






Organisation	Service	Eligibility Criteria	Opening Hours	Contact Info
	Just Straight Talk will support you where and when you need it most by providing practical help, support, and motivation to turn your life around and help you achieve your life goals.	Anyone living in Sandwell aged 18+ who requires practical and emotional support to address and overcome barriers or situations which are affecting your life & mental well-being.	Monday – Friday: 9am – 5pm (flexibility can be arranged)	Kate Beale <a href="mailto:kate@juststraighttalk.org">kate@juststraighttalk.org</a> 07947 097 628 <a href="#">Make a referral</a>
	European Welfare Association support Central and Eastern European nationals in their native languages, addressing immigration challenges, providing education on rights and responsibilities, debt management advice, and essential resources like food and clothing parcels.	Central and Eastern European (CEE) nationals living in Sandwell.	Monday, Wednesday, Thursday: 10am - 4pm	Anna Drukarczyk <a href="mailto:anna.drukarczyk@ewacic.com">anna.drukarczyk@ewacic.com</a> 07925 523039 <a href="#">Make a referral</a>
	Sandwell African Caribbean Mental Health Foundation's Get Active is a weekly walking group and a cycling group. Local green spaces will be utilised for cycling and walking. Our 'Time To Grow' gardening project is also part of this programme.	Sandwell residents who want support for mental and physical wellbeing.	Monday to Friday: 9am - 5pm	Kuumba Centre <a href="mailto:info@sacmhf.co.uk">info@sacmhf.co.uk</a> 0121 525 1629 <a href="#">Make a referral</a>
	Sandwell African Caribbean Mental Health Foundation are providing Employment Support in one to one weekly sessions with a Job Coach who will help you to develop a vocation plan with personal goals, develop your interview skills, CV writing, welfare benefits check & job search.	Sandwell residents who require support to gain skills and become interview 'ready'.	Monday to Friday: 9am - 5pm	Kuumba Centre <a href="mailto:info@sacmhf.co.uk">info@sacmhf.co.uk</a> 0121 525 1629 <a href="#">Make a referral</a>
	Kaleidoscope Plus Goup invite you to join this programme of wellbeing activities and life skills that promotes social inclusion and positive emotional health and wellbeing.	Black, Asian and ethnic minority groups and refugee and migrant communities.	Monday to Friday: 9am - 5pm	Vicki Fox / Ranjit Atwal <a href="mailto:TCE@kaleidoscopeplus.org.uk">TCE@kaleidoscopeplus.org.uk</a> 0121 565 5605 <a href="#">Make a referral</a>
	Sandwell Youth and Community Centre's approach is "Here to Help". Through our Health, Employment, Learning and Poverty Reduction Strategy we currently provide yoga classes, healthy cooking classes, fitness programs, and walking groups, with proven positive impact on both mental and physical health.	We are open to all clients in the borough of Sandwell.	Monday 9am-6pm Tuesday 9am-4pm Wednesday 9 -5 (Phone Only) Thursday 9am-6pm Friday 9am-4pm	Luke Darbey <a href="mailto:help@sycc.biz">help@sycc.biz</a> 0121 565 8870 <a href="#">Make a referral</a>

