

How you can help

TLC Lottery

You can support several local charities, including SIFA Fireside, by taking part in the TLC lottery. It costs £1 a time, and you could win one of 164 prizes each week with a top prize of £1000. Visit: www.tclottery.co.uk to register.



Sponsored Events

There are several half marathons and fun runs that take place in and around Birmingham through out the year and SIFA Fireside enters teams for many of these events. If you would like to run on our behalf please get in touch.

Donations

We appreciate donations of long-life food, toiletries, clean adult clothes, sleeping bags and blankets; All food must be within date and not damaged. Donations should be dropped off at our Pershore street site Monday-Friday between 10am and 1pm; please visit our website for directions and access details.



How to find us



MAIN OFFICE
& DROP-IN CENTRE
18-28 LOWER ESSEX ST
B5 6SN

DONATIONS &
ACTIVITIES
122 PERSHORE ST
B5 6PA

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

Website: www.sifafireside.co.uk

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

May 2010



SIFA Fireside works with those who are homeless, affected by alcohol or otherwise socially excluded to improve their physical, social and mental wellbeing

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



0121 666 7023

www.sifafireside.co.uk

Our Services

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 to 10.30) also provides a range of other services including accommodation advice and help with phone calls. Showers and laundry are available for rough sleepers, and we can provide food parcels with a referral letter.

Our **weekend drop-in** runs from 10.30 – 11.30 am at our Lower Essex street site, providing hot drinks and advice.

Alcohol Service

Keyworking

SIFA Fireside works with people who are concerned by their use of alcohol. After an initial assessment the client is assigned a key worker who will help them to monitor their alcohol use and then gradually reduce it to a level they are comfortable with.

Alternative therapies

We offer Auricular Acupuncture and Electric Stimulation Therapy to any of our clients where we and the client feel it is beneficial. These treatments can help people with alcohol problems, sleep problems and anxiety.

Outreach service

As part of the Birmingham Outreach Alcohol Team led by Aquarius in partnership with IWIC, we provide assessments, information and advice to individuals and families in the heart of Birmingham.

Mental health support

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

Resettlement Service

The Resettlement team can help people in receipt of benefits find independent accommodation as well as providing on-going support.



They can also help 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. A drop-in for this service is provided from our Lower Essex Street site from 11am to 1pm every weekday (except Wednesday).

Social inclusion

To promote physical, social and mental well being, we run a range of social activities on weekdays. We offer a variety of activities such as: healthy eating, gardening and cookery groups, art courses, music workshops, table tennis, table football, a quarterly newsletter group, focus groups, a book club, a Health Forum, performance arts, football training, photography and film groups.



Employment & training



Once a person feels able to make a regular commitment they can access education and training including practical experience through our Volunteer

Development Programme. Please see the VDP leaflet for more information.

We also have a catering social enterprise called ChangeKitchen based at our Pershore Street site which employs service users. The aim is to help people find permanent employment.

Accessing our services

Individuals can self refer through our drop-in sessions or over the phone. Agencies must fill in a referral form available from our website. Please visit our website for full details:

www.sifafireside.co.uk