



## The Support We Can Offer



Yours Truly

**Yours Truly** - Supports carers in the Dudley Borough by helping people identify their personal & vocational goals for self improvement, outside of their caring role. We encourage people to take time for themselves by exploring hobbies and interests with sessions aimed at increasing confidence and skills with getting online. Advice and guidance is also on offer on carers rights and benefits.



**Pom-Poms for loneliness** Runs daily groups/activities within East Coseley to enable individuals to create new friendships, reduce isolation and increase confidence & participation. This project has enabled people to have a sense of purpose & self belief whilst feeling like they belong to the community within Coseley.



**Young People Floating Support** - Supporting people 16 -25 who have experienced homelessness or are care leavers in Dudley. Locations include the Council Homeless team and the Supported Accommodation sites. This project offers confidence building, access to training, education & employment & support setting up & maintaining homes whilst learning valuable life skills.

**Action On Poverty – Swift** A rapid service in Dudley to support individuals and families who are struggling with the cost of living crisis and are experiencing poverty. This project offers support with food, fuel & white goods to people in the community who are most in need & offers signposting.

## Multiply

**Multiply** – Working in Dudley to support adults who are in paid employment to increase their financial resilience by offering budgeting support, coaching to enabling people to increase their knowledge and skills on maximising their household income, managing expenditure, avoiding debt and arranging payment plans.

For more information or questions on any of our projects please visit:  
[www.juststraighttalk.org](http://www.juststraighttalk.org)

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**Digi Dudley** - Aims to reduce loneliness and isolation for older people in Dudley that want to feel more confident in using tablets, laptops, and phones. This enables people to feel more connected with friends & family, online shopping, book health appointments, pick up new skills and use the internet safely & independently. It also provides a tablet & data loan scheme.



**Autism Café** – In Sandwell we offer both 18+ and family sessions on set dates in a fun and comfortable environment to help people make new friends within the coffee shop, Coffee @

The Clock, YMCA, Carters Green, West Brom, B70 9LG



**Platform** – This project begins in April 23 to support people aged 18+ unemployed or economically inactive to increase wellbeing, confidence and self esteem. Using 1-1 and group sessions the aim is to help people have a sense of belonging & purpose. Groups will be set up and run based on needs, ensuring people lead happier, healthier lives and are better connected within communities across Dudley & Sandwell.



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**Full Circle** -This project is working with people in Dudley aged 23+ to support problem drinkers, binge drinkers, alcoholics (including high-functioning) and those who are alcohol dependent. People whose alcohol intake is negatively impacting their lives.

### COMING SOON

### UKCAN

**UK-Can** This project will involve working with people & partners across Dudley & Sandwell in the delivery of outreach services to support women from Ukraine into employment. We will provide Information Advice & Guidance support such as, learning about the community, services, housing, applying for Biometric cards, careers advice & employability

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