BREAKTHRU COMMUNITY FIRST CIC

Annual report for 2023

www.break-thru.co.uk

4 Directors

Victoria Breakwell
Counsellor, marketing consultant

Claire Geddes
Teacher, Safeguarding Lead,
Health & Social Care

Baljender Randawa
Volunteer

Surinder Cheema
Volunteer

Staff

Baljinder Sanghera
Project Coordinator

Rajwant Kaur
Project Support Worker

Elena Gelpi Morgan
Workshop Facilitator
and Wellbeing Coach

Simon Davies
Local Artist

Ashwinder Silvers
Adult Tutor

Lydia Cooper
Level 3 SEN and Teaching Assistant
Working towards Level 5

Volunteers

Baldish Kaur – Art Coordinator
Bhaljenda Randawa
Gurbax Kaur Bains
Jaginder Kaur
Ravinder Kaur
Surinder Cheema
Surinder Kaur
Kulvinder Jassal
Karen Hudson - Admin Assistant

Hello and **welcome back** from all our staff here at Breakthru.

January 2023

A new group in Smethwick started, thanks to Harborne Parish Lands Charity. This is one of two Smethwick Aman Groups supported through the charity to meet demand for Aman Groups in the area. Two bobbies on the beat popped by to see us and gave the ladies some personal safety tips and devices.

Breakthru attended the SSE
(School for Social Entrepreneurs).

At this session we created a Social Business Model Canvas highlighting our partners, activities, impact, competitors, resources, beneficiaries, customers, channels, revenues and costs.

February 2023

Smethwick Community bobbies on the beat joined in with the Aman ladies exercise session at our new Brasshouse Community Centre Group.

Using the Pfizer get healthy, stay healthy chart

Our Oldbury Aman members learnt which vitamins helped where in the body, and what foods and sources these vitamins were found. As we continued our SMBC funded nutrition, exercise and weigh-in health is wealth workshops.

We had the honour of meeting the Chief Exec of Sandwell Council on his first day in post.

February 2023

And we even got our photo taken with Shokat Lal at the Aman Group in Oldbury Library. All the very best in your new role Shokat!

Furniture unwrapped following a public vote through SMBC funding for our new Relationship & Family Counselling Service at Hill Top Library. And a visit from the Library Manager Jackie Hawkins and Wednesbury North Councillor Jenny Chidley.

1st Aman Group in the park this year.

Join us for daily exercise indoor and outdoor at our local parks, libraries and community venues across Sandwell. All welcome!

Easy chair-based exercise at a venue near you!

Just drop in at the Aman Group sessions at Oldbury Library Mondays, Brasshouse Community Centre Tuesdays, Smethwick Library Wednesdays, Wednesbury Museum Thursdays and West Bromwich Library Fridays 10 till 12. **All welcome!**

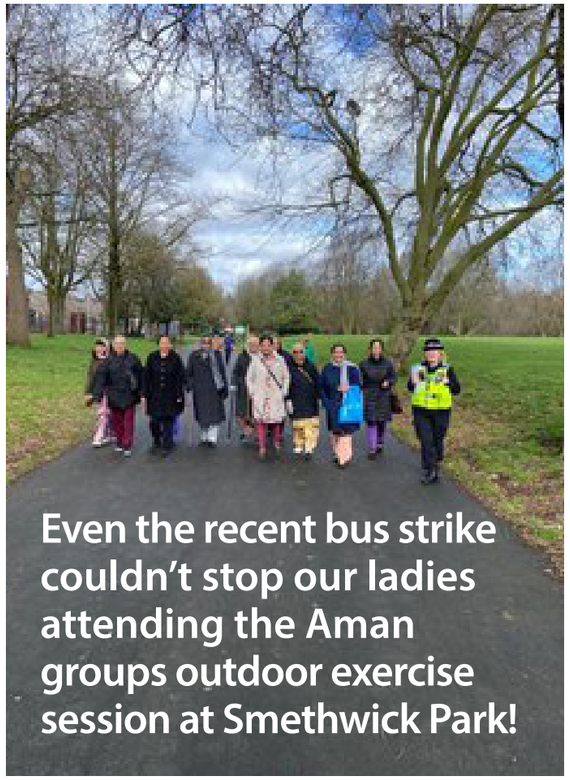
March 2023

Celebrating

International Women's Day with the Aman Group ladies!

