

BAHU Trust – Kindness Project

Thank you Abdullah Rehman MBE for organising this project to support people in the Hall Green constituency through their bereavement. The launch of the service is planned for week commencing 14th March 2021.

BCF Faith & Reflection Sessions



Thank you Gill Hatley and Jean Rahmanian for organising the Bahai led BCF Faith and Reflection session focusing on Joy on 8th Feb. The next 2 sessions will be at 8.0pm on:-
 Mon 10th May – Jewish led
 Mon 12th May – Sikh led



Our Connecting Communities

programme takes place on Unity FM radio 93.5 at 4.0pm on alternate Mondays, co-hosted by Mahmooda Qureshi and Dr Peter Rookes. Use the links to listen to our last 2 programmes:-

Mon 1st Feb – Diabetes in South Asian and African Caribbean Communities -
 Dr. Nashat Qamar, Principal GP and

Clinical Lead for BSol CCG; Vikki Power, WW (formerly Weight Watchers); and Tony Kelly, Diabetes Strategic Patient Partner, BSol CCG)

<https://www.mixcloud.com/UnityFM/connecting-communities-show-01-february-2021/>

Mon 15th Feb – Homelessness - Liam Byrne MP, Labour Mayor Candidate; Vicky Hines, Shelter Hub Manager; Gary Messenger, Birmingham City Council

<https://www.mixcloud.com/UnityFM/connecting-communities-show-15-feb-2021-featuring-liam-byrne-mp/>

Mon 1st March – Double Bill - Covid-19 Census and Vaccination

Census – Aishath Rehman, Census Engagement Officer

Covid Vaccination - Dr Rizwan Alidina, GP; Sheikh Nuru Mohammed, Clifton Road Mosque; and Dr Farooq Khan, Consultant Psychiatrist, Clinical Director

<https://www.mixcloud.com/.../connecting-communities-show.../>

Coming Up

Mon 15th March - Commonwealth Games and Women - Raidene Carter, Executive Producer for the cultural programme; Nicola Turner, Director of Legacy; and Suki Gill, Employment and Skills Manager.

Mon 29th March – Autism - Prof Ashok Roy, Chair Birmingham Autism and ADHD Partnership Board; Shabina Bano, Special Needs Key Worker; Lakvir Sahota, Regional Head of Service, Resources for Autism

Mon 12th April – Policing in the Pandemic - David Jamieson, Police and Crime Commissioner; Chief Superintendent Phil DOLBY, Diversity and Inclusion Lead; and Police Chaplain TBC



BCF: Faiths Promoting Health and Wellbeing

At the meeting on Wed 20th Jan we received presentations and discussed:- Everyone's Battle, Everyone's Business – Tackling Inequality; Integrated Care Systems Proposals; Mental health skills in places of worship; Safeguarding for Faith Organisations; Who's in Charge

Campaign; Autism and ADHD Community Support; Covid Vaccination Roll-Out; Covid Restrictions and Recovery.

**Minutes are attached

At the meeting on 11th March we discussed:- Diabetes 2 in South Asian and African Caribbean Communities; Covid Charter; Plasma Donation; Healthatch;and Autism – Preparation for Adulthood.

** Minutes with the next issue



Registration is open for our 13th Annual Faiths for Fun, which will be held on Zoom on **Sun 18th April**, organized by Birmingham Council of Faiths, Birmingham Scouts and Birmingham Guides.

The event is open to all youngsters aged 7-12 years (not just Scouts and Guides), of all faiths and none to have FUN, get to know each other, and learn something about each other's faiths. All participants will

be awarded a certificate and the activity will count towards the Scout and Guide faith badges and the More in Common Badge. Prizes will be awarded to the top 3 contenders in the 7-9 and 10-12 year age groups. Queries to Dr Peter Rookes – pjrookes@gmail.com, 077033 36088

Faith Encounter Programme

We are please to launch our Online Faith Guiding Course 2021, Last autumn 14 new faith guides -from 6 different faith backgrounds - attended the training and their feedback was very positive. The group found the course stimulating and thought-provoking, and - despite the Covid-19 restrictions- they appreciated being able to make new friends, to gain new skills and learn about each other's faiths.

