



25th anniversary **free@last** newsletter lookback

25 YEARS IN BRIEF

WORKING TO IMPROVE THE LIVES OF THE
CHILDREN AND YOUNG PEOPLE OF NECHELLS

ISSUE 3

SNIPPETS – 1999 TO 2024

100% FREE

INTRODUCTION

25 YEARS!

Way, way back, in 1999, the Godly vision was given to a youth worker, to create an organisation that improves the lives of the children and young people of Nechells. The vision incorporated the famous saying: “it takes a whole community to raise a child” and this is how free@last was born. If we only worked with the children without improving the lives and opportunities for everyone else in their family, then we will not be effective at changing a whole community. And so free@last began.

The first activities that we were involved with were detached youth work projects (working with young people on the streets), creating a support group for fathers called ‘Dads do it too!’, bringing together a team of creatives to put on the community performance ‘Hopes & Dreams’, and working with the Birmingham Community Foundation to reignite the old Nechells swimming baths.

Over the last quarter of a decade, there have been hundreds of people involved with the shaping and evolving of this organisation, with 31 trustees, 104 employed staff (including 45 young people employed at the Family Fun Zone & Freax Adventures), over 200 volunteers and we’ve supported over 5000 children and young people. We’ve started 13 business (3 currently in operation) and have built a £2 million youth centre, which we fully own.

We’ve lost count of the amount of youth clubs, day trips, residentials and activities we’ve put on for the people of Nechells but we have some amazing memories. We’ve had lots of good times, and lots of difficult challenges, but we have survived, and thrived to make a difference to the lives of the children and young people.

The vision has become a deep-rooted reality in our community, and as we move onto the next stage in our journey towards the eradication of child poverty in Nechells – we move forward together, with God, to fulfil His dream for our community. We have a long way to go and many opportunities for you to get involved, so please join the journey and help us to continue improving the lives of the children and young people.



IN THIS ISSUE.

• CHILDREN & YOUNG PEOPLE

• FAMILIES

• COMMUNITY

• RESIDENTIALS

• ADVENTUROUS ACTIVITIES

• SPACE

• BUSINESS & YOUNG ENTREPRENEURS

• FUNDRAISERS

• SUPPORTERS

• CONTACT



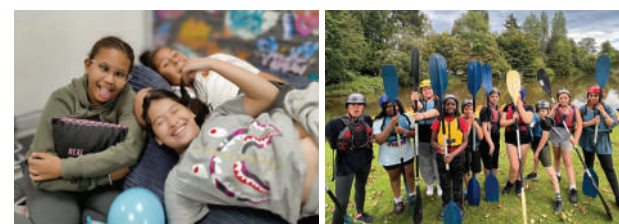
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www.freeatlast.co.uk

CHILDREN & YOUNG PEOPLE...

The heart and soul of free@last is focused on the children and young people of Nechells, with the aim of broadening their horizons through a wide variety of opportunities and unconditional support to help them through the difficulties and challenges they face.

We are a needs-led organisation that builds positive and meaningful relationships with young people and through these relationships we can constantly adapt and develop our work to reflect the desires and dreams of those we are here to serve.



YOUTH ACTIVITIES.

These clubs offer participants access to our other services as well as off-site trips and activities.

Usually, at free@last we run several youth clubs to help give children aged between five and twenty a safe environment to relax and have fun together whilst at the same time build confidence, new friendships and positive relationships.

