

**Directory of Community Enterprises in Birmingham**

**Covid-19 edition – live virtual sessions + adapted community offers**

**October 2020**

The Birmingham Community Enterprise Project is delivered in partnership with Birmingham City Council. It aims to develop and nurture community enterprises that provide a wide range of help and support to people. To do this Community Catalysts runs a development programme that offers help, advice and support to local people who are interested in running an enterprise or venture that has a focus on wellbeing, care or health. Most of these enterprises have a focus on supporting adults with a learning disability or autism, though some support older adults or other local people.

**Covid-19 adaptation**

As these enterprises usually operate in community settings, their usual groups closed in line with government guidance in March 2020. Community Catalysts have been supporting enterprises who are able to do so to offer virtual sessions instead. This directory details the offers that people can access remotely from home during this period. In particular there are live one-to-one or small group sessions that can be booked with a highly skilled enterprise leader who is able to tailor the session to the person’s interests and needs. These sessions have been designed with input from Birmingham City Council Adult Social Care as an alternative use of a person’s direct payment during this period.

Some enterprises are now able to offer face-to-face options. Support has been given to help enterprises to risk assess their activities to work with people or small groups in safe ways.

**Be aware**

Enterprises and ventures that have been through this development programme are shown in this directory. It is important to be aware that just because an enterprise is on this directory, it does not mean that they have been accredited or approved in any way by Birmingham City Council or by Community Catalysts. Below the list is a bit more information about what this means and some things you may wish to check before using an enterprise.

**Community enterprises in Birmingham**

**Live sessions: one–to–one or small groups**

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| **Name of community enterprise** | **Contact details** | **People they are able to support** | **Services and supports they offer** | **How** | **Additional information** |
| Dance 4 U | Emily:  07788969193  [emilydance4u@gmail.com](mailto:emilydance4u@gmail.com) | All ages and abilities  People with a learning disability  People with a physical disability | **Online dance sessions**   * 30-minute or 1 hr sessions available * One-to-one or group sessions * Adapted to suit the person’s needs and interests with choice of music style or theme * Led by a trained dance therapist | Via Skype, Facetime etc | See website or Facebook page for examples and testimonials:  [www.facebook.com/dance4UBham](http://www.facebook.com/dance4UBham)  <https://dance4u.org.uk/>  Sessions can be booked via website or contact Emily to arrange. Free taster sessions available to try out. |
| Envolve Wellness | Nora:  07707 931439  [nora@envolvewell.co.uk](mailto:nora@envolvewell.com) | People with a learning disability  Autism  Young people with SEND  Older adults  Specialism in supporting people with Parkinson’s and various physical health needs  Low level mental health needs | **Online exercise sessions**   * Various online group sessions running * Available to book for private one-to-one or small group sessions too * Boxercise based exercises * Adapted to suit the person’s ability * Join in with a family member or carer | Via Skype, Zoom or Whatsapp | <https://www.facebook.com/envolvewellness/>  Weekly online Boxercise group sessions via Facebook on Tuesdays @ 5pm – contact for details, advance booking needed  NEW Box-Ability programme for people with complex disabilities/wheelchair users launching in October 2020 – contact for details  Facebook groups for older adults and carers, please see Facebook page or contact Nora who is happy to discuss |
| Satpal Yoga Fit | Satpal:  07963 123 751  [satpal\_snm@yahoo.co.uk](mailto:satpal_snm@yahoo.co.uk) | Older adults  Mental health needs  Learning difficulties  Carers | **Online Yoga, Tai Chi, relaxation**   * 30-minute or 1 hr sessions * One-to-one * Can be adapted to chair based or gentle movement * Beginners through to advanced * Great for managing stress and anxiety | Via Zoom or Skype | Satpal is happy to discuss your needs – please contact for an informal chat |
| Asperger’s Heroes  Asperger's Heroes logo | David:  07905881942  [david@aspergers-heroes.com](mailto:david@aspergers-heroes.com) | People on the autistic spectrum and their partners/carers  (pre or post diagnosis) | **Online coaching sessions**   * One-to-one personal development coaching * Covering areas like goal setting, life skills * Help with managing anxiety and stress * Sessions are with David who is a trained life coach and has Asperger’s syndrome | Via Skype or Zoom  Telephone also available | More information via website:  <https://www.aspergers-heroes.com/>  Various packages available - please contact to discuss.  Saturday morning group peer-support Zoom sessions free to attend – information via Facebook or contact David <https://www.facebook.com/aspergers.heroes/> |
| Street Kats Theatre and Film | Jane  07767 860177  [janemason@sky.com](mailto:janemason@sky.com) | People with a learning disability  Autism  Young adults 18-30 the key focus, but there’s no age limit | **Drama and fun accessible online**   * Opportunity to join in virtually with a small drama group * Lots of fun and a relaxed atmosphere * Acting, performing, dancing and moving | Virtually on Zoom | Fridays 6.30 - 8pm - a small group meet in Sutton, others can join in remotely via Zoom in small groups or at home.  Jane can also run specific sessions tailored for small groups – do get in touch if you’d like to discuss your needs. |
| Impact4Life | Shamala:  07492 099 896  [info@impact4life.co.uk](mailto:info@impact4life.co.uk) | Older adults  People with a learning disability  Autism | **Range of fitness, health and wellbeing support**   * Various programmes running for different ages and abilities * Run by qualified social worker and personal trainer | Various online programmes plus some face-to-face (e.g. walks) which are based around Edgbaston and Perry Barr areas | Contact Shamala for details of what is currently available as the programme changes.  Some programmes are grant funded so free to attend.  One-to-one and small group private sessions can also be discussed. |
| Warm Earth | Chris & Ernie:  07526126780  [ch.2@talktalk.net](mailto:ch.2@talktalk.net) | People with a learning disability  Autism  Mental ill-health  Dementia  Carers  …everyone! | **Gardening project**   * Opportunities to get involved helping with the gardening project * Small groups or individuals can be accommodated, people may need to come with their own carer or support worker if required * Activities could involve plant care, potting seedlings, making hanging baskets, composting etc… | The site is in Ladywood  (City Hospital,  Dudley Rd, B18 7QH) | Wednesdays are the best day to get involved.    Please contact for more details and to discuss your needs. |

