

Community Together CIC December '24 to January '25



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NEWSLETTER



Festive Holiday Activities and Food Programme



Monday 23rd, Tuesday 24th, Monday 30th, Tuesday 31st
 December 120 places 24 Hours Provision, 150 Cooked Meals (including parents and guardians).
 This years festive HAF falls close to Christmas and New Year and activities include Christmas Crafts, Festive Films, Pantomimes and Party Times.
 This will be Community Together CIC's 11th Holiday Activities and Food Program (HAF) since it was launched in the Summer of 2021.

We have in this time build strong relationships with families, which means now all our spaces are on average booked within 24 hours of going live.
 Thank you to Staffordshire County Council who have also done an excellent job supporting providers and delivering the program across the county.

How we're connecting,,



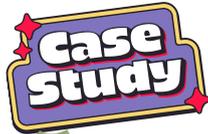
Telephone Support Line dealt with from 1st April 2024 to 6th November 2024 – 7,530 Referrals Received – 3262
 Referral from another agency – 1,120
 Self Referral - 766
 Email Inquiry - 341
 Front Desk Walk In – 602
 Via Telephone - 433



We love our Volunteers

Volunteering Opportunities

We have 72 wonderful volunteers supporting 20 different community based support services. Who have this year April to November provided 1,728 hours of community service



Helping People Move Forward



J is currently living in temporary accommodation and has very little income.

J doesn't get much support so needed help taking the first steps of apply for a home, registering with a local doctor and applying for PIP and UC50. J isn't able to get out of the house alone as relies on a wheelchair for mobility.

When we received the referral, I called J and booked him in to complete a housing application and register to a doctor over the phone. These were completed the housing form and register to GP were done and submitted. We also referred J to another member of staff who could help him complete his PIP and UC50 forms.



YOUR PHARMACIST IS THERE TO HELP

You don't need to wait for a doctor's appointment.

Quick, friendly advice and treatment:

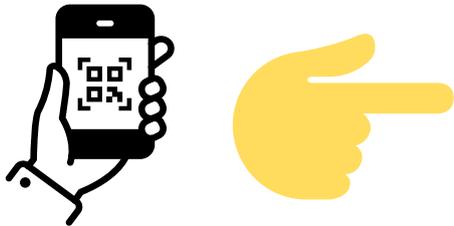


- Other conditions include:**
- > Athletes foot
 - > Thrush
 - > Threadworms
 - > Sprains or strains
 - > Hay fever
 - > Indigestion
 - > Dehydration

Advice from your pharmacist is always free

Use your **PHARMACY FIRST**

'We are Tamworth' Unity Video



Have You Seen the 'We Are Tamworth' Unity Video Yet?

This powerful video is a true reflection of our incredible community – a showcase of the diversity, unity, and collective spirit that make us ALL a part of Tamworth. 🌍💚

Look out for us at Tamworth Market as we book stalls to hand out copies of the poster with QR Code of the 'We Are Tamworth' poster.

Let's keep the conversation going and spread the message far and wide.

Want to watch the video? Just scan the QR code, and it will take you right there! 📱



Not everything online is factual and can cause harm!

Stop and Stop Misinformation

Stop and think? Beware viral traps & clickbait Check the Source

In today's fast-paced online world, misinformation can spread quickly, often leading to confusion or even harmful behaviour's. That's why we're excited to launch the 'Stop and Stop Misinformation' campaign to help everyone think critically about the information we see online.

Here are some simple tips to help you evaluate information before you share:

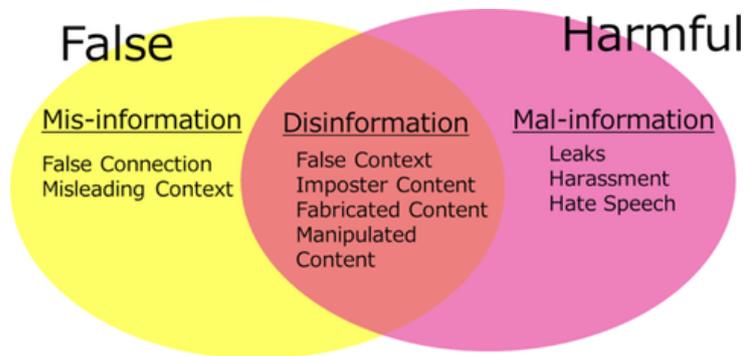
1. Stop and Think – Take a moment before you react.
2. Check the Source – Who shared this information? Are they credible?

We are TAMWORTH

Scan me

We have made a video to showcase the good there is in Tamworth involving community leaders, local schools, faith leaders, businesses and others. Please scan the QR code to access our video and spread the word 'We are Tamworth'.

Logos: T.D.C.S., Tamworth Wellbeing Cancer Support Centre, St Andrew's Methodist Church, THE TAMWORTH TAP, TWO RIVERS PRIMARY SCHOOL, TWO RIVERS HIGH SCHOOL, The Manna House, Tamworth Borough Council, Q.E.M.S., TAMWORTH SIXTH FORM, TAMWORTH COMMUNITY CENTRE, TAMWORTH EMPower THIVE.



