

# Building Futures



## Resettlement Support Project

A culturally responsive service for people from a black or ethnic background suffering from mental ill health and have been or is in criminal justice system

0121 525 1629

Improving the lives of African & Caribbean people affected by mental illness in and around Sandwell and West Birmingham



Registered Charity Number **1082017**



## **Building Futures Aims & Objectives**

Building Futures will work within a culturally responsive framework to support individuals to maintain their independence, support your ability to live in the community by providing practical and social support to assist individuals to manage their mental health issues, reduce re-offending, their behaviour and move on by engaging in training, re-focusing, volunteering and other activities.

### **We can help you to resettle via support in these areas:**

- One to One Support
- Support Groups & Workshops
- Recovery Planning
- Drop-Ins
- Training
- Guidance
- Signposting
- Talking Therapies
- Peer to Peer



## Who can access the service?

People from a Black or Ethnic background suffering from mental ill health and has been or is in the criminal justice system.



## To use this service you will need to be:

- Aged 16 or older
- From a Black or Ethnic Minority background
- Resident in the Borough of Sandwell or West Birmingham

## How to access the Service

Anyone can make a referral by:-

- Giving us a call
- Sending us an email
- Accessing our website
- Pop into the Kuumba Centre and speak to a member of staff.



## Where to find us



### Transport

All buses into West Bromwich Bus Station  
Nearest Metro Station - Trinity Way

### Contact:

Dawn Reid - Building Futures Project Coordinator  
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