

## Access our services

### Initial assessment

The first step to accessing any of our services (apart from Drop-in) is to book in for an Assessment. This is a one-to-one appointment to find out which of our services will be most helpful.

### Self-referral

You can phone us on 0121 666 7023 to book an assessment or call into our drop-in session on any weekday.

### Referral by a third party

SIFA Fireside works closely with a lot of agencies who can also make a referral to us.

### What happens next?

Following an assessment, you will be offered the most appropriate support. Please note that it may take up to 3 weeks to get your first appointment. If we are not able to offer the kind of help you need, we will try and help you find another agency that can provide the right kind of support for you.



## How to find us



MAIN OFFICE  
& DROP-IN CENTRE  
18-28 LOWER ESSEX ST

CLOTHES & ACTIVITIES  
AS ADVERTISED  
122 PERSHORE ST

### Main office:

Ground Floor  
18-28 Lower Essex Street  
Birmingham  
B5 6SN

Tel: 0121 666 7023

Fax: 0121 622 7250

Email: [office@sifafireside.co.uk](mailto:office@sifafireside.co.uk)

Website: [www.sifafireside.co.uk](http://www.sifafireside.co.uk)

SIFA Fireside is a company Limited by Guarantee.  
Registered in England No. 3094905  
Charity No. 1049728

July 2010

*SIFA Fireside works with those who are homeless, affected by alcohol or otherwise socially disadvantaged.*



*'Supporting independence from alcohol and tackling homelessness'*

*SIFA Fireside empowers and supports people to meet their short and long term goals.*



**Call us on:**

**0121 666 7023**

**Visit our website:**

**[www.sifafireside.co.uk](http://www.sifafireside.co.uk)**

# What we offer

## Drop-in

At Lower Essex St:

Monday to Friday:

Breakfast: 9am to 10.30

Lunch: midday to 1pm

Tuesday & Friday:

Nurse: 9am-10.30

Thursday:

Foot specialist: 9am-10.30

At Pershore St:

Monday to Friday:

Activities as advertised: 11am-11.45

Tuesday & Friday:

Clothes: 11.15-midday

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

- Accommodation advice,
- Support for rough sleepers
- Food parcels (by referral only)
- Our weekend drop-in runs from 10.30 –11.30am at our Lower Essex street site and provides advice and hot drinks.

## 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.

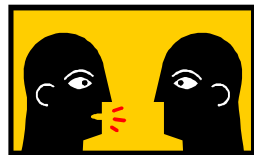
You will be offered one to one appointments with a member of our trained Alcohol Team.

## 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 and families.

## 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 Mental Health Foundation Trust's Homeless Mental Health Team

## 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



Music & Art courses



Discussion groups



Football training



Health forum



Book club



Performance arts group



Photography & film



Gardening on our allotment

## Employment & Training

SIFA Fireside offers people an opportunity to access education and training including practical experience through our Volunteer Development Programme. Please see the Volunteer Development Programme leaflet for more information.

We have just begun an exciting new catering social enterprise called **ChangeKitchen** employing service users on six month contracts. The social enterprise will help people find permanent paid employment.