help families manage their healthcare journey and achieve their best possible quality of life. They aim to promote good mental health and wellbeing, in the context of physical health conditions. *CYP and families must be seen for care in BWC and then they can be referred by any member of their medical team or they can phone to self-refer.*

- Together the team aims to help children, young people and their families to cope with acute and chronic health conditions and manage procedures and treatments, with reasonable adjustments.
- Adjust to life changing experiences, support difficult decisions and access holistic care and psychological care planning
- Support and interventions may include: Solihull Approach parent groups, CBT, Narrative Therapy, ACT, Solution Focussed Therapy, mindfulness, hypnosis and Eye Movement Desensitisation and Reprocessing (EMDR).
- The team offers a range of group programmes for young people, parents and carers, individuals working with children, young people and families,
- The team also offers consultation, supervision and training for staff and support to teams around psychologically informed care, managing intense & emotive contexts.

CONTACT



0121 333 8048



[Click here to visit the website](#)



The team is based in The Rainforest at the Children's hospital, on the ground floor of Ladywood House.



Specialist/ statutory



Contact the team directly if you have a query



Physical Health related services

Children with Medical Complexities

SERVICE DESCRIPTION/ WHAT THEY OFFER

They are a unique paediatric multi-disciplinary service, which supports the most medically complex children during their journey from hospital to home. Their aim is to ensure that the needs of the children and families are addressed on a health, social and holistic level. They offer support in ensuring all required services for discharge are set up, including all relevant referrals to other teams completed. Family support work is conducted with vulnerable families looking holistically at barriers to discharge. They support any patient, aged 0-18 years, that has a long-term health condition and two or more specialties involved, as well as one or more of the following:

- Challenge in co-ordinating clinical care
- Vulnerable family e.g. parenting capacity/parental illness
- Unresolved housing issues, which is anticipated to be a barrier to discharge and unresolved immigration issues
- Anticipated on-going care need upon discharge

CONTACT



0121 333 8838



bwc.cmic@nhs.net



[Click here to visit the website](#)



Specialist/ statutory



Contact the team directly if you have a query

Rare Disease Nursing Service

SERVICE DESCRIPTION/ WHAT THEY OFFER

This is a nurse lead service. The rare disease nurse specialists aim to provide expert advice and support to patients with a rare disease and their families. Once a referral has been accepted, patients and families are able to access this support as both an inpatient and outpatient. Their aim is to ensure that the needs of the children and families are addressed on a health, social and holistic level. They can support with coordination of care and act as an invaluable form of support to those families who need it. They can support any patient 0-18 years with a rare condition. Patients under the service must have a consultant within Birmingham Children's Hospital.

CONTACT



0121 333 6324



bwc.raretogether@nhs.net



Specialist/ statutory



Physical Health related services (continued)

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NHS



Neonatal Unit

SERVICE DESCRIPTION/ WHAT THEY OFFER

The family team on the neonatal unit provide a service to any family whose baby is an inpatient in BWH. There is a small amount of resource provided by Health in Mind covering Heartlands and Good Hope Hospital providing consultation to staff. The team recognise that any family that experiences a premature birth is at risk of experiencing PTSD, PND and other perinatal mental health difficulties. Support may include:

- Making sense of experiences of the NNU, finding ways to cope with your emotional reactions, managing the impact of your experiences on your relationships (with your family and the NNU team), solving problems and making use of your own strengths and skills, thinking through decisions about your baby's treatment, thinking about your relationship with your baby.
- Psychoeducational resources and peer support for every family.
- Targeted support for families with more acute distress and/or more risk factors for developing difficulties in the parent-infant relationship. The psychologist will see mums, dads and other carers. The team provide therapeutic input for small number of families with attachment/bonding issues, and/or perinatal mental health needs; this includes promoting attachment and attuned responsiveness, one-off consultations, sharing ideas and strategies, and liaising with other services.
- The team work alongside services already involved and offer 'stop gap' support if these services pause their involvement during the inpatient period.
- Mindfulness approaches are used for dads to support them becoming more 'present' at the cot side
- There is currently no capacity to provide ongoing follow up post discharge although occasionally one follow-up session is offered a few weeks after baby has been discharged to review the care plan put in place on the ward.

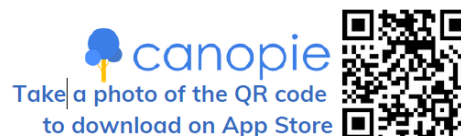
Please note, the post is currently vacant (Aug 2025) - workers can contact the unit using the details provided for more information.

CONTACT

The Solihull Approach offers free online courses available for parents, grandparents, friends and relatives to complete and connect, learn, record and share information about their children as they grow and develop. More information can be found on page 84 but there are courses on:

- Understanding your preterm or sick baby in hospital
- Understanding your preterm or sick baby now you're home.

Canopie is an app that is available at no cost and helps parents and caretakers with babies in neonatal care manage stress. It offers 24/7 practical support with challenges, virtual classes and community support, a journal to process thoughts and much more!



0121 335 8190 (Neonatal Intensive Care Unit reception BWH).



[Click here to visit the website](#)



Specialist/ statutory



To make an appointment, parents/ carers can speak to the doctor or nurse looking after their baby, ask on the front desk or phone the above number to make a request.



An appointment can be arranged in a private, quiet room on the NNU or via telephone/ video call.



[Click here for further information leaflets](#)





SERVICE DESCRIPTION/ WHAT THEY OFFER

The Smoke Free maternity service is a specialist service designed to help pregnant women and their partners to quit smoking and maintain a smoke-free lifestyle throughout the woman's pregnancy. This is a 12-week program and both patient and partner receive up to 12 weeks supply of free Nicotine Replacement Therapies. Smoking during pregnancy is associated with numerous health risks for both the mother and the baby, including low birth weight, preterm birth, stillbirth, and developmental issues. We offer tailor made support for our patients encompassing health and well-being.

