Murray Hall Community Trust vs COVID 19
KEEPING CHILDREN, FAMILIES, ADULTS, OLDER PEOPLE AND COMMUNITIES CONNECTED
CHARITY No: 1040170
ABOUT THE SERVICE

Our services include Antenatal Support, Play Talk Read Sessions, Baby Massage, Sing and Sign and Baby Clinic to name a few! All of our children want to learn new things about the world around them and our sessions will offer you and your child ideas that you can enjoy doing at home during current circumstances.

We support families and help with a range of issues including: daily routines, improving parenting skills, behaviour management strategies, housing and debt issues and much more. We also can offer support for families who have children with additional needs.

OUR CURRENT OFFER

PLEASE SEE OUR UPDATED TIMETABLE ONLINE THAT HIGHLIGHTS THE SESSIONS WE ARE CURRENTLY OFFERING THROUGH LIVE VIDEO.

We will also be posting weekly content via our website and social media channels on Facebook and Twitter, including:

- Talking tip of the week

- Weekly story time sessions

- Cooking activity posts on a fortnightly basis

Join our virtual world by registering and booking your place today. Keep yourself and your child connected and active during this difficult and challenging time.

If you would like more information please contact the team via email or telephone.

info@murrayhall.co.uk

Tipton: 0121 522 5150 | Rowley: 0121 559 9916
## TIPTON and ROWLEY Cluster Timetable
starting 20/04/2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td>10:00am – Solihull Programme</td>
<td>10:00am Sensory Babies Live Feed</td>
<td>10:00am Rhyme Time Live Feed</td>
<td>10:00am Early Years Changes Programme</td>
<td>10:00am Baby Massage Live Feed</td>
</tr>
<tr>
<td></td>
<td>From 27/04/2020 to 08/06/2020 6 week group</td>
<td>From 28/04/2020 to 19/05/2020 4-week group</td>
<td>From 22/04/2020 – ongoing weekly</td>
<td>From 30/04/2020 to 11/06/2020 6 week group</td>
<td>From 24/04/2020 to 22/05/2020 4 week group</td>
</tr>
<tr>
<td>PM</td>
<td>1:00pm PTR Activity</td>
<td>1:00pm PTR Activity</td>
<td>1:00pm Baby Yoga Live Feed</td>
<td>1:00pm Virtual School</td>
<td>1:00pm Sing &amp; Sign Live Feed</td>
</tr>
<tr>
<td></td>
<td>From 27/04/2020 - ongoing weekly</td>
<td>From 28/04/2020 - ongoing weekly</td>
<td>From 22/04/2020 to 20/05/2020 4 week group</td>
<td>From 23/04/2020 – ongoing weekly</td>
<td>From 24/04/2020 to 22/05/2020 4 week group</td>
</tr>
</tbody>
</table>

Due to Covid19, we are unable to offer face to face sessions due to the government social distancing guidance, however this is not preventing us from being creative and taking our service and sessions to children and families in a different way. We have created arts & crafts packs which have been directly delivered to families’ homes. We also continue to offer support to all of our families at this difficult time so if you are in need of any help and support or a listening ear we are only a phone call away.
During this difficult time, would you and your children benefit from some additional support?

If you live in the Tipton/Rowley areas of Sandwell and you have a child 0 - 19 years old, we may be able to offer you support.
ABOUT GO PLAY

Go Play provide FREE OPEN ACCESS PLAY PROVISION IN ROWLEY AND OLDBURY for children and young people between the ages 6-12 years (16 years with additional needs).

Our play service is provided in schools, community centres, churches, libraries, sports clubs, museums and local parks.

Our service aims to create a warm, safe, friendly and supportive environment allowing all young people to enjoy play that is educational and fun whilst developing healthy friendships.

OUR CURRENT OFFER

Due to Covid-19, we are unable to offer face to face sessions due to the government social distancing guidance, however this is not preventing us form being creative and taking the service to children in a different way. We have therefore put together arts and crafts fun packs for the most vulnerable families across Sandwell, and once requested we will happily deliver the packs directly to the families homes.

