



What we offer

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About Breakthru CIC

Breakthru works with communities, individuals, and statutory organisations across Sandwell.

Its mission: create new ideas, projects, and services, promote equal opportunities and better futures for all, especially those often left behind. Using extensive community experience and a focus on results, Breakthru's work covers several broad areas including:

- Bringing communities together
- Encouraging wellbeing mentally/physically
- Assisting under-represented communities
- Educating residents to be effective decision makers.

Ensuring that neighbourhoods become places where all families thrive and have access to the support services and opportunities they need. Improving our members health and wellbeing and that of their family and friends.

Our projects:

The Aman Group

The Aman groups aim to encourage women / men living in Sandwell to become:

- **More active and increase levels of participation in physical activity.**
- **Reduce isolation.**
- **Improve education and local knowledge.**
- **Increase skills development.**
- **Improve self-confidence and self-esteem.**
- **Greater sense of purpose and identity**
- **Increase access to positive peer networks.**
- **Improve communication levels.**
- **Greater sense of achievement**
- **Increased responsibility**
- **Greater trust and respect for others**
- **Improved quality of life**
- **Greater aspirations and hope**
- **Greater sense of belonging**

Wellbeing sessions are delivered in local libraries in each of the towns in Sandwell. Encouraging women to adopt a healthy lifestyle and become more educated by providing tips and techniques through effective fun exercise programme and informed workshops to better their health, education, wellbeing, and motivation.

Activities provided at these weekly groups include regular exercise and gentle chair-based exercise for those less mobile, informed sessions, nutrition advice, lively debates, group therapy, visits, and celebrations. In addition, we deliver a programme of activities to women aged from 18 through to 90+ that improve women's holistic wellbeing and educate members and their families.

Enabling this hard-to-reach group to access services and transfer knowledge. Improving their physical and mental wellbeing, alleviating isolation, enabling them to realise the importance of a healthy lifestyle, education, safeguarding themselves, their family and friends.

It is our aim to remove stigma's / taboo subjects – such as cancer, dementia, drugs, alcohol and substance misuse, addiction, domestic violence, arranged marriages, family shame or dishonour and radicalisation – through open discussions, counselling, group therapies, organisation referrals, organisation presentations and information sessions, and enable women to access services as many are often encumbered by Asian cultural pride which does not wish to admit weakness or ask for help.

At the end of each session the women are given the opportunity to discuss any issues they may have through informal group therapy sessions. If one to one counselling is required, then referrals are made to qualified counsellors through Breakthru's project Beyond Blue or participants are signposted to relevant organisations that may help.

Breakthru's aim is to bring communities together, currently over 300 women attend the Aman groups and will benefit from the project. They are aged 18 to 90+ and come from very diverse backgrounds and cultures, including Indian, Pakistani, Bangladeshi and African Indian. Their religion encompasses Sikh, Hindu, Muslim, Christian and nonreligious.

Providing a unique mix of health, education, and physical activity in a friendly, informal, safe environment, where women can express themselves in their mother tongue with like-minded individuals in confidence.

Each month a walk is organised through parks in Sandwell for the women to gain some outdoor exercise. In partnership with Benson Community Centre Sandwell Leisure Services and the WBA foundation the ladies take part in volleyball, walking football, hoopla hooping and archery in their park.

The women are given the opportunity to choose some of the topics for discussion at the group. Enabling them to voice their concerns and identify for themselves what information they need and how the groups are developed.

Some of the topics discussed and information provided have included: healthcare sessions, new exercise techniques, cooking, politics, confidence building and self-esteem, intervention, ESOL, support and advocacy service, finance and budgeting, nutrition.

The project will also encourage more women to take up the Aman Groups Good Neighbour Scheme. We link up and work with other health and social care services such as local Care homes, Sandwell Adult, Social Care, Sandwell Healthy Homes – equipment and adaptations, support in the home. Sandwell Community Caring Trust which supports carers and provides care services for those who have learning disabilities, physical disability, sensory impairment and complex health needs.

We work alongside Age UK who through presentations and workshops have educated Aman women on Basic First Aid, ESOL, Fall Prevention etc. We have strong links with Sandwell Job Centre Plus, Sandwell Leisure Service, Sandwell College, My time active, Sandwell MBC. All of whom provide advice, knowledge and workshops which are translated through our Project Coordinator enabling all our communities to receive the same opportunities, improve their holistic wellbeing and become more educated even when there is a language, age or cultural disadvantage.