The service offers 12 weeks support to help pregnant women to quit smoking and to achieve better birth outcomes. Smoke-free pregnancy services work closely with the Midwifery teams to ensure continuity of care. The service can support patients in community settings either at one of our local clinic sites or undertake home visits. We offer CO readings to illustrate the benefits of quitting and the level of reduction of CO readings.

- Education and Information: Smoke-free pregnancy services provide essential information about the dangers of smoking during pregnancy, including the increased risk of complications for both the baby and the mother.
- Personalised Quitting Plans: Tobacco Treatment Advisors work with expectant mothers to create personalised quitting plans tailored to their specific needs and circumstances.
- Counselling and Support: Pregnant women receive counselling and emotional support to address the psychological and behavioural aspects of smoking cessation. This includes one-on-one counselling sessions.
- Nicotine Replacement Therapy (NRT): The program offer access to NRT products like nicotine gum, patches, or lozenges to help manage withdrawal symptoms.
- Behavioural Strategies: Smoke-free pregnancy services teach coping strategies and techniques to manage triggers and cravings, helping pregnant women and partners to resist the urge to smoke.
- Monitoring and Follow-up: Regular check-ins and follow-up appointments are conducted to track progress and make any necessary adjustments to the quitting plan.

CONTACT



See below.



[Click here to visit the website](#)



Targeted/ enhanced



Patients can self-refer: [Smokefree self-referral form.docx](#) via the following emails bwc.stopsmokingBWC@nhs.net, bwc.stopsmokingUHB@nhs.net, or visit the website above and search: Smokefree Pregnancy.

Note: Patients can self-refer over the age of 16, or any health care professional can refer patient.



SERVICE DESCRIPTION/ WHAT THEY OFFER

Birmingham and Solihull Perinatal Pelvic Health service aims to prevent, recognise and treat pelvic floor dysfunction and childbirth related trauma. The new perinatal pelvic health physiotherapy team manages all aspects of pelvic health including bladder, bowel, prolapse, pelvic pain, diastasis and problems with sexual function. There are also new pathways and services for Obstetric Anal Sphincter Injuries (OASI) and perineal wounds.

The service is open to all women and birthing people who have a Birmingham or Solihull Community Midwife and is accessible from the start of pregnancy and up to one year after birth.

- A library of multimedia resources to empower and educate self-management.
- Antenatal and postnatal pelvic health risk and symptom self-assessment questionnaire is available on MyPathway. All women and birthing people should be encouraged to complete, even if they are asymptomatic, to promote prevention and optimise good lifelong pelvic health.
- All self-assessment questionnaires are triaged by the Perinatal Pelvic Health Service team, and the care provided will be based on individual needs and preferences and may include additional symptom specific resources, further triage, group sessions (online or face to face), 1:1 appointments.
- For those needing a 1:1 appointment, the Perinatal Pelvic Health Physiotherapy team offer a “one stop shop” approach to include specialist assessment and treatment, Point of Care Ultrasound and pessary fitting.
- The Perinatal Pelvic Health Service Specialist Perineal Trauma midwife runs clinics for those who have had Obstetric Anal Sphincter Injury (OASI) either:
 - During a previous birth to be assessed during pregnancy and offered an anorectal ultrasound scan to check integrity of the muscles and a mode of birth discussion.
 - During their most recent birth for a full assessment and anorectal ultrasound scan to assess healing and discuss advice for the future.
- Wound healing pathways (within 12 weeks of birth) at both trusts.
- Referral to other specialist services as required.
- Perinatal pelvic health staff (and undergraduate) training.

CONTACT



Uhb-tr.bsol.pphs@nhs.net (This email is not for referrals; it is solely for any additional enquiries about the service).



[Click here for further information and support on Pelvic Health](#)
[Click here for further information and support on Perineal injury](#)



Universal - Specialist



Self-referral into the service via MyPathway (website or app). Alternatively, if someone is unable to self-refer, the clinician can refer to MyPathway in the same way.



Safeguarding concerns: If you need advice or concerns are contentious, speak to the Trust safeguarding team. We also have FTB safeguarding leads.

Making a referral:

- Ring and speak to CASS/ ACAP before making a referral.
- Outside of normal office hours contact the Emergency Duty Team.
- CASS/ ACAP will advise, but a referral form should be completed.
- Send a copy of referral to Trust Safeguarding team: bch.tr.childprotection@nhs.net
- Put alert onto Carenotes
- Follow up with Multi-Agency Safeguarding Hub (MASH) and update Carenotes.
- *If the abuse/neglect took place within a different LA you need to use their referral method - use the [NHS Safeguarding APP \(myguideapps.com\)](#) to search for any LA in England.*

CONTACT



0121 333 8875 (BCH safeguarding team)
(Mon-Fri 9-5).



bch-tr.childprotection@nhs.net

Children's Advice & Support Service (CASS)

CONTACT

SERVICE DESCRIPTION/ WHAT THEY OFFER

The **Children's Advice and Support Service (CASS)** provides a single point of contact for professionals and members of the public who want to access support or raise concerns about a child.

'*Birmingham Neglect Strategy 2022-26: Working Together to Build Strong Family Foundations*' sets out the responsibility of all agencies to work together to tackle neglect in the city with a focus on early identification and intervention.

Alongside the Strategy, a Practitioner Toolkit has been launched. This supports practitioners from all agencies and at all levels to work with children, young people and families where there are concerns about neglect or suspected neglect. This includes practical tools and strategies as well as links to other resources.

[Click here to find out more and view the neglect strategy toolkit for practitioners.](#)



0121 303 1888 (Monday-Thursday 8:45-17:15; Friday 8:45-16:15)
0121 675 4806 (Emergency out-of-hours)



CASS@birminghamchildrenstrust.co.uk



[Click here to visit the website](#)



For more information about making a referral and to access the Request for Support form [click here](#)

Adults and Communities Access Point (ACAP)

CONTACT

SERVICE DESCRIPTION/ WHAT THEY OFFER

First point of contacts for adult social care in Birmingham.



