



# 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/](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](http://www.samaritans.org), Tel: **116 123**. Email: [Jo@samaritans.org](mailto: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](http://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](mailto: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/](http://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!**