Our projects work with the whole community and small businesses through outreach delivering vital information often requested by our members including Local opticians – understanding the effects of diabetes linked to glaucoma. Local Pharmacists - TB and infection control, what pharmacists can do for you – smoking cessation, substance abuse etc. Citizens & Welfare advice – debt management. Food banks, local shops and stores

Breakthru holds a list of Universal Services for Families and Adults. Providing recognised charitable, independent and voluntary organisations to members in both English and Punjabi. Providing the translation of basic information leaflets to our members in Punjabi, Urdu and Bengali about what your local Pharmacy, GP and A&E including:

- **What your local pharmacy can do for you**
- **When not to attend these services.**

Using predominantly pictures for those whose English is limited.

The Aman Groups are delivered in local libraries and community venues:

Smethwick Library x 1 group

Smethwick Brasshouse Community Centre 1 group

West Bromwich Library x 1 group

Oldbury Library x 1 group

Wednesbury Museum & Art Gallery x 1 group

West Bromwich Library x 1 male group

Expected new groups from 2024:

Smethwick Library x 1 group

West Bromwich Library 1 group

Great Barr x 1 group opening early 2024 (venue to be confirmed)

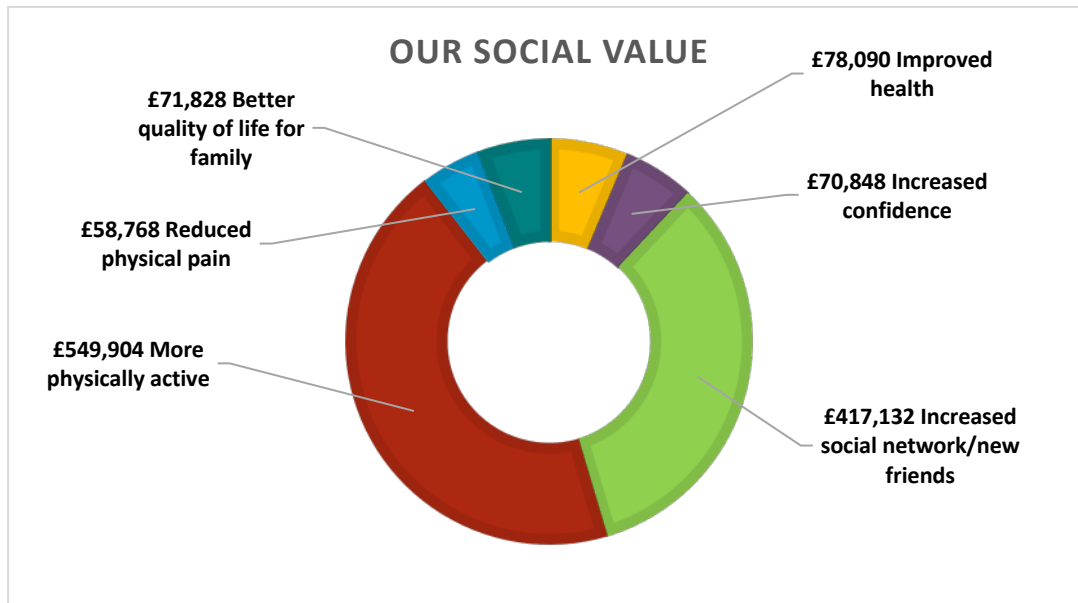
A unique mix of numerous generations, cultures take part in our activities bringing communities together as one. Women aged from 18 through to 90+ share experiences, become role models, support one another, learn new skills and benefit from regular association and exercise. Women from all background and cultures including Muslim, Sikh and Christian religions. Bengali, Punjabi, Gujarati, Afro Caribbean and White British

How we deliver:

Workshops, presentations, courses etc we aim to deliver from 2024 depending on our beneficiaries needs, and what they request:

- Fall prevention.
- When do we need to contact the GP?
- What can your pharmacy do for you?
- When not to go to A&E?
- Do you need an ambulance?
- Basic first aid
- Crime safety / Victim support
- Addictions
- Physical and mental healthcare
- Budgeting and finance
- Cancer support and prevention
- Heart care
- Dental hygiene
- Dementia awareness and training
- Cognitive tests
- Employability skills
- Stress management
- Basic first aid
- Dietician
- Home safety
- Confidence building
- ICT skills
- Yoga / Pilates
- Nutrition
- Communication skills
- ESOL
- Maths and English
- Minor ailments advice from health professionals
- Blood pressure, diabetes and cholesterol checks
- Bladder incontinence
- Menopause
- Vaccination clinic
- Well man and Well women health checks and talks.
- Physical activity
- Organised Park walks exploring local green spaces.
- Visits to local swimming centres
- Culturally sensitive issues – family honour, domestic violence, mental health and addictions.