0121 303 1234 (Monday-Friday 9-5pm)
0121 675 4806 (Emergency out-of-hours)



CSAdultSocialCare@birmingham.gov.uk



[Click here to visit the website](#)



[Click here to make a referral.](#)





Advocacy Matters

Wider Family Support

CONTACT 61

SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide vulnerable people independent advocacy support in Birmingham and Walsall to ensure individuals are heard & their rights, concerns & needs are acted upon.

- Care Act Advocate ([Click here to find out more](#))
- Independent Mental Capacity Advocate (IMCA) ([Click here to find out more](#))
- Physical Disability Advocacy ([Click here to find out more](#))
- Volunteer Advocacy ([Click here to find out more](#))



0121 321 2377 (Mon-Fri 9-5pm)



[Click here to contact us with a query](#)



[Click here to visit the website](#)



Universal



[Click here to make a referral for a disabled or vulnerable adult](#)



Anawim Birmingham's Centre for Women

SERVICE DESCRIPTION/ WHAT THEY OFFER

Anawim offers confidential emotional and practical support in a safe space. Their doors are open for every woman, not just those with complex needs. They listen and design their services around the individuals needs.

- Anawim supports any woman who may be struggling. Difficulties may include but are not limited to:
 - Those experiencing any form of abuse
 - Accommodation difficulties
 - Health (mental health, physical health, alcohol/ drug use, self-harm)
 - Relationships (Family, Social, intimate)
 - Life and daily Skills (parenting, employment, emotional, education support,)
 - Other (legal support, immigration, finance, criminal justice involvement)
- They can offer a range of support and service including:
 - A safe space to chat, advice and guidance
 - Food parcels, toiletries, sanitary products
 - Support with temporary accommodation
 - Support in accessing other services if longer term support is needed to find a service that can best meet your needs.
 - A Drop-in service, events and activities

CONTACT



Mon-Thurs between 9-5pm and Friday between 9-4:30pm on 0330 0560 065



[Click here for the website](#)



Drop-in Services: [Click here to find out more](#)



Universal



[Click here to make a referral or contact the above](#)



Wider Family Support (continued)

62



SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide three days' nutritionally balanced emergency food and support to local people who are referred in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

- 1) Get in touch
- 2) Arrange a visit to the referral agency (They will discuss your situation and supply you with a foodbank voucher where appropriate).
- 3) Bring foodbank voucher to the nearest foodbank centre

Note: Use the website to look up Foodbank centre details. Birmingham Central foodbank vouchers can be used at any other Birmingham Trussell Trust foodbank.

CONTACT



0121 236 2997


info@birminghamcentral.foodbank.org.uk

[Click here to visit the website](#)


Birmingham Central Foodbank, Birmingham City Church, Parade, B1 3QQ (see note)



Targeted/ enhanced



They distribute food parcels on:
Tuesday's 9:30 -11:15, Friday's 10:00-13:15



Birmingham Forward Steps Family Support

SERVICE DESCRIPTION/ WHAT THEY OFFER

BFS deliver a core family support offer at a district level by health visiting teams, Home Start and Children Centre staff working in children's centres, community venues, and in family homes. They offer a programme of support including case work (1:1 support), Early Help Assessments, Care plans, Early Support or Specialist Integrated Assessments and structured and evidence informed groups. Weekly TAFN (Team around the family network) are well established in each district, health visitors, children centres, BCT, Early Help and other key partners review referrals from CASS, HV, WMAS, Police and schools and allocate targeted intervention packages of support for children and families.

LA/ NHS/ VCS

CONTACT



Please contact the local Children's Centre using the [postcode checker](#) to find out more!



Targeted/ enhanced



Citizens Advice

VCS

SERVICE DESCRIPTION/ WHAT THEY OFFER

They offer confidential information and advice to people with queries around, or experiencing problems in areas including law, debt/ money, benefits, consumer, housing, work, immigration, health, family.

Note: Textphone for the Deaf/Hard of hearing: 18001 03444 111445

CONTACT



0800 144 8848 (national phoneline)


[Click here to chat with an advisor online](#)

[Click here to visit the website](#)


Universal



Wider Family Support (continued)



Early Help Community Connectors

SERVICE DESCRIPTION/ WHAT THEY OFFER

Birmingham Children's Partnership 'Early Help' model is a city-wide initiative aiming to connect young people aged 0-25 and their families with local community services using the Early Help directory. Community Connectors aim to ensure that every family has easy access to the right support at the right time. Families, professionals, and services can get in touch to complete a Family Connect Form to receive support from more than one professional, from general help to more specialised provision or support with complex situations.

By completing and submitting the Family Connect Form with as much information about the family's needs, the Locality will be able to advise on what support is available. This will be done either by giving advice, signposting to services and community support or linking to early help workers within the locality. For example:

- provide family support
- give advice and guidance including linking to food banks
- connect families to the professionals who can support them and coordinate the help
- support early help assessments
- connect families into the local community resources to help families to be more resilient
- give small grants for emergency food assistance.

CONTACT



Contact details via district [Please click here.](#)



[Click here to visit the website](#)



Targeted/ enhanced



Professional Referral: [Click here to make a referral](#)

Self- Referral: [Click here to make a referral](#)



Family Lives

SERVICE DESCRIPTION/ WHAT THEY OFFER

They provide targeted early intervention and crisis support to families. They offer emotional support, information, advice and guidance on any aspect of parenting and family life. Information can be accessed via the website, they also support via the helpline, e-mail, and live chat. They also offer two free online parenting courses.

CONTACT

VCS



0808 800 2222 (helpline) Mon-Fri 9-9pm, Weekends 10-3pm.



askus@familylives.org.uk



[Click here to access live chat](#) Mon-Fri 9-9pm



[Click here to view the website](#)



Universal



Wider Family Support (continued)

NHS

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Healthy Start Food Vouchers

CONTACT

SERVICE DESCRIPTION/ WHAT THEY OFFER

Many families in Birmingham can register for Healthy Start food vouchers, entitling them to £4.25 of free food per week. Healthy Start food vouchers can be exchanged for milk, infant formula, fruit, vegetables and pulses. To qualify for Healthy Start applicants must be:

- 10+ weeks pregnant and/or have at least one child under 4
- In receipt of benefits such as Child Tax Credit or Universal Credit.



