



December 2022

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.

24-hour Food Bank—Noor E Huda Mosque - 10 Glas-tonbury Road, B14 4DR. Please call ahead: **0121 430 2272**.

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**.

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: ask-bean@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.**

Umbrella: Free Sexual advice. Tel: **0121 237 5700**. Website: www.umbrellahealth.co.uk.

Change Grow Live: Drug and Alcohol support service. Mon-Fri 09:00-17:00—App's only. Tel: **0121 227 5890**. Website: www.changegrowlive.org

Kikit: BME Specialist Drug and Alcohol support service. Drop-in Mon-Fri 10:00-16:00. 153 Stratford Road, Sparkhill. B11 1RD. Tel: **0121 448 3883**. Website: <https://kikitproject.org>

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 Dec & 1st Jan 2023. 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: **0121 440 1443**. Website: www.waitsaction.org.

Places of Warm Welcome

The GAP Arts Project - 498 Moseley Rd, Balsall Heath, B12 9AH. **Wednesday, 5pm to 9pm**. The Closed on the 28th December and the 4th January.

ISRA-UK, SHARE Community Project - 354-356 Stratford Rd, B11 4AA. (Women and children only) **Tuesday and Thursday, 10am to 1pm**. 0121 766 8771, 07923 167 815.

St Mary's Church Moseley - 31 St Mary's Row, Moseley, B13 8HW. **Thursday to Friday, 10am to midday & Saturday, 10:30am to midday**. 0121 449 2243 or office@moseleychurch.org.uk.

Hall Green United Community Church - 609 Reddings Lane, Hall Green, B28 8DQ. **Tuesday, 10am to 4pm**. 0121 572 7078.

Allies Network C.I.C - Jericho Building, Edward Rd, Balsall Heath, B12 9LX. (BAME women and elderly only). **Wednesday, Thursday and Friday, 10:30am to 5pm**. 07947 634742.



Birmingham
Children's Partnership



Green
Square
Accord



@HallGreenFam

Contact: 07570 953519 (closed between 23rd Dec—3rd Jan 2023)
Email: hallgreen.families@greensquareaccord.co.uk