Supporting a new way of working with community mental health services across the Black Country.

Our Aman ladies at West Bromwich thinking about mothers past and present this Mother's Day!



Even the recent bus strike couldn't stop our ladies attending the Aman groups outdoor exercise session at Smethwick Park!

We reflected on:

A visit from Cllr Giles Wednesbury North and Cllr Chambers Wednesbury South.

SMBC provided funding for our furniture through the Community Infrastructure Levy, so Beyond Blue can provide relationship counselling and family mediation.

A massive thank you

To Parv Community Champion at Great Bridge Asda who kindly donated tea, coffee, biscuits etc for our Aman Groups across Sandwell! **THANK YOU!**

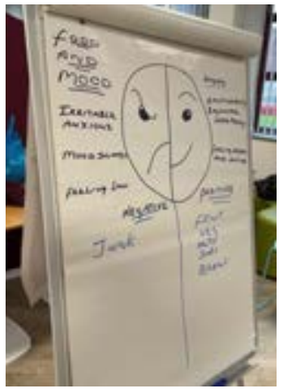
April 2023

Our ladies celebrating Vaisakhi

at the Aman groups.

Looking so colourful!

Week 9 of the Aman Groups nutrition workshop at Oldbury Library. Our members learned how food can affect our mood.



Smethwick Aman group at Smethwick library every Wednesday 10am - 12pm. Celebrating Vaisakhi recently. All welcome, just drop in at the Library, High Street, Smethwick.

"I felt that my counsellor at Beyond Blue respected me as a person. I felt listened to and at ease. They understood the concerns I brought to counselling and helped me to clarity the nature of my concerns. I was encouraged to make my own decisions and helped to develop better ways of coping with my concerns. I would definitely refer my friends and family to Beyond Blue." Daniel. Beyond Blue client

Breakthru attended SSE (School for Social Entrepreneurs) **in person workshop.**

Business expert CJ Webbley helped us identify costs, get our prices right, potential income streams and explore funding streams. Connecting to our business model canvas.

April 2023

We attended the Black Country Mental Health Stakeholder Forum

The forum updated organisations about developments in the NHS, Local Authorities and in the community as well as networking and talking about the issues affecting our communities.

Parv the Asda Great Bridge Community Foundation Officer popped into the West Bromwich Aman Group to see how their funding will support Breakthru's projects and services.

Smethwick community bobbies on the beat joined the Aman ladies walk in Victoria park this beautiful morning!

NEW!

Our research finds over 8 million people are supported by Mental Health charities - that's 1 in 8 of our population - & reveals alarming insights into the demand on mental health services. We're calling for urgent action to support MH charities!

Consultation at the Aman Group Wednesbury asking members what they would like to see happen, or take part in over the next 12 months. Engaging with members so 'they' shape the groups to meet 'their' needs.

April
2023

It’s happening!

Beyond Blue counselling services has a new home at Spring Head, Wednesbury town centre Opening our doors to the public late April!

June
2023

We’re excited to tell you that from Monday we’re open to see clients and take bookings at our new shop in Spring Head, Wednesbury.

December
2023

It’s taking shape!

Builds done, plastering done, painting and flooring next… Watch this space as new counselling rooms are constructed in our Wednesbury shop. Thanks to @TNLComFund and @HoECF Increasing our capacity to provide 12 more therapy sessions for clients each day.

We have light! Lighting installed in our new counselling booths, Spring Head, Wednesbury.

May 2023

A big, big thank you to Maireny from Tipton Asda who presented a cheque for £350 from the Asda Foundation for Breakthru.

Group therapy sessions at our Wednesbury Aman Group.

A space for women to feel comfortable to speak about the challenges they face.

Gentle exercise for women at the Aman groups at venues across Sandwell.

Contact Beyond Blue for more information regarding counselling and psychotherapy sessions and mental health workshops in Sandwell. **T:** 07813 125443 **E:** info@break-thru.co.uk

Opening soon in Wednesbury Town Centre!

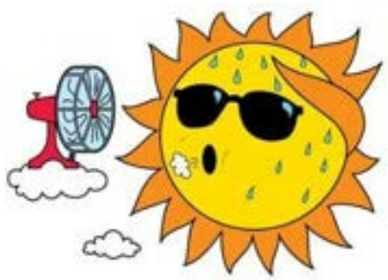
June 2023

Noor Zora head of 'Gidha Group' from Punjab came to celebrate Gidha with Aman Group. A big thank you to Rashpal for organising this the ladies loved it.

