

**Directory of Community Enterprises in Birmingham**

**Covid-19 adapted services – can be accessed from home**

**June 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, though some support older adults or other local people.

**Covid-19 adaptation**

As these enterprises usually operate in community settings, their usual groups have closed in line with government guidance. 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 are listed the one-to-one sessions 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.

**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**

**One–to–one sessions**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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  Learning disability  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 |
| Envolve Wellness | Nora:  07707 931439  [nora@envolvewell.co.uk](mailto:nora@envolvewell.com) | Learning disability  Autism  Families with SEND  Older adults  Parkinson’s  Dementia  Mental health | **Online exercise sessions**   * 30-minute sessions * One-to-one or small groups * 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/>  Donation only  Facebook groups for older adults also running with regular content, subscription fee after free taster period  Weekly Family Boxercise group sessions via Facebook starting on Monday 1st June – see Facebook page or contact for details |
| 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/> |

**Other resources**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name of community enterprise** | **Contact details** | **People they are able to support** | **Services and supports they offer** | **How** | **Additional information** |
| 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) | 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/> |

**The Buzz by Community Catalysts**

The Buzz is a collection of 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.***