We are also working in partnership with Go Play Sandwell and delivering KS1, KS2 and SEND Education packs to families, as well as working in partnership with our C.O.G teams to identify families in need.

To date we have delivered 440 education and arts packs to the hardest to reach families in Sandwell during the last two weeks alone. We are only a call or email away.

COMING SOON - Online Go Play!

If you would like our support and you meet the above criteria please contact Mohammed Javaid.

✉️ mo@inspire-communities.co.uk
📞 07983967266
DO YOU WANT TO MAKE A DIFFERENCE?
"IT'S BEEN A GREAT EXPERIENCE TO WORK WITH THE CHILDREN CENTRES"

WHAT YOU CAN GET:

12 WEEK TRAINING PACKAGE
PAEDIATRIC FIRST AID
LEVEL 2 FOOD SAFETY IN CATERING
EARLY YEARS FOUNDATION TRAINING

WE HAVE SEEN MANY OF OUR VOLUNTEERS GO ON TO ACCESS FURTHER EDUCATION OR PAID EMPLOYMENT!

IF YOU ARE INTERESTED OR WOULD LIKE FURTHER INFORMATION PLEASE CONTACT JULIE OUR VOLUNTEER CO-ORDINATOR.

julie.smith@murrayhall.co.uk
OUR CURRENT OFFER

- Referrals are still being received and triaged.

- Where appropriate assessments are being undertaken through ‘distance intervention’ (telephone/ video calling).

- 1:1 therapeutic intervention is continuing through ‘distance intervention’ (tel or video calling and dependent on the CYP’s preference)

- Creative coping groups will be launched from week commencing 27th April 2020 and will be facilitated through the use of video calling.

- Supportive positive coping mechanism videos are available to stream/ download inclusive of mindfulness techniques.

ABOUT THE SERVICE

CTS has been solution focused in its approach to service delivery during the start of COVID 19. CTS have continued to offer ‘distance therapeutic intervention for 1 to 1 services, including assessments for new referrals. All referrals are carefully screened and assessed before being triaged to the most appropriate service either in house or externally.

During the Covid 19 crisis, CTS have launched a variety of new support services for our active clients, referrals pending, the local community and professionals.
### ADDITIONAL CTS SERVICES AS A RESULT OF COVID 19

**TELEPHONE SUPPORT SERVICE, CURRENTLY 1 DAY A WEEK BUT CAN BE INCREASED BASED ON DEMAND:**

Wednesdays 10am-2pm. If you are a child/young person/parent or professional and need some emotional wellbeing support and guidance please contact us via telephone on CTS line: 01902 826 308 alternatively you can contact us by email on: cts@murrayhall.co.uk

**YOUTH CHAMPION MENTORING:**

CTS are enabling young people aged 16yr+ to become active in supporting other young people at this time of crisis through an online mentoring programme.

**VIRTUAL SUPPORT FOR PARENTS:**

‘Virtual Cuppa Sessions’ which will include live discussion groups and support for parents/carers who have CYP engaged in anyone of the above services.

**EMOTIONAL WELL-BEING VIDEOS:**

CTS have produced a wide variety of videos which individuals can access at any time. Each video shall enable the viewer to engage in positive coping mechanisms/empowering strategies, for example:

- Mindfulness activities / experiences
- Worry doll activities
- Sound bath healing
- Hand breathing mindfulness
- Body scan videos
- Anti-stress activities when in self-isolation
- Positive affirmation animations
- The creation of safe spaces
- Relaxation / good sleep techniques

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### CTS SERVICE SCHEDULE (UPDATED WEEKLY)

