



December 2021

Food Support

Sparkhill Food Bank— Appointments by referral only. Mon 13:00 - 15:00, Balsall Heath Church Centre, B12 9JU. | Wed 10:30—12:30, St John's Church, B11 4AE. Tel: **0121 708 1398** or go to: <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. Tel: **0121 439 2690**. Email: info@highfieldhall.org.uk.

Food Parcels at Daar-ul-Jannah Advice Centre— Tel: **0121 792 5442**. Mobile: **07847661022**. 861 Stratford Road, B28 8BH. Email: daar-ul-jannah@hotmail.com. Closed 24th—28th.

Incredible Surplus food parcels— Friday Dec 17th & Monday Dec 20th 2021 | 12:00 pm – 2:00pm, Kings Heath Community Centre, B14 7DB.

Health and Wellbeing Support

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

Umbrella Sexual Health— Free sexual health services for Birmingham. Pregnancy testing & advice, free contraception, STI testing kits and abortion advice. Tel: **0121 237 5700**. Website: www.umbrellahealth.co.uk

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

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

Drug and Alcohol service: Change Grow Live, 9:00—17:00 weekdays. Tel: **0121 227 5890**. Email: birmingham.info@cgl.org.uk.

Domestic Abuse Support

Anawim— 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. Tel: **0121 440 5296**. Email: referrals@anawim.co.uk.

Women's Aid— Available every day between 9:15am—5:15 pm, apart from 26th and 27th Dec 2020. Call: **0808 800 0028**. Email: info@bswaid.org

The **Home Options Hub** is for women at risk of homelessness from abuse. Open every day except Bank Holidays. Call: **0808 169 9604**.

Men's Advice Line- Telephone/webchat emotional support, practical advice and information for men. Mon-Fri 9am-5pm. Call: **0808 801 0327**. Email: info@mensadviceline.org.uk. Website: <https://mensadviceline.org.uk/>

WAITS: Birmingham domestic abuse support service. Call: **01214401443**. Website: www.waitsaction.org.

Financial & Digital Support

Benefit & Debt Advice: Ashiana Community Project, Sparkbrook, B11 1LU. Tel: **0121 687 6767**. Email: shabana@acpgroup.org.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—Help with debt, benefits, managing income, talking to creditors and more. Call: **0121 250 0765**.



Hall Green Families



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