

Food Support					
Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Food Bank Finder	Find Food Banks Brum		Search for a food bank in Birmingham, near you		https://quick.myfoodbankfinder.com/
Food Bank	Anawim	228 Mary Street, Balsall Heath, Birmingham B12 9RJ	Food parcels but only for women & they would have to attend their drop in 10am-2pm	0121 440 5296	https://anawim.co.uk/
Food Bank	The Church of The Ascension	592 Fox Hollies Rd, Hall Green, Birmingham B28 9DX	Food Bank Friday 2pm to 5:30pm.	0121 7773689	admin@ascensionhallgreen.org.uk
Food Bank	Balsall Heath	Edward Road Baptist Church Balsall Heath B12 9LY	Collect food and can issue vouchers to help the neediest in our community. (In conjunction with the Balsall Heath Church Centre- Edward road acts as the satellite of the Sparkhill Food bank)	0121 256 2565	samy@erbc.org.uk enquiries@erbc.org.uk

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Food Bank	Balsall Heath Church	Mary Street, Birmingham B12 9JU	Foodbank Centre Thursday 11am to 1pm	0121 440 1138	foodbank@narthex.org.uk
Food Bank		80 High Street, Kings Heath, Birmingham B14 7JZ	Weekly foodbank on Wednesdays between 12 noon and 2.00 p.m.	0121 444 1230	Elaine.Hyde@newlifebaptistchurch.org.uk
Food Provision	The Springfield Pantry	St Edmund's Church, Reddings Lane, Tyseley B11 3DD	Food Pantry : Joining fee of £4 weekly & access a weekly shop for all the family. Mondays 9:30am to 11:30am or 12:30 to 2:30pm	0121 777 2722	info@springfieldproject.org.uk
Food	Homeless One	10 New Bartholomew St, Digbeth B5 5QS	Meals Served 6.00pm to 7.30pm 7 days a week.	07979 767 979	
Food Parcels	Birmingham Irish Association	St Anne's Parish Centre, Alcester St, Deritend, Birmingham B12 0PH	Food Parcels for collection for people from Irish Heritage	0121 647 5105	trudy@birish.org.uk
Food Parcels	Daar-ul-Jannah Advice Centre	861 Stratford Road B28 8BH	Please arrange food parcel collection only by phone	0121 792 5442	baar-ul-jannah@hotmail.com

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Food Bank & Befriending	Narthex Sparkhill	St John's Church, Sparkhill, Birmingham B11 4RG	Foodbank & befriending. Food bank Weds: 10:30am to 12:30pm. Need Red Food Vouchers available via Citizens Advice, Children's centres, health	0121 708 1398	foodbank@narthex.org.uk
Food Bank	Church of the Ascension	592 Fox Hollies Rd, Hall Green, Birmingham B28 9DX	Food parcels -only on Friday's 2.30-5pm	0121 778 6835	
Community Café	The Active Wellbeing Society (The Big Feed Project)	All Saints, Herbert Road, Small Heath, Birmingham B10 OPR:	Community Café's Monday to Friday, 12 – 1:30pm	0121 728 7030 :Phone lines are open Mon-Fri 9am-5:30pm & Saturday 9:30am-12:30pm.	bigfeed@theaws.org
Community Café	TAWS The Big Feed Project	The Spearhead Trust, Druids Heath, B14 5QP	Community Café: Tuesday, Thurs and Fri, 12 – 1:30pm	As above	bigfeed@theaws.org
Community Café	TAWS The Big Feed Project	Balsall Heath City Farm, Malvern Street, Balsall Heath, B12 8NN	Tuesday and Thursday, 12 – 1:30pm	0121 728 7030	bigfeed@theaws.org
Food Parcels	Foodo Needo	24-28, Smithfield House, Digbeth, Birmingham B5 6B	Food Parcel for Collection only -Fridays 10am-4pm	0300 311 1312	Email: info@feedoneedo.org.uk

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Food Parcels	Clifton Road Food Bank	220 Gooch Street, Birmingham B5 7HY,	They aim to provide provisions to last a minimum of 3 days depending on the size of the family. Please see website for further info: https://www.crfb.co.uk/	No contact number	info@CRFB.co.uk
Food Parcels	Birmingham Central Foodbank	Birmingham City Church, Parade, Birmingham B1 3QQ: (car park on Helena Street, B1 2AW)	distribute food parcels on Tues 9.30-11.30 & Fri 10am-1.30pm	0121 236 2997	info@birminghamcentral.foodbank.org.uk
Emergency food	Let's Feed Brum	Online	From handing out food & essential supplies, as well as having much-needed conversations, during our evening walkabouts & weekly breakfast events; through to sourcing items, donating food & fundraising. They also host weekly breakfast events (Tuesdays & Thursdays, 10am-12pm) at Birmingham Cathedral.	To contact them via their website.	https://www.letsfeedbrum.com/#the-challenge-new

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Emergency food	City Mission operates a Care Centre,	8-10 Washington Street, Birmingham B1 1JR	They serve free meals or give out boxes of food, meats, and non-perishable items. They also serve lunches to the elderly in Birmingham. Another service from the charity is a Christmas programme, which can serve meals or provide toys and gifts to families on a low income with children	0121 792 9572	carecentre@birminghamcitymission.co.uk

Employment & Skills Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Training/Courses	AT PACE	Women & Enterprise Hub 249A Ladypool Road B12 8LF	C & G Level 2 Leadership & Management Course for employed and furloughed men and women. Duration: 10 weeks. Session: 3 hours Start Date – enrolling now	7533306054	info@at-pace.com

Employment & Skills Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Community Centre & Adult Training	The Brandwood Community Centre	157 Allen's Croft Road, Kings Heath B14 6RP	Pick 'n' Mix Online Workshops. Free appointment for debt & Benefit Advice. Online Finance Information Sessions. Seat Yoga		office@brandwoodcentre.co.uk
Job, Training or Education Opps Age 16 - 29 Years	Youth Promise Plus	Online Support	Youth Promise Plus support young people age 16 to 29 who are not in work, education or training and who live in Birmingham and Solihull. CV and Jobs. Gain Qualifications, Apprenticeship Training. Coaching and Mentoring	Sadia Bi 07704 538 787. Kuldeep Heera 07704 538 791	www.birmingham.gov.uk/yppsignup