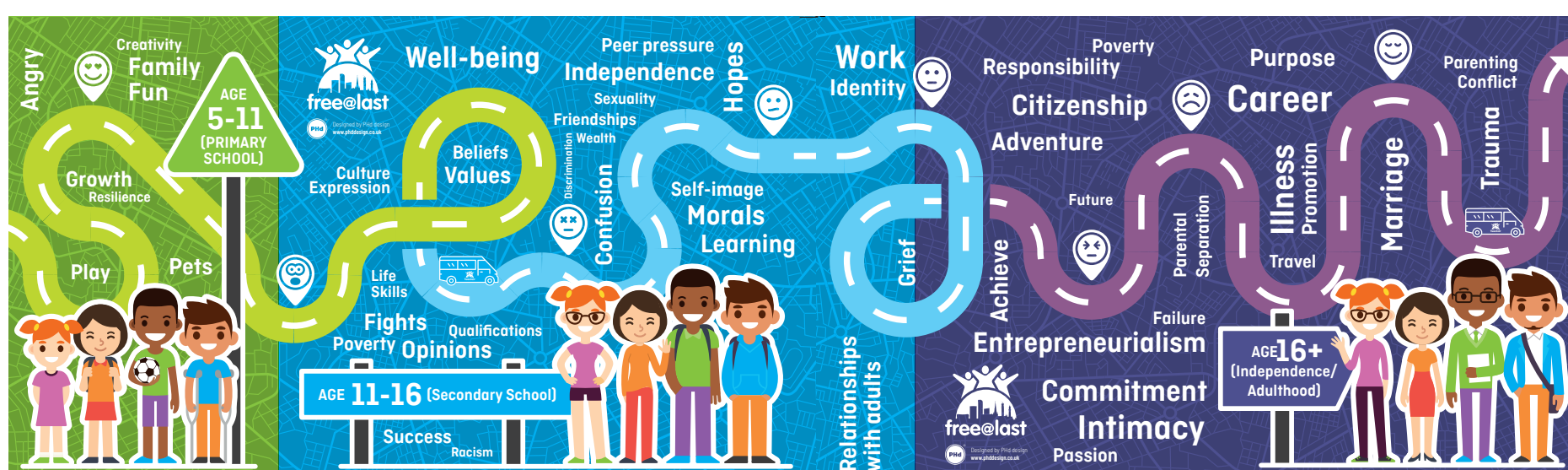
Alongside the open youth clubs we have a young peoples' Rotary group (where they raise money to give away to other good causes), and we have run a wide variety of projects focussing on business skills, life skills, creative and performing arts, crime, courts & community safety, adventurous activities, award schemes, Nechells Young Leaders, employment and careers, alternative education, sexual, physical & mental health, teenage parenting, conflict & mediation, housing and neighbourhood living, financial management and so much more.



WALL GRAPHIC.

This graphic explains the core of our work, to journey with children and young people until they don't need us anymore.

It is our absolute pleasure and honour to have been involved with thousands of children and young people over the years, as they have invited us to be involved with their life's journey. Here are a few sample pics of these journeys.

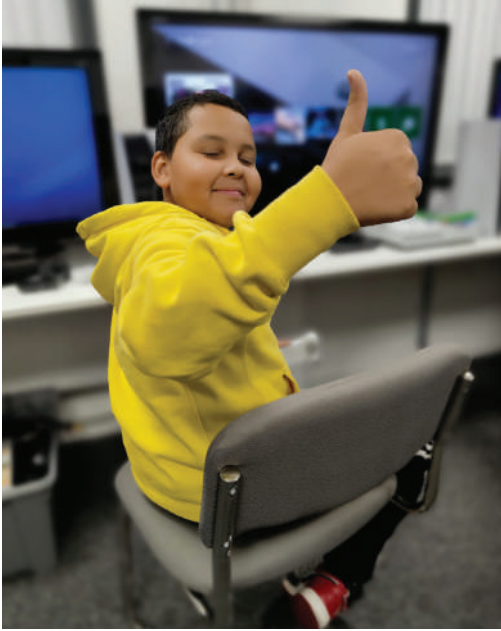












FAMILIES...

When free@last was started, it was very clear that we needed to work with the whole family and wider community, to have the biggest impact on the children and young people we are serving.

If we help a child to understand conflict resolution but don't support the family members who share in that conflict, then we set them up to fail. Our family work began with supporting fathers, and our first ever employee was a part time dad's worker. During the early years, we found it easier to get financial support for working with dads, so our focus was on our project Dads do it too! We still supported mums too, but through more one to one work, rather than weekly activities. Our dads work took us all over the country, training other people how to support dads, and we even had a project with 7 dads in Winson Green prison. Helping dads to understand their role, and how to fulfil it, evolved into a training programme called the 4 P's of Fatherhood (Play, Provide, Protect, Prepare). It's been an absolute pleasure to be involved with hundreds of dads over the years and help them to improve their relationships. Many mums have been supported too, especially young / teenager mums through our Say What! and the Little Issue projects, and they have had various opportunities to get involved. This is even more so now, as we have a team of trained family support workers, who can join the challenging journeys of those we support. It's an absolute privilege and honour to have been involved with so many families over the years. Here's a few pics of these journeys.

**PLAY,
PROVIDE,
PROTECT,
PREPARE.**

The 4 P's of Fatherhood





COMMUNITY ACTIVITIES...



You’ve heard it said: “it takes a whole village to raise a child” and this is true for our community too.

