

HALL GREEN Support



Hall Green Families cover Sparkbrook, Sparkhill, Balsall Heath, Moseley, Kings Heath, Springfield and Hall Green. Connecting families to FREE + CONFIDENTIAL support and activities close to home.



Housing

Housing Support:

BCC Digital Housing Advice can be found on their [website](#). They also have a Private Tenancy ☎ [0121 303 5070](tel:01213035070); Homeless ☎ [0121 303 7410](tel:01213037410); Pest Control ☎ [0121 303 6007](tel:01213036007). Shelter Support Services for families ☎ [0344 515 1621](tel:03445151621).



Food & Energy

Food support:

Sparkhill Food+Clothes Bank ☎ [0121 753 1959](tel:01217531959) | enquiries@narthex.org.uk. [Incredible Surplus](#), Kings Heath Community Centre B14 7DB | Mon & Fri 12-2pm | Springfield Food Pantry | Joining fee and £4 for a weekly shop. Mon 9:30am-11:30am or 12:30-2:30pm ☎ [0121 777 2722](tel:01217772722) | info@springfieldproject.org.uk



Money & debt advice

Financial help:

Narthex helps with benefits, debt & finances ☎ [0121 753 1959](tel:01217531959) Sandra@narthex.org. Ashiana Community Project in Sparkbrook ☎ [0121 687 6767](tel:01216876767) www.acpgroup.org.uk. Riverside Money Advice (Moseley) ☎ [0808 196 8778](tel:08081968778) www.riverside-moneyadvice.org.uk. Energy Advice: Disability Resource Centre ☎ [0303 040 2040](tel:03030402040) drc@disability.co.uk.



SEND

Special Educational Needs and Disabilities support:

Balsall Heath Children's Action Team Support (CATs) ☎ [0121 440 1007](tel:01214401007) | Nazreen: [07889 930040](tel:07889930040) or Claire: [07775 712788](tel:07775712788) | www.bhcats.org.uk. The Local Offer SEND Advice and Information website has lots for parents/carers; children and young people www.localofferbirmingham.co.uk



Domestic Abuse

Domestic Abuse support:

Anawim can support around trauma, abuse, mental health, housing and justice | Emergency drop-in Monday – Friday 10am-2pm ☎ [0121 440 5296](tel:01214405296) | www.anawim.co.uk. Neema Women | ☎ [0121 688 6430](tel:01216886430) – [07735 589978](tel:07735589978) enquiry@neemawomen.com



Under 5's Support

Under 5's support:

The Springfield Centre ☎ [0121 777 2722](tel:01217772722) | info@springfieldproject.org.uk. St Pauls Children's Centres ☎ [0121 464 6349](tel:01214646349) [0121 675 1303](tel:01216751303) | www.stpaulstrust.org.uk. Approachable Parenting ☎ [0121 773 8643](tel:01217738643) | www.approachableparenting.org/. Baby Aid Birmingham | www.babyaidbirmingham.co.uk/contact



Sexual Health

Sexual Health Support:

Umbrella Health offer contraception, STI testing, Pregnancy, HIV/AIDS and free walk-in services ☎ [0121 237 5700](tel:01212375700) | www.umbrellahealth.co.uk

We can help in your language

Contact us or find more details online www.hallgreencommunities.org.uk
hallgreen.families@greensquareaccord.co.uk | ☎ [07570 953519](tel:07570953519) | [@hallgreenfam](https://www.instagram.com/hallgreenfam)



Hall Green Families



CITYWIDE Support



From Birmingham with Love
Plus other FREE & CONFIDENTIAL Support



Mental Health

Mental health support:

11-25 years online support www.Kooth.com

Pause 0-25 years ☎ 0207 841 4470 | Askbeam@childrensociety.org.uk

Adults can get support from www.mind.org.uk | ☎ 0121 262 3555.

For urgent help - www.forwardthinkingbirmingham.nhs.uk or ☎ 0300 300 0099.



Food & Energy

Food and energy support:

There are food banks across Birmingham that are here to help you. More information can be found at - www.findfoodbanksbrum.org.uk/

LEAP Energy Advice Service Freephone ☎ 0800 060 7567 www.applyforleap.org.uk

[Groundwork West Midlands](http://GroundworkWestMidlands) Green Doctor ☎ 0121 530 5516.



Emergency Funding

Financial help:

Local Welfare Provision - www.birmingham.gov.uk/lwp.

Citizens Advice Bureau ☎ 0800 144 8848 | www.citizensadvice.org.uk/

Turn2Us for grants, advice and benefit checks - www.turn2us.org.uk/



Drug & Alcohol

Problems with drugs or alcohol:

Change Grow Live support adults ☎ 0121 227 5890 or visit www.changegrowlive.org/

Download 'Staying Free' for free on your device using the code "birmingham11"

Under 18s Aquarius Support ☎ 0121 622 7780 or youngpeople@aquarius.org.uk

BAME Specialist Support from Kikit ☎ 07392729046 or info@kikitproject.org



Domestic Abuse

Domestic abuse:

For women and children affected by domestic abuse www.bswaid.org/

or ☎ 0808 800 0028.

For Men, please go to www.mensadvice.org.uk or ☎ 0808 801 0327.



Parenting

Early help for families:

If anyone in your family needs more help, please complete a [Family Connect form](#) with as much information as possible, call ☎ 07570 953519 or contact your [voluntary sector Locality Leads](#) (information on www.birmingham.gov.uk/).



Bereavement

Bereavement and wellbeing support:

Contact Cruse ☎ 0121 687 8010 or go to www.cruse.org.uk/get-support/.

Routes 2 Wellbeing can connect you to lots of good health and wellbeing activities, care and support locally www.r2wbirmingham.info/home

Contact us or find more details online www.hallgreencommunities.org.uk
hallgreen.families@greensquareaccord.co.uk | ☎ 07570 953519 | @hallgreenfam



Birmingham
Children's Partnership



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Families



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City Council