Employment & Skills Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Training & Employment Support for Parents of Under 5s	Springfield Project	Springfield Centre, Springfield Road, Moseley, Birmingham B13 9NY	offer a range of support that is tailored to the parent or carer: Thinking & preparing for career options for when children are back at school ·Online courses including ESOL, computer skills ·College courses ·Volunteering with ourselves or other organisations · CV preparation · Job applications ·Job search ·Interview skills	0121 777 2722	info@springfieldproject.org.uk : or R.Clare@springfieldproject.org.uk
Employment & Skills Support	Birmingham PURE	There are various Partners delivering this project therefore please see website for further details.	Provides bespoke support services to citizens living across Birmingham. They have to be aged 25+, unemployed/inactive seeking employment, Birmingham residence & have a legal right to live & work in the uk for the duration of the project	0121 675 2609-General enquiries	BirminghamPURE@birmingham.gov

Benefits, Finance, Debt Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Advice	Citizens Advice	Gazette Buildings, 168 Corporation St, Birmingham B4 6TF	Citizens Advice can assist with making benefit claims, dealing with benefit related problems, filling out forms, debt support and general advice	03444 77 1010	www.adviceguide.org.uk webchat is also available
Advice	Birmingham Settlement	359-361 Witton Rd, Birmingham B6 6NS	Debt, Welfare Benefit Advice.	0121 250 0765	moneyadvice@bsettlement.org.uk
Advice	Disability Resource Centre (DRC)	Unit 18, Ace Business Park, Mackadown Ln, Birmingham B33 0LD	Welfare benefits advice, low level debt advice, energy advice. Mon to Thurs 8.45 to 5pm Fri – 8.45 to 4 pm	0303 040 2040	drc@disability.co.uk or help!@disability.co.uk
Advice	Ashiana Community Project	21-25 Grantham Road, Sparkbrook B11 1LU	Benefit & debt advice	0121 687 6767	shabana@acpgroup.org.uk
Advice	Unite the Union	6, Heneage St W, Birmingham B7 4AZ	Advice on employment law related to covid-19.	3332026557 OR 0121 643 6221	https://www.unitetheunion.org/

Benefits, Finance, Debt Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Advice	Birmingham Illegal Money Lending Team	Birmingham City Council, Lancaster Circus, Birmingham	Specialist support, help and advice for victims of loan sharks during this difficult time.	0300 555 2222	www.stoploansharks.co.uk/ reportaloanshark@stoploansharks.gov.uk
Debt Advice	Narthex Sparkhill	St John's Church, Sparkhill, St Johns Rd, Birmingham B11 4RG	Help and guidance to support families with debt call Project Manager Sandra	07467 045 294	Sandra@narthex.org.uk
Telephone & Practical Casework Support	Birmingham Methodist District's Adavu Project	No Address	Emotional and practical casework support (remotely by phone and online) to assist adult survivors of modern slavery to rebuild lives of fulfilment, freedom and dignity	0121 6471 960 (ask for Adavu)	please email on info@adavu.org.uk with your telephone number and we will contact you - this is to ensure staff safety
Advice	Sense	Sense TouchBase Pears, 750 Bristol Rd, Selly Oak, Birmingham B29 6NA	Nationwide team of specialists, support workers, advisors, interpreters and volunteers help people to communicate and express themselves	0300 330 9260 or 0121 415 2720	info@touchbasepears.org.uk

Benefits, Finance, Debt Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
IAG/Benefit/ Employment	Refugee & Migrant Centre Birmingham	2nd Floor, Chamverlain Building, 36 Fredrick Street, Birmingham, B1 3HN	Assisting refugees and migrants through crisis and disadvantage, by removing barriers to their integration and enabling them to become equal citizens.	0121 374 0140	www.rmc.org.uk
Benefits/Employment	Job Centre Plus (Women's	Jobcentre Plus Work Services Directorate Institute Road Kings Heath, Birmingham B14 7EG	Supporting BAME women, who are stay at home women with confidence building, ideniftying courses, training etc	07384 236273 - Syeda Arousa Naqvi	<a href="mailto:DWP Birmingham And Solihull Womens-Communitycordinator'<birminghamandsolihull.womens-community-coordinator@dwpgov.uk>">DWP Birmingham And Solihull Womens-Communitycordinator'<birminghamandsolihull.womens-community-coordinator@dwpgov.uk>
Benefits/Employment	DWP Think Family	Birmingham and Solihull District Office, 3rd Floor, Erdington Jobcentre, 37 Sutton New Road, Erdington, B23 6TD	This is an offer for Think Family DWP and Birmingham Children's Trust to work together, moving families closer to employment and maximising household incomes.	Yuliya Hawes	birmingham-solihull.outreachteam@dwpgov.uk

Benefits, Finance, Debt Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Benefits/Employment for young people	Job Centre Plus for Schools Offer	Birmingham and Solihull District Office, 3rd Floor, Erdington Jobcentre, 37 Sutton New Road, Erdington, B23 6TD	Supporting Students to make an effective transition from schools to the workplace. They encourage potential NEET student in yr 8-13 & help them to reach their careers aspirations in mainstream & SEND schools		SCHOOLWORK.ADVISERSTEAM@DWP.GOV.UK

Financial Help

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Practical financial help	Turn 2 Us	Online Support	National charity providing practical help to people who are struggling financially.	0808 802 2000	Complete contact form to request a call back. https://www.turn2us.org.uk/About-Us/Contact-us/Contact-us-form

Financial Help

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Short-Term Crisis Fund	Local Welfare Provision – Birmingham City Council	Online Support	Scheme to help vulnerable people in short-term crisis with food and essential items.		Make a claim here https://www.birmingham.gov.uk/info/20017/benefits_and_support/308/help_in_a_short-term_crisis/5
Outline of available grants for people on low incomes	Money Saving Experts	Online Support	Both Government grants and hundreds from small charities are available for individuals on a low income for all kinds of help.		https://www.moneysavingexpert.com/family/grants-low-income/
Housing Payment Help	Discretionary Housing Payments – Birmingham City Council	Online Support	Payments are for people who need extra help with their rent when Housing Benefit, Local Housing Allowance, or Universal Credit doesn't cover the full amount.		https://www.birmingham.gov.uk/info/20017/benefits_and_support/373/extra_help_with_your_housing_costs_council_tax