This isn’t about “getting into everyone’s business” but about taking a shared, interdependent and supportive approach, to helping our neighbours, residents and workers. In such a multiculturally mixed community as ours, we always begin with getting people together to build relationships. These have evolved through a wide range of activities over the years, including creative and performing arts; community fun days; family fishing trips; Christmas Day lunches and parties; coffee mornings; debt & benefit support, legal aid support; ladies badminton; adventurous activities; trips to the beach or walks in the countryside; arts and craft activities; adult education; emergency covid response; mediation services; drug and addiction research and support; community quizzes; and family residentials. We have also brought many local businesses together, through the Nechells Business Forum, and have provided lots of opportunities for them to get involved in our community. We have recently taken over the management of 4 local parks: creating the Friends of North Nechells Parks. This has brought residents, schools, businesses and many more people together to help improve the parks. The more the whole village gets involved, the stronger and more effective we will be.

GETTING PEOPLE TOGETHER TO BUILD RELATIONSHIPS.





RESIDENTIALS...

A big part of our work has always been taking children, young people and families away on residentials.

We have been to many different locations in the UK – Bournemouth; Oswestry; Tenby; Tremadog and Tresaith in Wales; the Cairngorms and Northumberland; the Peak District; Devon and Cornwall; Kent; and many more! From wild swimming to trout fishing; climbing mountains to lying on beaches; surfing to country walks; horse riding to cooking on fires; we have created a wide variety of activities and memories for children, young people and families. We have stayed in tents, bunkhouses, church halls, youth hostels, and even 4* star hotels. We have only done residentials abroad to Bulgaria, as we took our Nechells Young Leaders to support a youth group for 3 years running. We are keen to do more residentials abroad, but finance and passports are always an issue! Residentials can be the most challenging experiences, taking people out of their 'normal' routines and supporting them to 'survive' in a new environment – especially behaving in the free@last way! However, residentials are usually our most memorable and effective activities during the year, we love them! Here's a snippet of what we get up to on residentials.



FAMILIES.

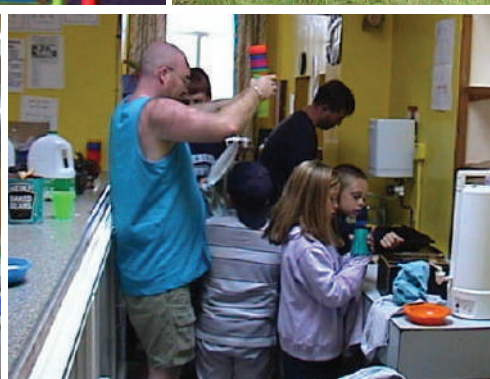
Here are some snippets of families residentials:





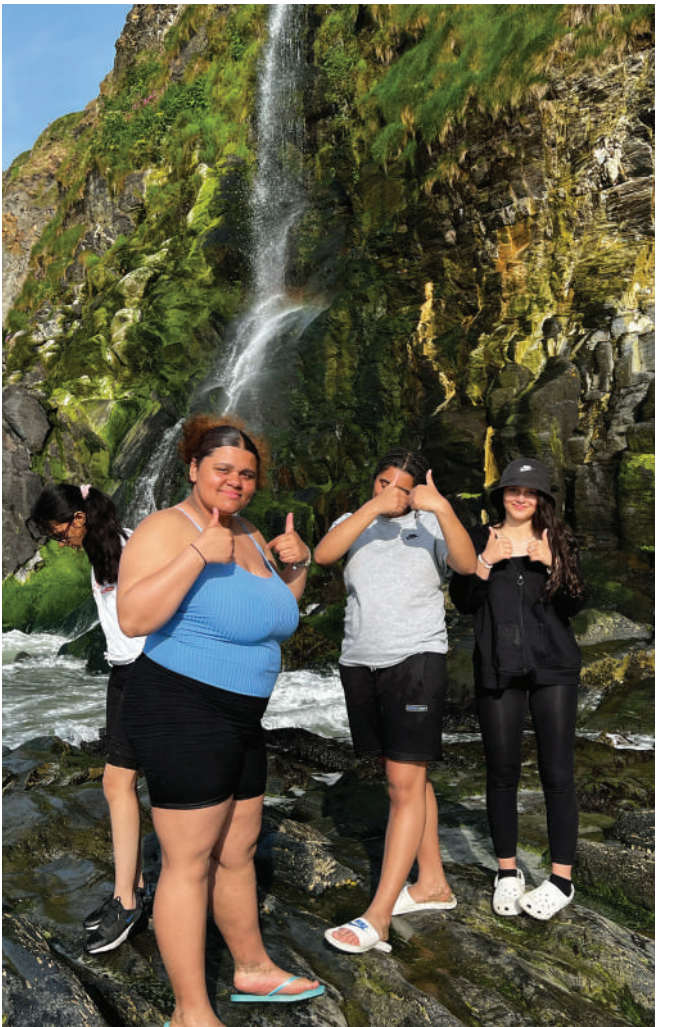
YOUTH.