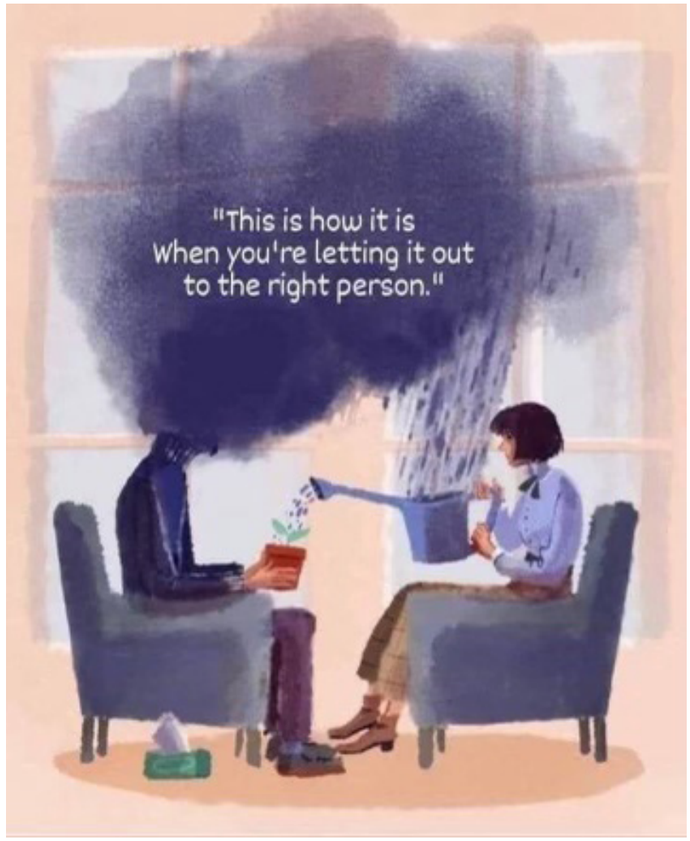
Sent by a counselling client

Breakthru changed its legal status with Companies House.

We are now a Community Interest Company Ltd by guarantee, which means we have a new company number 14909186.



It's going to be hot over the next few days. Please check in on older or vulnerable people.



Our Aman ladies made puppets with Sarah from Black Country touring for the Wednesbury Town Festival Saturday 17th June.

And fish puppets were made too!

Practicing movement techniques to bring the puppets to life.

We even got Sarah doing the Aman group exercises.

Welcome

our new volunteer

June 2023

Karen Hudson - Administration Assistant, started volunteering in June for Breakthru at our Beyond Blue shop in Wednesbury.

Karen has proved to be an invaluable member of the team, one we definitely will be employing very soon.

I have been doing voluntary work at Breakthru for a while now and it has been the best thing for me in a long time. Before I started to do voluntary work, I was stuck at home and dwelling on things. I reached out to Breakthru to see if they needed any volunteers to help them in the office/shop and after having an interview with Vickie I started the following week. I had a purpose, a reason to get up for something in the morning and not just the same old routine, which was get up, do a bit of shopping and then back home to job search and being stuck at home all the while my confidence levels were not the best. Since doing voluntary work my confidence levels have raised because I am socialising with others and doing something worthwhile with my time like working within an organisation that helps others go through what I went through. Vickie has made me feel very welcome and I feel at ease working here and learning something new every day about how the organisation works.

Karen Hudson (Volunteer)

Brilliant day at Wednesbury Town festival!

Thanks to the Black Country Touring Team.

‘Wednesbury Day’ was a great Success

Featuring FREE family-friendly theatre, a giant puppet parade, a live brass band, arts & crafts, face painting, street performers & more!

Well done Claire – Director for Breakthru who passed her Level 4 in Counselling in June.

Fantastic day out at the NEC creative show with the Aman groups.

Over 100 of our members took the coach trip to the craft show. Big thank you to Bal, Baljender & Surinder for your Support.

June 2023

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke.

If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet.

65 and over should: aim to be physically active every day, even if light activity do activities that improve strength, balance and flexibility on at least 2 days a week reduce time spent sitting/lying down, break up long periods of not moving with some activity.