Financial Help

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Grants for families & individuals	Cosaraf Charitable Foundation	Online Support	Grants for families facing hardship. Applications can only be made by recognised social organisations, such as charities, housing associations, schools and social services acting on behalf of the family	info@cosaraf.org	Please apply directly here https://www.cosaraf.org/apply-for-funding/

Housing Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Housing	Trident Rough Sleepers scheme	Trident Group, 239 Holliday Street, Birmingham B1 1SJ	6AM - 12PM 7 DAYS	0800 880 7157	
Housing	Birmingham City Council Temporary Accommodation		Temporary Accommodation:	0121 464 6381 or 0121 675 6805 or 0121 675 5531: Out of Hours Emergency: 0121 303 2296 (after 5:15pm or 4:15pm on Fridays)	https://www.birmingham.gov.uk/info/50099/your_housing_needs_assessment/1197/about_your_housing_needs_assessment/7
Housing	Narthex Sparkhill	St John's Church, Sparkhill, St Johns Rd, Birmingham B11 4RG	Housing and benefit advice	0121 753 1959	Sandra@narthex.org

Housing Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Housing	Newtown Housing Options Centre	Newtown Shopping Centre, New Aston House, Birmingham B19 2SW	They recommend if you have somewhere safe to stay, please remain where you are. If you need advice or if you are about to become homeless, phone support is available.	0121 675 5779	https://www.birmingham.gov.uk/info/50094/housing_options/1191/newtown_housing_options_centre
Housing	St Basil's Youth Hub	71-75 Allcock St, Birmingham B9 4DY	"Emergency (Accommodation) out of hour's number 5:15pm onwards or on Friday 4:15pm onwards: 0121 303 2296 or for anyone under 18: 0121 675 4806. Birmingham Social Services: (For help with housing and social support and care needs). Monday to Friday 8:45am - 4:15pm: 0121 303 1234. Out of hours from 5:15pm: 0121 675 4806	0300 303 0099 or 0121 772 2483 or text Need St Basils to 62277	info@stbasils.org.uk

Housing Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Homelessness	New Roots	Temple Row House, 369 City Rd, Birmingham B16 0NB	Working with Partner orgs to give homeless adults a roof over their head, a stable home & provide support to help rebuild lives	0121 429 3933	admin@newrootsltd.co.uk
Homelessness	The Salvation Army	72 Shadwell St, Birmingham B4 6HA	Single homeless men aged over 21 who are vulnerable and in need of support. No local connection required.	0121 236 6554	williambooth.birmingham@salvationarmy.org.uk
Homelessness	Crisis Skylight Birmingham	5 Heath Mill Ln, Deritend, Birmingham B9 4AE	Supports people who are experiencing homelessness or are at risk of homelessness.	0121 348 7950	birmingham@crisis.org.uk
Homelessness	SIFA Fireside	48-52 Allcock St, Deritend, Birmingham B9 4DY	Drop-In Centre welcomes homeless and vulnerably housed individuals over the age of 25 from 9am – 12.45pm, Mon - Fri.	0121 766 1700	

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Homelessness	BCC Emergency Accommodation support	Birmingham City Council, Lancaster Circus, Birmingham	emergency accommodation outside office hours	BCC Housing Service: 0121 303 2296. under 18 please call the Emergency Duty Team on 0121 675 4806.	
Homelessness	British Red Cross Asylum Accommodation	British Red Cross Centre, Bradbury House, 7 Lowe Street, Camp Hill, Birmingham B12 0ER	Refugees, asylum seekers & other vulnerable migrants can get free emergency support from us. Support can include: Counselling, food, blankets, toiletries, baby items, benefits & careers advice	0121 766 5444	RSWestMids@redcross.org.uk
Homelessness	Homeless One	10 New Bartholomew Street, Digbeth, Birmingham B5 5QS	provides services to those who are homeless or at risk of becoming homeless. very homeless person receives one hot meal in Birmingham from our kitchen every evening from our Digbeth centre.	07979 76 7979	Online form

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Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Homelessness	St. Anne's Hostel	112 Moseley Street, Highgate, Birmingham, B12 0RY	a vital role in caring for Birmingham's homeless, providing a bed, food and support for homeless men aged over 25, a group often overlooked and sidelined	0121 772 4406	amanda.trappett@stanne sbirmingham.org.uk

Befriending Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Telephone Support	Balsall Heath Neighbourhood online - Mutual Aid Group	Balsall Heath	Offer a friendly chat on the phone to anyone feeling worried or lonely. Signpost to other local support and services.	0808 169 9599	contact@neighbourhoodnewsonline.com
Telephone Support	Digikick	online resource	Free online virtual 8-week project to help build confidence one in small groups and video calls. Various start dates.	07920 490 263	info@digikick.co.uk

Befriending Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Befriending Phone Service	The Activite Wellbeing Society	Listen & Connect, Studio 309, The Custard Factory, Gibb Street, Birmingham, B9 4AA	Listen and Connect provides a telephone support service that offers a safe space for people to feel heard and to talk about what is important to them. TAWS can offer practical solutions with links to Share Shacks & food support	0121 728 7038	info@theaws.org
Befriending Service	Age Uk	55 Alcester Road South, Kings Heath, Birmingham B14 7JG	Age UK, one of the ways we try to combat loneliness in later life is through our friendship services.	0121 437 0033 General / 0121 437 0479 Information & Advice Line	https://directory.ageuk.org.uk/
Befriending Support	Compass Support	The Sancutuary Tangmere Drive, Castle Vale Birmingham B35 7PZ	The focus on community inclusion, with a particular aim to combat loneliness for elderly residents.	0121 748 8111	sarah.powers@compass-support.org.uk

Befriending Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Befriending & Prescription Collection	Moseley Together	Online/telephone Resource	Befriending and prescription collection (from Moseley Pharmacies only) for Moseley residents.	TEXT or CALL: 07796 668257	info@moseleytogether.org.uk
Befriending	Oscar Birmingham	22 Regent Place, Jewellery Quarter, Birmingham B1 3NJ	This is a free city wide service supported by Birmingham City Council for adults & senior citizens who may experience loneliness & may have become socially isolated due to individual levels of vulnerability & fluctuation of their condition. Organisation for Sickle Cell Relief & Thalassaemia Support (OSCAR)	0121 212 9209.	admin@oscarbirmingham.org.uk