We are inviting you to help us spread the word about the new course which starts on Tuesday 25 May 2021 with a weekly Zoom session. We would be grateful if you could circulate the attached poster among your networks and to also post it in your social media and websites. This is a very good training opportunity for faith people interested in presenting their faith to others as well as learning about other faiths. Many thanks for your help in encouraging others to take part in this initiative.

Mauricio Silva

The logo for the 2021 census, featuring the word 'census' in a bold, purple, sans-serif font, with '2021' below it in a similar font.

Ready, steady, census

The decennial census is almost upon us. Households across Birmingham will soon be asked to take part in the nationwide survey of housing and the population. It has been carried out every decade since 1801, with the exception of 1941.

Information from the digital-first census will help decide how services are planned and funded in your local area. This could mean things like doctors' surgeries, housing or new bus routes. Households will receive a letter with a unique access code in the post, allowing them to complete their questionnaire online. Paper questionnaires will be available on request.
Census day is March 21.

For more information, visit census.gov.uk or alternatively contact Aisha Rehman, Census Engagement Manager, email aisha.rehman96@field.census.gov.uk.

Birmingham Safeguarding Partnership

Child Exploitation: Tackling CE Together in Birmingham

WEDNESDAY 17 MARCH 2021 (09.15 - 16.30)

Venue: MS Teams -

Safeguarding for Senior, Designated & Operational Managers

THURSDAY 18 MARCH 2021 (09.15 - 16.30)

Venue: MS Teams –

Other Courses - You can view and book all of our courses [here](#) or by copying and pasting the link into your browser; <https://booking.lscpbirmingham.org.uk/> Google works best for this.

- Learning Lessons from Serious Case Reviews
- Professional Curiosity & Challenge
- Working with Resistant Families
- Advanced CE - Trauma & Developing Skills for Practice
- Child Exploitation: Tackling CE Together in Birmingham
- Modern Slavery
- Understanding and Responding to Coercive Control and Domestic Abuse (Module 1)
- Working with Those Who Are, or May Be Experiencing Coercive Control and Domestic Abuse (Module 2)
- Understanding and Responding to Perpetrators of Domestic Abuse (Module 3)
- Safeguarding for Senior, Designated & Operational Managers
- Safeguarding Children & Cultural Awareness
- Attachment Theory and Brain Development
- Raising Awareness of Female Genital Mutilation
- Safeguarding Disabled Children and Young People
- Understanding the Strengthening Families Framework
-

For our virtual courses...

- Virtual Courses will take place via Microsoft Teams and - to a lesser extent – Zoom.
- Please read the course information, confirmations and any follow up emails carefully during and after your booking process, and follow the instructions for receiving or locating the link to the course. Virtual courses have been re-designed from their usual face to face format, and so some alterations such as the requirement to complete pre-course work (in some instances) are in place for you.
- If your organisation allows it, Microsoft Teams should be downloaded on your device and you should know how to use it prior to training.
- For staff who cannot download Zoom (e.g. Birmingham Children's Trust Staff), it will not be necessary to download the Zoom program in order to attend the virtual session."

Email: BSCP.contactus@birminghamchildrenstrust.co.uk

Ella Baker School of Organising Courses

Wednesday 17 March: [Reflections on organising.](#)

We are honoured to have Salma Yaqoob (yes, that Salma Yaqoob), David 'dbh Branif-Herbert and Taranjit Chana join us to reflect on the lessons they have drawn from decades challenging racism and homophobia, and building communities of struggle. A great opportunity to compare and contrast different approaches.