**Other resources**

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| Leaf Creative Arts  https://leafcreativearts.files.wordpress.com/2018/03/leaf-logo-2018.jpg?w=454&h= | Carla & Rachel: 07886 546639  [leafcreativearts@gmail.com](mailto:leafcreativearts@gmail.com) | People with dementia  Carers  Anyone! | **Creative arts videos**   * Regular videos uploaded featuring:   + art & craft project ideas   + writing tasks   + stories * Subtitles to help those with hearing impairments | YouTube | YouTube channel:  <https://www.youtube.com/channel/UCN1dL2DDGxzW8RovVRYDTvA>  Facebook:  <https://www.facebook.com/leafcreativearts/> |
| Creative Active Lives | Rachel  07790 443007  [hello@creativeactivelives.org.uk](mailto:hello@creativeactivelives.org.uk) | All ages and abilities  People with a learning disability  Autism | **Activity packs and videos**     * Packs are available to buy with various creative activity ideas including clay, electronics and craft * Tutorial videos and downloadable resources are free | Via the website | <https://creativeactivelives.org.uk/> |

**The Buzz by Community Catalysts**

The Buzz is a collection of over 100 free videos with activities to do at home such as art, dance, exercise, cooking and more.

It has been designed to be inclusive and accessible to a wide audience including people with a learning disability.

Featuring community enterprises who have been supported by Community Catalysts including many from Birmingham!

Join us on Facebook - search ‘The Buzz by Community Catalysts’ or click here: [**www.facebook.com/groups/hellothebuzz**](http://www.facebook.com/groups/hellothebuzz)

Or find us on our website: [**www.smallgoodstuff.co.uk/the-buzz/**](http://www.smallgoodstuff.co.uk/the-buzz/)



**Do your own checks**

We recommend that before you use or buy service or support from any enterprise on this list you check them out first. You are purchasing services or support directly from them, so you need to be sure they will do what you want in the way that you want it. The checks you need to do will be personal to you and your circumstances but here are a few things for you might want to consider:

**Safety**

How does the enterprise ensure the safety of the people they support? Has the person/people who will be helping you had a criminal records (DBS) check? Does the enterprise have all the insurance cover they need for example public liability insurance? Do they have policies and procedures that over things like health and safety, confidentiality and safeguarding?

**Reliability**

Is the enterprise going to be reliable and professional? Could you ask for references from other people they have supported?

**Knowledge and skills**

Who is going to be delivering the help and support you receive? Do they have the necessary training, qualifications and experience?

**Rights and responsibilities**

What are everyone’s rights and responsibilities in the arrangement? Is there a contract that you’ll both have to sign that will clearly set out who will do what, when, where and how? How much will you have to pay and how will this happen in practice?

**Employment status**

Many community enterprises are small businesses, charities or groups who employ their staff. Some community enterprises are sole traders and as such are self-employed. If you decide to hire the services of a sole trader it is your responsibility to check their employment status. Do you need to understand the issues better? Ask for documentation proving they are self-employed. Do they provide invoices with receipts? You can check by calling HMRC on 03000 527 450

*Birmingham City Council and Community Catalysts cannot accept any responsibility or liability for the information provided by any enterprise on this list. We cannot guarantee quality or satisfaction of the services provided by any enterprise on this list and we will not arbitrate or participate in resolving any dispute that you may have with any enterprise on this list.*

*If you want any more information about the Community Catalysts development programme contact* [*zoe.miller@communitycatalysts.co.uk*](mailto:zoe.miller@communitycatalysts.co.uk) *or 07776 596395*

***If you have any safeguarding concerns, contact Birmingham Adult Social Care Safeguarding Team on 0121 303 1234.***