If you have any queries on this please contact Kathy Lee Kathy.Lee@birmingham.gov.uk in the Public Health team.



[Click here to visit the website](#)
[Click here to find your local Healthy Start Vitamin collection site](#)



Targeted/ enhanced



[Click here to apply](#)

Home Start

VCS

CONTACT

SERVICE DESCRIPTION/ WHAT THEY OFFER

They support parents to build better lives and better futures for their children. They offer volunteer-led support to families who are experiencing difficult life circumstances such as poor mental health, illness and disability, poverty, isolation and lack of family support networks.

Across Birmingham there are six Home-Start charities working in diverse communities throughout the city. The services they run vary from home visiting volunteering to groups and targeted support work. To find out more about the six Home-Start charities across Birmingham, contact them individually, by visiting their own webpages:

- [Home-Start Birmingham Central and South-West](#)
- [Home-Start Birmingham South](#)
- [Home-Start Birmingham Tameside](#)
- [Home-Start Birmingham North West](#)
- [Home-Start Cole Valley](#)
- [Home-Start Birmingham North and Inner City](#)



Contact details vary for each of the Home Start charities. Click on the links provided to find out more.



info@homestartbirmingham.co.uk



[Click here to visit the website](#)



Targeted/ enhanced



[Click here to make a referral](#)



Wider Family Support (continued)



SERVICE DESCRIPTION/ WHAT THEY OFFER

Nishkam Start of Life Care aims to nurture good healthy human beings through the different stages of life, especially infancy, by empowering future parents in preparing for parenthood and offering their child the best start to life.

Funded by Birmingham and Solihull Integrated Care System, we provide an antenatal course consisting of 10 free antenatal classes, led by health professionals, in a safe, culturally appropriate setting, to support women through pregnancy, with a focus on self-care, emotional wellbeing, and preparation for pregnancy, birth and beyond.

Since the second phase of the Start of Life Care project has begun, post-natal classes are also being offered as a continuation of the project to provide information to support your baby's development, introducing solids (weaning) and more! [Find out more here](#)

CONTACT



0121 515 4229



info@ncauk.org



[Click here to visit the website](#)



Universal/ Targeted



[Click here to make a referral](#)



Wider Family Support (continued)

LA

66

SERVICE DESCRIPTION/ WHAT THEY OFFER

Birmingham SEMH Pathfinder offers a relational model of whole family, early help support. It is delivered through schools by school staff, reinforced by a multiagency Pathfinder Core Team. (SEMH = Social, Emotional & Mental Health)

- Developing deep, nurturing relationships with families, offering continuous, non-judgmental support that is responsive to their needs.
- Supporting schools respond to needs identified for children and their families, especially among children with SEND and those facing significant adversity.
- Empowering families by fostering shared authority, where their insights and expertise are central to supporting other families within the ecosystem.
- Delivering psychologically informed programmes to parents & carers with continued relational support.
- Building partnerships between schools, statutory agencies, and the voluntary sector to align resources, deliver holistic early intervention and creating live links with specialist services (e.g SEND, mental health, housing, financial).

CONTACT



info@birminghampathfinder.org.uk



[Click here to view the website](#)



Specialist/ statutory



To find out more, contact the IMH inbox bwc.ftbinfantmentalhealth@nhs.net. They will be able to put you in contact with the relevant person to support your query.

SERVICE DESCRIPTION/ WHAT THEY OFFER

Safe families offer holistic support to children, families and care leavers to overcome challenges at an early stage or in crisis. The direct support is provided by volunteers and may take the form of hosting (daytime or overnight), befriending and practical resources. Volunteers may be: Family friends (come alongside the family and offer support), Host families (provide overnight stays), or resource friends (provide basic goods and services to support).

CONTACT

VCS



0333 4141488



[Click here to view the website](#)



Targeted/ enhanced



[Click here to make a general enquiry](#)

In Birmingham, referrals are only accepted from professionals within Birmingham Children's Trust.



Wider Family Support (continued)

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St Basils

SERVICE DESCRIPTION/ WHAT THEY OFFER

St Basils provides accommodation and support to young people aged 16-25 who are homeless, or at risk of homelessness across the West Midlands. We work with around 4,000 young people each year, including children looked after and care leaving young people, and young parents or parents to be. We provide a range of services including, but not limited to, psychologically informed supported accommodation, information advice and guidance on welfare & benefit entitlements; health & wellbeing; and training & education. Our goal is to support young people to develop the skills, competencies, resilience and confidence to live independently to successfully transition into adulthood.

For parents with young children, support and housing services are provided for up to 24 months and are designed to support and empower young people to live independently with their children. There are Youth Hubs in Birmingham and Solihull that offer support for young people (16-25 years) who are homeless or precariously housed including:

- Maintain and secure suitable accommodation
- Advise and signpost to specialist services including benefits, debt & money advice and health services
- Advocacy and mediation
- Access education, training or employment services
- Access to the Lead Worker Service for additional support

CONTACT (For Individual)



Text NEED ST BASILS to 62277. Alternatively call 0300 303 0099



youthline@stbasils.org.uk



[Click here to visit the website](#)



Specialist/ statutory



If homeless in Birmingham 'out of hours' and requiring immediate help, call BCT emergency duty team 0121 675 4806 (age 16-17) or 0121 303 2296 (18+)

CONTACT (For Professionals)

For enquiries regarding Birmingham accommodation schemes you can get in touch by:



0121 772 2483 during usual office hours



info@stbasils.org.uk

 **BIRMINGHAM CHILDREN'S TRUST** **Think Family Support Service (BCT)** 

SERVICE DESCRIPTION/ WHAT THEY OFFER

They support families who would benefit from a whole family approach to overcoming multiple/ complex problems that don't need statutory or social work intervention. Their offer is for families who have at least two of the characteristics: Parents or young people involved in crime or anti-social behaviour; children who have not been attending school regularly; children who need help; adults who are out of work or at risk of financial exclusion or young people at high risk of being out of work; families affected by domestic abuse; parents and children with a range of health problems

CONTACT



[Click here to view the website](#)



Targeted/ enhanced



[Download and complete the form](#) and e-mail to cass@birminghamchildrenstrust.co.uk

LA





Chapter 4: Additional online resources, courses and support

Chapter 4: Additional online resources, courses and support





OVERVIEW

Baby Buddy is a free multi-award-winning, interactive pregnancy and parenting app which has been created to support parents, co-parents and caregivers, to build their knowledge and confidence for the crucial first five years of their child's life, when foundations are laid. Baby Buddy provides trusted, evidence-based information and self-care tools, based on the latest research and is NHS-approved.

WHAT THEY OFFER

Baby Buddy has:

- Fun, engaging interactive features to 'learn without the burn'
- A huge video library - including tips on breastfeeding and the Small Wonders Change Programme for premature and low birthweight babies
- Out of the Blue - videos promoting mental health
- Support and advice particularly tailored to dads
- 'Today's information' - personalised, bite-size daily updates
- The website hosts more information for parents and professionals

ACCESS



[Click here to access the website to learn more](#)



Universal



To access, download from the app store.



OVERVIEW

Baby Check features 19 simple checks that parents can do if their baby is showing signs of illness. The app was developed in partnership between Birmingham Community Healthcare NHS Trust and The Lullaby Trust.

WHAT THEY OFFER

- Baby Check was originally published as a Lullaby Trust booklet (link included below), and is now available as a free app.
- Each check tests for different symptoms and when completed, a score is calculated that tells parents or carers how ill their baby is. The app then lets parents know what they should do next and whether their baby needs to see a doctor or health professional.

Note: The Lullaby Trust website also provides information on safer sleep and bereavement support for anyone affected by the sudden and unexpected death of a baby or young child.

ACCESS



[Click here to access the website to learn more](#)

[Click here to view the professionals' info pack](#)



Universal



To access, download from the app/ Google Play store.



OVERVIEW

The DadPad app is a user-friendly resource designed for new dads and dads-to-be. It's packed with essential information, practical advice, and details about local support groups and services. The app also helps new fathers build the confidence, skills, and mindset needed to support their babies.

WHAT THEY OFFER

- It helps dads develop the confidence and practical skills needed to care for their baby's physical and emotional needs.
- They offer guidance on building a strong bond and healthy attachment with baby.
- It includes information on perinatal mental health for dads, including how to recognize signs of postnatal depression and seek help.
- The app provides advice on supporting the partner and strengthening family relationships.

ACCESS



[Click here to access the website to learn more](#)



Universal



To access, download from the app/ Google Play store.

OVERVIEW

The organisation 'What works for early intervention and children's social care' has a vast array of resources designed to help decision-makers and practitioners put effective early intervention into action.

ACCESS

Resources

>>> [Click here to access their website and collection of reports and resources](#)

Early Years Library

A compilation of evidence-informed skills and practices to support children's cognitive and social-emotional development.

>>>

- [Click to sign up view the library](#)

Activities and toys that support caregiver-child interaction in the early years

This guide describes over 80 activities that support children's development in their understanding of objects, other people, numbers and language.

>>>

- [Click here to view](#)

Supporting Healthy Relationships and reducing parental conflict

>>>

- Among new parents
- Among parents with mental health difficulties
- Among parents of children with behaviours that challenge
- Among minority ethnic parents
- Among separating and separated parents
- [Click here to view the series](#)



OVERVIEW

The EasyPeasy App brings together the best ideas, advice, and inspiration from a global community of parents, experts, and parenting brands for parents and their 0-5 year olds.

WHAT THEY OFFER

- Get EasyPeasy parenting tips and activities, personalised for you and your 0-5 year old, from our playful community of parents and experts.
- EasyPeasy has partnered with the Department for Education and Speech and Language UK to give families in Birmingham the skills and tools they need to support children's speech, language and communication development as part of the Talk and Play Project
- Early years providers, local partners and families have free access to the EasyPeasy App.
- The App provides families with premium access to thousands of tips, advice, activities and inspiration from a global community of early years experts, partners and other parents and carers.





OVERVIEW & WHAT THEY OFFER

- Parents and carers in Birmingham now have access to a powerful new resource, thanks to the launch of the Birmingham Family Hubs App.
- Created by Essential Parent in partnership with Birmingham Family Hubs, the app is designed to support families from pregnancy through to raising teenagers, providing trusted advice and local service information at their fingertips.

The app, which is free for Birmingham residents, includes:

- Expert advice and videos: Content developed with organisations like Unicef's UK Baby Friendly Initiative and St John Ambulance.
- Personalised parenting tips: Tailored to your pregnancy stage or your child's age.
- Local services finder: Easy access to information about Birmingham Family Hubs and nearby services.
- 75 languages supported: Ensuring accessibility for families across the city.
- Available on both iOS and Android, the app is ad-free and packed with reliable content, including first-aid guidance from St John Ambulance and baby health tips endorsed by the Royal College of Paediatrics and Child Health.

ACCESS



[Click here to access the website to learn more](#)

Download the app



Universal

OVERVIEW

50 Things to do aims to provide inspiration for parents and carers to connect with children through a range of activities, all designed to have a positive impact on learning and health. It also helps children develop the skills, language and resilience needed in school and beyond

WHAT THEY OFFER

- Presented and packaged through a mobile app means it is easy to get started and conveniently available whenever the moment arises for a new activity. The app outlines each activity including: how to do it, what is needed, why it is important, top tips, useful resources, and how to applying it to children with additional needs (alongside much more).
- 50 Things also provides a local offer to families, guiding them to places to visit, and fun things to do in Birmingham. They'll be shown how to make best use of their local libraries, museums, parks and wild spaces - helping to promote community cohesion at the same time.
- Most of the activities are free or low cost making it inclusive for all.
- There is even a space to add photos to create memories of each activity.