BREAKTHRU COMMUNITY FIRST CIC

Aman Group

Aman Group – Womens Group

Ladies of all ages are invited to our weekly wellbeing sessions

All sessions 10am - 12pm

- Gentle chair based exercise
- Stress relief techniques
- South Asian dance and song
- Walking and days out
- Arts and crafts
- Tips on how to improve your health and wellbeing
- Workshops and informed sessions

Monday	**Oldbury Library**	Sandwell Council House, Freeth Street B69 3DE
Tuesday	**Brasshouse Community Centre**	Brasshouse Lane, Smethwick B66 1BA
Wednesday	**Smethwick Library**	Smethwick High Street, Smethwick B66 1AA
Thursday	**Wednesbury Museum and Art Gallery**	Holyhead Road, Wednesbury WS10 7DF
Friday	**Central Library**	High Street, West Bromwich B70 8DZ

t 0121 269 5990 e info@break-thru.co.uk w www.break-thru.co.uk/aman-group

COMMUNITY FUND
Harborne Parish Lands Charity
Providing a service for those in need
Sandwell Metropolitan Borough Council

BEYONDBLUE

Relationship & Family Counselling

When you don't talk…

...there's a lot of stuff that ends up not being said.

Discover how counselling can help you and your partner or family member feel connected again.

Relationship counselling can help you rebuild a relationship where you feel loved, understood and appreciated.

At Beyond Blue our counsellors provide a caring, supportive and non-judgemental environment to help you find a way through any difficulties you may be facing in your relationship(s).

Contact us:

t 0121 269 5990 e info@break-thru.co.uk w www.break-thru.co.uk/beyond-blue

Beyond Blue Relationship Counselling at 19a Spring Court, Spring Head, Wednesbury WS10 9AD.

COMMUNITY FUND

NCPS NATIONAL COUNSELLING & PSYCHOTHERAPY SOCIETY

BREAKTHRU COMMUNITY FIRST CIC

BACP Organisational Membership Number: 00276100.

'Congratulations' NHS 75 years!

A yellow heat-health alert has been issued from Friday 7 July to Sunday 9 July in the West Midlands. We can expect increasing temperatures and humidity. Keep an eye on anyone who is isolated, ill, vulnerable or very young.

Aman members took part in a research study with Birmingham University.

Volunteers viewed scenes while listening to sentences describing those scenes. This was recorded and data analysed so they learn more about how people view scenes.

July 2023

Grief & Loss workshop

"The grief & Loss workshop has been the best workshop we've received so far. Just understanding the 5 stages of grief and talking about our individual losses has been comforting yet informative!"

Thank you Victoria from Beyond Blue.

Delivered by Beyond Blue Counselling in conjunction with Cruse, at St Francis of Assisi, Friar Park. The group contacted us at our new shop in Wednesbury as members have each lost loved ones and were struggling to come to terms with grief.

Cruse Bereavement Support

August 2023

‘On our way to Barry Island!’

We took 150 of our Aman Group ladies to the seaside.

Photos from our trip to Wales.

Fantastic time, great weather, we even dipped our toes in the sea.

“Great to be out of the house, in this lovely sunshine with friends. Please, please can we have more trips like these. Thank you Breakthru” (Aman Group)

“If it weren’t for the Aman Groups and trips like these I would never go out of the house”

We're celebrating the 'Mayors Community Weekend' across the border in Walsall Arboretum, 12-3pm.

Join us at the Bandstand for gentle yoga/exercise, mindfulness, bangra and samosa's. Cash the flash - champion kick-boxer and self-defence expert will be making an appearance.

Sept 2023

Aman Group ladies and members of the public came together to celebrate the Mayors Community Weekend at Walsall Arboretum.

Up to 70 people took part in dancing, gentle exercise, Bhangra dance & song, Yoga, Food and self-defence demonstrations.

Hello Lydia

Lydia will be leading the Beyond Learning Service. Lydia is a Special Educational Needs Tutor. She has experience, training and qualifications in:

- Anxiety and depression
- Level 3 SEN working towards Level 5 Education Diploma
- Safeguarding
- Understanding Autism
- TEFL (Teaching English as a Foreign Language)
- GDPR / Cyber Safety
- Anger Management
- Sensory Learning
- 5 years as a learning support practitioner
- 3 years as a GCSE Maths and English
- English Tutor

When you know you've done a great job!

Delivered to our Beyond Blue counselling shop this morning.

