

# Community Worker Service



## Connecting with communities!

**The Community Development Service engages with communities across Birmingham and Solihull.**

We are a bridge between communities and the commissioners who pay for services. The team can help to improve physical and mental health and wellbeing in communities.

- We offer signposting to individuals and a large range of organisations
- We network throughout Birmingham and Solihull and support local events
- We offer mental health and wellbeing sessions
- Scan the code overleaf for more information
- Get in touch with us by email.

**Better Mental Health For All**

## Women's Health

**Empowering women to understand their mental health and wellbeing.** Providing supportive spaces to learn self-awareness and coping strategies and skills. **Call Fatema 07801130657**

## Supporting Families

**Supporting families to have greater understanding of their mental health and wellbeing.** Offering signposting, family focused information events and wellbeing sessions for families in Birmingham and Solihull. **Call Zahida 07801130655**

## Men's Health

**Support, information and understanding of mental health and wellbeing.** De-stigmatising and encouraging men to talk about how they feel and to find the help they need to be physically and mentally well. **Call Owen 07801130656**

## Newly Arrived communities

**Support for asylum seekers and refugees to gain local knowledge of services.** Offering signposting, wellbeing events and sessions to promote understanding of mental health and wellbeing. **Call Ibrar on 07801130526**

## Criminal Justice

**Identifying barriers to accessing mental health services upon release from prison.** Providing group mental health and wellbeing sessions for people with a history of offending. **Call Steve on 07801130658**

## African Caribbean Communities

**Supporting the African Caribbean community to maintain their cultural identity.** Providing signposting, wellbeing events and capacity building to promote mental health and wellbeing. **Call Uroy on 07801130660**

## LGBTQ+

**Addressing the barriers faced by the LGBTQ+ community.** Support to capacity build and offer signposting and information about mental health and wellbeing. **Call William 07734 961 483**

**For more information on the Birmingham Mind  
Community Development Worker Service contact us**



Community  
Development  
Worker Service



**SCAN ME**

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