Befriending Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Befriending	Focus Birmingham (Befriending Service)	48-62 Woodville Road, Harborne, Birmingham B17 9AT	Volunteer team offer home visiting support and telephone befriending which is ideal for anyone who is looking to make new friends with likeminded people from the comfort of their own home.	Support Line 0121 478 5222	Info@focusbirmingham.org.uk
Befriending	BID Services	The Deaf Cultural Centre, Ladywood Road, Birmingham B16 8SZ	We provide a range of specialist support services. We manage a range of sensory support contracts of behalf of local authorities across the UK. Also have befriending service.	Phone (voice): 0121 246 6100	info@bid.org.uk

Befriending Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Befriending	Restore UK	c/o Jericho Foundation, 196 -198 Edward Rd, Balsall Heath, Birmingham B12 9LX	Befriending is a service provided by trained volunteers to offer support & encouragement to refugees & asylum seekers who have experienced loss & trauma & are attempting to rebuild their lives in Birmingham.	0121 661 4275	admin@restore-uk.org
Befriending	Spearhead Trust	Bells Farm Close, Billesley, Birmingham B14 5QP	Addressing a number of complex social issues within the community with residents of all ages, ethnicities & from different backgrounds. Providing Surplus Food Project, Coffee Mornings on Fridays from 9.30-12noon, its a befriending group.	0121 433 3532	

Bereavement Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Booked Telephone Support & Webchat	Child Bereavement UK		We help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies. We also provide training to professionals, equipping them to provide the best possible care to bereaved families. Also support for grieving families with children with autism.	Freephone Helpline 0800 02 888 40 (Monday – Friday, 9am – 5pm)	Webchat www.childbereavementuk.org
One to One wellbeing support, connecting carers and wellbeing support	Communities in Sync	1st Floor, Landchard House, Victoria Street, West Bromwich, B70	Supporting carers through loss & bereavement	0121 525 1127	caringforcarers@communitiesinsync.info https://communitiesinsync.info/
Bereavement Support & Webchat	At A Loss	P.O. Box 824, Chichester, PO19 9WW	Support and resources for families, children & young people		www.ataloss.org Brief Chat www.ataloss.org/live-chat

Bereavement Advice & Support

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Bereavement Support	Bahu Trust,(The Kindness Project)	17-21 Ombersley Rd. Balsall Heath, Birmingham B12 8UR	Confidential support scheme aimed at helping members of the community, regardless of race, faith or background, through the bereavement process.	0121-440 4096	friends@bahustrust.org
Bereavement Telephone Service.	The Hospice Charity	176 Raddlebarn Rd, Birmingham B29 7DA	Free one to one support to those who are struggling with the loss of a loved one due to Covid-19.	7966165193 or 0121 472 1191	www.birminghamhospice.org.uk/community-bereavement-service
Helpline & webchat	Winston's Wish	online resource	Support for bereaved children & young people after death of a parent or sibling	Freephone National Helpline on 08088 020 02	Online chat is available every Tuesday from 1-5pm and every Friday from 9.30am-1pm https://www.winstonswish.org/online-chat/

Bereavement Advice & Support

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Bereavement	Open Door Counselling	2 Greenfield Crescent, Edgbaston, Birmingham, B15 3BE	Bereavement Counselling for children, young people -12-25 yrs	0121 454 1116	carmel@opendoorcounselling.org.uk
Bereavement	Edward Trust	3 Vicarage Road, Edgbaston, Birmingham B15 3ES	a specialist provider of holistic family bereavement support for the West Midlands area. We are based in Edgbaston, Birmingham.	0121 454 1705	admin@edwardstrust.org.uk
Bereavement	Beyond the Horizon Charity	Beauchamp Rd, Moseley Birmingham B13 0NS	They are a Birmingham based service providing Bereavement & Loss counselling and support to children, young people and their families within their own local community, after bereavement or the relationship breakdown of the parents.	0121 444 5454	admin@beyondthehorizon.org.uk

Bereavement Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Bereavement	Little Hearts Matters Charity	75 Harborne Road, 4th Floor, Edgbaston, Birmingham, West Midlands, B15 3BU	They offer support & information, & raises awareness of those affected when a child has only half a heart, due to conditions such as Hypoplastic Left Heart Syndrome. A number of families sadly lose a child to complex heart disease.	1214558982	info@lhm.org.uk

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Helpline	Birmingham Mind	17 Graham Street, Hockley, Birmingham B1 3JR	7 days a week	0121 262 3555	help@birminghammind.org
Helpline	Samaritans	13 Bow St, Birmingham B1 1DW	Suicidal Thoughts and Low Moods Helpline	116 123 or BADGER 0300 555 0303 or NHS Direct 111	
Advice	West Midlands Strategic Migration Partnership-	online resource	Multilingual advice and COVID related migration updates	online resource	wmsmp@birmingham.gov.uk

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Helpline	Birmingham & Solihull Mental Health Services	48-52 Allcock Street, Digbeth, Birmingham B9 4DY	Emotional help, guidance and reassurance for under 18s during the current Covid-19 period	0207 841 4470 -0121 262 3555 or 0800 915 9292 (24 hours a day, 7 days a week)	askbeam@childrenssociety.org.uk
Telephone Support	NHS Birmingham & Solihull CCG	NHS Birmingham and Solihull Clinical Commissioning Group, First Floor, Wesleyan, Colmore Circus, Birmingham, B4 6AR	Adult Mental Health Support Over 18s Everyday 9am to 11pm	0121 262 3555	https://www.birminghamandsolihullccg.nhs.uk/your-health/mental-health-support-offer
Health & Wellbeing	The Springfield Project	The Springfield Centre, Springfield Rd, Moseley, Birmingham B13 9NY	Midwife Clinics, Children's Centre support.	0121 777 2722	info@springfieldproject.org.uk
Helpline	Covid-19 Maternity Hotline	Online	Friendly midwives to answer questions and support your care	0121 335 8234	