Here are some snippets
of children & young
people residential:









ADVENTUROUS ACTIVITIES...

25 years ago, John was with a group of young people on a residential, to learn how to start a youth forum.

Part of the programme was to enjoy some adventurous activities, which John looked forward to as he'd done them before. He fell out of the kayak, couldn't climb the short rock face and cycled off a bridge and nearly fell in the river! 'Why can't I do these, when I've done them all my life' he said to himself. The answer was that every residential he'd been on that did adventurous activities always did an introductory session. There was no progression in between these holidays. John decided to become qualified in as many activities as he could and run weekly clubs in climbing; kayaking; mountain biking; mountain walking; archery; shooting; and anything else we could offer.

Since free@last's inception, adventurous activities have been an important part of our work and continue to be so to this day. We operated an outdoor business (Freax Adventures) for 14 years, employing 5 of our young people, who'd been through the weekly clubs and became instructors. We continue to encourage our children, young people and adults to engage in these activities and enjoy the wealth of benefits. Here's some of our adrenaline-fuelled pictures.

CHILDREN, YOUNG PEOPLE AND ADULTS.

We continue to encourage our children, young people and adults to engage in these activities.





BUSINESS & YOUNG ENTREPRENEURS...

In 2005 we were given a 3 month grant to provide mentoring support for young children who had complex needs and told this would continue for a long time.

After 3 months, the funders ran into difficulties and stopped funding the programme so we had to tell all the children that their new 'friend' (mentor) wouldn't be coming back. From that painful moment, we knew we needed to not be dependent on short term funding (especially for our core costs). Having been called social entrepreneurs, we thought business entrepreneurship couldn't be too different, so we started 3 businesses! How wrong we were, but we learnt an awful lot along the way, with a long list of people who have helped us to learn the ropes and become business minded.



OVER THE PAST 20 YEARS, WE HAVE RUN THE FOLLOWING 13 BUSINESSES.

All with very different structures but with the aim of them all generating unallocated income for free@last.

Re:build

a building company to renovate residential and commercial properties

Freespeech

graphic design

F@ Media

(pronounced FAT Media) was aimed at offering a variety of media, including DJ'ing

Free Spirit Media

predominately graphic design

The Little Issue

a teenage parent's full colour glossy magazine

Free Cycle

computer recycling, repairs and sales

Hope Soap

making and selling soap to hotels, supporting the young people in Bulgaria doing the same thing

FALSAP

(free@last services and products) – acting as a third-party website to sell other peoples' products and services and take a commission

FAL Training & Consultancy

predominately working with statutory and voluntary agencies to teach them how to work with fathers or evaluate their work

Freax Adventure

adventurous Activities and Team Building

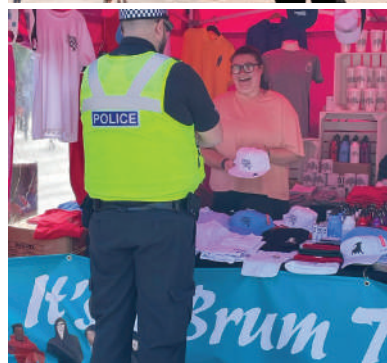
These businesses/income generating projects have ceased, but the 3 we are currently running are: Brum Ting, Faff Free & Family Fun Zone.



BRUM TING.

Started with 4 teenagers, aged 13 to 15, who wanted to earn some money for Christmas (2019).

They made some jewellery and sold it on a market stall, earning £47 each. After Christmas they asked to continue, and so we looked for a gap in the market and recognised that, as a tourist, there are very limited products you can buy with 'I love Brum' on. Focusing on tourists and local Brummies, Brum Ting was launched. Check them out at www.brumting.co.uk





FAFF
FREE.



is a new youth led business funded by the CWG Legacy Fund.

Two of our young people, Chantelle & Mya, spent a weekend at CWG HQ planning their project and delivering a pitch to the panel, successfully being approved and receiving a grant of £10,000. Faff Free helps you to sell the stuff you no longer want, without the faff of you selling it yourself. Look at www.fafffree.co.uk and get sorting!

FAMILY FUN ZONE.

Great Fun For All The Family!

In 2012, we were given the opportunity to open the Family Fun Zone at Star City. This started with a concept of providing a place for every member of a family – children, teenagers, parents and grandparents – all enjoying a fun activity together. Using our skills and experience of working with children and families and our adventurous activity skills, we open a mix of target shooting, arts and crafts, and soft play.

