



NEWSLETTER



LAUNCHING OUR SUMMER HOLIDAY ACTIVITIES AND FOOD PROGRAM 2024

16 Days Provision / 480 Places 500 cook meals / 80 Hours Activities

The Holiday Activities and Food Programme (HAF) delivers inclusive activities and a hot meal over the school holidays for children aged 5 – 16 years who are eligible for benefit related school meals.

If your child is eligible, they can have up to sixteen free places on our Holiday Activities and Food (HAF) programme and you will receive an email or letter with your child's unique 'HAF' code.

This Summer children will experience trips to Dudley Zoo and Castle, and Cannock Chase, as well as pet farm animals with a visit from Farm on Wheels. There will be sports, pottery painting, cooking sessions and much much more.

A big thanks to our HAF team Steve Hodgetts, Amanda Nunn and Karen Morgan for putting on another excellent program of fun and positive memories for the children taking part.



Cost of Living Update

In 2022, 15.04% of households in Tamworth - Jun 24 were living in fuel poverty. This is higher than the proportion in 2018, with then 8.79% of households in fuel poverty.

(Switch Data) The average Tamworth inhabitant household consumes 3,573.05 kWh a year. An average Tamworth household will pay approximately £3,549 a year. The average spend on food for one person is around £44 per week (£189 per month).

In Tamworth - Jun 24, there are 97.92 prepay meters for every 1,000 households. Tamworth has a food insecurity index rating of 12,455 this means that Tamworth has a higher rate of food insecurity than England average and higher than the Staffordshire average



Download a copy of our Community Directory under Help and Support for a range of services to help you
www.communitytogethercic.org.uk

Not Online then Call us on



Freephone 0808 175 4041

Form Filling Support

Need Help Filling in a Form? Due to not being online or IT confident? or need someone independent to sit and go through the questions our qualified Information, Advice and Guidance worker can help.

**Book an appointment
Call FREEPHONE 0808 175 4041**



New Employment Support Service Launched



Through our partnership with South Staffordshire College and Leveling Up Funding UK Shared Prosperity Fund. We are pleased to welcome Emily who is our Employability Community Coordinator and who is providing support to people via one to one support, outreach, workshops, peer support Job Clubs and more... The idea is to identify training opportunities, and to help break down barriers to employment even when people may not be work ready.



Employment Support Services in Tamworth

EMPLOYMENT WORK CAREER

Come along to one of our support sessions and find out about employment opportunities available within the Tamworth area and how we can offer help and support.

Starting in August:

Peer Support Groups

Every other Friday at the Manna House

258 Glascote Road, Town Centre, Tamworth B77 2AY - starting the 9th August at 12:30-2pm

Every other Monday at St Martins

Ellerbeck, Stonydelph, Tamworth, B77 4JA - starting the 12th August 1:30pm-3pm

Every other Tuesday at Community Together CIC

Unit 3 Offa House Orchard Street B79 7RE - starting the 20th August at 1:30pm-3pm

More information please email:

emily@communitytogethercic.org

or call 07458 034150



Partnership initiative with UK share prosperity fund, led by South Staffordshire College



Holistic • Outreach • Multi Agency • Empowering

Providing information, advice, guidance to keep you in your own home.

Mondays 1.30pm – 3.30pm

Leyfields Family Hub,
Masefield Drive, Tamworth B79 8JB

1st Thursday of the month

2.00pm – 4.00pm

Tamworth Jobcentre Plus,
90 Saxon Mill Lane, Tamworth B79 7JJ

Fridays 10.30am – 12.30pm

Glascote Family Hub,
Hawkesworth, Glascote, Tamworth B77 2ER

Freephone helpline number 0808 175 4041

Open late evenings until 9pm

Mondays and Wednesdays

Drop into our Front Desk,

Offa House, Tamworth Town Centre,
Orchard Street B79 7RE

If at threat of homelessness or homeless people can call or email Tamworth Borough Council Housing Solutions

housingsolutions@tamworth.gov.uk

or call 01827 709709

Telephone Befriending Service



The impact of our telephone befriending service cannot be overstated. Within Tamworth, there are 10,805 single occupancy households, with 1,350 of these households being individuals over the age of 65. It is both humbling and inspiring to know that through our partnership and collective efforts, we are currently supporting 19% of those aged over 65 who are living on their own, and 2% of those aged 18-64 in similar circumstances. These figures are not just statistics; they represent lives touched, hearts uplifted, and spirits renewed through the power of human connection.