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing	Health Exchange CIC	Avoca Court, 28 Moseley Rd, Digbeth, Birmingham B12 0HJ	Health & Wellbeing Services, including Mental Health Services for young people & adults	0800 158 3535	Parminder.Sandhu@healthexchange.org.uk
Health & Wellbeing	Acacia Family Support	5a Coleshill Street, Sutton Coldfield, B72 1SD	christian charity, which offers free pre and postnatal depression support to families across Birmingham.	0121 301 5990 - Alternatively text us for a callback on 07897 459627 48hr response time (Monday - Friday)	rob@acacia.org.uk
Health & Wellbeing	Better Pathways	201-206 Alcester St, Bordesley, Birmingham B12 0NG	The orgs enable people with mental health issues & learning disabilities to gain & sustain employment through offering education, volunteering & employment services.	0121 773 1455	hello@betterpathways.org.uk

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing	The ADHD Foundation	3rd Floor, 54 St James Street, Liverpool, L1 0AB	The ADHD Foundation Neurodiversity Charity is an integrated health and education service offering a unique lifespan – strength based service, for the 1 in 5 people who live with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia and Tourette’s syndrome	0151 541 9020	info@adhafoundation.org.uk
Health & Wellbeing	Austism West Midlands	Kings Norton Business Centre, Imperial Court, Sovereigh Rd, Kings Norton, Birmingham B30 3ES	A service for adults (16+) with a diagnosis of autism. The programme is funded by Birmingham City Council	0121 450 7582 or Helpline 0121 450 7575	info@autismwestmidlands.org.uk
Health & Wellbeing	Change Brief Therapy	The Big Peg, 120 Vyse St, Birmingham B18 6NF	Counselling charity that provides free counselling to individuals age 14+ & registered with a Birmingham GP	0121 638 0670	clivewhittaker@changebrieftherapy.org

Mental & Covid Health Advice & Support

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Health & Wellbeing	Citizen Coaching	Zellig Building, The Custard Factory, 205, Birmingham B9 4AT	Citizen Coaching help adults and young people achieve better lives using jargon free accessible and affordable counselling, anger	0121 314 7075	mthogg@mac.com
Health & Wellbeing - Mental Health	ICap Birmingham	72 Digbeth, Birmingham B5 6DH	ICAP is a charity providing counselling and psychotherapy to adult survivors of institutional abuse in Ireland, low cost therapy for other Irish people and people of Irish heritage. They also provide a paid therapy service for the wider community.	0121 6667707	info@icapbirmingham.org.uk
Health & Wellbeing - Mental Health	Innovating Minds	Saint Nicholas Place, 81 The Green, Birmingham B38 8RU	Innovating Minds is a social enterprise that helps individuals with emotional and mental health throughout education, training and employment.	0121 448 4190	Asha@innovatingmindscic.com

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing - Mental Health	Cruse Birmingham	205 Corporation St, Birmingham B4 6SE	offer support, advice and information to children, young people & adults when someone dies	Helpline 08088081677	birmingham@cruse.org.uk
Health & Wellbeing - Mental Health	Kooth	online resource	Online mental wellbeing community	online resource	contact@kooth.com
Health & Wellbeing - Mental Health	Pause	5th Floor, 1 Printing House Street, Birmingham, B4 6DF	0-25 mental health support	0300 300 0099 -Access Centre No.	
Health & Wellbeing	Birmingham & Solihull Women's Aid	Ryland House, 44-48 Bristol St, Birmingham B5 7AA	They also provide mental health support for women & children who have suffered domestic abuse	0808 800 0028 - helpline	info@bswaid.org

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing - Mental Health	Pattigift Therapy	Coleridge Chambers, 177 Corporation St, Birmingham B4 6RG	To support and embed African centred psychological thinking into the work they do, to promote self knowledge and potential in people to build healthier communities, support with education and psychological therapies and wellbeing support.	0121 236 3551	info@pattigifttherapy.org
Health & Wellbeing - Mental Health	Richmond Fellowship	236 Bristol Rd, Birmingham B5 7SL	National mental health charity supporting individuals recovery, supporting them to manage the day to day impacts of living with mental health. Providing access to supported housing, community, crisis houses, residential homes, employment support	0121 766 6699	amra.dautovic@richmondfellowship.org.uk

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing - Mental Health	Every Mind Matters	online resource	Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.	online resource	https://www.nhs.uk/every-mind-matters/
Health & Wellbeing - Mental Health	Headspace	Mindfulness App	Everyday Mindfulness and Meditation for Stress, Anxiety, Sleep, Focus, Fitness, and More. Find Out What Mindfulness Can Do for You In Just 3 Minutes a Day. Start Your Free Trial. 66+ Million Members. Dozens of Unique Themes. Use Anywhere, Anytime.	paid app	https://www.headspace.com/

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing - Mental Health	Free Mindfulness Project	online resource	Organisations and individuals who teach mindfulness have developed online resources and are running live practice sessions. We have created a library of links to these specific resource	online resource	contact@freemindfulness.org
Health & Wellbeing - Mental Health	Shout	a text/call resource	For crisis situations, send a text message receive a call.	To start a conversation, text the word 'SHOUT' to 85258.	www.giveusashoutout.org
Health & Wellbeing - Mental Health	Relate Birmingham	111 Bishopsgate St, Birmingham B15 1ET	Relationship Counselling, family counselling, Children & Young People's Counselling, Family Mediation, Sex Therapy, Education/Training, DV Support Service, Employee Assist Counselling, Supervision services & Cancer Support	0121 643 1638	info@relatebirmingham.co.uk

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing - Mental Health	Living Well Consortium	Avoca Court, 23 Moseley Road, Digbeth, Birmingham B12 0HJ	Providing access to free health and wellbeing services/support to residents of Bham & Solihull with their mental health & wellbeing needs, through promotion & education.	0121 663 1254	Suriya.Arblaster@livingwellconsortium.com
Health & Wellbeing	Newman University (Health & Wellbeing)	Newman University - Birmingham - Romero Building, Genners Ln, Bartley Green, Birmingham B32 3NT	Newman Health & Wellbeing is a B'ham based wellbeing centre consisting of a counselling & psychotherapy service alongside their wellbeing in the workplace & schools service. They exist to improve the health and wellbeing of individuals and to make a positive contribution to the communities & organisations to which they belong.	0121 476 1181	m.glass@newman.ac.uk

