

Local support networks and services: Birmingham



Ideas for school initiatives

Food & Drink

Type of Help	Details	Find Out More
Host a FoodBank at School	Let out the school (for free) to a local foodbank. Willingness for this needs to be ascertained on a local level for both schools and the foodbanks	Contact Jessica Easton , the London Area Manager, who can introduce you to your local regional coordinator
Become a Collection Point for Local Foodbank	Allow students and families to donate food and other goods for the local foodbank	Contact Jessica Easton , the London Area Manager, who can introduce you to your local regional coordinator
Host a Community Meal	This can be done but needs a chef and project management support	Contact Sophie Tebbetts at Foodcycle

Finances & Housing

Type of Help	Details	Find Out More
Host a Citizens Advice Surgery	Schools may want to host a Citizens Advice surgery in a room at the end of the school day for parents and staff to access discreetly	Visit Citizens Advice
Sign Up to Be a 'Warmbank'	Could you offer your school to serve as a warmbank for at least some time during the week?	Find out more about whether and how to register as a warmbank at Warm Welcome
Offer to Host a Local Councillors' Surgery	Write to your local councillors offering the school for an after-school surgery with parents. They can help with a variety of local issues	Find your local councillors

Help for Care of Children & Older Adults

Type of Help	Details	Find Out More
Birmingham Council Young People	Council resources for services aimed at young people, in case schools wish to co-locate any services	Visit Birmingham Council
Onside Youth Zones	Onside Youth Zones is a national charity aimed at young people who could be possible partners	Visit OnSide Youth Zones
Age UK	You can offer to open up the school to vulnerable older people	Visit Age UK

Help from National Organisations

Food & Drink

Type of Help	Details	Find Out More
Healthy Start	Help to Buy Healthy Food & Milk If Child Under 4	Visit NHS Healthy Start
Community Fridges	There are lots of Community Fridges opening up across the UK where you can receive free or very low cost food.	Visit Community Fridges
Food Waste Apps	Apps such as TooGoodToGo and Olio and Karma collect offers from local cafes and shops who will provide discounted food which they might otherwise throw away	Download apps such as TooGoodToGo , Karma or Olio on your smartphone and search near you

Finances & Housing

Type of Help	Details	Find Out More
Benefits Calculator	Turn2us has a benefits calculator to help you check if you are eligible for benefits or to make sure you are already receiving the right support. They can give free and confidential advice	Visit Turn2us
Reduced Cost Broadband	If you have broadband and are on certain benefits or looking for work, you may qualify for a reduced cost tariff	Find out more at Money Saving Expert
Possible Council Tax Discounts	Single parents, or carers, or families on a low income, could qualify for a discount on council tax	Find out more at Money Saving Expert
Energy Company Hardship Funds	Most energy companies have hardship funds for those struggling to meet bills	Find out what your supplier offers by visiting Money Saving Expert
Debt Management	If you are managing debt, Debt Free London have a free advice line where you get help on how best to manage, and get yourself out of, debt.	Visit Debt Free London
Stop Loan Sharks	For support and advice about illegal money lending	Visit Stop Loan Sharks

Help for Care of Children & Older Adults

Type of Help	Details	Find Out More
Help with Childcare	If your child is in childcare, and one of you is in employment, you may be able to receive help with childcare costs	Find out more at Money Saving Expert
Age UK Cost of Living Calculator	Age UK has a special cost-of-living section for help for those over 55	Visit Age UK
Project 17	Help for migrant children to get help regardless of status	Visit Project 17
Places of Welcome	Places of Welcome is a growing network of hospitality run by local community groups who want to make sure that everyone in their area has a place to go for a cup of tea, build community and meet new people.	Visit Places of Welcome

Local Government Help

Food & Drink		
Organisation/Fund	Details	Find Out More
Foodbank Map	Find nearest foodbank using this council-endorsed map	Visit this map
NHS Healthy Start Scheme	If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk from NHS Healthy Start. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. Your money will be added onto this card every 4 weeks.	Email Healthy Start
Request a Foodbank Voucher	Page outlining how to access food vouchers for use at foodbanks	Visit Birmingham Council
Youth Services		
Organisation/Fund	Details	Find Out More
Birmingham Youth Centres	Details of youth centres collected by Birmingham Council	Visit Birmingham Council
OutCentral	OutCentral is a youth group for young people aged 11 to 19, who are LGBT or may be questioning their sexuality. You can take part in a range of activities including trips out and social activities. OutCentral meets weekly on a Thursday evening from 7pm to 9pm in south Birmingham	For more information, contact Ed or Claire at OutCentral : 0121 622 4570 or 0121 460 5870
Young People with Disabilities	There are weekly meetings for young people with disabilities at the Naseby Centre and the Clifton Road Youth Centre.	Call 0121 464 5044 for details
Contact Local Youth Officer	For advice and suggestions about youth provision locally	<ul style="list-style-type: none"> • North Birmingham • South and east Birmingham • West Birmingham
Speech and Language video by BCHC SLT	The videos below were designed with the purpose of communicating general information about speech, language, and communication needs to families as well as providing strategies to help your child's communication development.	Visit Birmingham Community
Virtual Drop-In Clinic	School Nurse is here to help you feel happy and safe during your school years and to get the best from your education	Visit School Nurse