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	Beat It Percussion uses gentle sensory sounds to give people a deep relaxation experience. Helps people manage stress and enjoy greater well-being.	Adults living in Sandwell, especially those living in areas of deprivation and including people from minority communities and those who are disabled.		Lynn Kay <a href="mailto:beatitpercussion@gmail.com">beatitpercussion@gmail.com</a> 07875 090946 <a href="#">Arrange a session</a>
	Delivered by St Albans Community Centre to support the development of early relationships between parents and children. Encouraging and supporting good parenting skills, family functioning, school transition, and early identification of children with emotional, learning, or behavioural difficulties.	Care for or be a parent of a child aged between 2 – 4 years of age and live in Sandwell.	Monday to Friday: 9am - 1pm	Family Worker <a href="mailto:Pre-school@stalbans-cc.co.uk">Pre-school@stalbans-cc.co.uk</a> <a href="#">Make a referral</a>
	Life in Community is offering residents in Tipton activities to improve their mental wellbeing, via group and one to one activity. Providing advocacy support surrounding housing issues and debt whilst providing a safe space.	18+	Monday 12pm - 7pm Tuesday 1pm – 7pm Wednesday 11.15am – 5pm Friday 11am – 3pm	Kelly Cranston & Charlene Cotton <a href="mailto:admin@lifeincommunity.org.uk">admin@lifeincommunity.org.uk</a> 07752 659257 <a href="#">Make a referral</a>
	Breakthru CIC - The Aman Group encourages women to become more physically active. Wellbeing sessions in local community venues, offer a unique mix of health – physical, mental, and education, that aims to improve holistic wellbeing.	Women of all ages, backgrounds (predominately South Asian women attend)	Monday to Thursday: 9am - 5pm Friday: 9am - 4pm Saturday: 9am - 1am	Victoria Breakwell <a href="mailto:info@break-thru.co.uk">info@break-thru.co.uk</a> 0121 269 5990 / 07813 125443 <a href="#">Make a referral</a>
	Join AGE UK Sandwell on one of our Weekly Womens First Walks in local parks around Sandwell. This is a great chance to enjoy the fresh air, gentle exercise and plenty of laughter with peer support.	Women 50 and over living within the Sandwell Area	Monday to Friday: 9.30am - 4.30pm	<a href="#">See our activities timetable</a> <a href="mailto:activities@ageuksandwell.org.uk">activities@ageuksandwell.org.uk</a> 0121 437 0033 <a href="#">Make a referral</a>
	The Community Connect Foundation offers advice on welfare rights, in work benefits, Housing, accessing disability support, one of grants for those residents struggling with cost of living and language barrier, supported IT session for Universal Credit and Health and wellbeing activities.	Providing support to residents of North Smethwick, in the ward of St Paul's ward and targeted support for BAME and Bangladeshi communities.	Monday to Wednesday: 9am-5pm	Abdul Quddus <a href="mailto:info@ccfoundation.org.uk">info@ccfoundation.org.uk</a> 0121 565 3311 <a href="#">Make a referral</a>
	SWEDA is supporting clients in identifying their strengths and weaknesses, setting goals, developing tools for self-help, peer support, and how to cope with stress, creative activities to develop skills and support physic and mental health and wellbeing.	West Bromwich with additional outreach in Hateley Heath & Friar Park, Focus on BAME residents in West Bromwich.	Monday to Thursday: 9am - 5pm. Friday 9am - 4.30pm	<a href="mailto:sweda@sweda.org.uk">sweda@sweda.org.uk</a> 0121 525 2558 - Reception will take details and book appointments <a href="#">Make a referral</a>

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<p><b>New communities advice and wellbeing project</b></p> 	<p>Brushstrokes provide specialist advice on for new communities - immigration, housing, benefits, health, asylum support, energy efficiency and budgeting and information and activities that promote health and wellbeing.</p>	<p>New arrived communities, asylum seekers, refugees, EU nationals, Individuals with No Recourse to Public Funds or where Immigration status is creating a barrier to access services and support</p>	<p>Monday – Friday: 9am - 3pm</p>	<p><a href="mailto:info@brushstrokessandwell.org.uk">info@brushstrokessandwell.org.uk</a> 0121 565 2234 <a href="#">Make a referral</a></p>
<p><b>Promoting Health Equality Programme</b></p> 	<p>The YMCA Black Country Group proudly participates in the Wider Determinants of Health programme, committed to advancing health equality. Our diverse activities, from Health Walks to Wellbeing workshops, empower individuals to build a healthier, happier community together</p>	<p>18+</p>	<p>Monday to Thursday: 9am - 5pm Friday 9am - 4pm Saturday 9am - 1pm</p>	<p>Joy Chatwin <a href="mailto:joy.chatwin@ymcab.org.uk">joy.chatwin@ymcab.org.uk</a> <a href="#">Make a referral</a></p>
<p><b>Growing Opportunities</b></p> 	<p>Ideal for All offer a range of fun, free activities for all adults, including gardening, food growing, cooking, crafts, gentle exercise, healthy lifestyle information / guidance and practical 'hands on' support. Small groups are welcoming and accessible, with extra support for those with additional needs.</p>	<p>Any resident aged 18+ . Free and open to all, no access criteria and no experience required. (specialist disabled peoples user-led organisation representing our diverse communities).</p>	<p>Monday – Friday: 9am – 5pm (some evening and weekend events throughout the year)</p>	<p><a href="mailto:contactifa@idealforall.co.uk">contactifa@idealforall.co.uk</a> 0121 558 5555 option 2 <a href="#">Make a referral (quote GO at the start of message)</a></p>
<p><b>Advice on welfare rights</b></p> 	<p>Ileys Community Centre offers advice on welfare rights, for those struggling with cost of living and with language and cultural barriers to accessing mainstream services.</p>	<p>For residents in and around the Soho &amp; Victoria ward of Smethwick, Somalian and other African communities in Sandwell.</p>	<p>Monday – Friday: 10am - 5pm</p>	<p>Mr Abdul Ali &amp; Ms Fartun Mohamud <a href="mailto:info@ileyscommunity.org">info@ileyscommunity.org</a> 0121 448 3940 <a href="#">Make a referral</a></p>
<p><b>ESOL &amp; Employability Support for BAME women</b></p> 	<p>Bangladeshi Women's Association can help you to develop a strong CV, good command of the English Language and the right experience to get closer to the Job Market.</p>	<p>BAME Women living in Tipton.</p>	<p>Monday - Friday 9am - 5pm</p>	<p>Rashpal Kaur <a href="mailto:info@bwa-org.co.uk">info@bwa-org.co.uk</a> 0121 557 6766 <a href="#">Make a referral</a></p>