



Ruth Fuller

Children & Families Worker

Karis Neighbour Scheme

Tuesday-Friday

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KARIS NEIGHBOUR SCHEME

Practical help | Advocacy & advice | Befriending | Emotional support

**Children & Families Project provides
practical help and friendship
to local families who are facing difficulty**

We help families who are:

- New to Ladywood & need help finding places like GPs & play groups
- Isolated or lonely
- Seeking asylum or have recently got 'Leave to Remain'
- On low incomes
- Struggling to learn English
- Struggling with their bills, benefits & letters
- Feeling stressed, worried or sad
- Bored in the holidays
- Keen to volunteer

We can:

- Visit you at home
- Help you with second-hand baby clothes & equipment
- Help you find your way around
- Go with you to an appointment
- Help you get a food parcel
- Help you to fill in forms & understand letters
- Help you get benefit advice
- Introduce you to new people
- Take you to our English class & Welcome to Ladywood Drop-in

**Ladywood
Community
Advice**

**Wednesdays
10-2**

**Ladywood
Community Centre**

A place to get help
with bills benefits and
letters

**Welcome to
Ladywood
Drop-in**

**Thursday
1-3**

**Ladywood
Methodist Church**

A friendly place to
meet new people,
under 5's welcome

**English for
Speakers Of Other
Languages Class**

**Friday
10-12**

**Please Phone
first**

A class for local
people who speak no
or very little English