Finances & Housing		
Organisation/Fund	Details	Find Out More
Cost of Living Hub	This is the council's main hub for all cost-of-living help	Visit Birmingham Council
Warm Spaces	The Council is coordinating partnerships with the voluntary sector and other community institutions to create a map of warm banks	Visit Birmingham Council
Debt Advice for Council Tenants and Leaseholders	Free debt advice	Visit Birmingham Council
Birmingham's Local Welfare Provision	Short-term grants covering a variety of needs	Visit Birmingham Council
Help with Fuel	Applicants can get help with pre-pay meter and other energy needs but must have tried their energy provider first	Visit Birmingham Council
Community Support Grant	<p>A Community Support Grant may be awarded if you need help with setting up or maintaining a home. It can provide beds, table top cookers and table top fridges.</p> <p>Items provided via a Community Support Grant will be delivered and installed to your home.</p>	Visit Birmingham Council
Birmingham Labour Party	Under Labour Birmingham is on the up. We're building homes and creating jobs.	Visit Birmingham Labour
Shabana Mahmood MP	If your case is about housing or immigration, most queries can be dealt with over email.	Find an advice surgery
Jack Dromey MP	If your case is about housing or immigration, most queries can be dealt with over email.	Find an advice surgery
Paulette Hamilton MP	Advice surgeries are by appointment only.	Find an advice surgery
Tahir Ali MP	If your case is about housing or immigration, most queries can be dealt with over email.	Contact Tahir Ali
Khalid Mahmood Mp	Surgeries on the Second Saturday Of The Month	Find an advice surgery
Steve McCabe	Steve is always eager to hear from constituents whether you need help with a particular problem or would like other information	Contact Steve McCabe

Help for Care of Children & Older Adults

Organisation/Fund	Details	Find Out More
Local NHS Children's Services	Birmingham Community Healthcare is a locally run NHS Trust. It is an organisation that helps lots of people in Birmingham and the West Midlands manage their illnesses, get treatment, and support in a range of different ways.	Visit Birmingham Community
Older People Activities Directory	Council-collected list of centres which specialise in activities for older people	Visit the directory
School Nursing	give confidential advice, care and support to schools, children, young people and their parents.	Visit Birmingham Community

Mental Health & Wellbeing

Organisation/Fund	Details	Find Out More
NHS Low Income Scheme	If you are on a lower income, you might be eligible for help with prescriptions, dental charges and other NHS-related payments	Visit NHS Low Income Scheme
Reading Well	Reading Well helps you to understand and manage your health and wellbeing using helpful reading. The books are chosen by health experts and people living with the conditions covered. People can be recommended a title by a health professional, or they can visit their local library and take a book out for free	Visit Reading Well
Forward Thinking Birmingham	The City's mental health partnership for 0-25 year olds	Visit Forward Thinking
Kooth	Online and mobile-based mental health support	Visit Kooth

Local Organisations Which Can Help

Food & Drink

Organisation/Fund	Details	Find Out More
Find Your Local Foodbank	Find local foodbank which also contains additional services as well as access to free food and other items	Visit Birmingham Central
Food Pantry	Pantries stock an abundant and wide range of top-quality food including fresh fruit and veg, frozen and chilled food, meat and dairy products, and long-life tinned and packaged food. Members pay a small subscription of a few pounds a week, and in return can choose groceries worth many times more, often saving up to £1,000 a year on shopping bills.	Find your closest pantry
Gas Street Church Food Bank	The Foodbank provides emergency food parcels containing 3-5 days worth of food for people in crisis.	Visit Gas Street Church