ACCESS



[Click here to access the website to learn more](#)



Download the app

Select Birmingham as the local area and explore the app.



Universal





Five To Thrive

76

OVERVIEW

The Five to Thrive (FTT) building blocks describe a sequence of relational activities that build healthy brains in young children and maintain healthy brain function throughout life. The simple key words offer a bridge between professional understanding of neuroscience and everyday experience.

WHAT THEY OFFER

- The model and resources aim to support healthy brain development in young children and maintain healthy brain function throughout life.
- On behalf of the BSOL Infant Mental Health Steering Group, a licence has been purchased allowing easy access to the FTT resources.
- The FTT resources – printed, online and digital guides, posters and other tools – help parents and practitioners gain an appropriate awareness of the science of brain development while ensuring that the focus remains practical rather than academic. They support creative and individualised ways of meeting the needs of children at different ages and adults in our communities.

Note: For support in accessing the resources, please contact bwc.ftbinfantmentalhealth@nhs.net who can provide a step-by-step guide.

ACCESS



[Click here to access the website to learn more](#)



Universal



Perinatal and Infant Mental Health e-learning courses

OVERVIEW

NHS England in partnership with the Parent-Infant Foundation have launched the online Perinatal and Infant Mental Health learning programme. This eLearning course offers learners an overview of the field of Perinatal and Infant Mental Health and why the perinatal period is unique and important in terms of parent and infant's lives, development, relationships, mental health and well-being and outcomes for families. This course can be completed by any practitioner or professional who works with, or come into contact with, families during the First 1001 Days. This could include, but is not limited to, maternity services, health visitors, midwives, psychological professions, social workers, early years workers, primary care, charities, community groups.

WHAT THEY OFFER

- There are 12 online modules to complete, each taking an estimated half an hour:
 - Perinatal and infant mental health why it matters.
 - The journey of pregnancy and maternity care
 - Transition to parenthood
 - Infant development
 - Parent-infant relationships
 - Trauma in the perinatal period
 - Working with families in the perinatal period: a framework of good practice
 - Risk assessment and safeguarding in the perinatal period.
 - Assessment and management of perinatal mental health difficulties
 - Prescribing of psychotropics in pregnancy and breastfeeding
 - Delivering psychological therapy in the perinatal period
 - Supporting parent-infant relationships
- Each module consists of written material, videos, interactive activities, self-assessment, and an opportunity for reflection.

ACCESS



Simply click the link to access the course [Perinatal and Infant Mental Health elearning](#). (Note: you may need to create an e-Learning for Healthcare Hub account').



Universal



OVERVIEW

The Hearts and Minds Partnership is a community of local voluntary and community sector perinatal mental health support services. They do not provide support to families directly, but the groups represented in the map provide support and wellbeing services to those experiencing mild to moderate mental health difficulties around the time of pregnancy and after birth.

WHAT THEY OFFER

- There website hosts a map which allows you to search a location and connect with local services that offer support ([Click here to view](#)).
- Help and advice section for Parents

ACCESS



[Click here to access the website to learn more](#)



Universal/ Targeted and enhanced.



OVERVIEW

The ICON programme and the different interventions aims to increase the prevention of Abusive Head Trauma (AHT). Research suggests that some lose control when a baby's crying becomes too much. Some go on to shake a baby with devastating consequences. ICON provides a simple message that supports parents/care givers to cope with infant crying. Apart from preventing AHT, most people who have ever cared for a baby appreciate some advice about how to comfort a crying baby and how to cope when it goes on for a long time.

WHAT THEY OFFER

- ICON provides a simple message to help people who care for babies to cope with crying.
 - I - infant crying is normal
 - C - Comforting methods can Help
 - O - Its okay to walk away
 - N - Never ever shake a baby
- A wide range of resources for professionals and parents - posters, leaflets, crying plan

ACCESS



[Click here to access the website to learn more](#)

[Click here to view the resources](#)



Universal



OVERVIEW

Economic pressures and worries can impact on the mental health and wellbeing of families especially of those with under-fives. The Anna Freud Centre have created a Local support services poster so that early years settings can discretely signpost to a range of local services which may help the families in your care.

ACCESS

To help you complete the poster, you can:

- find details of your nearest food bank here: [Trussell Trust](#)
- find details of your nearest Families information service here: Please search for Families information service and your local authority
- Find details of your nearest Citizens advice bureau here: [Citizens Advice](#)
- Find details of your nearest library here: [England and Wales](#), [Northern Ireland](#) or [Scotland](#)



Local support services

We all struggle at times and reaching out for help and support is nothing to be embarrassed by. If you need help right now, we hope the following services may be able to support you.

Find your nearest...

 Food bank	Address: <input type="text"/>	Opening times: <input type="text"/>
 Family hub	Address: <input type="text"/>	Opening times: <input type="text"/>
 Families information service	Address: <input type="text"/>	Opening times: <input type="text"/>
 Citizens advice bureau	Address: <input type="text"/>	Opening times: <input type="text"/>
 Library	Address: <input type="text"/>	Opening times: <input type="text"/>
 Other local support	<input type="text"/>	

 Anna Freud
National Centre for
Children and Families

ACCESS

>>> [Click here to access the poster](#)

 Universal



Maternity and Neonatal Voices Partnership 81

(BSol)

OVERVIEW

The Birmingham & Solihull Maternity and Neonatal Voices Partnership (BSol MNVP) is an organisation led by recent maternity service users that uses the voices of families to help design, evaluate and feedback about all aspects of care. The MVP, working across Birmingham and Solihull, is here to ensure that every woman and their family on a maternity pathway has a chance to have their voice heard about the care they are receiving or have recently received. As well as directly with families, the MVP also works with partner organisations and groups that support women and their families. The MVP covers all maternity services across our Local Maternity System, including those provided by Birmingham Women's and Children's and University Hospitals Birmingham. Service users can get involved by sharing their experience, joining our service user group or taking on a leadership role in one of our specific workstreams: infant feeding; equality, diversity and inclusion; mental health or pelvic health.

