



December 2024

Food support

Food Justice Network map of all food related support available across the city of Birmingham, from food banks, pantries, community cafes, and more. Website: <https://theaws.co.uk/food-provision-database/>

Yardley Wood Food Bank Pantry: Every Wed: 11–1pm & Fri: 10–12pm. £5 per week. Yardley Wood Baptist Church, Yardley Wood Road, B14 4LS. Tel: **0121 474 5814**. www.yourlocalpantry.co.uk/pantry-listings/

Kings Heath Food Bank: Fri 9–11.30am & Sat 11–12.30pm. 240 Alcester Rd South, Kings Heath, B14 6DR. Email: brumsolidarity@gmail.com.

24-hour Food Bank: Noor E Huda Mosque - 10 Glastonbury Road, B14 4DR. **PLEASE CALL AHEAD: 0121 430 2272.**

The Life House—2 - 6 Frederick Rd, Birmingham B29 9PB. Thursday 11am – 2pm or by appointment. Tel: **01214713677**. Email: enquiries@thelifehouse.net

B30 Foodbank - 23a Watford Rd, Cotteridge, B30 1JB 1:30pm - 3:30pm Tuesdays and Fridays. Trussell Trust voucher referral required. Email: info@b30.foodbank.org.uk. Website: <https://b30.foodbank.org.uk/locations/>

Mental health support

Birmingham Mind: Adults can get support from MIND seven days a week. Tel: **0121 262 3555**. Email: help@birminghammind.org.

Forward Thinking Birmingham—For urgent help for adults, telephone: **03003000099**.

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: **0300300 099**.

Change Grow Live: Drug and alcohol support service. Tel: **0121 2275890**. Website: www.changegrowlive.org/local-support/find-a-service

Samaritans — Offering support 24/7, 365 days of the year.. For the quickest response, it's best to phone on their free phone number. Samaritans also has a free self help app, here. Website: www.samaritans.org, Tel: **116 123**. Email: Jo@samaritans.org.

Domestic abuse support

Birmingham and Solihull Women's Aid— Offering support to women and children affected by domestic violence and abuse, including information and support with refuge and housing options. Their telephone helpline is open 7 days a week 9.15am - 5.15pm and webchat is open Monday to Friday 10am - 4pm. Phone: **0808 800 0028**. Website: www.bswaid.org.

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/>

National Domestic Abuse Helpline—Free 24 hour helpline for women who have experienced domestic abuse. Tel: **0808 200 0247**.

National Centre for Domestic Violence: Provide free, fast and effective support to survivors of domestic abuse, usually by helping individuals obtain injunctions from their local county court. Tel: 0800 9702 2070. Website: www.ncdv.org.uk/

Other

Selly Oak Families Early Help Team—
[SELF-REFERRAL FAMILY CONNECT FORM](#)
Parents can self-refer into our service whilst nurseries/schools are closed.

Household Support Fund Team—
CLOSED from 23rd—26th December and 31st December—2nd January. No applications will be processed.

Wishing all of the families and professionals working across Central district a happy Christmas and a safe and healthy 2025!