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing	Legacy West Midlands	Soho House, Soho Ave, Birmingham B18 5LB	They are a charitable org promoting arts, heritage, well-being & community cohercion.	0121 348 8159	Info@legacy-wm.org
Health & Wellbeing - Mental Health	Our Roots CIC	19A Cato St, Nechells, Birmingham B7 4TS	Offering counselling, emotional health, health promotion, mental ill-health support.	0121 439 9045	lovemore.masiane@ourrootsic.com
Health & Wellbeing	Sports 4 Life	Units 121-122 Scott House Custard Factory, Gibb St, Birmingham B9 4AA	Providing the opportunity for young people (aged 11 to 29) to prepare for & move into sustained education, employment, or training by improving their employability & key life skills	0121 456 1818	tom@sports4life.co.uk
Health & Wellbeing	Health Watch	Cobalt Square, 83 Hagley Rd, Birmingham B16 8QG	An independent champion for health & social care in Birmingham, providing people with ways to share their views about services.	0800 652 5278 or 0121 636 0990	info@healthwatchbirmingham.co.uk

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing	Spring for Life	No permanent address - the org works out in community settings at allotments, gyms, community centres & churches covering Edgbaston, Northfield, Selly Oak, Cotteridge, Bournville, Stirchley	Offers a variety of therapeutic services based on well-respected & proven approaches. promotes emotional well-being for you & your relationships. works with individuals, families and wider communities	07856 277028	philippa@springtolife.org
Health & Wellbeing	SSAFA Birmingham (Armed Forces Charity)	Tennal Grange, Tennal Road, Harborne, Birmingham B32 2HX	SSAFA, the Armed Forces charity, exists to relieve need, suffering & distress amongst the Armed Forces, veterans and their families in order to support their independence & dignity. Language & translation services offered	0800 260 6767, or send them a message using their Forcesline contact form: OR 0121 427 6459	

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing	The Hygiene Bank	Nationwide charity	Products are donated, collected, sorted & distributed to their network of community partners.	online info	thbbirmingham@gmail.com
Health & Wellbeing	Gateway Family Service - Social Prescribing Services	Chamber of Commerce Building, 6th Floor, 75 Harborne Road, Edgbaston, Birmingham B15 3DH	Gateway Family Services CIC tackles the root cause of health inequalities by providing community-based support, helping people to sustain behaviour change and build resilience.	0121 456 7820	a.ward@gatewayfs.org
Health & Wellbeing	TAWS -The Active Wellbeing Society	Studio 309, The Custard Factory, Gibb Street, Digbeth, Birmingham, B9 4AA	The Active Wellbeing Society (TAWS) is a community benefit society & cooperative working to develop healthy, happy communities living active and connected lives.	0121 728 7030	tanwir.akhtar@theaws.org

Mental & Covid Health Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing	Speech and Language Therapy Services	Second Floor-Old Hall, Moseley Hall Hospital, Alcester Road, Moseley Birmingham B13 8UL	We provide evidence based specialist support to children (0-19) with a range of specific speech, language and communication difficulties and those with difficulties swallowing, eating and drinking.	0121 466 3370	bchnt.childrens.slt@nhs.net
Health & Wellbeing	Freshwinds	12 College Walk, Selly Oak, Birmingham B29 6LE	Health & Wellbeing, Adult Wellbeing, Children's Wellbeing, Adult (IAPT) Counselling, Young People's Counselling, Personal Health Budget.	No phone no.	office@freshwinds.org.uk

Health & Wellbeing Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Health & Wellbeing	Age UK Birmingham & Age UK Sandwell	Stratford Hse, Stratford Place, Sparkbrook, Birmingham B12 0HT	Telephone Befriending, Day Centres, Exercise/physical Activities, info guides, IT Training, Social Acitivities, Home Help, Benefit Advice, Dementia Support, Shopping, Housing, Money Mgt, Care, Health etc	0121 437 0033	info@ageukbirmingham.org .uk
Health & Wellbeing	Cuppa Squad	13 St Pauls Square, Birmingham B3 1RS	Cuppa Squad we aim to make living with long-term health conditions, such as diabetes, easier to understand, more manageable, and much less daunting.	0300 466 6666	hello@cuppasquad.org

Addiction & Substance Misuse

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Alcohol and Drug Abuse	Change Grow Live	111 Church Lane, Stechford, Birmingham B33 9EJ	Drug/Alcohol services offered across Birmingham	0121 227 5890	birmingham.info@cgl.org. uk
Alcohol and Drug Abuse	Aquarius	236 Bristol Road, Edgbaston, Birmingham, B5 7SL	provide alcohol, drug and gambling support services for adults, including a family service for those affected by someone else's addiction	0121 622 8181	headoffice@aquarius.org. uk
Alcohol and Drug Abuse	KIKIT	153 Stratford Rd, Sparkbrook, Birmingham B11 1RD	KIKIT is a BME specialist drug & lcohol support service that provides a range of services to meet the needs of vulnerable people	0121 448 3883	info@kikitproject.com

Addiction & Substance Misuse

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Alcohol and Drug Abuse	Solihull Intergrated Addiction Services (SIAS)	15 Larch Croft, Chelmsley Wood, Birmingham B37 7UR	Addiction Service, offering face to face appts & groups, in addition to maintaining some telephone appts &online group	0121301 4141	enquiries@sias- solihull.org.uk
Alcohol and Drug Abuse	The New Leaf Recovery Project	Cherry Tree Cottage, 16 Flint Green Road, Acocks Green, Birmingham B27 6qa	Residential Drug & Alcohol Rehabilitation Centre in Birmingham	0300 999 0330/07904 904705	info@newleafrecovery.co .uk
Alcohol and Drug Abuse	Which Rehab-Drug & Alcohol	334 Summer Lane, Hockley Birmingham B19 3RG	Drug & Alcohol Rehab, Free Impartial, Expert Addiction Rehab & Treatment Advice	0121 277 4441	info@whichrehab.co.uk

