

Selly Oak Families

GreenSquareAccord's Selly Oak Families team, as part of the Birmingham Children's Partnership.
For more information please search 'Birmingham Children's Partnership' at www.birmingham.gov.uk



Food support

The Spearhead Trust Food Bank: Mon, Tues, Thurs, Fri: 9am–3pm | Free hot meals on Tuesdays, collection from 12 – 1.30pm. 7030, Bells Farm Community Centre, Druids Heath, B14 5Q. **PLEASE CALL AHEAD:** 0121 433 3532

Yardley Wood Food Bank Pantry: Every Wed: 11–1pm & Fri: 10–12pm. £5 per week. Yardley Wood Baptist Church, Yardley Wood Road, B14 4LS. Tel: 0121 474 5814. www.yourlocalpantry.co.uk/pantry-listings/

Kings Heath Food Bank: Fri 9–11.30am & Sat 11–12.30pm. 240 Alcester Rd South, Kings Heath, B14 6DR. Email: brumsolidarity@gmail.com.

24-hour Food Bank: Noor E Huda Mosque - 10 Glastonbury Road, B14 4DR. **PLEASE CALL AHEAD:** 0121 430 2272.

Please see the **Food Justice Network Map**, a database with information on foodbanks, pantries, community cafes and cooked food providers: www.theaws.co.uk/food-provision-database/

Mental health support

Grounded Hub: Mental health café and wellbeing walk-in service. 11 Bournbrook Road, Selly Oak, B29 7BL. Tel: 0121 663 6430. Website: www.groundedcafe.co.uk/selly-oak-cafe/about-us/

Birmingham Mind: Adults can get support from MIND 7 days a week. Tel: 0121 262 3555. Email: help@birminghammind.org. For urgent help, contact Forward Thinking Birmingham on 0300 300 0099.

Kooth: An online wellbeing community for young people aged 11–25years, with forums, guides and counselling available. Website: www.kooth.com

Pause: Mental health drop-in support for 0–25yrs. Website: www.childrenssociety.org.uk/information/young-people/well-being/services/pause

Change Grow Live: Drug and alcohol support service. 0121 227 5890. Website: www.changegrowlive.org/local-support/find-a-service

Summer 2024 Support for The Holidays

Domestic abuse support

Women's Aid: Helpline available every day between 09:15–17:15. Tel: 0808 800 0028. Website: <https://bswaid.org/i-need-help/>

Men's Advice Line: Tel/webchat/emotional support, practical advice and information for men. Mon-Fri 09:00–17:00. Tel: 0808 801 0327. Email: info@mensadvice.org.uk. Website: www.mensadvice.org.uk/

National Centre for Domestic Violence: Provide free, fast and effective support to survivors of domestic abuse, usually by helping individuals obtain injunctions from their local county court. Tel: 0800 9702 2070. Website: www.ncdv.org.uk/

Other

Riverside Money Advice: Whatever your money concerns, they are here to help. Face-to-face and support you through the whole journey. Telephone: **0808 196 8778**. Riverside House, 21 Alcester Road, Moseley, B13 8AR. Cafe drop-in Wednesdays 10am – 2.30pm, Appointments available Tuesday to Friday. Website: www.riverside-moneyadvice.org.uk

Maypole Youth Centre: Idmiston Croft, Maypole, Birmingham, B14 5NJ. Call: 0121 464 6172

SENSE Touchbase Pears: Community centre with various activities and support on offer: [In your area - Sense](#)

Brandwood Community Centre: Community centre with various activities and support on offer: [Our Groups - Brandwood Centre](#)

Children's Quarter and Parks4Play: SEND co-operative with events and activities for SEND children and families.

WE ARE HERE TO
HELP FAMILIES



You can contact us via:

Phone | Text | WhatsApp us on: 07483 090434
Email: SellyOakFamilies@greensquareaccord.co.uk
Follow us on social media: [@SellyOakFam](#)



