***NNS Local Covid-19 Support - October 2020***

***Health and Wellbeing***

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| **Service Type** | **Organisation** | **Address** | **Community Offer Now** | **Contact Person** | **Contact Number** | **Email Address** |
| Online P:\Ashram\Accord Business Support NIT\Birmingham NNS Stage 2\Community Investment Programme\Grantees Publicity material\Zoom logo 1.png | ACP | Online | Face book Mind and Wellbeing session | Shabana Qureshi | 07941 364718/07918 077777 | shabana@acpgroup.org.uk  |
| OnlineP:\Ashram\Accord Business Support NIT\Birmingham NNS Stage 2\Community Investment Programme\Grantees Publicity material\Zoom logo 1.png | Springfield Project | Online | Springfield Virtual- Online Cookery classes/ Arts/Crafts  | Rachel /Sue | 0121 772 2722 | Sue.round@springfieldproject.org.uk  |
| Wellbeing ActivitiesH:\LOGO\activities.jpg | Smart Women CIC | Community Centre and Gym91A Medlicott roadSparkbrookB11 1UB | Gym/Sports Sessions for Women | Rubina Tareen | 0121 772 7533 | swctc@hotmail.co.uk  |
| Online ZoomP:\Ashram\Accord Business Support NIT\Birmingham NNS Stage 2\Community Investment Programme\Grantees Publicity material\Zoom logo 1.png | ACP | Online | Online Yoga via Zoom Tuesdays @10am | Kam  |  07918 077777 | kam@acpgroup.org.uk |
| Floating SupportH:\LOGO\floating support.png | Accord | n/a | Floating Support Service Service for people with Learning Disabilities  | Claire Moore:   |   0121 441 2563 | Claire.Moore@accordgroup.org.uk  |

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| Online Workshops & WellbeingP:\Ashram\Accord Business Support NIT\Birmingham NNS Stage 2\Community Investment Programme\Grantees Publicity material\Zoom logo 1.png | Brandwood Centre | 157 Allens Croft, Kings Heath, B14 6RP | Clink and Connect Programme. Anyone aged 19+ in West Midlands opportunities to stay connected. Free courses, workshops, coffee mornings and seated Yoga.Coffee morning Monday 10:30 to 11:30am. Seated Yoga 11am to 12 noon Thursday. All via Zoom. | Jo Palmer | 0121 443 3310  | <https://www.brandwoodcentre.co.uk/click-and-connect/> jo@brandwoodcentre.co.uk |
| WellbeingActivities H:\LOGO\activities.jpg | Saheli Hub | 110 Edward RoadBalsall Heath B12 9LF | “Bubble” Workout Classes, Chair Exercises, Park Bike Rides/Learn to Ride. INVITATION ONLY | Naseem Akhtar | 0121 440 1007 | naseem@saheli.co.uk [www.saheli.co.uk](http://www.saheli.co.uk) |
| Wellbeing Activities H:\LOGO\activities.jpg | St Pauls Trust | Balsall Heath City Farm, Hertford St, Balsall HeathB12 8NJ | Countrymen Club for men 50+. Isolated because of deteriorating physical or mental health or changing social conditions. | Farrah Khan | 0121464 1888 | Farrah.khan@stpaulstrust.org.uk  |

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| Wellbeing & Home CareH:\LOGO\activities.jpg | Birmingham Muiti-Care | 7 Braithwaite RoadSparkbrookB12 | Provide a range of a care and support services to young children, young people, adults and family carers across Birmingham. Services for learning difficulties & associated circumstances, including homecare and support, short breaks and access to community based social, leisure and recreational day and evening opportunities for both children and adults.  | Joanne Hindley | 01214728220 | enquiries@birmingham-multicare.org  |