

NEW HEIGHTS WARREN FARM COMMUNITY PROJECT NEWSLETTER

Keeping you in the loop!

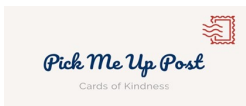
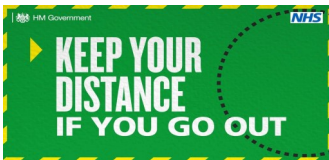
Hello everyone!

We hope you are all well.

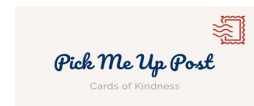
Have you all been enjoying the new easing of restrictions? Have you had your hair cut yet? Please remember, where possible you should still keep a two meter distance, where not possible the metre plus rule applies (use of face masks, protective screens, hand sanitising and hand washing).

For a full list of what you can and can't do from the 4th July and further information on the metre plus rule, please visit the government website:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do-after-4-july>



Birmingham PlayCare Network
Pick me up post - Cards of Kindness



As part of our Youth Social Action sum project, New Heights will be teaming up with Birmingham PlayCare Network to support their Cards of Kindness project.

As part of Heart of England's Covid Resilience Fund, Birmingham PlayCare Network will be offering a befriending service with a difference that supports local communities through isolation. The "Pick me up Post" project will support local people to write their own letters or cards of kindness. We encourage the community to post them through a neighbours door who is self isolating, or on their own; or leave the post for a key worker.

WATCH THIS SPACE!- Birmingham PlayCare Network will shortly produce, 4 inspirational videos that will be published via the projects Facebook page, based on;

An introduction to creative letter writing; plus making your own quirky envelopes

Making simple pop-up cards (3 different designs)

Hidden extras: inspiration of what to include to make your mail different i.e.. photos, tea bag, pressed flowers, secret messages.

Mail a hug: 5 fun ideas for virtual hugs through the post (ideal for children to post to family) - this would include a 'hug video'. The community will be able to use the facebook page as a forum to discuss your letters.

Please visit our Facebook page: www.facebook.com/Pick-me-up-Post-BPCN-100499301701208/ as we have already posted two beautiful letter writing videos on there to support the project.

As part of the project BPCN will be working with New Heights Community groups to deliver a variety of activities in August, details to follow shortly.

To launch the Pick Me Up post project Birmingham PlayCare Network are running a competition to win a free letter writing pack and a reminisce memory box. To enter please email Becky Coley at:

beckycoley608@gmail.com to register your interest in the project, stating your name, age and street name. The closing date for entry is 07/08/20- 5pm. Five lucky winners will be picked at random and will be contacted the following week and receive their prizes!- Good Luck!

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“Bringing communities together and helping those in need of help”

Kerry's Comments:

Hello everyone.

A quick update in respect of our return.

We are currently working towards a return office date of 3rd August for St Johns Centre staff and the Breathe benefit & housing advice service.

There will be no access to either site without an appointment and where possible all enquiries and appointments will continue to be dealt with via telephone. On site staff days will initially be limited to two days per week in order to safely manage the ongoing Covid-19 restrictions and increased health & safety requirements. These days and times will be confirmed in next week's newsletter.

The Domestic Abuse counselling service will be closed as usual for the Summer, from 4pm Friday 17th July until Tuesday 1st September.

The community café will remain closed until further notice.

Over the summer we will be running a weekly take away community meal service and twice weekly family food & activity packs. All of these activities will be completely free of charge. Further information will be printed in the next two weeks (pre registration will be required to ensure we cater for all participants).

In the meantime, please don't forget we continue to operate out benefits & housing advice, counselling and befriending services remotely (telephone, email & zoom). Please find service contact details below.

Breathe benefit & housing advice: Monday-Thursday 9.30am - 4pm
0121 384 2333 / advice@new-heights.org.uk

Domestic abuse counselling service: Monday-Friday 9.30am – 4pm
07753 224 835 / counselling@new-heights.org.uk

Enquiries & Befriending: Monday-Thursday: 9am - 4.30pm, Friday: 9am-3pm
0121 386 4345 / enquiries@new-heights.org.uk

Christ the King Mass -Booking available via New Heights

Do you need help to book your mass attendance at Christ the King Church? New Heights staff are able to provide assistance.

Call us on 0121 386 4345 to provide details and booking requirements. Staff will make the on-line booking whilst we take your call and confirm booking details.