From archery and airsoft target practice to pottery painting and crafts, the Family Fun Zone offers an opportunity to create memories, have fun, and support free@last whilst having fun! As well as providing a fun entertainment facility for all the family to enjoy, we also aim to employ local young people (currently we have a team of 8, with over 50 young people being employed over the past 12 years) many of whom were from Nechells and started their first employment opportunity with us.

We have now expanded our Family Fun Zone to a shopping centre in Surrey! We have always known that the model works, and would work even better in a shopping centre, so after many years of discussions and searching, we have finally started our first shopping centre Family Fun Zone. Check us out at www.familyfunzone.co.uk

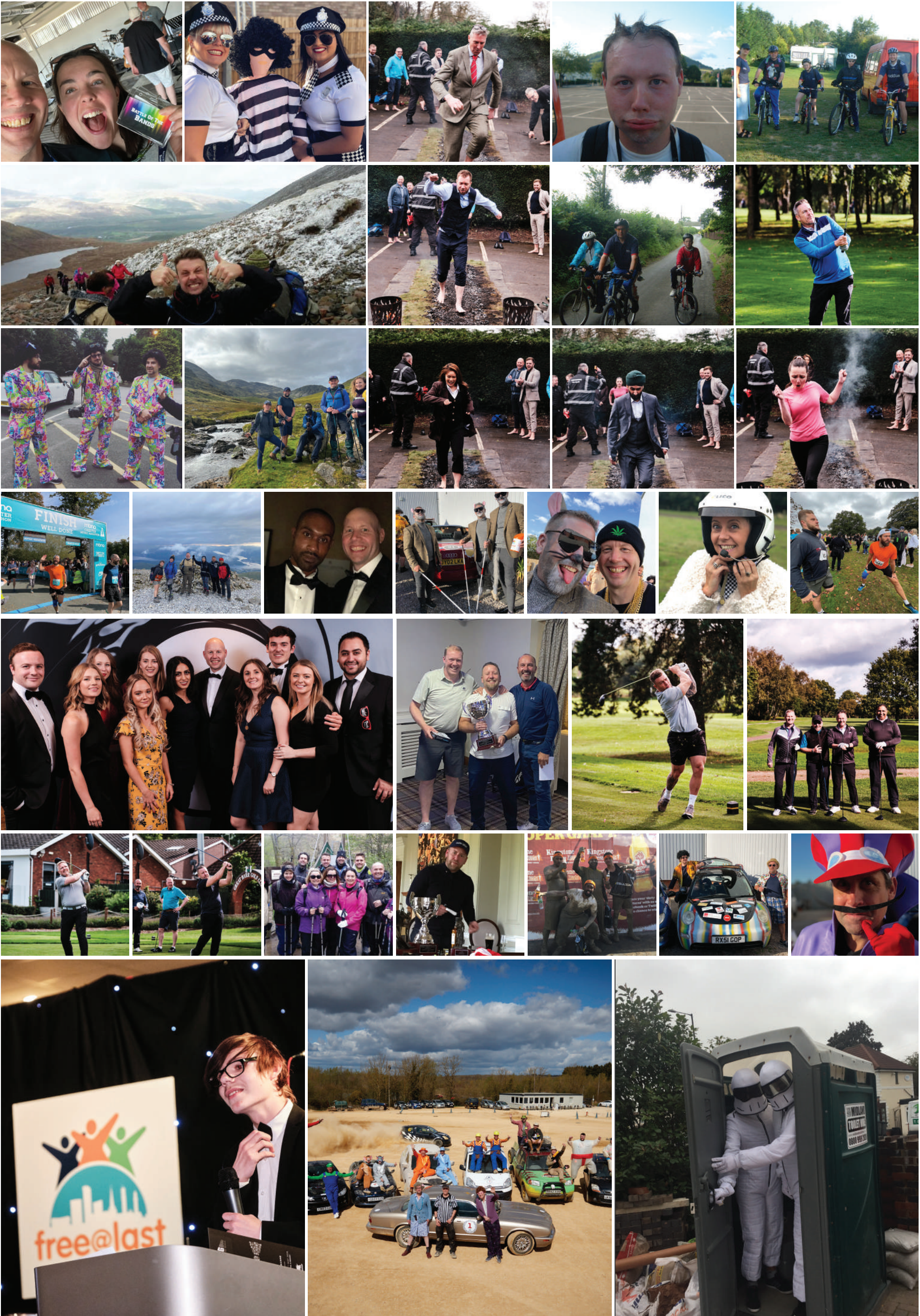


FUNDRAISERS...