Would you or know someone who would benefit from a Befriending then call us **FREEPHONE 0808 175 4041**

VOLUNTEERS NEEDED



At Community Together CIC we couldn't do what we do without a team of volunteers from our community. We have a range of opportunities which include working in a our Community Cafe 'The Helping Hands Cafe', Telephone Befriending, Receptionists, Walk Leaders Plus many more but to name a few, so why not join our successful team and help others in the process. Call FREEPHONE 0808 175 4041 Email Info@communitytogethercic.org or pop in to speak to us at Offa House, Orchard Street, Tamworth B79 7RE.

Chatty Benches: Tackling Loneliness and Isolation



Chat benches are simply a bench in a space which can be easily accessed by passers-by to use. Benches typically have signage to indicate that this space is used to encourage conversation and community interaction. This helps to let people know that anyone sitting there is happy to talk or would like to talk.

Would you like to be part of a pop-up pilot scheme for Chatty Benches in Tamworth then please get in touch either FREEPHONE 0808 175 4041 or email info@communitytogethercic.org

HELP US TO GAIN COMPASSIONATE TOWN STATUS



Our Social Prescribing Team attended the first UK Compassionate Communities Conference in Rugeley, Staffordshire. Compassionate Communities believe's in a world where people's natural gifts of compassion, togetherness and equity are recognised as more powerful than medicine alone. Tackling Loneliness, the impact of grief and improving connections. We believe that Tamworth is ready to apply and evidence compassion within the 13 areas. If you would like to work with us on Compassionate Communities Status please contact our Engagement, Development and Partnerships Officer Lee@communitytogethercic.org or call our office **0808 175 4041**.

Improve your wellbeing at our Commonwealth in Commonhealth Centre.

Commonwealth in Commonhealth WELLNESS CENTRE

Timetable

MONDAY

- 10.30am to 11.15am** **Monday Movers:** Kickstart the week with some energising exercises tailored for all levels of fitness. **£2** per session
- 11.30am to 12.15pm** **Flex and Flow:** A combination of Pilates and Yoga. **£2** per session
- 1pm to 2pm** **Parents and Carers Exercise Group:** An inclusive opportunity for those looking after little ones or loved ones to prioritise their own wellbeing. **£2** per session

TUESDAY

- 10.30am to 11.15am** **ABC: Absolute Beginners Circuits:** Introducing newcomers to exercise in a supportive environment. **£2** per session
- 1pm to 3pm** **Tamworth TIES:** Every 1st and 3rd Tuesday of the month. A safe space for people with learning difficulties, their family, carers and friends. Activities and refreshments available.

WEDNESDAY

- 10.30am to 11.30am** **Wellness Wednesday:** Come speak to health professionals, organisations, nutritionists, get basic health checks and more. Engage in discussions about overall wellness.

THURSDAY

- 10.30am to 12pm** **Time 4 U :** A relaxed gathering where community members can connect, unwind, and enjoy a cup of coffee together. **£2** per session.
- 11am to 12pm** **Parents and Carers Exercise Group:** An inclusive opportunity for those looking after little ones or loved ones to prioritise their own wellbeing. **£2** per session

FRIDAY

- 10.30am to 11.30am** **Revive and Thrive Fridays:** Start your weekend right with this holistic outdoor session focused on rejuvenating both the mind and body (bad weather indoors)



Refreshments available during sessions at an additional cost.



