

# Your NEWSLETTER

**SIFA**  
fireside

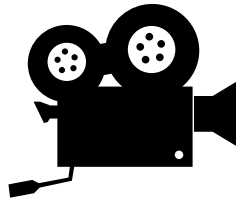
February 2024  
Issue 88

Your regular update on services, events and news

## A Hundred Thousand Welcomes...

This month, we've been joined by EI who has come onboard as our Communications Assistant. EI will be working on a number of projects to help spread the word about SIFA Fireside's services, which will include film, audio and animation fundraising and awareness-raising projects. We'll also be looking for clients to get involved in these projects so keep your eyes peeled.

Be sure to say hello and make EI feel welcome if you see them around the Support Centre.



## Living Wise

### Every Thursday 1.30pm - 3.30pm

Join in and learn in a group how to be more in control of your emotions, change the way you react under stress and emotional difficulty.



#### What is Living Wise Group?

A safe place to learn skills to:

- Try to better control emotions, thoughts and urges.
- Reduce impulsive behaviour.
- Cope effectively during difficult times.
- Communicate needs effectively.
- Manage relationships.
- Achieve personal goals.



## Dates for your Diary

February is a busy month with the Lunar New Year (10th), Random Acts of Kindness Day (17th) and National Pokemon Day (27th).

## Belly Laughs Brum

2024 is off to a strong start for SIFA Fireside's fundraising department as the Belly Laughs food and comedy festival returned in January for its second year.

The festival featured 21 stand-up comedy gigs, countless surprise comedians including Joe Lycett and Rob Kemp (pictured below) and over £5,000 being raised to support SIFA Fireside. HaHa-Happy New Year!



## It's Good to Talk

SIFA Fireside's Andy and Kyle now take referrals for 1-1 addiction recovery support for anyone who'd like to address substance misuse. Speak to Andy or Kyle for more info.

## SIFA Fireside Support Centre

Emergency Support and Rough Sleepers: Mon-Fri, 9am onwards

Appointments: 10:30am - 12 noon

Workshops: 12:30pm onwards (excl. Wednesdays)



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

0121 766 1700

Mon - Fri, 9am - 4pm

BCC Emergency Accommodation

0121 3032296

# Support Centre Timetable

Liverpool Street, Deritend, B9 4DS

# SIFA fireside

The Support Centre for any adult in  
Birmingham that faces homelessness



Talk Therapy  
w/ Monika  
9am - 12 noon

## Monday

(Lunch included 12 - 12.45pm)

Get Your Week Ready 1-1  
Book your session with  
Bethany

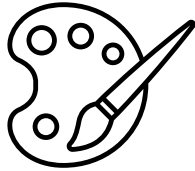


Basic English & IT Skills

Starts Jan 29

Mon 10:30-12:30 Activity Room

Wed 10:30-12:30 IT Suite



Art Class  
Activity Room  
13:30 - 15:00

## Tuesday

(Lunch included 12 - 12.45pm)



Music Therapy  
Wellbeing Room  
13:00 (no session on February  
13)



Live Wise (DBT Informed Skills  
Group) Activity Room  
Weekly

## Thursday

(Lunch included 12 - 12.45pm)



Geese Theatre  
13:00 - 16:30  
Support Centre



What class or activity do  
you want to see here? Let one of our  
team know or use our suggestion box.

## Friday

(Lunch included 12 - 12.45pm)



Men's Group  
Friday February 23  
with Kyle



Alcoholics Anonymous  
Activity Room  
13:00 - 14:00

Birmingham,  
You're not alone.