Sunday 21 March: [Theory of Change](#)

This is proving to be one of our most popular sessions. Too often when people want to make change, they resort to familiar tactics, without thinking which tactics are most likely to be effective in the specific circumstances they wish to change. This session looks at how to make strategic choices.

Wednesday 24 March, [Economic Literacy](#)

We continue with our collaboration with the organisation 'Economy' seeking to demystify economics and looking at how change makers can develop the skills to understand and engage with economic issues.

Sunday 28 March [Self Care for Activists](#)

Too many of us think the movements we are involved in are so important that we can forget to look after ourselves? In these very difficult times, a few routines of self-care are essential, and

this session also explores how organisations can develop internal practices that reflect their values.

Tuesday 30 March: [Unconscious bias in context](#)

The term 'unconscious bias' is intensely contested. Is it just an excuse for displacing responsibility for structural and institutional discrimination onto a few 'bad' individuals, or is it an important tool to supplement our wider initiatives to combat discrimination?

Poetry Jams

The Birmingham time to change hub is holding a series of poetry jams. All welcome but please let Andrew Nicholls know if you would like to recite one of your poems. The theme this year is “the power of small” how little things can help and support us. That could be a lift a smile or just a person saying how are you feeling. The link below can be used to access the event this Thursday 4th February at 8pm.

Topic: Poetry Jam

Time: Feb 4, 2021 8PM

Every month on the First Thurs at 8.0pm, until Jul 1, 2021

Apr 1, 2021 07:30 PM

May 6, 2021 07:30 PM

Jun 3, 2021 07:30 PM

Jul 1, 2021 07:30 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly: https://zoom.us/meeting/tJUlf-2pqDssHNPdrGz_qM4S_ydjGI9Unwv-/ics?icsToken=98tyKuCppjMuG9KVth-ARowcGoqgLOvwpmJdgo1tmA3CGR9CT1fFCftGOJVzSe3e

Join Zoom Meeting <https://zoom.us/j/91884160667>

Baha’I Fireside Sessions

These sessions take place at 8.0pm every Sunday evening. The next 2 are:-

21 March 2021 Prof. Kelly Snook, "Naw-Ruz, the equinox and the astronomy of it all" (works at NASA)

28 March 2021 Viv Bartlett, “Nurturing a healthy human spirit in the young” (retired FE lecturer and youth worker)

Zoom Login

<https://us02web.zoom.us/j/84717120511?pwd=TzNvazJOOUFzMXUwYzRDSUxVTVpCQT09> Meeting ID: 847 1712 0511 Password: OZWZF

BHealthy Webinars,

The webinars encouraging physical activity are being led by Dr James Burgess, and are aimed at anyone in a position to socially prescribe and GPs.

The key themes of the series are inequality, social prescribing and the effect of the COVID-19 pandemic, and that physical activity can aid in recovery.

17 March - Physical activity in older children and young adults

24 March - Physical Activity in Older Adults

31 March - Mental health

7 April - The physical & mental benefits of engaging with green spaces in Birmingham

14 April - Physical activity in regards to Cardiovascular Health and Diabetes

21 April - Physical activity in People with Disabilities

28 April - Physical activity in People with Chronic Pain and Rheumatological conditions

5 May - The Final Webinar

(all are 12:30 – 1:30)

To more information and to book a place (via Eventbrite) please go to:

https://www.birmingham.gov.uk/info/50238/wellbeing_during_the_coronavirus_covid-19/2134/active_at_home/4

Vaccination Programme



Covid-19 Vaccination Programme: Information and Resources for BAME Communities

The Covid-19 vaccination programme, is rolling out at pace and we have compiled below different information, resources and webinars currently available with a specific focus on Black, Asian and Minority Ethnic communities and organisations, across Birmingham and the surrounding areas.