3. What's the Source's Source? – Dig a little deeper to see where it's coming from.

4. Check the Dates – Is the information recent and relevant?

5. Look Out for Satire – Some posts are meant to be humorous or exaggerated.

6. Beware of Viral Traps and Clickbait – Don't get pulled in by flashy headlines!

Let's make it a habit to stop, think, and share responsibly. Together, we can help reduce the spread of misinformation!



Increasing household incomes



April to 6th November:
£320,140 In additional income through our form filling service



Tackling Loneliness & Isolation

Delivered 225 Social Activities in our Helping Hands Community Café in just 10 months since opening.
118 People receiving weekly befriending calls
64 Wheel Connections outings for people living with limited mobility
43 People assisted with Transfer of Care – Hospital Discharge



Stationary Drive - what we do involves case work, we are appealing for donations of Pens, Paper, Post It notes, staples, paper clips, note books anything stationary related to help keep our costs down as we run free community support services.



Winter Warm Clothes - We support vulnerable people and homeless, who are struggling to keep warm or keep their homes warm and struggle to go out due to lack of suitable clothing. If you can donate any winter warm clothes, hats, scarfs, gloves, coats etc

Equality, Diversity and Inclusion



LGBTQIA+ Support group has helped 16 people through peer support, sign posting and social inclusion activities. We also organised an event of remembrance for Trans Remembrance Day

Learning Difficulties with Tamworth TIES has supported 75 people living with a learning disability, through linking with support services, social activities and supporting their family, friends and carers.

Asylum Seeker and Refugee Support - This year we have supported 240 asylum seekers resident in Tamworth, with volunteering opportunities, clothes donations, sim card allocation, mental health support, support with life in UK as get their right to stay, job opportunities, bank account registrations and much more.



Start 2025 become a Community Together CIC fundraiser. - As a charitable organisation we rely on the generosity of people to help keep us going and fundraising really helps us do that to continue to support those in need. If you have any time to spare to help us fundraise then please email lucy@communitytogethercic.org or call us FREEPHONE 0808 175 4041

Thank You Old Stone Cross

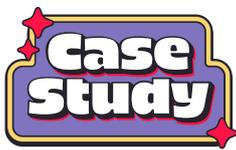


For the 3rd Year running the good customers at The Old Stone Cross Pub in Tamworth have been so generous in donating toys to be distributed by Community Together CIC to struggling families.

With the increasing financial pressures of the cost of living, toys are a luxury some families just can not afford and so the appeal and donations make such a difference to the families they help and keep Christmas magic alive for many children so **THANK YOU THE OLD STONE CROSS**

Supporting Mental Health through our Community Gym





Supporting timely hospital to home support

Referral big house clean and declutter in lounge, kitchen, bedroom and bathroom. and key safe fitting.

We liaised with the support Staffordshire team and got given photos of the property. We then contacted a cleaning company and got a quote for the whole clean and decluttering. Once we had the price, we then called P and arranged for us to go and visit her at the hospital to pick up her house key. We then met the cleaners at P's property on the date agreed. Once the clean and decluttering was done, we then fitted the key safe to her property and dropped the door key back to P so that she could be discharged as P wanted to be back in her property for the Bank Holiday Weekend.

COLD WEATHER (Health ALERT)

KEEP WARM and WELL

with our **TOP TIPS...**

- TIP #1**: HEAT YOUR MAIN ROOM to at least 18°C if you can
- TIP #2**: STAY WARM with multiple layers
- TIP #3**: HAVE HOT DRINKS and hot food regularly
- TIP #4**: STOCK UP on food and medicines
- TIP #5**: CHECK IN on vulnerable people – they may need help getting food and medicines
- TIP #6**: GET VACCINATED against winter illnesses if you are eligible

Look after yourself and those you care for

TALKING SAVES LIVES

18 people die by suicide every day in England and Wales. But help is out there. There's always someone to listen.

- mind**: 0300 123 3393 Helpline, mind.org.uk
- shout**: 85258 Text SHOUT to 85258, 24/7 text service, giveusashout.org
- SAMARITANS**: 116 123 24/7 helpline, samaritans.org
- YOUNGMINDS**: Text YM to 85258, 24/7 text service, youngminds.org.uk
- CALM**: 0800 58 58 58 Helpline for men, thecalmzone.net
- PAPYRUS**: 0800 068 4141 Under 35s Helpline, papyrus-uk.org

Champion Health

CHRISTMAS BINGO

	Merry Christmas			
		FREE		

www.happymomhacks.com

Santa's Reindeer

D	X	R	D	O	N	F	E	N	P
W	A	B	E	E	L	V	A	E	R
T	V	N	X	N	C	I	L	Z	A
J	Y	I	C	O	N	Q	C	T	N
V	V	Q	M	E	V	O	J	I	C
L	V	E	U	C	R	W	D	L	E
C	T	D	I	P	U	C	K	B	R
G	G	C	R	U	D	O	L	P	H
X	S	J	W	M	G	J	V	K	A
E	S	J	Q	X	N	A	P	W	T

BLITZEN COMET CUPID
DANCER DONNER PRANCER
RUDOLPH VIXEN



Wishing Everyone a peaceful Christmas and hope for the future as we enter a new year 2025

To all our service users, their families, carers and friends we would like to thank you for working towards a better future as well as all of our supporters and partners who we work collaboratively all year round, the businesses who support us thank you and we look forward to seeing you all in the new year.