

## BIRMINGHAM SCHOOLS

	Organisation	Information	Contact Number	Website	
<b>Financial</b>	The Project Birmingham	Housing/Financial Advice	0121 453 0606	<a href="https://www.theprojectbirmingham.org/about-project-birmingham-south-birmingham-young-homeless-project/">https://www.theprojectbirmingham.org/about-project-birmingham-south-birmingham-young-homeless-project/</a>	
	Our Place	Support in various financial situations	0121 354 40 80	<a href="https://ourplacesupport.org/advice-service/">https://ourplacesupport.org/advice-service/</a>	
	GOV.UK	Statutory Sick Pay Universal Credit Furloughed Workers Self-Employed Workers' Rights	0800 328 5644	<a href="https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees">https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees</a> <a href="https://www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme">https://www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme</a> <a href="https://www.gov.uk/lay-offs-short-timeworking">https://www.gov.uk/lay-offs-short-timeworking</a>	
	The Money Advice Service	Entitlements CV19		<a href="https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you">https://www.moneyadviceservice.org.uk/en/articles/coronavirus-what-it-means-for-you</a> <a href="https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/">https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/</a>	
	Citizens Advice	Mortgage Rent Benefits		<a href="https://www.citizensadvice.org.uk/debt-and-money/mortgage-problems/">https://www.citizensadvice.org.uk/debt-and-money/mortgage-problems/</a> <a href="https://www.citizensadvice.org.uk/housing/renting-privately/during-your-tenancy/dealing-with-rent-arrears/">https://www.citizensadvice.org.uk/housing/renting-privately/during-your-tenancy/dealing-with-rent-arrears/</a> <a href="https://www.citizensadvice.org.uk/benefits/coronavirus-check-what-benefits-you-can-get/">https://www.citizensadvice.org.uk/benefits/coronavirus-check-what-benefits-you-can-get/</a>	
	Trading Standards	Gas/Electric CV19 Scams	0300 3309 044	<a href="https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/you-cant-afford-to-top-up-your-prepayment-meter/">https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/you-cant-afford-to-top-up-your-prepayment-meter/</a> <a href="https://www.nationaltradingstandards.uk/news/beware-of-covid19-scams/">https://www.nationaltradingstandards.uk/news/beware-of-covid19-scams/</a>	
	West Midlands Police	CV19 Scams		<a href="https://west-midlands.police.uk/news/coronavirus-scam-warning-protect-yourself-and-your-details-fraudsters">https://west-midlands.police.uk/news/coronavirus-scam-warning-protect-yourself-and-your-details-fraudsters</a>	
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	<b>Food</b>	The Trussell Trust	Finding a Food Bank Food Voucher Advice		<a href="https://www.trusselltrust.org/get-help/emergency-food/">https://www.trusselltrust.org/get-help/emergency-food/</a> <a href="https://www.trusselltrust.org/get-help/emergency-food/food-vouchers/">https://www.trusselltrust.org/get-help/emergency-food/food-vouchers/</a>
Citizens Advice		Re: Food Banks		<a href="https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/using-a-food-bank/">https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/using-a-food-bank/</a>	
As-Suffa		Food delivery for elderly/isolating	07835 487124 OR 01212 852777	<a href="https://www.as-suffa.org">https://www.as-suffa.org</a>	
Bahu Trust/Islamic Help		Food and sanitary product delivery	01214 404096	<a href="https://bahustrust.org">https://bahustrust.org</a>	
Hotline Cars		Food/Medicine drop-offs	0121 353 2121	<a href="mailto:hotlinecarsltd@hotmail.co.uk">hotlinecarsltd@hotmail.co.uk</a>	
Georgio's Veg Prep		Delivery of Fresh Fruit and Vegetables	07828130738 OR 0789450191	<a href="http://www.georgiosvegprep.co.uk">www.georgiosvegprep.co.uk</a>	
The Big Feed		Apply for Help		<a href="https://theaws.co.uk/relief/">https://theaws.co.uk/relief/</a>	
Spear Head Trust		Cooked Lunch for Children in Need	0121 433 3532	<a href="https://spearheadtrust.org.uk">https://spearheadtrust.org.uk</a>	
Kingfisher Food Bank		Food Bank	0790 203 0134	<a href="http://kingfisherfoodbank.weebly.com/">http://kingfisherfoodbank.weebly.com/</a>	
Sparkhill Foodbank		Food Bank	0121 708 1398	<a href="http://sparkhill.foodbank.org.uk/">http://sparkhill.foodbank.org.uk/</a>	
B30 Food Bank		Food Bank	07582 143 972	<a href="http://b30.foodbank.org.uk/">http://b30.foodbank.org.uk/</a>	
