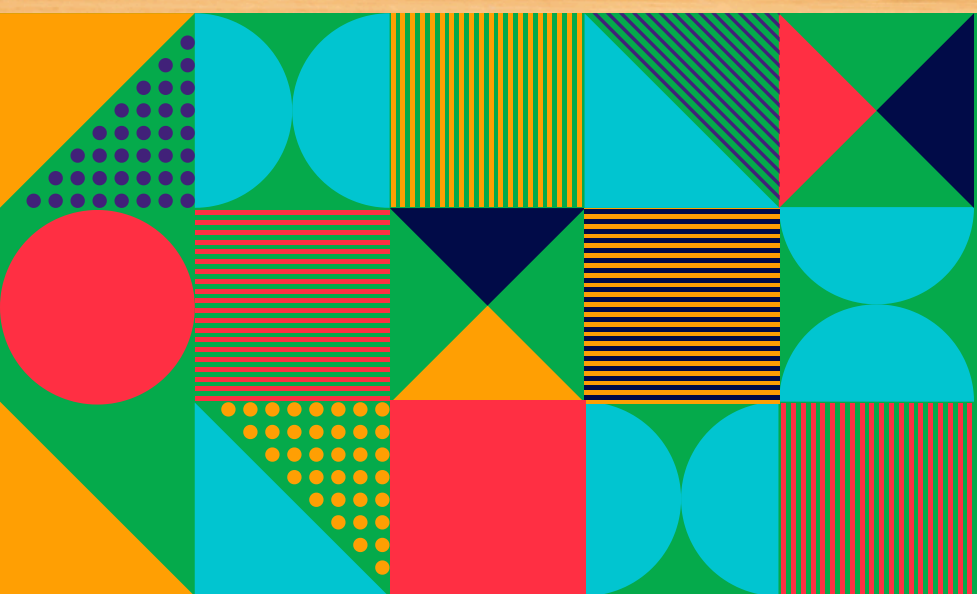




Edgbaston Neighbourhood Network Scheme Newsletter

June 2025



Feature Story:

"Debut Episode of 'Time to Talk':
Exploring Mindfulness and Healing
with Angela from Love Compassion"

>>> INTRODUCING 'TIME TO TALK': A HEARTFELT PODCAST JOURNEY BEGINS

In the very first episode of our brand-new podcast Time to Talk, we had the pleasure of sitting down with the wonderful Angela from Love Compassion. As our debut guest, Angela set the tone for the series with a powerful and heartfelt conversation. She's a partner we've proudly funded through dedicated work with us and has been hard at work developing and delivering wellbeing and self-compassion courses tailored specifically for individuals from the South Asian LGBTQIA+ communities. An area of support that is often underrepresented but deeply needed.



>>> ANGELA'S PERSONAL INSPIRATION: A JOURNEY TO SELF-COMPASSION

Angela began by sharing the personal inspiration behind the courses. Coming from a South Asian background herself, she described the long journey toward self-acceptance and compassion as a queer person. She spoke candidly about how, for many years, she wasn't particularly kind to herself – a feeling many people who identify as LGBTQIA+ from “culturally conservative backgrounds” may relate to.

Her own path led her to train as a Mindfulness and Compassion Coach, initially delivering courses to a wide range of people. However, she soon recognised the urgent need to provide something culturally sensitive and queer-inclusive within her own community where struggles with identity, shame, and isolation are sadly all too common.

“I kept thinking, where are the spaces for people like me?” Angela shared. “If I had, had this when I was younger, it might've changed everything.”

Drawing from her involvement in local groups like Birmingham-based The Suryan Collective, Angela emphasised the unique challenges queer South Asian people face. It's not just about being queer – it's about being queer and South Asian, where family expectations, cultural taboos, toxic masculinity, and the lack of inclusive language compounds the struggle. Many people feel the two identities are incompatible leading to feelings of

loneliness, depression, and even suicidal ideation. Angela stressed that the courses offer not just tools for self-compassion, but also a crucial sense of community.

“When people realise they’re not alone,” she said, “that shared experience can be more powerful than any breathing exercise.”

>>> THE IMPORTANCE OF CULTURAL SENSITIVITY IN COURSE DESIGN

When asked about the importance of cultural sensitivity in her course design, Angela explained that while queer mental health is already a pressing concern, it becomes even more complex within South Asian cultures. The absence of language to express queerness in many South Asian tongues often makes coming out difficult – how do you explain your identity when the words don’t exist? The group setting, she noted, provides a safe space where these concerns can be unpacked and shared.