WHAT THEY OFFER

- The MVP members meet at least four times a year and share stories and opinions on different topics and their experiences of maternity services in a safe and accepting space.
- They work together with the local NHS to identify themes for discussion and areas of concern. The MVP will then collect feedback which is shared with the NHS and used to improve services and systems for everyone.
- They have participated in "Fifteen Steps" activities in local hospitals, taking groups of service users around maternity departments to give their first impressions and suggest improvements. This has led to several hospital changes, including better signage and some decorative and environmental improvements on the ward.

ACCESS



[Click here for more information](#)



bsolmvp@gatewayfs.org



If service users would like to get involved in feeding into and shaping local maternity services get in touch with the team at bsolmvp@gatewayfs.org or via social media:

Facebook: [Birmingham and Solihull MVP](#) or X: [BSol MVP](#)



Universal



OVERVIEW

During a child's earliest years their brain makes 1 million neural connections every single second. Positive, supportive experiences with parents and other adults are important for their brain development. Brain-building happens when there is interaction with one another. It is about taking a cue from their baby and reacting to what they are doing.

Look at what your baby is focusing on and how they react

Say what you are doing and copy the sounds your baby makes

Sing along to your favourite tunes or make up your own

Play simple games and see what your child enjoys

WHAT THEY OFFER

Look, say, sing, play offers fun and easy tips for parents and carers to use with their baby from birth to not only help with bonding, but to help build their baby's brain. Each brain building tip gives you some ideas of what to do along with an overview of the science behind why it is important.

Some of the children's centres across the city have offered to store some Look, Say, Sing, Play [flashcards](#), [leaflets](#), [posters](#) and [display packs](#). These resources are aimed at new parents/carers with children under the age of 2. If you would like to collect some of these free resources to use in your setting / to share with parents and carers you support, please arrange to collect from one of the venues below.

- Doddington Children's Centre
- Lakeside Children's Centre
- St Paul's Trust Children's Centre
- Anthony Road Children's Centre
- Dyson Gardens Children's Centre
- Kitts Green
- At Tame Valley
- Ladywood Children's Centre

- Soho Children's Centre
- Frankley Plus Children's Centre
- Rookery Children's Centre
- Lime Tree Children's Centre
- GBNFC Children's Centre
- Holland House Children's Centre
- Fox Hollies Children's Centre

[For addresses and Contact details, click here.](#)

ACCESS (for parents)



[Click here to access the website to learn more](#)



[Click here to sign up for weekly brain-building tips.](#)

Professionals can also e-mail the FTB IMH inbox for a record of some of these top tips bwc.ftbinfantmentalhealth@nhs.net.



Universal



OVERVIEW

Acacia Family Support have collated a bank of self-help resources, videos, and links available for dads and partners.

WHAT THEY OFFER

- Dad's Stories and awareness videos – [click here to view](#)
- FAQ's and answers
- A collection of self-help resources and guides – [Click here to view](#)
- Information on both local groups and services and national mental health support.

Note: These resources are not intended to be a substitute for a consultation with a healthcare provider/professional and it is recommended that individuals contact a healthcare professional if they are concerned about their health.

ACCESS (for parents)



[Click here to access the website to learn more](#)



Universal



OVERVIEW

The Solihull Approach offers free online courses available for parents, grandparents, friends and relatives to complete and connect, learn, record and share information about their children as they grow and develop. These courses can also be completed by professionals.

The model underpinning the approach combines three theoretical concepts, containment (psychoanalytic theory), reciprocity (child development) and behaviour management (behaviourism). It provides a framework for thinking for a wide range of professionals working with families with babies, children and young people. Containment and reciprocity underpin relationships and brain development as well as the quality of an attachment.

WHAT THEY OFFER

A variety of free online course can be accessed and completed in different languages including:

- Understanding pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your preterm or sick baby in hospital
- Understanding your preterm or sick baby now you're home
- Understanding your child's feelings
- Understanding your child with additional needs

And many more! There are also additional language options available for select courses.

Access Code

Birmingham - COMMUNITY

Solihull - APPLEJACKS

Note: For support in accessing the resources, please contact bwc.ftbinfantmentalhealth@nhs.net who can provide a step-by-step guide.

ACCESS



[Click here to access the website to learn more](#)



[Click here to access and complete the registration form.](#)

Following this, you should be able to download FTT resources.



Universal



Subscriptions (for staff)

85

OVERVIEW

For professionals interested in staying up to date on content relevant to the First 1001 Days (and beyond), a list of relevant subscriptions/ newsletters has been listed below. These subscriptions often provide access to relevant trainings, webinars and more!

ACCESS

Anna Freud Centre

- »»» [Click to sign up to the General Newsletter](#)
- »»» [Click to sign up to the learning network](#)
- »»» [Click to sign up to the national centre for family hubs newsletter](#)
- »»» [Click to sign up to the Early Years in Mind Network](#)
- »»» [Click to sign up to Schools in Mind network](#)

The Tavistock and Portman

- »»» [Click here to join their mailing list](#)

Parent Infant Foundation (PIF)

- »»» [Click here and scroll to the bottom to sign up to their newsletters](#)
- »»» [Click here and scroll to the bottom to sign up for updates on the 1001 days movement](#)

AiMH UK

- »»» [Click here to sign up for a membership \(incur cost\)](#)

The Association for Child and Adolescent Mental Health

- »»» [Click here and scroll to the bottom to subscribe to their newsletter](#)
- »»» [Click here to sign up for a membership \(cost incur\)](#)

Maudley Learning

- »»» [Click here and scroll to the bottom, under learn, subscribe to their newsletter](#)

Early Intervention Foundation

- »»» [Click here and scroll down to subscribe to their newsletter](#)