Debunking the Myths

- **MYTH: GPs are making a lot of money from COVID vaccinations**
- **MYTH: COVID is no more dangerous than the flu**
- **MYTH: COVID vaccine causes irreversible side effects**

- **MYTH: COVID is caused by the 5G network**
- **MYTH: COVID deaths are being exaggerated**
- **MYTH: Doctors want to force people to be vaccinated**
- **MYTH: The COVID vaccine ingredients are Haram**
- **MYTH: Vaccines contain aborted foetal cells**
- **MYTH: Vaccines are being used to chip and track the population**
- **MYTH: Vaccines are unsafe – that is why no pregnant women were in trials**
- **MYTH: Pharmaceutical companies are all evil so we can't trust them**
- **MYTH: The vaccine was approved too quickly to be safe**
- **MYTH: The vaccine may modify your DNA**
- **MYTH: The inventor of the PCR test said it was not made to detect diseases such as COVID**
- **MYTH: PCR is inaccurate and overestimating COVID infections**
- **MYTH: 99.97% recover from COVID, but 3% get major side effects from vaccine**
- **MYTH: Wearing a mask is bad for your health**
- **MYTH: We should just wait for herd immunity**
- **MYTH: If hospitals are so busy why are Nightingale hospitals empty?**
- **MYTH: A nurse took the COVID vaccine & died on camera**

BIMA Position Statement on Oxford AstraZeneca COVID-19 Vaccine: [Read more](#)

Summary of BIMA Position Statement on Astrazeneca COVID-19 Vaccine: [Read more](#)

Statement on Changes to Vaccination Schedule for Pfizer/BioNTech Vaccines: [Read more](#)

Summary of BIMA Position Statement on Pfizer COVID-19 Vaccine: [Read more](#)

Webinars - BIMA have supported organisations around the UK to deliver vital information around COVID and the vaccine.- [Watch some of the many appearances from our members!](#)

The Interfaith Network website contains information and guidance from faith communities about COVID-19 vaccination: <https://www.interfaith.org.uk/news/covid-19-and-vaccination>

NHS England is leading an NHS anti-disinformation drive about the vaccinations. Religious leaders are amongst those with whom they are working, to help debunk myths about the vaccine <https://www.bbc.co.uk/news/uk-55666407>. Public Health England is also working to combat misinformation. [Read more](#)

The Hindu Council UK has noted that the Vaccine Deployment Minister Nadhim Zahawi, has assured that both vaccines do not contain human or animal products: [Read more](#)

The Muslim Council of Britain is supporting the position papers produced by the British Islamic Medical Association on the Pfizer and AstraZeneca Covid-19 Vaccines: [Read more](#)

The Archbishop of Canterbury is encouraging everyone to get the vaccine when they are invited to do so: [Read more](#)

Chief Rabbi Ephraim Mirvis has said it is a 'religious imperative' to have the vaccination: [Read more](#)

The Catholic Bishops' Conference of England and Wales has updated its statement on taking the vaccination: [Read more](#)

The Church of England information on the vaccine is at: [Read more](#)

Information from Birmingham & Solihull Clinical Commissioning Group

A comprehensive list of FAQs and information is available on the dedicated [Birmingham and Solihull COVID-19 Vaccination website](#) to aid you in answering questions. There is also a downloadable guide on the Covid Vaccine in a range of community languages:

- [COVID-19 Guide for older adults Albanian](#)
- [COVID-19 Guide for older adults Arabic](#)
- [COVID-19 Guide for older adults Bengali](#)
- [COVID-19 Guide for older adults Gujarati](#)
- [COVID-19 Guide for older adults Hindi](#)
- [COVID-19 Guide for older adults Punjabi](#)
- [COVID-19 Guide for older adults Polish](#)
- [COVID-19 Guide for older adults Romanian](#)
- [COVID-19 Guide for older adults Spanish](#)
- [COVID-19 Guide for older adults Tagalog](#)
- [COVID-19 Guide for older adults Turkish](#)

Top Tips when a Family Member Tests Positive

Having a member of your household test positive for COVID-19 doesn't mean the rest must catch it. Here are a few things you can do to reduce the risk of the virus spreading in your home. These are especially important if you have a clinically vulnerable household member:

