



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/>

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—Please call in advance of visiting to request a food parcel. Tel: **07470 153525**. Email: info@highfieldhall.org.uk. **Closed 24th -26th December and 31st-2nd January 2025.**

Birmingham Christmas Shelter— Offering food, warmth, shelter and companionship. St Catherine of Sienna Catholic Primary, B15 2AY. Tel: **07864 991 951**. Email: enquiry@birminghamchristmasshelter.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@mensadvice.org.uk. Website: <https://mensadvice.org.uk/>

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

Mental Health 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@childrensociety.org.uk. 10am-5pm Mon-Sat, **closed Sundays and Bank Holidays**. If you are in crisis contact the Access Centre on **0300 300 0099**.

Samaritans—Offering support 24/7, 365 days of the year. You can get in touch about anything troubling you, no matter how big or small. 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, Phone: **116 123**. Email: jo@samaritans.org.

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

Other

St Pauls Children's Centre— Call: 0121 464 6349.

Springfield Children's Centre— Call: 0121 777 2722

Hall Green 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.](#)**

Sparkbrook Children's Zone—

All Clinics will be **closed between the 23rd December - 1st January**. Opening on 2nd January and appointments can be made by you GP practice.

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