Local Youth Groups		
Organisation/Fund	Details	Find Out More
Hawkesley 3 Estates Youth Project	Local Youth Club in Kings Norton	Visit Hawkesley Community Centre, Kings Norton, Birmingham, B38 9TU
Maypole Centre	Provides Sexual Health Services, Employment Mentoring, Boys Group, Girls Group, Trips , Drop In & Youth Clubs - Meeting/Training Rooms to Hire	Contact Jan Collymore
Community Cycle Clubs	There are community cycle clubs across Birmingham	Visit Birmingham Council
Go Ride	Cycle clubs for under 16s	Visit Birmingham Council
Dance Schools and Groups	The council collects a list of various dance groups, of all different types and styles	Visit Birmingham Council
Prince's Trust, Birmingham	The charity helps 11 to 30 year-olds to find the tools and confidence to try free courses and start careers.	Visit Prince's Trust
ER Mason Youth Centre	Youth centre with classes from cookery to sports	Visit ER Mason
The Factory	The Factory is a modern, state of the art youth provision, located in Longbridge, South Birmingham and is part of the Birmingham City Council Youth Service. The Centre provides a multitude of activities and opportunities for young people (aged 10-25)	Visit The Factory
Birmingham Central Mosque Foodbank	Birmingham Central Mosque (BCM) runs a community Foodbank Service once a week for those who are most in need.	Visit Birmingham Central Mosque
Finances & Housing		
Organisation/Fund	Details	Find Out More
Worried About Money?' Service	A service provided by the Independent Food Aid Network	Visit Worried About Money
Loxton Trust	<p>The trust was set up to provide financial assistance in the form of goods and services for those in financial hardship.</p> <p>The sort of help that can be given is limited to the following:</p> <ul style="list-style-type: none"> • Electrical items/white goods • Furniture • Other equipment needed to support hospital discharge or support the adult to remain in their own home for as long as possible. 	Visit Loxton Trust
St Basil's	A charity which aims to help young people at risk of homelessness	Visit St Basil's

The Matt Kendall Foundation	The Matt Kendall Foundation is a Birmingham-based grant giving charity that aims to support 16 to 25 year olds in the city with grants of up to £500 to overcome financial barriers to education and employment	Email the Matt Kendall Foundation
Fashion & Textiles Family Trust	Supporting the children of UK fashion and textile families since 1853	Visit FTFT
Alpkit Foundation	A foundation which awards grants to individuals to help expand access to the outdoors for those who might not otherwise experience it	Visit Alpkit Foundation
British Gas Energy Trust	Individuals and families in Britain who have an energy account (gas or electric) that is in debt could be eligible to receive support with their energy bills. Applicants do not have to be a British Gas customer but must have sought help from a money advice agency first.	Visit British Gas
Red Cross Hardship Fund	Individuals / families with no other income or financial support can apply for up to £360 (families up to £1,080) for help with essentials, such as food or toiletries. Referrals must be made from 'Official Referral Partners'.	Visit the Red Cross
Jack & Ada Beattie Foundation	£100 is available to those most in-need in London or Birmingham. It aims to help people to access essential supplies, such as food, and support their basic needs. Individuals can apply directly, by emailing their name, location and a summary of their circumstances	Email Thierry or visit the foundation
CAP Debt Centre	Advice and support for those struggling with debt.	Visit Gas Street Church
Birmingham Warm Welcome Spaces	Through the 'Thrive Together Birmingham' team, Church of England Birmingham have been collaborating with voluntary, community and faith sector partners across the city and with Birmingham City Council to develop responses to the Cost of Living Crisis	Visit Birmingham Council
Warm Spaces Birmingham	Warm welcomes and hot drinks at a range of locations across Birmingham	Visit Warm Spaces
Citizens UK Birmingham	our priorities to make families better off, communities safer and the West Midlands a region	Visit Citizens UK

Help for Care of Children & Older Adults

Organisation/Fund	Details	Find Out More
AgeUK Birmingham	National charity whose Birmingham chapter aims to provide services for older people in the city	Visit AgeUK
Children's Centres (0-5 years)	Directory of different children's centres throughout the city	Visit Forward Steps
Age Concern Birmingham	Age Concern Birmingham is a local charity, committed to the people and communities surrounding Birmingham. It started delivering services over 29 years ago and focuses on meeting the needs of older people and others in need.	Visit Age Concern
Baby Aid Birmingham	Baby Aid Birmingham helps families with children (aged 0—5 years old) with essential items. Providing a lifeline for those at risk, or in crisis.	Visit Baby Aid
Kids Matter Gas Street	Courses and community for parents & carers of under 12s.	Visit Gas Street Church
Family Support Service Central Mosque	This department deals with family problems	Visit Birmingham Central Mosque
Early Help	Safe guarding clinics for the care of children	Visit BSCP
Mental Health & Wellbeing		
Organisation/Fund	Details	Find Out More
Betel	Betel UK is an independent Christian charity for men, women and families affected by drug and alcohol addiction and homelessness.	Visit Betel
Aquarius	Aquarius' support helps people overcome the harms caused by alcohol, drugs and gambling	Visit Aquarius
Sweet Project	A social enterprise working in safeguarding	Visit Sweet Project
Befriending Gas Street	Regular phone calls to chat and check in from our team.	Visit Gas Street Church