Our social value



Aman Group flyers

BREAKTHRU cic Aman Group

Aman Group – Womens Group
Ladies of all ages are invited to our weekly wellbeing sessions:

- Gentle chair based exercise
- Stress relief techniques
- South Asian dance and song
- Walking and days out
- Arts and crafts
- Tips on how to improve your health and wellbeing
- Workshops and informed sessions

Monday – 10am - 12pm
Oldbury Library
Sandwell Council House, Freet Street B69 3DE

Wednesday – 10am - 12pm
Smethwick Library
Smethwick High Street, Smethwick B66 1AA

Thursday – 10am - 12pm
Wednesbury Museum & Art Gallery
Holyhead Road, Wednesbury WS10 7DF

Friday – 10am - 12pm
Central Library
High Street, West Bromwich B70 8DZ

07813 125443 | info@break-thru.co.uk | www.break-thru.co.uk/amangroup

COMMUNITY FUND Sandwell Metropolitan Borough Council

Aman Group

Aman Group – Mens Group
Men of all ages are invited to our weekly wellbeing sessions from 12:30 – 2:00pm on Fridays:

- Gentle chair based exercise
- Stress relief techniques
- South Asian dance and song
- Walking and days out
- Arts and crafts
- Tips on how to improve your health and wellbeing
- Workshops and informed sessions

West Bromwich Library – Community Room 1st Floor (lift or stairs available)
316 High Street, West Bromwich B70 8DZ.

info@break-thru.co.uk | www.break-thru.co.uk/amangroup

NATIONAL COUNSELLING SOCIETY BACP Organisational Membership Number 00276100

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Aman Good Neighbour Scheme

The Aman Good Neighbour Scheme is an initiative born from volunteers and staff who attend the Aman Group, these women visit and befriend other women in their home. Reducing social isolation and loneliness experienced by many older people throughout the Sandwell borough. Support is offered through regular visits from English and Punjabi speaking volunteers and staff.

The volunteer's role could be, enabling a visually impaired person to respond to their mail or just simply sitting, chatting, or making a cup of tea. Having someone to talk too for perhaps just one hour a week boosts an individual's confidence greatly. Forming a vital link to the outside world.

With regular support we enable older people to remain independent. The scheme is flexible, client led, caring for the needs of the client.

Our studies show that when a patient or service user leaves hospital, care home or rehabilitation centre they often experience isolation and stress due to the deskilling at the point of care. This then, can raise issues when sent home, both for the patient and the family or carer.

Breakthru through the Aman Group and the Aman Good Neighbour Scheme delivers advice sessions to members around the following:

- Polypharmacy
- Fall prevention.
- Eyesight problems and common causes
- Home safety
- Nutrition
- Diabetes prevention
- Pharmacy help
- Safeguarding
- Finance and budgeting
- Dementia awareness
- Dietician
- Medication support
- Basic home help
- Talking therapy

Our aim is to deliver an integrated and sustainable service that delivers better quality outcomes for our local community. These include:

- Promoting independent living through provision of advice, information, and signposting
- Promoting self-care and independence
- Reducing and preventing admissions to hospital, attendance at A&E and GP out of hours

- Improving the quality of life and health and wellbeing of the elderly and vulnerable.

In addition, further work is on-going in relation to stimulating community-based activity and supporting community members to take responsibility for their own health and wellbeing. These joint initiatives represent a selection of key pieces of work aimed at knitting together local delivery into a seamless service.

With the aim of:

- Enabling older and vulnerable people to remain supported within their local community.
- Promoting self-care and independent living
- Stronger economy and stronger communities, building community resilience and independence with a focus on preventative action.
- Enable carers to continue in their caring role.
- Develop a carer-aware and friendly community through robust publicity, promotion, outreach, and engagement activities.

Enabling carers to look after their own health and wellbeing and have a life of their own in terms of opportunities for work, training, education, leisure, and social interaction.

Beyond Blue

Counselling and psychotherapy services along with relationship and family mediation for low to high level needs, including individuals with severe mental illness. Using the Pluralistic approach; our therapists draw on a range of methods and understandings to tailor the therapy to the individual client – based on what we and the client think will be most helpful.



BEYONDBLUE

We can help

A step in the right direction

We can help you work through current challenges, break unhelpful habits, and begin to experience life differently.

Working together in a supportive, non-judgemental environment, we can help you start to build upon your strengths, gain greater awareness and understanding, develop helpful perspectives and learn practical strategies and techniques.

With our help, discover new ways of dealing with challenges in your life, start to experience life more fully and joyfully.

Accredited Psychotherapists and counsellors. Working collaboratively and holistically with clients, drawing upon a wide variety of evidence-based therapeutic modalities.