Commonwealth in Commonhealth
Physical Fitness and Mental Wellbeing Centre

Activity Centre, Old Swimming Baths, Tamworth Castle Grounds, Opposite the Tennis Courts, River Drive, Tamworth B79 7ND
Enquiries to **Freephone 0808 175 4041** or email info@communitytogethercic.org



find us on Facebook
[@commonwealthincommonhealth](https://www.facebook.com/commonwealthincommonhealth)



The Commonwealth

Do you have a talent you would like to share?



Did you know? Our Community Cafe is becoming a supportive space for local performers to share their talents. If you can sing, perform poetry, comedy, play a musical instrument, magic, any talent we would love to hear from you and let you perform for our customers daytime or evening slots available.

Contact The Helping Hands Cafe by popping in Open 7 Days per week or call 0808 175 4041 or email lee@communitytogethercic.org

ask what matters - listen to what matters - do what matters

what matters to you?

Social Prescribing and Community Based Support

A way of supporting you to improve your health and well-being



5 appointments saved back into GP practice per social prescribing referral, equating to 1,812 appointments saved April to July 2024
7.5 Days or 181 hours saved

April 2024 to July 2024

So far 329 Referrals
Reasons for Referral

22% Mental Health

13% Loneliness

9% Managing Long Term Health Conditions

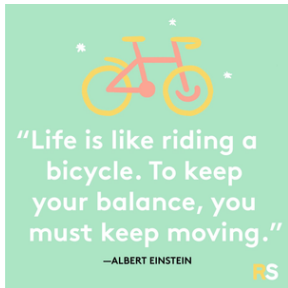
8% Practical support

8% Finances

Social prescribing link workers play a key role in delivering social prescribing by giving people time, focusing on 'what matters to me' and taking a holistic approach to people's health and wellbeing in order to connect them to appropriate community groups and services.

Social prescribing link workers play a pivotal role by developing trusting relationships and providing personalised support. As a result, their work:

- strengthens community resilience
- reduces health inequalities by addressing the wider determinants of health, such as debt, poor housing and physical inactivity
- increases people's active involvement with their local communities

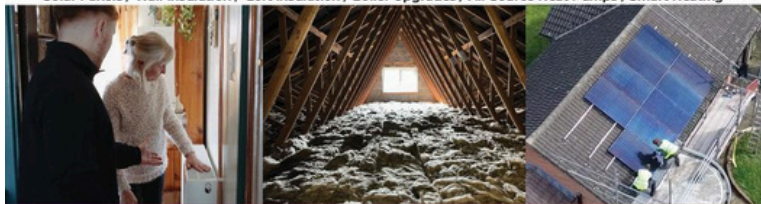


Social Prescribing Link Workers connect people to community groups and statutory services for practical and emotional support



WE ARE INSTALLING ENERGY EFFICIENCY UPGRADES FOR FREE!

Solar Panels / Wall Insulation / Loft Insulation / Boiler Upgrades / Air Source Heat Pumps / Smart Heating



FUNDRAISE 4 US



What do we do?

Here at **Community Home Solutions** we have access to public and private funding to help improve the EPC rating of people's homes, helping to meet net zero targets and reduce fuel poverty.

We can provide up to **£40,000** worth of energy efficiency upgrades to eligible households at no cost to the homeowner.

Can we help you?

You could be eligible if your home's EPC rating is D-G; and

- Your annual gross household income is below £31,000
- and/or
- You receive a means tested benefit
- and/or
- You have a long term health condition

HOW DO YOU APPLY?

Scan this QR CODE or call 0115 718 1822
Or talk to our team at a community event.



We need your help to continue providing 20 essential community services that many rely on. Community Together CIC is dedicated to offering free, accessible support, but we can't do it alone.

Your contributions will enable us to maintain and expand our offerings, ensuring no one in our community goes without the help they need. Every fundraiser no matter the size, makes a significant difference.

If you can help fund-raise then call us on 0808 175 4041, email info@communitytogethercic.org.