

What we offer

Drop-in

At Lower Essex St:

Monday to Friday:

Breakfast: 9am to 10.30am

Lunch: midday to 1pm

Tuesday & Friday:

Nurse: 9am to 10.30am

Thursday:

Foot specialist: 9am to 10.30am

At Pershore St:

Monday to Friday:

Activities as advertised: 11am to 11.45am

Tuesday & Friday:

Clothes: 10.45am to midday

The **weekdays morning drop-in** (9am to 10.30am) at our Lower Essex Street site also provides a range of other services including:

- Accommodation advice
- Support for rough sleepers
- Food parcels (subject to availability and with a referral letter)

Our **weekend drop-in** (10.30 to 11.30am) at Lower Essex St provides advice & hot drinks.

Activities

To promote physical, social and mental well being, we run a range of activities on week-days. We offer a variety of activities such as:



Healthy eating on a budget



Health forum



Music & Art courses



Football training



Photography and film



Allotment Gardening



Performance arts

Resettlement Support

The Resettlement team can help you find independent accommodation, and arrange weekly appointments for you to come in and talk through accommodation problems.



They can also support anyone with a pin number from Birmingham City Council, Midland Heart or

Family Housing to bid online for Council-let housing through the Home Choice letting scheme. **Drop in to our Lower Essex Street site 11am to 1pm any weekday (except Wednesday).**

Alcohol Services



SIFA Fireside has been working with people affected by alcohol since 1983 offering a free and confidential service.

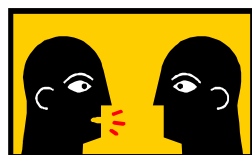
You will be offered one to one appointments with a member of our trained Alcohol Team.

Outreach Team



As part of the Birmingham Outreach Alcohol Team along with Aquarius, we offer an outreach service in the heart of Birmingham, providing assessments and giving information and advice to individuals

Mental health support



SIFA Fireside has a Mental Health Link Worker who provides information and advice as well as signposting to other more specialist agencies, and we work closely with Birmingham & Solihull Foundation Trust's Homeless Mental Health Team.

Complementary therapies

We offer a number of free complementary therapies such as Hypnotherapy, Auricular Acupuncture, EST and EFT which can reduce stress & withdrawal symptoms, and help return the body to its natural rhythms.

Employment & Training

SIFA Fireside offers people an opportunity to access education and training including practical experience through our **Volunteer Development Programme**. We also have a catering social enterprise called **ChangeKitchen** which employs service users on six month contracts. The social enterprise will help people find permanent paid employment.