At Beyond Blue Counselling we help clients experiencing immediate and long-term difficulties such as:

- Depression
- Anxiety
- Grief and loss
- Trauma
- Relationship challenges
- Addiction (or third-party addiction)
- Adjustment to change
- Self identity therapy
- Identifying and achieving personal goals

07813 125 443 | info@break-thru.co.uk | www.break-thru.co.uk/beyond-blue

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Association of Mental Health Practitioners
BREAKTHRU cic
BACP Organisational Membership Number: 00276100



BEYONDBLUE

Relationship & Family Counselling

When you don't talk...
...there's a lot of stuff that ends up not being said.

Discover how counselling can help you and your partner or family member feel connected again.

Relationship counselling can help you rebuild a relationship where you feel loved, understood and appreciated.

At Beyond Blue our counsellors provide a caring, supportive and non-judgemental environment to help you find a way through any difficulties you may be facing in your relationship(s).

Contact us:
t 07813 125 443 | e info@break-thru.co.uk
w www.break-thru.co.uk/beyond-blue

Beyond Blue Relationship Counselling at Hill Top Library, West Bromwich B70 0RZ.

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NATIONAL COUNSELLING SOCIETY
BREAKTHRU cic
BACP Organisational Membership Number: 00276100



BEYONDBLUE

Nothing should stand in the way of your child's learning. Nothing at all.

- Anxiety
- Depression
- Grief and loss
- Trauma
- Family challenges
- Violence / Bullying
- School phobia
- Peer problems
- Poor social skills
- Eating disorders
- Delinquent acts

Accredited local psychotherapists and counsellors who can help work through challenges you may be experiencing.

07813 125 443 | info@break-thru.co.uk | www.break-thru.co.uk/beyond-blue

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Therapy with **BEYONDBLUE**

Accepting you need help is the first step

Looking after your mental health is just as important as our physical health.

Beyond Blue (SMI)

Supporting individuals and groups with more complex needs.



BEYONDBLUE

Do you or someone you know have a diagnosed severe mental illness?

If so, we can help.

People who have severe mental illness often don't get the benefits or support they are entitled to.

If you are a Sandwell resident with any of the following conditions: schizophrenia, bi-polar, psychosis, severe depression, or any other severe mental illness, or a carer for someone with one of these conditions.

We can offer free advice and support with:

- welfare benefits
- help with budgeting
- energy advice
- disability benefits
- welfare grants
- debt advice and referral for specialist debt support

We can also offer free counselling / psychotherapy sessions for those who need to understand their conditions better and learn techniques on how to manage severe mental illness.

For more information, please contact: **t** 0121 269 5990 / 07813 125 443
e info@beyond-blue.co.uk **w** www.break-thru.co.uk
or drop into our shop Beyond Blue, 19a Spring Head, Wednesbury WS10 9AD.



Beyond Learning


Improving the education, social skills, and mental health of children and adults with or without educational needs.

Our courses and workshops along with one-to-one sessions, support those who are struggling, and those not in education. Beyond Learning, provides math's and English support (both GCSE and functional skills), employability skills, social skills, and life skills, supporting children and adults to get back into or stay in education, or employment.

Our tutors have school-based experience as learning support assistants. Working predominately with Special Educational Needs and Disabilities (SEND) students aged 11-16, working closely with students who have ASD, ADHS and Dyslexia. Providing cognitive, learning needs, social, emotional, and mental health needs.

Our tutors have been hand-picked, they go above and beyond the classroom. They understand that SEND students need support outside of the classroom too. In addition to SEDN our tutors work alongside students who suffer with anxiety and depression, bereavement, and relationships.

As well as educational interventions our tutors deliver PHSE, travel training and life skills, social use of language, emotional regulation, conflict management, emotional literacy, and anger management. They have experience working with resources for Autism and private tutoring, both for young people and adults with and without additional needs.



BEYONDLEARNING

Beyond Learning – improving the education, social skills, and mental health of children and adults with or without educational needs.

We look at more than just learning, we look at you as a person and what you need. Together we can help you to reach your goals whether they be academic, social, or emotional. We can do this by:

- Providing support with education
- SEND Specialist tutoring
- Tailored tutoring 1-1
- Counselling and Psychotherapy
- Life skills and social skills support
- Providing Employability Courses
- Giving you a safe place to be you and grow

Working together to provide you with tailored, specialised support specifically for you. With our help, you can be the best version of you. You will be able to access support from a wide range of tutors, counsellors and psychotherapists, and support workers that all have a person-centred approach.

For more information, please contact: ☎ 0121 269 5990 / 07813 125 443
✉ info@beyond-blue.co.uk 🌐 www.break-thru.co.uk
or drop into our shop Beyond Blue, 19a Spring Head, Wednesbury WS10 9AD.



BKCF Organisational Membership Number: 002761/00

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62 & 63 Highfields
High Street
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B70 8LU

Shop: **Beyond Blue**
19a Spring Court
Spring Head
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WS10 9AD