Salma Foodbank		Food Bank	07767164246	<a href="https://www.salma-foodbank.org">https://www.salma-foodbank.org</a>	
Great Barr Foodbank		Food Bank	0121 357 5399	<a href="http://greatbarr.foodbank.org.uk/">http://greatbarr.foodbank.org.uk/</a>	
Quinton and Oldbury Foodbank		Food Bank	07732157619	<a href="http://quintonoldbury.foodbank.org.uk/">http://quintonoldbury.foodbank.org.uk/</a>	
Smethwick Pantry		Food Bank	0751 724 1195	<a href="https://www.yourlocalpantry.co.uk/smethwickcan/">https://www.yourlocalpantry.co.uk/smethwickcan/</a>	
Birmingham Central Food Bank		Food Bank	0121 236 2997	<a href="http://birminghamcentral.foodbank.org.uk">http://birminghamcentral.foodbank.org.uk</a>	
Sabeel Foundation	Food Bank/Hot Meals	020 3500 9786			
	Organisation	Information	Contact Number	Website	
<b>Wellbeing</b>	Birmingham and Solihul Women's Aid	Help for Vulnerable Women	0808 800 0028	<a href="http://www.bsaward.org">www.bsaward.org</a>	
	Safelives	Violence and CV19		<a href="http://safelives.org.uk/news-views/domestic-abuse-and-covid-19">http://safelives.org.uk/news-views/domestic-abuse-and-covid-19</a>	
	Birmingham Housing Options Hub	Housing Issues	0808 169 9604		
	Birmingham City Council	Council Housing Concerns	0121 303 7410	<a href="https://www.birmingham.gov.uk/info/20006/housing">https://www.birmingham.gov.uk/info/20006/housing</a>	
	Social Care	Concern for Child/Adult Wellbeing	Adult: 0121 303 1234 OR 0121 675 4806 Children: 0121 303 1888 OR 0121 675 4806	<a href="https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2">https://www.birmingham.gov.uk/info/20018/adult_social_care_and_health/115/how_to_contact_us_about_adult_social_care_services_and_support/2</a> <a href="https://www.birminghamchildrenstrust.co.uk/info/6/contact_us/38/worried_about_a_child">https://www.birminghamchildrenstrust.co.uk/info/6/contact_us/38/worried_about_a_child</a>	
	NHS	Mental Health Helplines		<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbclid=IwAR2qsc5YiI3XSP2IuDa5mpxG_ZeMTXk1jRXHARPRidB0-1XDfzQKafh2E">https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbclid=IwAR2qsc5YiI3XSP2IuDa5mpxG_ZeMTXk1jRXHARPRidB0-1XDfzQKafh2E</a>	
	Women's Aid	Help for Vulnerable Women		<a href="https://chat.womensaid.org.uk">https://chat.womensaid.org.uk</a>	
	ManKind	Help for Vulnerable Men	01823 334 244		
	Men's Advice Line	Help for Vulnerable Men	0808 801 0327	<a href="https://mensadvice.org.uk">https://mensadvice.org.uk</a>	
	Refuge	Help for Vulnerable Women&Children	0808 2000 24	<a href="https://www.nationaldahelpline.org.uk">https://www.nationaldahelpline.org.uk</a>	
	Black Country Radio	Community Hotline	01384 465375		
	The Active Wellbeing Society	Support in Loneliness, Food and Wellbeing	07729715765	<a href="https://www.bvsc.org/sites/default/files/BrumTogether%20FINAL%20%281%29-compressed.pdf">https://www.bvsc.org/sites/default/files/BrumTogether%20FINAL%20%281%29-compressed.pdf</a>	
	Birmingham Mind	Mental Health Support	0121 262 3555	<a href="mailto:help@birminghammind.org">help@birminghammind.org</a>	
	Health Watch Birmingham	List of Support Facebook Pages		<a href="https://healthwatchbirmingham.co.uk/coronavirus-covid-19-help-and-support/">https://healthwatchbirmingham.co.uk/coronavirus-covid-19-help-and-support/</a>	
	GOV.UK	Register an Extremely Vulnerable Person		<a href="https://www.gov.uk/coronavirus-extremely-vulnerable">https://www.gov.uk/coronavirus-extremely-vulnerable</a>	
	Moseley Together	Help with Food, Prescriptions and Errands	07796 668257	<a href="https://moseleytogether.org.uk">https://moseleytogether.org.uk</a>	
	Samaritans	Emotional Support	116 123	<a href="https://www.samaritans.org">https://www.samaritans.org</a>	
	Shout Crisis	Text "Shout"	85258	<a href="https://www.crisistextline.uk">https://www.crisistextline.uk</a>	
	ReThink	Mental Illness Support	0300 123 3393	<a href="https://www.rethink.org">https://www.rethink.org</a>	
	Mind Legal Advice	Legal Help re: Mental Health	0300 466 6463	<a href="https://www.mind.org.uk/about-us/our-policy-work/legal-casework/">https://www.mind.org.uk/about-us/our-policy-work/legal-casework/</a>	
Child Line	Support for Children	0800 1111	<a href="https://www.childline.org.uk">https://www.childline.org.uk</a>		
Anxiety UK	Help with Anxiety	0344 775774	<a href="https://www.anxietyuk.org.uk">https://www.anxietyuk.org.uk</a>		
NSPCC	Support for Children	0808 800 5000	<a href="https://www.nspcc.org.uk">https://www.nspcc.org.uk</a>		