Addiction & Substance Misuse

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Alcohol and Drug Abuse	Cranstoun housing support	1-3, Ashted Lock, Way, Birmingham B7 4AZ	18+ who need support around drug or alcohol use. They provide person-centred, approach on what individual see as important in helping them to achieve their recovery goals	0121 633 1750	info@cranstoun.org.uk.
Alcohol and Drug Abuse	Changes UK	Recovery Central, 9 Allcock St, Deritend, Birmingham B9 4DY	Changes has been developing & delivering innovative, person-centred support for people seeking abstinent recovery from drugs &/or alcohol.	0121 796 1000	info@changes.uk.com
Alcohol and Drug Abuse	Right Start Rehabilitation.	8 Oxford Rd, Moseley, Birmingham B13 9EH	one of the most cost effective privately own rehabilitation services in the UK.	0121 293 5693	contact@rightstartrehab.co.uk

Addiction & Substance Misuse

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Alcohol and Drug Abuse	<p align="center">Priory Hospital Woodbourne</p>	<p align="center">21 Woodbourne Rd, Harborne, Birmingham B17 8BY</p>	<p>They have highly qualified drug addiction teams consist of expert psychiatrists, psychologists, therapists & other addiction specialists, extensive network of specialist drug rehab clinics</p>	<p align="center">0121 434 4343</p>	<p align="center">info@priorygroup.com</p>
Alcohol and Drug Abuse	<p align="center">Park House inpatient treatment service</p>	<p align="center">Park House, 15 Park Rd S, Birmingham B18 5QL</p>	<p>They are part of Reach Out Recovery B'ham services i.e. drug & alcohol treatments</p>	<p align="center">0121 523 5940</p>	<p align="center">park.house@cgl.org.uk</p>
Alcohol and Drug Abuse	<p align="center">Right Start Rehabilitation.</p>	<p align="center">8 Oxford Rd, Moseley, Birmingham B13 9EH</p>	<p>one of the most cost effective privately own rehabilitation services in the UK.</p>	<p align="center">0121 293 5693</p>	<p align="center">contact@rightstartrehab.co.uk</p>

Disability & SEND Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Play Activity	Birmingham Children's Quarter	Children's Quarter All Saints Centre 2 Vicarage Road Kings Heath, BIRMINGHAM B14 7RA	Delivering Play Packs to children and young people with additional needs and their families during the coronavirus lockdown	0121 803 8307	Fill out form https://childrensquarter.org/contact/ or tweet @ChildrenQuarter
Advice & Parent Support	Autism West Midlands	Head Office Imperial Court, Sovereign Rd, Kings Norton, Birmingham B30 3ES	Offering online parent support groups, along with help and advice.	0121 450 7582 & Helpline: 0121 450 7575	info@autismwestmidlands.org.uk
Advice	Disability Resource Centre (DRC)	Unit 18, Ace Business Park, Mackadown Ln, Birmingham B33 0LD	Welfare benefits advice, low level debt advice, energy advice. Mon to Thurs 8.45 to 5pm Fri – 8.45 to 4 pm	0303 040 2040	drc@disability.co.uk or help!@disability.co.uk

Disability & SEND Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
SEND Parent and Family Support	Balsall Heath Children's Action Team Support (CATs)	110 Edward Road, Balsall Heath, Birmingham, B12 9LS	For families and carers of children and vulnerable adults with disabilities. Community activities, parental support and play via phone, online and safe doorstep contact. Specialist benefit and financial advice.	Nazreen: 07889 930040 0121 440 1007 or Claire: 07775 712788	info@bhcats.org.uk http://www.bhcats.org.uk/new/
Telephone Support	Midland Mencap	Pinewood, Bell Heath Way, Woodgate Business Park, Birmingham B32 3BZ	Telephone support Mon-Fri 8 am – 8pm Sat & Sun 10am – 4pm	0121427 6404 or 0121 442 2944	families@midlandmencap.org.uk
Supporting individuals with hearing loss	Access IAG Service	Deaf Cultural Centre Ladywood Road, Birmingham B16 8SZ	Advice and support by phone, text, email and online calls	07736134159 or 0121 450 5120 (message service only)	access@bid.org.uk

Domestic Abuse Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Helpline	National Domestic Violence Helpline		Domestic Abuse 24hr helpline	0808 2000 247	www.nationaldomesticviolencehelpline.org.uk
Helpline	Birmingham & Solihull Women's Aid	Ryland House, 44-48 Bristol St, Birmingham B5 7AA	Coronavirus & Domestic Abuse Support	0808 800 0028	info@bswaid.org
Helpline Practical Support & Provisions	Anawim	Balsall Heath Centre 228 Mary Street, B12 9RJ	Emotional and practical support with finance, housing, domestic abuse, for women. Shower facility, food parcels, clothing, toiletries and baby supplies. Mon-Fri 10am-2pm Emergency drop-in support.	0121 440 5296	referrals@anawim.co.uk www.anawim.co.uk
Helpline	Birmingham Crisis Centre	Box Rd, Birmingham B19 1ET	24 hour helpline open to ANY woman who is a victim of domestic violence and seeking refuge, help, advice and support	0121 507 0707	info@birminghamcrisis.org.uk www.birminghamcrisis.org.uk

Domestic Abuse Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Helpline	Men's Advice Line	Telephone support	Webchat/ phone emotional support, practical advice and information for men. Mon-Fri 9am-5pm	0808 801 0327	info@mensadviceline.org.uk https://mensadviceline.org.uk/
Helpline	Karma Nirvana	online & Telephone Support	UK Helpline for 'honour'-based abuse and forced marriage	0800 5999 247	info@karmanirvana.org.uk
Helpline	West Midlands Black Asian Minority Forced Marriage & Honour Based Abuse Consortium	Telephone support	24hour Multilingual helpline	0800 953 9777	
Helpline & face to face support (by appointment only)	W.A.I.T.S	235 Dudley Road, Winson Green B1 4EJ	Advocacy service accompanying women to relevant agencies such as Civil Courts, Solicitors, Housing or Refuges.	0121 440 1443 ext 102, 103	

Domestic Abuse Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Support for women around FGM	Allies Network	c/oThe Jericho Foundation, 196-198 Edward Road, Balsall Heath, Birmingham, B12 9LX	African Womens Group - provides culturally sensitive services for predominately African Communities around FGM, Training/Education/ Enterprise Skills Training/Youth Support	0121 647 1960 or 07947 634742	nura.ali@allies-network.com
Men's Advice Line	Respect	online & Telephone Support	Friendly men's advice line offering non-judgmental emotional support, practical advice & information	0808 8010327	info@mensadvice.org.uk www.mensadvice.org.uk/

