



## Hall Green Families

### Food support

**Emergency food assistance:** Up to £50 food grant is available for families in need. Complete a **Family Connect Form** [here](#) For more details call **07570953519** or email [us](#) We will process requests until 23rd Dec, on 29th Dec and from 4th Jan.

**Sparkhill food bank with voucher:** Wednesday 23rd: Sparkhill & Hall Green; Thursday 24th 11-1pm: Balsall Heath Church Centre; Wednesday 30th: Sparkhill & Hall Green; Thursday 31st: Balsall Heath Church Centre. Tel: **0121 708 1398** or <https://sparkhill.foodbank.org.uk/>

**Highfield Hall Food Bank:** Open everyday except bank holidays. Please call in advance of visiting to request a food parcel: telephone **0121 439 2690** or EMAIL [info@highfieldhall.org.uk](mailto:info@highfieldhall.org.uk)

**Food parcels at Daar-ul-Jannah Advice Centre**  
Telephone: **0121 792 5442** Mobile: **07847661022**  
861 Stratford Road, B28 8BH. Closed 24th—28th.

**Incredible Surplus food parcels** Balsall Heath Farm, Malvern Rd, Tues, Weds, Thurs 12–1.30pm B128NN Kings Heath Community Centre, 8 Heathfield Rd Mon & Fri 12pm-2pm, **No voucher required, pay as you feel.**

### Mental health support

**Rethink Mental Illness Advice Service:** Provide practical advice and information on issues relating to mental illness. The service is provided over phone, e-mail and letter and will only be closed on Christmas day, 28th December and 1st January Bank Holidays. Telephone: **03005000927** Mon-Fri 9:30-4pm E-mail: [RethinkMailbox@rethink.org](mailto:RethinkMailbox@rethink.org)

**MIND:** Support for adults. Telephone: **01212623555.**

**Forward Thinking Birmingham:** For urgent help for adults. Telephone: **03003000099**

## Christmas Holidays

### Free services & support

December 2020



### Domestic abuse support

**Women's Aid:** Available every day between 9:15am—5:15 pm, apart from 26th and 27th Dec 2020. Telephone: **0808 800 0028**  
The **Home Options Hub** is for women at risk of homelessness from abuse. Open every day except Bank Holidays. Telephone: **0808 169 9604**

**WAITS:** Birmingham domestic abuse support service. Telephone: **01214401443**  
Website: [www.waitsaction.org](http://www.waitsaction.org)  
Closed on bank holidays (25th and 28th Dec 2020 & 1st Jan 2021)

### Financial & digital support

**Connecting Families:** Smartlyte & Get Families Talking provide free digital devices and data to families who don't have access to devices or data services. Smartlyte works to reach those in need. Refer a family: <https://getfamielstalking.co.uk/>

**Free Money Advice Services:** Free advice on debt, welfare benefits, and money management. For Hall Green localities, please contact Citizens Advice Birmingham. Telephone: **03444771010.**

**Birmingham Settlement Money Advice** tele **0121 250 0765**

Help with debt, benefits, managing income, talking to creditors .

**Pause:** Mental health call back telephone support for 0-25yrs. Telephone: 02078414470 [askbean@childrenssociety.org.uk](mailto:askbean@childrenssociety.org.uk) 10am-5pm Mon-Sat, closed Sundays and Bank Holidays. **If you are in crisis contact the Access Centre on telephone 0300 300 0099**

**Kooth:** An online wellbeing community for young people aged 11-25years, with forums, guides and counselling available. Find details here <https://www.kooth.com/>

Hall Green Families: We are here to help



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