<table>
<thead>
<tr>
<th>MORNING</th>
<th>AFTERNOON</th>
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<tbody>
<tr>
<td><strong>M</strong></td>
<td><strong>CREATIVE COPING</strong></td>
</tr>
<tr>
<td>VIDEO RELEASE:</td>
<td>GROUP COHORT 1</td>
</tr>
<tr>
<td>COPING STRATEGIES</td>
<td>3:00PM - 4:00PM</td>
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<tr>
<td>THERAPEUTIC TECHNIQUES</td>
<td></td>
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<tr>
<td>VIDEOS ARE SHARED ON OUR</td>
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<tr>
<td>SOCIAL MEDIA AND WEBSITE</td>
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<tr>
<td><strong>T</strong></td>
<td><strong>CREATIVE COPING</strong></td>
</tr>
<tr>
<td>TELEPHONE SUPPORT SERVICE:</td>
<td>GROUP COHORT 2</td>
</tr>
<tr>
<td>10:00AM - 2:00PM</td>
<td>3:00PM - 4:00PM</td>
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<tr>
<td>CTS LINE: 01902 826 308</td>
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<tr>
<td><strong>W</strong></td>
<td><strong>‘VIRTUAL CUPPA’</strong></td>
</tr>
<tr>
<td><strong>T</strong></td>
<td>SUPPORT SERVICE FOR PARENTS</td>
</tr>
<tr>
<td></td>
<td>3:00PM - 4:00PM</td>
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<tr>
<td><strong>F</strong></td>
<td><strong>CREATIVE EMPOWERMENT SESSIONS</strong></td>
</tr>
<tr>
<td></td>
<td>2:00PM - 3:00PM</td>
</tr>
</tbody>
</table>

INVITES WILL BE SENT TO FAMILIES FOR THE FOLLOWING:

- CREATIVE COPING
- CREATIVE EMPOWERMENT
- VIRTUAL CUPPA SUPPORT

DUE TO THE RESEARCHED LEVELS OF ENGAGEMENT VIA ZOOM OUR GROUP INTERVENTION SESSIONS ARE TO BE FACILITATED OVER A PERIOD OF WEEKS/DAYS DEPENDENT UPON OUR CLIENTS REQUIREMENTS.
ADULT SUPPORT SERVICES

OUR CURRENT OFFER

SPARCS SERVICE
Adults 65+ living in Sandwell
Telephone support/advice and support with accessing other services.

BRIDGES SUPPORT SERVICE IN BIRMINGHAM
Adults with end of life/palliative care needs
Telephone support/advice and support with accessing other services.

COMMUNITY OFFER
Adults 18+ living in Tipton and Rowley Regis areas
Telephone support/advice and support with accessing other services including doorstep visits where appropriate.

ABOUT THE SERVICES

SPARCS - Murray Hall Community Trust and Agewell CIC are working together to support people over 65 years in Sandwell to maintain their health and wellbeing and to reduce social isolation and loneliness.

BRIDGES - Bridges helps patients and their carers to make links in their community and access services that they may require.

COMMUNITY OFFER - The service offers a range of community based low-level preventative support for Sandwell residents aged 18+. The service will provide a conversational assessment providing information, advice, guidance and signposting to appropriate services.

CONTACT

SPARCS SERVICE
info@murrayhall.co.uk
0121 557 5812/ 07533 278874

BRIDGES SUPPORT
bridges.support@nhs.net
0121 612 2939

COMMUNITY OFFER
ifa1996.community_offer@nhs.net
0121 612 2934
Following the Government’s latest response to the current Covid-19 pandemic, Murray Hall take the safety of our staff, volunteers and service users very seriously and have considered the government’s instructions and how this impacts on our delivery of service to the most vulnerable of society within our community.

We have therefore taken the decision to scale back and in some cases, temporarily suspend the services we offer during this time, in support of a national effort to help prevent the spread of the Coronavirus. Some of our volunteers are also offering their services elsewhere and some of our staff have been deployed to support our other services. Therefore, with immediate effect, we have temporarily suspended the activities of our Volunteer Transport Solutions Service, Charity Shop and Brickhouse Community Centre.

CHARITY No: 1040170

MHCT is a local charity supporting local communities, we rely on grant funding and donations to support our services, if you would like to make a donation please visit our website or contact us on info@murrayhall.co.uk

www.murrayhall.co.uk