Early Years Families Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Practical help	Brum Baby Bank	Online referral forms	Based in South Birmingham helping supply baby items, nappies and food	Referral/Contact form	Facebook @babybankbrum

Early Years Families Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Practical help	Karis Baby Bank	c/o Church of the Redeemer, Parker Street (off Monument Road), Monument Rd, Birmingham B16 8UU	a provision for families with newborns and infants who are facing hardship and/or crisis which means they need help with essentials for their baby.	0121 455 7524	ruth.fuller@karisneighbourscheme.org
Baby Resources	Baby Aid Birmingham	via e-mails or phone	Supply baby equipment, clothing, nappies & food	7706655110	hello@babyaidbirmingham.co.uk
Emergency Response Fund	Home-Start Cole Valley	SURE Hotel, 47-49 Sherborne Road B27 6DX	Telephone and online emotional support for families with children under 5 yrs.	0121 572 0800	info@homestartcolevalley.org.uk
Telephone and Online Support	St Pauls Children's Centres	10 Malvern St, Balsall Heath, Birmingham B12 8NN or 6 Braithwaite Rd, Birmingham B11 1LB	Family & Early Years Support – Inc. breastfeeding support, food bank referrals, wellbeing support, safety advice & signposting	Malvern Street 0121 464 6349 Braithwaite Road 0121 675 1303	info@stpaulstrust.org.uk

Early Years Families Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Telephone & Online Support	The Springfield Project Children Centre	The Springfield Centre, Springfield Rd, Moseley, Birmingham B13 9NY	Family & Early Years Support – Inc. breastfeeding support, food bank referrals, wellbeing support, safety advice & signposting	0121 777 2722	info@springfieldproject.org.uk
Advice	Ashiana Community Project	21-25 Grantham Road, Sparkbrook B11 1LU	Early Years support. Bump & Beyond: Support for Mothers & Baby throughout pregnancy and beyond with nutritional health and wellbeing support.	0121 687 6767	shabana@acpgroup.org.uk
Facebook Support Group	Milk Mates - New Baby Network	Facebook Group	This is a group for families in Birmingham and the Black Country to obtain, free, friendly evidence based information & support around infant		https://www.facebook.com/groups/554660705180322

Youth Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Support & Practical help	Who Cares, Young Carers Group	Gospel Oak Community Centre 17 Redstone Farm Road, B28 9NU	Providing support for young carers 5-16yrs, vulnerable young people & families through wellbeing phone calls, groceries, prescriptions, monthly activities.	07702 082331	whocares.gospeloakcc.co.uk office@gospeloakcc.co.uk dave@whwncic.co.uk
Support for 16-25 yrs.	Concorde Youth Centre	Claremont Road, Sparkbrook, B11 1	Youth offer readiness to work support for 16-25yr olds, online youth group activities, limited youth work at centre	0121 675 8882 or Natalie on 07712 436324	Natalie.a.haughton@birmingham.gov.uk or Twitter @ConcordCentre
Online Support	All Saints Youth Project	2 Vicarage Road, Kings Heath	Telephone & online youth group support #HomeNotAlone	Family support : 0743 679 8497 #homenotalone:0793 034 1212 Office: 0121 443 1842	info@asyp.org.uk
Advice	Ashiana Community Project	21-25 Grantham Road, Sparkbrook B11 1LU	Support & advice for young people	0121 687 6767	shabana@acpgroup.org.uk

Parent Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Online classes & homework club	African Community Heritage Hub Ltd	Unit 5, 14-20 George St, Balsall Heath, Birmingham B12 9RG	Supporting children, young people and families stay connected to their local communities with virtual classes and homework clubs.	0121 408 8216	info@africanoheritagehub.org
Advice, Information & Online Support	Smartlyte	253 Alcester Rd S, Birmingham B14 6DT	Provide online family support, supporting residents to access local food banks and free school meal vouchers; pastoral and parenting support; benefits; skills training, money advice, online classes for parents as well as children. Advice in multiple languages	07766 448 447	hello@smartlyte.co.uk or Hafsha@smartlyte.co.uk

Parent Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Support & Advice	Approachable Parenting	Innovation Development Centre, 22-28 George Street, Balsall Heath, Birmingham B12 9RG	Befriending, mentoring, relationship counselling, information over WebEx, telephone and internet/social media.	0121-7738643	Facebook @ApproachableParenting info@approachableparenting.org.uk
Helpline, Advice & Practical help	Smart Women CIC Point of Contact	91 A Medicott Road Sparkhill, Birmingham B11 1UB	<p>Focused on supporting South Asian women in Sparkbrook/Sparkhill with food, safeguarding support, loan of IT equipment shopping, prescription collection, benefit & financial advice</p> <p>Providing health and wellbeing support in various languages for local women.</p>	07383 565322 or 07404327496	swctc@hotmail.co.uk

Parent Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Online parenting course	From Birmingham with Love	online support	Pre-paid courses for parents, carers and grandparents of children from bump to 19. Learn about how your child develops, and get tips to manage their behaviour.		https://www.birmingham.gov.uk/info/50224/birmingham_children_s_partnership/2218/from_birmingham_with_love/2
Parent Advice & Support	Childminder Inclusion Network	Birmingham City Council, Early Years, P.O.Box 17550, Lancaster Circus, Birmingham B2 2PA	They support Childminders in practice of delivering high-quality care for children with SEND	0121 675 4996 or 675 1943	rachael.carr@birmingham.gov.uk
Uniform Support	Rubery Swop Shop	224 New Road, Rubery, Birmingham B45 9JH	Providing free preloved school uniform to Birmingham and beyond! Open for collections Monday, Wednesday, Friday and Saturday 11:30 to 14:00	Please contact via their website or e-mail.	ruberyswopshop@outlook.com

Parent Advice & Support

Service Type	Organisation	Address	Community Offer	Contact Number	Email Address
Training & Employment Support	Springfield Project	Springfield Centre, Springfield Road, Moseley Birmingham B13 9NY	Support for parents and carers of under 5s to explore training and employment. Training includes accessing ESOL courses and IT courses in addition to accredited qualifications. Employment support includes work-readiness conversations to preparing CVs, job search and interview skills.	0121 777 2722 (switchboard) 07516 030841	r.clare@springfieldproject.org.uk