- Keep to separate rooms, if possible
- Clean shared facilities such as the bathroom or kitchen with anti-bacterial products
- Stagger mealtimes among household members if you can
- Ventilate rooms by opening windows. Let fresh air in and potential virus particles out
- Wash hands more often – for 20 seconds with soap
- Catch coughs and sneezes in tissues (not hands). Put used tissues in the bin and wash hands
- Use separate towels and cutlery to those of other household members
- Wear a mask indoors in communal spaces until the isolation period is complete
- Don't let anyone else into your home or leave the house if you are supposed to be isolating. This is also law.
-

Carer Vaccinations

Carers are defined as citizens who are in receipt of carers allowance or, may care for a friend or family member that wouldn't be able to cope without the support. These carers are sometimes known as hidden or informal carers. Carers, both those in receipt of carers allowance or informal carers, are now eligible for a covid vaccination if they haven't already been invited to have one.

We have asked Birmingham Carers Hub to register as many unknown/hidden carers as possible and pass their details to the NHS (University Hospital Birmingham) so that invitations for priority vaccinations can be sent out to eligible carers.

Forward Carers are the organisation who run the Carers Hub and who support carers in Birmingham on behalf of the City Council. They will ensure that you get access to information and advice from now onwards as well as ensure that your appropriate details are shared with the NHS as a carer who is eligible for a vaccine.

It is really important that if you are eligible that you have the vaccine in order to protect you, yourself and those you care for. If you are still unsure if you are a carer, this link will help you decide: <https://forwardcarers.org.uk/info-advice/are-you-a-carer/>

You can register as a carer online: <https://forwardcarers.org.uk/local-services/carers-register-form/> this is the quickest and most efficient method to register. Doing this will automatically ensure that your carer status and eligibility is shared with Birmingham's local vaccination roll-out programme that is managed and led by the NHS.

If you need help registering, please call Birmingham Carer Hub Info & Advice Line on 0333 006 9711 (low call rate) If you have any questions or queries that can't be answered elsewhere and you need to talk to someone at Birmingham City Council, please email: StakeholderEngagement@birmingham.gov.uk

And there are loads more sessions being added for April, so check out the [website](#) regularly.

[Loneliness Annual Report 2021](#). Read the Government's report on the work being done and the progress being made, including a case study featuring the work of social prescribing (from The Bureau in Glossop).

Over the last year **BIHR** has been working with **women survivors of domestic abuse**, and the staff that support them, to create an [online tool](#) which will support women to know their human rights and the duties of public services to respect and protect these, not only to keep them safe (which is vital) but to also help rebuild their lives. The views and needs of women are central to this project. We are mapping and testing directly with women and VAWG groups that directly support women. You can [read our blog about this project here](#). We're very pleased to announce that our tool [launched on 27 January 2021!](#) We're looking forward to sharing insight into our new tool for staff who are members of [FLOWS Forum](#) on 16 February. Please click the link below to access the tool:

[Click here to access the tool](#)

Alert Card for People with Autism

[Alert Card for diagnosed young people and adults \(over 13 years\)](#)



You need to complete the following 3 steps to receive your Alert Card.

1. Select your area from the 'dropdown' menu at the bottom of the page and make your purchase (only one card per person at the subsidised rate; please select duplicate card if you want more than one)
2. Download the application form from the link sent to you after your purchase.

3. Email the completed application form to alertcard@autismwestmidlands.org.uk **AND** a scan of your proof of diagnosis document.

Please get your proof of diagnosis document ready before you make your purchase to prevent any delay. Cards take 2-3 weeks to be issued and cannot be processed until all 3 steps are completed. Your proof of diagnosis document must state that you have autism or Asperger Syndrome and written by a medical, education or other professional. DLA or PIP award letters do not count as proof of diagnosis.