Over the years, we have tried to expand our income generation using many different tools, from grant making applications to our business income.

We have also been blessed with many individual donations and business support, including help in organising a wide variety of events. We've had an annual black-tie ball for the past 8 years, a Year of Pain (climbing mountains in Chile, fire walks, marathon running and hot curries), the Oddball Run (fancy dress car challenge), more mountains (3 Peaks and Kilimanjaro), Battle of the Bands, Beer Yoga, Golf Day, Mountain biking Offa's Dyke and many, many more. These events have been greatly supported and have generated thousands of pounds for free@last. We are exceptionally thankful for those who have taken part in the events, organised the events and supported the events with time and money.







SUPPORTERS...

Over the years we have been tremendously fortunate to have received support from many, many people, including the following businesses, individuals, grant making trusts and foundations.

Without you we could never do what we have done, thank you so much for being a huge part of our journey. We have tried to list every one of our supporters, so please forgive us if you're not included.

- 2580 Group
- Achieve Physiotherapy
- Alfred Haines Charitable Trust
- Alfred Leadbeater Trust
- All in All Events
- Amity Properties
- Andy Fanshaw Trust
- Angus Allnatt Charitable Foundation
- Annie Collins Memorial Fund
- Arrow Spas
- Artichoke Design
- ASI Shopfitting & Interiors
- Aston Manor Brewery
- Aston University
- Aston Villa Football Club
- ATS Euromaster
- Auto Workshop
- Awards For All
- AWE Technologies
- Bagold Ltd
- Balfour Beatty Vinci
- Barnardos
- Barnardos Parenting Ways
- Barnwell Baptist Church
- Barrow Cadbury Trust
- Barrows & Forrester Estate & Lettings
- BBC Children in Need
- BDO Finance
- Belmont Regency
- Best of Birmingham
- Big Issue Invest
- Big Lottery Fund Reaching Communities
- Big Lottery Fund Youth Investment Fund
- Birmingham Drugs Action Team
- Birmingham & Solihull Connexions
- Birmingham & Solihull Learning Skills Council
- Birmingham Community Empowerment Network
- Birmingham Children's Fund
- Birmingham Children's Trust
- Birmingham City Council - Equality & Diversity
- Birmingham City Council - Housing
- Birmingham City Council Celebrating Communities
- Birmingham City University Business School
- Birmingham Contemporary Art Gallery
- Birmingham Diocese
- Birmingham Organising Committee (Gen 22)
- Birmingham Wheels
- Birmingham Youth Offender Service
- Bitters n Twisted
- Black Country Reinvestment Society
- Bloomsbury Children's Centre
- Blue Fish Water Management
- BMOS Musical Theatre Company
- BNI St Paul's
- BNI Sunrise
- BNI TGI
- Bootcamp Media
- Bournville Village Trust
- Briar Associates
- Bruntwood / Innovation Centre
- BT Community Connections
- Business in the Community
- BVSC / HAF / Street Games
- Candy Bubbles
- Casey Bailey & Grime Boy Production
- Catalyst
- Cato Lex Solicitors
- Centair Ltd
- Centrepoint Print
- Chamberlain Forum
- Charities Trust
- Charles Stanley Birmingham
- CHK Charities Limited
- Chung Ying Restaurants
- Club 3000 Members