Nuffield Family Justice Observatory

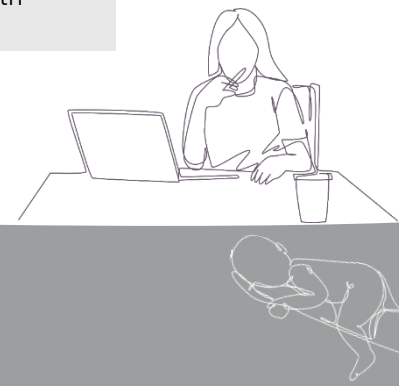
- »»» [Click here and scroll to the bottom to subscribe to their newsletter](#)

Royal College of Midwives

- »»» [Click here to view the website](#)

Each year there are national awareness weeks dedicated to raising awareness on:

- Infant Mental Health
- Maternal Mental Health
- Black Maternal Mental Health



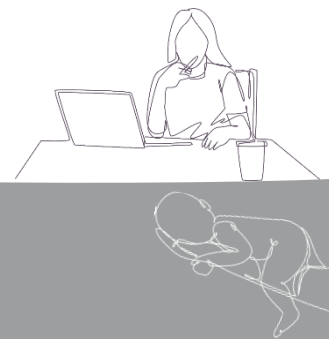
ACCESS

UNICEF UK

- >>> *Understanding and supporting mental health in infancy and early childhood – A toolkit to support local action in the UK* (2023) [Click here to view](#)

Parent Infant Foundation

- >>> *Development & Implementation Toolkit* (2019) [Click here to view](#)
- >>> *Commissioning Toolkit* (2023) [Click here to view](#)



In addition to the courses noted above, this page also collates other training and learning opportunities that are available.

- **Perinatal Mental Health - E-learning for healthcare**

There are free PMH modules and different trainings aimed at OTs and Health visitors as well as one for mental health. To be able to access this an account needs to be made on the website first.

[Click here to access](#)

New course - Perinatal Mental Health Birth Trauma Now Available

- **There are some further training opportunities available, funded through the Birmingham Start for Life Programme***

If you would like more information on the Perinatal and Parent Infant Relationships trainings that are currently available, please email us at bwc.sfltraining@nhs.net for more information.

**Please note, these opportunities are time limited and currently available up to March 2026 so get in touch soon!*

- **Supporting Connections Network**

The *Supporting Connections* network aims to improve connectivity and create opportunities to share infant mental health (PAIR) related learning and good practice through regular inter-agency collaboration across Birmingham and Solihull. There are **two core** parts to the network offer:

- 1) [Our Supporting Connections mailing list](#)

Through joining our mailing list, you will receive regular updates in relation to all things infant mental health happening across BSOL:

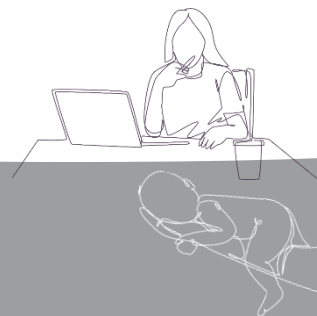
- Receive a copy of our monthly *Supporting Connections* newsletter - new for 2025!
- Receive updates around local events, training opportunities, *Supporting Connections* learning events, awareness weeks and more!
- Receive copies of the latest resources.
- Have the opportunity to feed back and help shape infant mental health planning across BSOL.

- 2) [Supporting Connections learning events](#)

These are free to access and take place via MS Teams on the third Tuesday of every month, 12:30-13:20 (except August and December).

- a. Anyone who supports families during pregnancy and the first two years of life or has an interest in this area is welcome to join

To join the mailing list and/or the sessions, simply e-mail us at bwc.ftbinfantmentalhealth@nhs.net



OVERVIEW

For professionals interested in staying up to date on content relevant to the First 1001 Days (and beyond), a list of relevant websites and useful links has been listed below.

ACCESS

The best start for life: a vision for the 1,001 critical days

Developed as part of the early year's healthy development review, this document outlines 6 areas for action to improve the health outcomes of all babies in England.

- >>> • [Click here to view](#)

Better Births

Vision for maternity services to become safer and more personalised

- >>> • [Click here to read the report and access the resource pack for Local Maternity Systems](#)

Birth Rights

Promotes your right to receive evidence-based care that conforms to the best medical and midwifery standards.

- >>> • [Click here to visit the website and find out more](#)

Five X More

Desire to highlight and change black maternal outcomes in the UK

- >>> • [Click here to visit the website and find out more](#)

MBRRACE-UK

'MBRRACE-UK' is the collaboration appointed by the Healthcare Quality Improvement Partnership (HQIP) to run the national Maternal, Newborn and Infant clinical Outcome Review Programme (MNI-CORP) conducting surveillance and investigating the causes of maternal deaths, stillbirths and infant deaths.

- >>> • [Click here to access the reports](#)

The Motherhood Group

Supporting the black maternal experience

- >>> • [Click here to visit the website and find out more](#)

NICE Guidelines

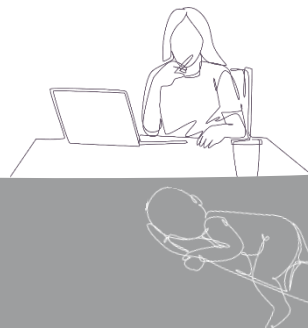
This guideline covers recognising, assessing, and treating mental health problems in women who are planning to have a baby, are pregnant, or have had a baby or been pregnant in the past year.

- >>> • [Click here to view the Antenatal and postnatal mental health: clinical management and service guidelines](#)

Play in Education Development and Learning (PEDAL)

They conduct academic research into the role of play in children's lives in order to inform wider practice and policy.

- >>> • [Click here to access the website](#)
• [Click here to access the PEDAL hub](#)





If you spot any inaccuracies, please accept our apologies and let us know at bwc.ftbinfantmentalhealth@nhs.net We will be happy to correct any mistakes.

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