



#DOULASTORY

Our Service user came to England on a study visa with her husband and their son. Her journey to the UK brought sadness and joy.

Sadness hit when one of the triplets she was carrying sadly died.

BETHEL DOULA'S SUPPORT

- On referral Bethel Doula sourced items for the babies
- Our team connected her to the perinatal team for bereavement support
- We made calls to housing, to raise concern about the living condition, as mould was taking over the house
- Our Doulas made arrangements for food parcels to be sent to the family
- We provided support with moving home
- We made calls on her behalf to the early help team

Our team supported her throughout and after her pregnancy. Today, both mummy and babies are healthy and happy



mould taking over her home



BETHEL HEALTH AND HEALING NETWORK



#RAPHASTORY

We provide a non-judgmental listening service to adults experiencing anxiety, stress, isolation and depression often caused by the wider determinants of health such as social and economic conditions, difficult family and personal relationships, racism and sexism and other discrimination. In addition to telephone support, we work in partnership with statutory and community organisations to deliver the service in community settings across Birmingham and Solihull. People accessing the service receive up to 9 listening sessions and signposting to additional mental health and wellbeing services.

We organise physical activities to help service users:

- ✓ Reduce anxiety and depression
- ✓ Buffer against stress and decrease stress hormones
- ✓ Get a distraction from negative thoughts and emotions
- ✓ Get social support and improve quality of life

BETHEL HEALTH AND HEALING NETWORK

Are you a 40+ man from an ethnic minority background dealing with a **DIAGNOSED or UNDIAGNOSED** mental health condition?

WALK, TALK, MOVE & HEAL



This is a free weekly physical activity session including:

- Supervised walks
- Supervised cycle rides
- Supervised swim sessions
- Supervised gym sessions
- Rapha listening service

SPACES ARE LIMITED

Click [here](https://www.eventbrite.co.uk) or visit [walktalkmoveandheal.eventbrite.co.uk](https://www.walktalkmoveandheal.eventbrite.co.uk) to register your interest



BETHEL HEALTH AND HEALING NETWORK

ARE YOU STILL HAVING SYMPTOMS A MONTH AFTER COVID-19 INFECTION?

GOOD NEWS! THERE IS SPECIALIST SUPPORT AVAILABLE TO HELP YOU MANAGE YOUR SYMPTOMS



YOU ARE INVITED TO:

Bethel Health and Healing Network Long - Covid information sessions
DATE: Wednesday 25th January, Wednesday 22nd February, Wednesday 22nd March
TIME: 12midday - 2.30pm
VENUE: Bethel Health and Healing Network, Jericho Foundation, 196-198 Edward Road (Jakeman Road) Balsall Heath, B129LX

Places Limited - To book a slot kindly contact Alison via:
EMAIL: alison@bethelnetwork.org.uk
TEL: 07717661587

AVAILABLE:
*Light Refreshments
*Interpreters
*Resources



BETHEL HEALTH AND HEALING NETWORK

LEARN BEGINNERS TAI CHI FOR MEN AGED 40+ FROM ETHNIC MINORITY BACKGROUND



HEALTH BENEFITS OF TAI CHI

- Improved mental health
- Increased fitness and flexibility
- Helps muscle strength
- Aids body posture
- Improve strength in your arms and legs

VENUE: Moseley Community Hub, 496 Moseley Road, Balsall Heath, Birmingham B12 9AH

FREE CLASSES!

DATES: July - Mon 31st
August - Mon 7th, Mon 14th, Mon 21st
September - Mon 4th, Mon 11th

TIMES: 12:30 - 13:30

NOTE: 2 hours session on Mon 21st of July and Mon 11th of August

BOOKING: Contact Alison at alison@bethelnetwork.org.uk 07717 661 387 to book, or just turn up on day of class to register



BETHEL HEALTH AND HEALING NETWORK



Do You Need someone to talk to ?
We're here to listen

Coming soon to the Black Country
Rapha Listening services

Confidential, non-judgemental
Compassionate supportive listening



**BETWEEN APRIL 2022 &
MARCH 2023, WE POSITIVELY
IMPACTED ~500 PEOPLE
THROUGH OUR FREE DOULA
AND RAPHA LISTENING
SERVICES**

AND RECORDED A
**92% OVERAL
SATISFACTION**

64%

MENTAL HEALTH
IMPROVED

1600

SUPPORT SESSION
DELIVERED

383

HOURS OF SUPPORT
PROVIDED

**THIS IS HOW YOU CAN
HELP US HELP MORE
PEOPLE**

SUPPORT US



WWW.BETHELNETWORK.ORG.UK

MONTHLY OR ONE-TIME DONATION

ONE TIME £200 WILL CONTRIBUTE TO PROVIDING 5 LISTENING SESSIONS TO SOMEONE STRUGGLING WITH MENTAL HEALTH ISSUES OR 5 HOME VISIT TO A VULNERABLE AND NEW ASYLUM MOM

£100 MONTHLY FOR 1 YEAR
£20 MONTHLY FOR 2 YEARS
£10 MONTHLY FOR 10 YEARS
£5 MONTHLY FOR 5 YEARS



CONTRIBUTION TO PROVIDING LISTENING AND DOULA SERVICES TO PEOPLE STRUGGLING WITH MENTAL HEALTH ISSUES OR SUPPORT TO VULNERABLE NEW MOM

DONATE NOW

SCAN ME!



OR VISIT OUR WEBSITE



[HTTPS://WWW.BETHELNETWORK.ORG.UK](https://www.bethelnetwork.org.uk)

SEE OUR WEBSITE FOR THE IMPACT OF OUR SERVICES AND THE COST AVOIDED BY USING OUR SERVICES



Registered Charity
Number: 1116225

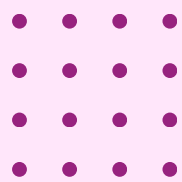
Company Number: 05813084

Patron: Dr Beverly Lindsay OBE,
OD – Vice Lord-Lieutenant of
West Midlands



EVERY PENNY COUNTS





VOLUNTEERS NEEDED



VOLUNTEERS

We are looking for committed and dedicated volunteers with a heart for helping vulnerable people to join our Doula or Rapha team

VOLUNTEERING ROLES:

- Attending appointments
- Settling in community
- Baby items/equipment delivery
- Birth Partner support
- Breast feeding support
- Interpreting

EMOTIONAL SUPPORT:

- Listening
- Advocating
- Observing
- Trust and confidence building
- Signposting
- Building bridges



VOLUNTEER INCENTIVES

• Tempo Time Credit



- Earn Tempo Time Credits by giving your time
- Use Tempo Time Credits to have fun with family and friends

Most popular



2 TIME CREDITS (1 HOUR)



1 TIME CREDIT



2 TIME CREDITS



1 TIME CREDIT

SCAN ME!



SUPPORT NOW

 <https://www.bethelnetwork.org.uk/make-a-difference/>

 07599074318