



# Hall Green Families are here to help



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## Bi-weekly Early Help Update: 13th January 2021

*A lot is changing rapidly for all of us and many families and young people are in need of additional support during this period.*

**We are here to help you support local families, children and young people to get the help they need throughout lockdown.**

**Please complete a [Family Connect Form](#) or call us to request help for an individual 0-25yrs or their family or get support with an **Early Help Assessment**.** If you would like to share information about your organisations support services, changes in services or needs, our community connectors would love to hear from you. Please share this update with your colleagues and networks.

### Support

Our [family support directory](#) has details about many areas of free local family support, from food and debt advice, to domestic abuse and mental health.

#### Quick links:

**Staying Free:** new discrete app for drugs or alcohol problems.

**Change, Grow, Live:** talk to someone about substance abuse, **01212275890**

**Cruse bereavement support:** **01216878010**

**Birmingham Settlement:** free money advice by phone (**01212500765**), e-mail ([money.advice@bsettlement.org.uk](mailto:money.advice@bsettlement.org.uk)) & webchat [www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk) (click red chat box)

#### Mental health lines:

**Samaritans:** 116 123

**Anxiety UK:** 03444 775 774

**Mind:** 0300123 3393

**Calm:** 0800 58 58 58

**Crisis text line: (text) 85258**

**Child-line:** 0800 11 11

**Kooth:** online mental health resources for 11-25 years

**Pause:** 0-25 mental health support, **02078414470**

**MIND:** adult mental health support, **01212623555**

**Forward Thinking B'ham:** offers adults urgent mental health support, **03003000099**

**B'ham & Solihull Women's Aid:** confidential hotline for domestic abuse, **08088000028**

**Respect:** male domestic abuse phonenumber, **08088010327**

### News

**Barnardos** are launching their **Beacon Project**, which will support and develop a local response for young people aged 0-19 who have suffered sexual abuse across the West Midlands. [Read more](#) Contact [jenny.hardy@barnardos.org.uk](mailto:jenny.hardy@barnardos.org.uk) to register for training on 2nd Feb.

NHS England funded [Youth Covid Challenge](#) has launched a **Youth Rules: Lock-down 2021 Competition**. 10-16 year olds across the Hall Green locality are called to capture how they stay safe and positive during the lockdown in art, writing and digital form. Schools/organisations need to support group/individual entries via [this form](#). Work will be showcased online and awarded prizes up to £100! Contact [Simarjeet.Kaur@accordgroup.org.uk](mailto:Simarjeet.Kaur@accordgroup.org.uk) for more info. Closing date 23rd February.

### Community funding & hardship grants

**Emergency Food Assistance** grants of up to £50 per household are available for families in need. To refer a family, please complete a [Family Connect Form](#) or call us for more info.

**Emergency Assistance Food & Supplies grant programme:** up to £5000 for local community organisations to provide food with financial and emotional support provision. Full details of funding and application process open to schools, and local groups can be found on our website [here](#).

**Birmingham City Council** has a **Local Welfare Provision** scheme to help vulnerable people in short term crisis access food and essential items. Full details online [here](#)

See the [Heart of England](#) for details of more grants.

### Events & Training

Hall Green Families & Birmingham Children's Partnership are offering online **Early Help Assessment training** on 21st Jan. Please [register here](#)

**Hall Green Families** will be offering a free online information session on 25th Feb on domestic violence for professionals working with affected families. For details contact [Bina.Lad@accordgroup.org.uk](mailto:Bina.Lad@accordgroup.org.uk)

**Birmingham Education Partnership** are funding a **Suicide First Aid training course** on various dates from 15th Jan, e-mail [Claire.Crawley@bep.education](mailto:Claire.Crawley@bep.education)

**ATHAC** are hosting **UB Creative Virtual Enterprise** for adults with learning disabilities or mental health needs starting 27th Jan: for info e-mail [info@athac.co.uk](mailto:info@athac.co.uk)

**Free online parenting course** for every parent in Birmingham: follow [this link](#) and use the access code 'COMMUNITY'