The conversation also touched on broader social challenges such as how queer South Asians are often excluded or fetishised in wider LGBTQ+ spaces. There’s a “double whammy,” as Angela described it: rejection from both the mainstream queer scene and from traditional South Asian communities. This exclusion intensifies the need for inclusive, healing spaces – something the courses aim to provide.

Angela also guided us through a short, impactful mindfulness exercise. Through a simple guided visualisation, she illustrated how differently we treat our friends versus ourselves, being quick to offer compassion to others, but hesitant to extend the same kindness towards ourselves. It was a powerful reminder of the daily work it takes to shift our inner narratives and treat ourselves with more empathy and understanding.



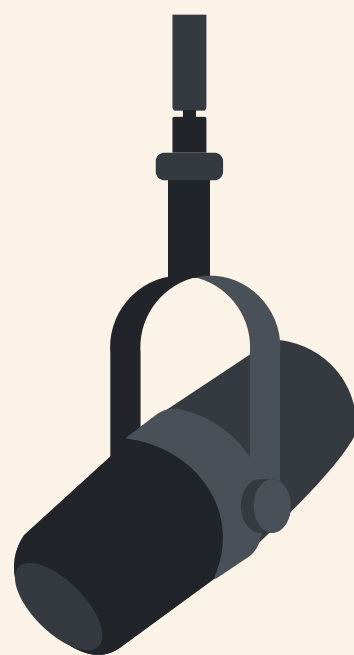
>>> ANGELA'S JOURNEY: FROM REGRET TO PRIDE

Reflecting on her own journey, Angela shared that whilst she once regretted not coming out earlier, she's now at peace with her path and proud to be living her truth. Her hope is that by being visible and vocal, she can help others feel safe enough to take those steps themselves at their own pace. Many participants of the course go on to create WhatsApp groups and support each other beyond the sessions, illustrating how the community formed is just as impactful as the content itself.

As we wrapped up, Angela reminded us that kindness, and especially towards ourselves, is a practice we can all learn, regardless of identity. Her courses are open to anyone who resonates with that need, and for those who may feel nervous or unsure, she warmly invites them to get in touch for a chat.

If you're interested in joining one of Angela's four-week wellbeing and self-compassion courses, you can find more information and sign up via OutSavvy or visit her website at lovecompassion.co.uk. As Angela says, **just walking through the door can be the biggest step – and you won't be walking through it alone.**

Stay
Tuned



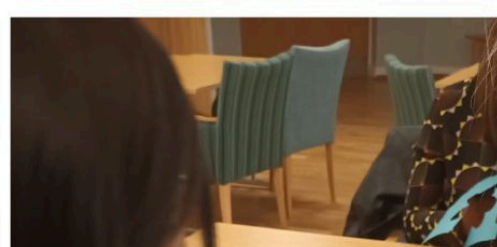
Full Episode Coming Soon

The full episode of our podcast Time to Talk will be coming soon for you to hear the conversation in full.

UPDATES

QMC - AGE WITHOUT LIMITS DAY

Shout out to Quinton Methodist Church who celebrated Age Without Limits Day with intergenerational activities and a community lunch on June 5th.



BIRMINGHAM CENTRAL SYNAGOGUE

A reflective and engaging weaving activity to mark Dying Matters Week at the Birmingham Central United Synagogue

WILLIAM LENCH COURT

Organised as part of Dying Matters Week, participants joined in making a paper bouquet in memory of someone or something they missed.



SMALL GRANTS FUNDING UPDATE

The following organisations have been awarded Edgbaston NNS Small Grants:

➤➤➤ BIRMINGHAM CENTRAL SYNAGOGUE

Shalom Socials: Connecting & Thriving in Community aims to combat social isolation and improve the well-being of elderly Jewish community members (aged 60+). The initiative will provide structured social activities and traditional gatherings that foster connection, mental stimulation, and engagement within the community, while promoting emotional and physical well-being. This will include weekly workshops, including a book club, painting sessions, and baking workshops. For more information, email irina@milacic.co.uk

➤➤➤ HARBORNE BAPTIST CHURCH (HBC)

We have funded two activities at HBC - Move It or Lose It and Creative Wellbeing Arts & Crafts Morning. These FREE to attend groups encourage good physical and mental health and opportunities for social connectivity to combat isolation.