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|--|--|--|
| · Collins Group | · Flow Office Co. | · Kingswinford Industrial Training Service Ltd |
| · Comic Relief | · Flying Start | · KPMG |
| · Commonwealth Games 2022 United By | · Foresters | · Law Works |
| · Community Development Foundation | · Foundation Social Change & Inclusion Bulgaria (FSCI) | · Learning Curve |
| · Costco, Birmingham | · Four Acre Trust | · Lloyds TSB Foundation |
| · Councillor Lee Marsham | · Francis & Eric Ford Charity Trust | · Locke Williams Associates LLP |
| · Court Collaborations | · Free Radio / Cash for Kids | · Lord Austin Trust |
| · Cromwell Academy Trust | · Friendship Housing (FCH) | · Macaws Security Systems |
| · Dave Willis & Sons Ltd | · Fruition Accountancy | · Maisum Renewable Energy |
| · David Symonds Associates | · Garfield Weston Foundation | · Martin James Network |
| · David Wilson Partnership | · Ginger Energy | · Masonic Charity Foundation |
| · Digital Innovators | · Glendale | · Meditate Place |
| · Dorcas Housing | · Global Radio / Make Some Noise | · Morgan & Bond |
| · Dr. Print | · Gowling WLG | · Morgan Sindall |
| · Dr Savio Gaspar, St Clements Surgery | · Guardian Support | · Moseley Rugby Club |
| · Dublcheck | · H & E Botteley Settlement | · MSE Charity |
| · Duke Street Chapel | · HCB Accountants | · Nationwide Foundation |
| · Dulux Let's Colour | · Heart of Birmingham Teaching Primary Care Trust | · Nechells Association for Community Education |
| · Dynamic Arts | · Heart of Birmingham tPCT Teenage Pregnancy Unit | · Nechells Community Chest |
| · East End Foods | · Heartlands Academy, Nechells | · Nechells Community First |
| · Ebenezer Mission Hall | · iMend MAC | · Nechells Community Safety Project |
| · Electric Centre | · Independent Mortgage Hypermarket | · Nechells Employment Resource Agency |
| · Elevate FM | · Institute of Outdoor Learning | · Nechells Green Community Centre |
| · Emotive Eye Photography | · J. Paul Getty Charitable Trust | · Nechells Methodist Church |
| · Enterprise Communities | · James Hallam Associates | · Nechells POD |
| · Erdington Rotary Club | · Jay & Co | · Nechells Primary E-Act Academy |
| · Esmée Fairbairn Foundation | · JC Social Media | · Nechells Regeneration Project |
| · Fairfield Labels | · Jones & Parr | · Nechells Safer Neighbourhood Project |
| · Family Holiday Association | · Kingate Press | · Nechells Ward Advisory Board/LILA |
| · Fatherspeak Roadshow | · Kingston Noble Career Consultancy | · Nechells/Aston Education Action Zone |
| · FCH Housing & Care | | · Nisa |
| · Floral Jazz | | |

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| <ul style="list-style-type: none"> Orbis Outdoor Adventures | <ul style="list-style-type: none"> Southfields Farm | <ul style="list-style-type: none"> The Villa Tavern |
| <ul style="list-style-type: none"> Pathway Outdoor Adventure | <ul style="list-style-type: none"> Sport 4 Life | <ul style="list-style-type: none"> The William A. Cadbury Charitable Trust |
| <ul style="list-style-type: none"> Petal Power | <ul style="list-style-type: none"> St Clement’s CofE Academy | <ul style="list-style-type: none"> The Worshipful Company |
| <ul style="list-style-type: none"> PHd Design | <ul style="list-style-type: none"> St James Place Charity Foundation | <ul style="list-style-type: none"> Thread a Pixel |
| <ul style="list-style-type: none"> Phidex Consultancy | <ul style="list-style-type: none"> St Joseph’s Church | <ul style="list-style-type: none"> Trusthouse |
| <ul style="list-style-type: none"> Phoenix Lunch Club | <ul style="list-style-type: none"> St Clement’s School, Nechells | <ul style="list-style-type: none"> Told by an Idiot Theatre Group |
| <ul style="list-style-type: none"> Pilotlight & Futurebuilders | <ul style="list-style-type: none"> St Matthew’s School, Nechells | <ul style="list-style-type: none"> Tony Morley |
| <ul style="list-style-type: none"> Plan B Creative | <ul style="list-style-type: none"> St Vincent’s School, Nechells | <ul style="list-style-type: none"> TSA Projects |
| <ul style="list-style-type: none"> Posh Spices | <ul style="list-style-type: none"> St. Thomas’ Dole | <ul style="list-style-type: none"> University of Lancashire |
| <ul style="list-style-type: none"> Precision Imaging | <ul style="list-style-type: none"> Star City Entertainment Centre | <ul style="list-style-type: none"> Utilita Energy |
| <ul style="list-style-type: none"> Print Design Team | <ul style="list-style-type: none"> Steven Charles Quance Jewellery | <ul style="list-style-type: none"> Utility Warehouse |
| <ul style="list-style-type: none"> Professional Approach | <ul style="list-style-type: none"> Stuart James Photography | <ul style="list-style-type: none"> Verity Art |
| <ul style="list-style-type: none"> Quinta Hall Conference Centre, Oswestry | <ul style="list-style-type: none"> Suited For Success | <ul style="list-style-type: none"> Vocal Group |
| <ul style="list-style-type: none"> Reed in Partnership | <ul style="list-style-type: none"> Sunrise Networks | <ul style="list-style-type: none"> Warwick Vesey Solicitors |
| <ul style="list-style-type: none"> Reid & Co | <ul style="list-style-type: none"> SureStart [Particularly Barnet] | <ul style="list-style-type: none"> Washwood Heath Neighbourhood Renewal Fund |
| <ul style="list-style-type: none"> Reliance Fire Tech | <ul style="list-style-type: none"> Sutton Coldfield College | <ul style="list-style-type: none"> West Midlands Ambulance Service |
| <ul style="list-style-type: none"> Reuben Brothers Foundation | <ul style="list-style-type: none"> Sysco | <ul style="list-style-type: none"> West Midlands Fire Service, Aston |
| <ul style="list-style-type: none"> Richard Cadbury Charitable Trust | <ul style="list-style-type: none"> The Birmingham Foundation | <ul style="list-style-type: none"> West Midlands Police Nechells & Digbeth |
| <ul style="list-style-type: none"> Ripple HR | <ul style="list-style-type: none"> The Bloomsbury Cyber Junction | <ul style="list-style-type: none"> Wing Yip |
| <ul style="list-style-type: none"> Ruach Karate | <ul style="list-style-type: none"> The Business Network (Birmingham) | <ul style="list-style-type: none"> Witton Community Association |
| <ul style="list-style-type: none"> Sandwell Lions | <ul style="list-style-type: none"> The Challenge Network | <ul style="list-style-type: none"> Wragge & Co |
| <ul style="list-style-type: none"> Scottish Power Energy Peoples’ Trust | <ul style="list-style-type: none"> The Children’s Fund Local Network | <ul style="list-style-type: none"> Youth Justice Board |
| <ul style="list-style-type: none"> Sensory Audio Visual Systems | <ul style="list-style-type: none"> The Football Foundation | <ul style="list-style-type: none"> Youth Justice Board (SPLASH Extra) |
| <ul style="list-style-type: none"> Seven Star Photography | <ul style="list-style-type: none"> The George Henry Collins Charity | |
| <ul style="list-style-type: none"> Severn Trent Trust Fund | <ul style="list-style-type: none"> The George Perkins Charitable Trust | |
| <ul style="list-style-type: none"> Shaylor Group PLC | <ul style="list-style-type: none"> The Heartlands Social Club | |
| <ul style="list-style-type: none"> Single Regeneration Budget 5 | <ul style="list-style-type: none"> The Henry Smith Charity | |
| <ul style="list-style-type: none"> SKK Interiors | <ul style="list-style-type: none"> The Henry Smith Foundation | |
| <ul style="list-style-type: none"> Smurfit Kappa Foundation | <ul style="list-style-type: none"> The Norton Foundation | |
| <ul style="list-style-type: none"> Smurfit Kappa SSK | <ul style="list-style-type: none"> The Rowlands Trust | |
| <ul style="list-style-type: none"> Solihull Rotary Club | <ul style="list-style-type: none"> The Tudor Trust | |
| <ul style="list-style-type: none"> Southall Harries Insurance | <ul style="list-style-type: none"> The University of the First Age | |