If you do not receive an email with the application form link please let us know. If you are unable to apply online or have difficulty locating a proof of diagnosis document please contact us before making a purchase. Please email: alertcard@autismwestmidlands.org.uk

Mental Health Helpline

Birmingham MIND in partnership with BSMHFT

Helpline phone number: 0121 262 3555.

Email: help@birminghammind.org

Birmingham MIND operates a Mental Health Helpline which operates 24/7 and is for anyone living in Birmingham and Solihull. Birmingham MIND wants to encourage people to call the Helpline / see them the first – rather than arrive at A&E/hospitals as the service can alleviate the pressures faced by NHS 111 operatives.

It includes access to specialist counselling and support for Key Workers. The service has links and pathways for mental health support in the city. It can also provide access to face to face support for those in crisis (by Appointment only). The service includes a live web chat for people who want support but don't want to call the service. It's also available all languages for anyone whose first language isn't English.

New White Paper published

[Click here to read the new white paper 'Integration and Innovation: working together to improve health and social care for all'](#)

West Midlands Anti-Slavery Network's – Sacred Texts Needed

The Safe Place Project is currently seeking assistance from the community with our Faith in Every Language campaign.

WMASN provides first response emotional and practical support to male survivors of slavery post-exploitation, encouraging feelings of safety and trust which contribute to a smooth transition into longer term support. For many of our users, faith is a cornerstone of their lives and wellbeing. Often having arrived with us from countries around the world, great comfort is found in the ability to pray effectively and have access to the appropriate sacred text.

We would like all our service users to be able to safely practice their faith, therefore, we are asking for donations of sacred texts (both translated and in their native language) as well as any accompanying faith-based literature. While we would be very happy to accept any books that are available, we are particularly interested in the following languages and texts:

<p>Languages:</p> <ul style="list-style-type: none">• Albanian• Bulgarian• Chinese• Lithuanian• Latvian• Slovakian• Romanian• Roma• Polish• Vietnamese• Hindi• Bengali• Gujarati• Punjabi	<p>Texts:</p> <ul style="list-style-type: none">• The Holy Bible (old & new testaments)• The Quran• The Holy Vedas• The Tao Te Ching
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Email: nicole.morris@westmidlandsantislavery.org Phone: 07591686770

www.westmidlandsantislavery.org

Governance for Black, Asian or minority ethnic background

Are you from a Black, Asian or minority ethnic background and/or aged under 40? The National Governance Association are conducting research to understand perceptions about school governors and trustees from groups currently underrepresented on governing boards.

Participants will be asked about their awareness of school governance and what perceptions they may have of those who volunteer on school governing boards.

The research aims to identify how governing boards can achieve wider diversity in their composition and develop more inclusive practices, and how the sector can best enable those from underrepresented groups to govern. Participants would need to take part in one online focus group lasting a maximum of one hour. Please register your interest in taking part [here](#).

BAME Survey

The Birmingham Lewisham African and Caribbean Review (BLACHIR) is working to gather insights on health inequalities within Black African and Caribbean communities in Birmingham & Lewisham.

A survey has been launched to understand inequalities in experiences of pregnancy and early parenthood among African and Caribbean women. To take part, please go to <https://www.birminghambeheard.org.uk/people-1/blachir-pregnancy-maternity-early-years-pillar-sur/>

The data from the survey will inform a wider report covering the broader issues of health inequalities. It will also provide recommendations and guide the interventions of Birmingham City Council and Lewisham Council aimed at reducing the inequalities experienced by African and Caribbean communities. This model of consultation will form a blueprint of future reviews of inequalities affecting our communities.

Copy for next issue by Fri 9th April

Keep Safe and Keep Well

Peter

Dr. Peter Rookes PhD. MPH. DHSA. FETC. RCNT. RGN. RNMH

Secretary and 3rd Sector Liaison Officer

Coordinator, BCF:Faiths Promoting Health & Wellbeing,

Birmingham Council of Faiths