Beyond Blue and our partner organisation Cruse

Supporting Sandwell's Better Health Strategy event at Sandwell council house.

We've raised nearly £500 selling our outdoor bonsai trees.

We're almost there with our fundraising for the soundproof rooms at Beyond Blue Counselling Services thanks to donations, Awards for All and Heart of England grants!

Oldbury Police Crime Prevention Team paid a visit to the Oldbury Aman Group.

October 2023

Sandwell Council have agreed the programme to be delivered through their Levelling Up Partnership.

Our Ambassador Chris Hinson attended the round-table.

It builds on existing regeneration and plans, adding £20m in funding for the area.

Breakthru's Directors Victoria and Claire have been accepted on the board for the Wednesbury Levelling Up Partnership. To help improve the Wednesbury area.

NHS
Black Country Healthcare
NHS Foundation Trust

Our Wednesbury counselling services Beyond Blue is working with Black Country Mental Health to support those with Severe Mental Illness. If you or a relative need support with finances, benefits, housing or just need to talk contact us on **0121 269 5990.**

We're attended 25 Years SCVO event at Portway Leisure 'Congratulations SCVO'

BEYONDLEARNING

Introducing Beyond Learning our new service linked to Beyond Blue counselling services.

Aims to improve the education, social skills, and mental health of children and adults with or without educational needs. For more information visit **break-thru.co.uk/beyond-learning**

West Bromwich Aman ladies had a visit from Specialist Commissioner for Mental Health Lisa Murray.

Lisa's going to talk to the term about delivering workshops around diabetes, blood pressure, cholesterol etc.

New research from our friends @kcsamh shows that **60%** of us report that the Cost of Living Crisis is negatively impacting our mental health. And almost a quarter **(23%)** of us say we're having problems sleeping because of worries about rising costs. **1/2**

We had some Asian celebrities visit the Aman ladies in West Bromwich.

Singer, songwriter Jandu Litra Wala was among the celebrities.

A really handy resource to help keep our young people safe online.

"My tutor from beyond learning is the most helpful and caring person I have ever met. She helped me get through high school by always being there for me and always encouraging me to work harder. If it wasn't for her, I would have had to retake English. She wasn't just a tutor; she was a friend and always knew how to make me laugh when I was in a bad mood or about to lose hope. I am always going to be thankful for her and what she did for me."

Students (A.A.) Beyond Learning client

BEYONDBLUE

Do you or someone you know have a diagnosed severe mental illness?

If so, we can help.

People who have severe mental illness often don't get the benefits or support they are entitled to.

If you are a Sandwell resident with any of the following conditions: schizophrenia, bi-polar, psychosis, severe depression, or any other severe mental illness, or a carer for someone with one of these conditions.

We can also offer free counselling / psychotherapy sessions for those who need to understand their conditions better and learn techniques on how to manage severe mental illness.

We can offer free advice and support with:

- welfare benefits
- help with budgeting
- energy advice
- disability benefits
- welfare grants
- debt advice and referral for specialist debt support

For more information, please contact: t 0121 269 5990 / 07813 125 443
e info@beyond-blue.co.uk w www.break-thru.co.uk
or drop into our shop Beyond Blue, 19a Spring Head, Wednesbury WS10 9AD.

BEYONDLEARNING

Beyond Learning – improving the education, social skills, and mental health of children and adults with or without educational needs.

We look at more than just learning, we look at you as a person and what you need.

Together we can help you to reach your goals whether they be academic, social, or emotional. We can do this by:

- Providing support with education
- SEND Specialist tutoring
- Tailored tutoring 1-1
- Counselling and Psychotherapy
- Life skills and social skills support
- Providing Employability Courses
- Giving you a safe place to be you and grow

Working together to provide you with tailored, specialised support specifically for you. With our help, you can be the best version of you. You will be able to access support from a wide range of tutors, counsellors and psychotherapists, and support workers that all have a person-centred approach.

For more information, please contact: t 0121 269 5990 / 07813 125 443
e info@beyond-blue.co.uk w www.break-thru.co.uk
or drop into our shop Beyond Blue, 19a Spring Head, Wednesbury WS10 9AD.

BACP Organisational Membership Number: 00276100.

