

# We **RISE** by lifting others

Sharing our resources to  
support those in need

#**Brum**Together



Befriending  
Service



Feeding  
Communities



Virtual  
Wellbeing



Positive  
Stories





## About #BrumTogether

In light of current circumstances, The Active Wellbeing Society (TAWS) is working collaboratively with other organisations to best help the community at this time.

Across our city, local people and communities are stepping up to help each other out and make sure we all get through this challenging time together. We're working with community groups, organisations and volunteers from across the city, and wider region, to help coordinate a collective response and support the most vulnerable and disadvantaged in our communities.

We have launched **#BrumTogether** - a campaign focused around bringing our shared resources together to support those in need through a number of initiatives including: a friendly phone chat service, provision and distribution of food and essential supplies, virtual wellbeing activities and sharing positive stories of people coming together to support each other.



Befriending Service



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Positive Stories

# Do you need support?



Social distancing and being isolated at home can be very challenging but staying away from public spaces and avoiding unnecessary contact will be important to stop the virus from spreading.

It's normal to feel lonely, worried, or confused right now, but it is also important to know that there are lots of people who want to help. Across Birmingham community groups and organisations are stepping up to help keep everyone safe, and make sure we all have enough supplies and support at this time.

If you would like to have a friendly chat, or are in need of food or urgent supplies please get in touch with us via the contact details on the back of our contact card, and we'll help connect you to local people in your community who will be able to help.

# Do you want to give support?



Over the last few weeks, voluntary groups have come together to respond to the changing needs of our communities during these difficult times. We have been creating a growing network of partners that work alongside BVSC and Birmingham City Council to help coordinate the voluntary sector's response to this crisis.

We are in need of support from other voluntary organisations, businesses and individuals who can help in a number of ways including: offering phone support to those self isolating, food collection or distribution, translation or language skills and much more.

To get involved, contact us via the details on the back of this booklet or using the card provided.





# Befriending Service

Staying at home, whether you are experiencing symptoms or not, will be critically important in helping to control and stop the spread of this virus.

Being isolated at home or having little social contact can be frustrating and lonely, but it is important that we all take these steps. If you are feeling worried or lonely, or could just do with a friendly chat, our Befriending service is available to provide comfort and reassurance over the phone.

It's important to remember to take care of your mind as well as your body and to get support if you need it. If you can, try and stay in touch with family and friends over the phone and through social media. Regular communication and conversation will help us all stay connected during this time.

If you are worried and would like to speak to someone from our team for a friendly chat, then please get in touch with us through the details on the back of this brochure or our contact card.



# Feeding Communities



We know that some people in our communities are worried about whether they will be able to access food and essential supplies in the coming weeks.

We are working with a network of voluntary organisations across the city to get food to those in need (either cooked meals or ingredients packages). The network is supported by experienced staff and volunteers who can collect food donations and help prepare, cook and distribute food in communities across Birmingham through food banks, deliveries and community hubs.

If you would like to access this support, or refer someone else to access this support, you can let us know by filling out the form on our website ([www.theaws.co.uk/coronavirus](http://www.theaws.co.uk/coronavirus)) or by getting in touch with us through the details on the back of this booklet or contact card.



# Virtual Wellbeing

Our core work focuses on supporting people to feel more active and connected in their communities. During this period of self-isolation and social distancing we won't be able to physically bring people together to participate in activities, but we still think it's important that we all remain active and connected.

There are lots of ways that people can keep themselves busy while in isolation, including through cooking, reading, online learning, watching films and doing light exercises in your home or garden.

In the coming weeks we'll be broadcasting live activities that you can join in with right from your own home. These will include some of our regular sessions like Tai Chi and Zumba and also some new activities that we can try together.

We'll be broadcasting live from our Facebook page every day, and we'll be able to signpost you to other resources to help support your health and wellbeing. These activities and resources will be free to access and can be found on our website, Facebook, YouTube, Instagram and Twitter.





# Sharing positive stories

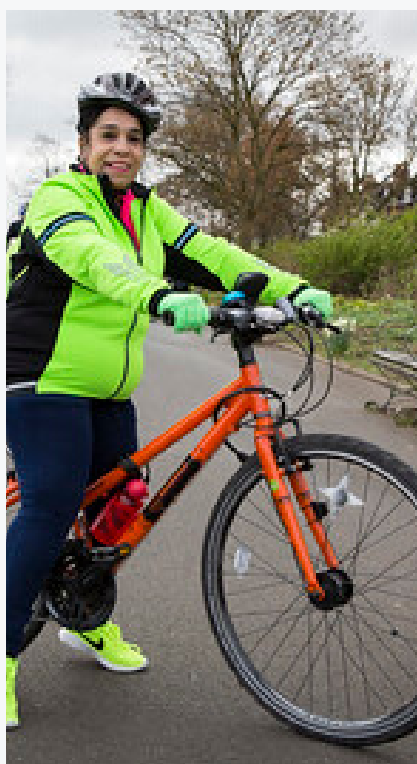


We know that the constant stream of news stories about Coronavirus can leave you feeling overwhelmed, negative, and worried about the situation.

During this time, we want to shed light on the positive stories of people working together, helping the community and looking after each other.

Amongst all the fear and anxiety, and all the stories of panic buying, there are lots of stories of hope and kindness. Using #BrumTogether we will be sharing some of these stories on social media in the coming weeks, and we invite you to do the same.

If you have a positive story you want to share, you can do so through the #BrumTogether Facebook group, by using #BrumTogether in your social media posts, or by submitting it on our website so we can share it more widely.





## We want to hear from you...

We are keen to work with community organisations and volunteers to ensure everyone gets the support and supplies they need. If you want to support there are lots of ways you can get involved.

If you are needing support,  
please contact us by:

[www.theaws.co.uk/relief](http://www.theaws.co.uk/relief)

[relief@theaws.org](mailto:relief@theaws.org)



If you are wanting to help,  
please contact us by:

[www.theaws.co.uk/support](http://www.theaws.co.uk/support)

[support@theaws.org](mailto:support@theaws.org)



Whatsapp: 07729715765

**If you don't have access to the internet or Whatsapp - we will provide you a physical card to leave with one of your nearest neighbours or local community group / volunteer, or if you are self isolating you can call us on the number below.**

**For urgent enquiries you can contact us on 0121 728 7030 Monday to Friday, 9am - 5pm**

**For all information about #BumTogether visit [www.theaws.co.uk/coronavirus](http://www.theaws.co.uk/coronavirus)**



Search for 'The Active Wellbeing Society'



**Birmingham**  
City Council