AND...

All of our individual supporters

All the Big Build Ball supporters

All the Mountain A Month walkers

All the AVFC Legends supporters

All the Oddball Run participants and sponsors

VOLUNTEER OPPORTUNITIES & HOW YOU CAN GET INVOLVED...

**THERE ARE SO MANY DIFFERENT WAYS
THAT YOU CAN GET INVOLVED WITH US
AND HELP US IMPROVE THE LIVES OF
THE CHILDREN OF NECHELLS,
HERE ARE SOME OF THE OPPORTUNITIES.**



**The printing of this
newspaper was generously
paid for by a volunteer who
is no longer with us.**

**Their kindness and selflessness
continue to inspire us.**

**May their memory live
on through this gift.**

Rest in peace Bill.

Join free@last's Kids Fund

Volunteer

- Rock climbing team
- Craft / arts workshop
- Digital Music production
- Music lessons and production
- Dj'ing
- Film, photography and editing
- Domestic home/life skills
- Sports – field and adventurous
- Minibus driving
- Supporting work with children, young people or parents
- Supporting work with the elderly – coffee morning, trips out, home visits/calls
- Reception on evenings and weekends

Become an Ambassador

To build relationships and promote free@last

Join the free@last Board

Brum Ting & Faff Free

Help grow these amazing youth led businesses

Teach dancing

Start a club

Teach drama

Start a club

Home trades

Teach how to maintain your home

Support our young Rotarians

Help them raise funds to give to other youth groups

AND REMEMBER...
YOU CAN ALSO SHARE OTHER
SKILLS, EVEN IF THEY
ARE DIFFERENT FROM THE
ONES LISTED ABOVE!



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www.familyfunzone.co.uk

Facebook: [Family-Fun-Zone-Sutton](#)
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www.brumting.co.uk

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