Funding

Baron Davenport Charity **£500**
School for Social Entrepreneurs **£6000**
Harborne Parish Lands **£10,000**
SCVO **£1500**
Awards for All **£10,000**
Heart of England **£3000**
Mayors Weekend (Picnic in the Park) **£2000**
Reaching Communities **£41,010**

Total **£64,010**
Income **£7,455**

Dec 2023

This is new data from NHS England published.

One in five young people aged 8 to 16 have a probable mental health condition.

This is the **highest number on record.**

We are deeply concerned by these new statistics and are working with Schools, GP's, the NHS, and the Youth Offending Service along with other voluntary and statutory organisations to help reduce this need.

It confirms that the crisis in young people's mental health is deepening – **and has become a mental health emergency**. For the past decade we have repeatedly called out the Government for not taking enough action. Year after the year these statistics get worse, yet no radical change happens. They have lost their grip on this emergency and are failing young people as a result. **We can't continue to let this escalate**. The Government must tackle the reasons why so many young people are struggling with their mental health. Right now, they can make a difference by making sure every community has an early support hub so that young people can get help as soon as they need it. On top of that, we need a plan that is ambitious enough to end the mental health emergency – a plan with a focus on preventing poor mental health, as well as investing in and improving services.

Aman groups trip to Birmingham Library!

Last Aman Group session for the Wednesbury group this side of Christmas!

Next Thursday we have close to 200 women descending on Wednesbury Town Hall for **Breakthru's 7th Anniversary celebrations.**

A big thank you to the Mayor of Sandwell and the leader of Sandwell Council who attended our 7th year anniversary.

Along with over 170 of our members, local councillors and council officers. **Here's to the next 7 years!**

Big thank you

to Parvi from Asda Great Bridge for the donated food and drinks for our 7th anniversary party at Wednesbury Town Hall!

Big big thank you Asda

NEW YEAR HONOURS LIST - EVERYDAY HEROES

Rail worker Rizwan Javed saved the lives of 29 people as they contemplated suicide on platforms, has been honoured for his services to the vulnerable. Rizwan, received the MBE after his interventions helped prevent dozens of deaths.

Staff Training:

- Level 4 Diploma in Counselling & CBT
- Health & Safety Certificates for all staff
- I-ACT Training
- Suicide Prevention
- Safeguarding
- Generalised Anxiety Disorder
- Panic Disorder
- Level 4 Counselling and Psychotherapy
- Domestic Violence
- Addiction
- Bereavement
- Zebra access - British Sign Language & Deaf Awareness

Breakthru CIC is a member of the Association of Mental Health Providers.

Breakthru keeps up-to-date by attending local networking meetings, this also offers us the opportunity to promote our services and find out what's on in Sandwell. Breakthru is a member of the:

- Sandwell Networkers Group
- Tipton Mental Health and Suicide Prevention
- NCVO - National Trusted Supplier
- Black Country and West Birmingham CCG - We need to talk dying group
- West Bromwich Town Tasking Open Meeting
- Sandwell Public Health Meeting
- Olbury Public Health Network Meeting
- Wednesbury Town Tasking Open Meeting
- SCVO Health and Social Care Forum

Breakthru HQ
62 & 63 Highfields House,
High Street, West Bromwich
B70 8RJ.

Continued Professional Development

- National Counselling and Psychotherapy Society - General Anxiety Disorder
- National Counselling and Psychotherapy Society - Panic Disorder
- Cruse Bereavement Support - Safeguarding
- Counselling Tutor - Preparing to work with clients who self-harm
- Crysallis - Boundaries
- Crysallis - Online therapy
- Crysallis - Confidentiality
- Crysallis - Suicide ideation
- Crysallis - Cognitive Behaviour Therapy
- Crysallis - Psychodynamics
- Crysallis - Humanistic Therapy

Certificates of Completion

- Safeguarding Adults
- Raising Awareness in Safeguarding Adults
- Cruse Bereavement Care

Qualifications

TQUK endorsed Counselling & CBT Diploma

Congrats to Breakthru's counselling professionals for completing their CPD in General Anxiety Disorder & Panic Disorder.

Here are some organisations and contact numbers you might find useful:

Samaritans (24/7) – **116 123**

The National Domestic Violence Helpline (24/7) – **0808 2000 247**

Power cut (24/7) – **105**

Switchboard (10am - 10pm) – **0800 0119 100**

National Gambling Helpline (24/7) – **0808 8020 133**

Silverline (24/7) – **0800 4 70 80 90**