Move It or Lose It – Every Monday 11:30 – 12:30 OR 13:00 – 14:00 providing ability-adapted exercises to improve balance, mobility, flexibility and strength for all levels and abilities.

Creative Wellbeing - Every Friday morning 10:30 – 12:30 led by an Arts Therapies UK facilitator providing varied craft activities.

➤➤➤ DIGIKICK CIC

We have funded DigiKick for a new Tea and T'Internet project. It is a friendly beginner internet group which supports people to develop basic internet skills and reduce isolation, held weekly at Cerebral Palsy Midlands, Harborne. This 12-week project will provide weekly support to approximately 15 people aged between 18 and 49 and living with disabilities. For more information call Kev on 07340701551.

UPCOMING EVENTS AND TRAINING

**UPCOMING EVENTS**



DEMENTIA AWARENESS TRAINING

Wednesday 2nd July

Wednesday 16th July

Dementia Carers Count is collaborating with the Edgbaston Neighbourhood Scheme, funded by Birmingham City Council, to provide training for community leaders and members. The goal is to enhance understanding of dementia and support for unpaid carers. The training will cover:

- Recognizing signs and symptoms of dementia.
- Resources for carers needing support.
- Making communities more inclusive for carers.
- Communication techniques for interacting with those living with dementia.
- Strategies for living well with dementia.
- An interactive dementia experience.



10:00AM - 2:30PM

 Venue TBC

<https://www.tickettailor.com/events/edgbastonneighbourhoodnetworkscheme/1700107>





**UPCOMING EVENTS**



SAFEGUARDING FOR VULNERABLE ADULTS TRAINING

Tuesday 30th September

This free 3.5-hour training course, organised by Edgbaston Neighbourhood Network Scheme and funded by Birmingham City Council, is available for community groups in the Edgbaston Constituency. It focuses on recognising signs of abuse and safeguarding vulnerable adults.

The training content will include:

- Defining abuse
- Patterns of abuse
- Those most at risk of abuse
- The 10 categories of abuse
- Signs and indications that abuse might be occurring
- Defining safeguarding and taking safeguarding action
- Client consent and safeguarding find not children's safeguarding.



 10:00 - 13:30

 Venue TBC

Reserve your space at

<https://tinyurl.run/PVMV6J>







Emergency First Aid at Work

Delivered by British Red Cross

THURSDAY

11TH SEPT 2025

09:00 AM -16:00PM VENUE TBC

WHAT YOU'LL LEARN:

A range of essential first aid skills to help you respond quickly and confidently to common emergencies, as well as recognise when professional medical help is necessary.



WHY ATTEND?

- Recognised as a Level 3 qualification
- Certificate of completion valid for 3 years

Limited spaces available! Don't miss out, secure your spot today!

Scan QR Code to book







Equality, Diversity and Inclusion Training Workshop

Wednesday 15th October

This free 3.5-hour training course, funded by Birmingham City Council and organised by Edgbaston Neighbourhood Network Scheme, aims to equip community groups in Edgbaston Constituency with skills to deliver services that celebrate diversity, promote inclusion, and ensure equal opportunities for all.

The training content will include:

- Understanding the Equality Act and protected characteristics
- Different forms of discrimination
- How 'membership' of a specific group can bring either advantage or disadvantage
- Understanding the 'multi layered' nature of discrimination
- How an understanding of diversity and inclusion, and their differences, can positively impact and change what we do.



10:00 - 13:30

Venue TBC

Reserve your space at

<https://tinyurl.run/paOu8L>





UPCOMING EVENTS AND TRAINING

Showing the impact of your NNS project



Join our free session to learn how to report your impact on public health measures with simple tools and step-by-step support.

Learn about: measuring the impact of your NNS funded project

 Wednesday 6 August from 10am to 1pm

 Zoom

 Reserve your free spot today!



How can I show the impact of my NNS project?



Join our free session to learn how to report your impact on public health measures with simple tools and step-by-step support.

Learn about: measuring the impact of your NNS funded project

 Wednesday 16 July from 10am to 1pm

 Edgbaston Community Centre, B15 2HU

 Reserve your free spot today!



EXTRA!

We are thrilled to introduce two inspiring individuals who have recently joined the ENNS team: Ivy who has moved to England from Hong Kong eager to connect and contribute to her new community, and Richard, retired, but bringing a wealth of experience and enthusiasm.

SEE YOU NEXT ISSUE!