



USEFUL INFORMATION ON **LOCAL ADVICE , **SUPPORT SERVICES** AND **COMMUNITY PROVISION** FOR **FAMILIES WITH SCHOOL AGED CHILDREN****





From Birmingham with love – winter 2020

We've all been through a tough time with Covid-19 and repeated lockdowns. For many families it can get harder over Winter, which is why we're here to help. Here are some of

our partners' most used services and support, which might make life a little bit easier...

- 1. Online parenting course.** We've pre-paid for every parent in Birmingham to access a [parenting course](#). Just enter the access code "COMMUNITY" at the top of the page to claim. There are courses for parents, carers and grandparents of children from bump to 19. Learn about how your child develops and get tips to manage their behaviour.
- 2. Mental health support.** In these difficult times we have to look after our mental health. For young people aged 11-25 there are forums, guides and counselling available completely free at [Kooth](#). If your child 0-25 needs support, get in touch with [Pause](#) by calling 0207 841 4470 or [email](#). Adults can get support from [MIND](#) by calling 0121 262 3555. Or for urgent help call [Forward Thinking Birmingham](#) on 0300 300 0099. And remember to stay [active](#).
- 3. Financial help.** If you've lost your job or are struggling for food or rent, there are services that can help. [Local welfare provision](#) can make a big difference if you are in a crisis and need food, fuel or basic white goods. [Discretionary Housing Payments](#) may be able to help with rent. And there are [food banks](#) across Birmingham that are here to help.
- 4. Domestic abuse.** For women and children affected by domestic abuse please see [guidance](#) or confidentially contact [Birmingham and Solihull Women's Aid](#). For Men, please contact [Re-spect](#). Also [Ask for ANI](#) and the [Safe Spaces](#) scheme where victims can access help through pharmacies.
- 5. Problems with drugs or alcohol.** A new, discrete app called Staying Free is available on Android or Apple. Use the code "birmingham11" for pre-paid access. To speak to someone call [Change Grow Live](#).
- 6. Bereavement support.** It's a terrible time to lose a loved one — you can get help by calling 0121 687 8010 or from [Cruse](#).
- 7. Early help for families.** If anyone in your family needs more help, from public services or community groups, then please contact our [voluntary sector local leads](#). We have ten areas which can connect you to support across the city.

If you are worried about a child, please call Birmingham's Children's Advice and Support Service on 0121 303 1888. In an emergency, including child abuse, contact the Police on 999. You can also [chat](#) to the Police.

For any other help, from public services or community groups, then please contact our [voluntary sector local team](#). There are ten area hubs across the city which can connect you to support.

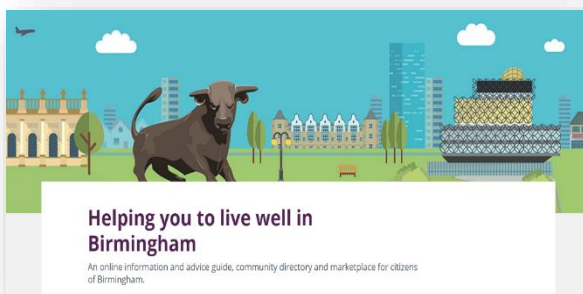


MONEY ADVICE

If you find yourself in need of advice around debt, welfare benefits and managing your money, our money advice service provides free, independent, and confidential advice. They will help to assess your priorities, take action to resolve immediate financial difficulties and support with money management and budgeting skills. If you require support in an alternative language, please let us know and we will do our best to accommodate your request.

To speak to an adviser: Call: 0121 250 0765 or email:
money.advice@bsettlement.org.uk

BIRMINGHAM CITY COUNCIL'S CONNECT TO SUPPORT ADVISORY WEBSITE



Please access the following website to access general information on wide range of community provision, support services, and health & well-being services, including the latest coronavirus public health information.

<https://birmingham.connecttosupport.org/>

BIRMINGHAM CITY COUNCIL'S LEISURE SERVICES WEBSITE

Please access the following websites to access up-to-date information of Birmingham leisure and recreation provision.

https://www.birmingham.gov.uk/info/20177/sport_and_leisure

https://www.birmingham.gov.uk/directory/59/community_centres_in_birmingham

FIND A FOOD BANK

We know it's a challenging time for everyone at the moment. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life.

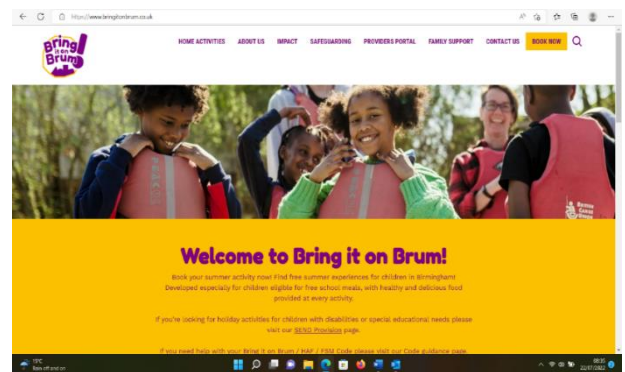
You can contact your local food bank using the map below

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

MAIN BIRMINGHAM WEBSITE TO ACCESS VARIOUS CHILDREN/YOUTH AND FAMILY SUPPORT ACTIVITIES DURING SCHOOL HOLIDAYS.

Bring it on Brum! is a programme for families in Birmingham to help children, young people and their parents have fulfilling, active, fun-filled and healthy school holidays. Part of the new Holiday Activities and Food programmes, **'Bring it on Brum!'** is the biggest scheme of its kind in the country. To access further information, just visit the following website.

<https://www.bringitonbrum.co.uk/>



FREE SCHOOL UNIFORM PROVISION

Rubery Schools Community Swop Shop

Providing free preloved school uniform to Birmingham and beyond!

224 New Road, Rubery, Birmingham B45 9JH

Mondays, Wednesdays, Fridays and Saturdays

11:00 to 14:00 (opening times may vary over bank and school holidays)

Email address: - ruberyswopshop@outlook.com



50

things to do

before you're

five

BIRMINGHAM

birmingham.50thingstodo.org



@50ThingsBrum



Tick-off **50 fantastic things** for you and your child to experience together.

50 Things To Do Before You're Five gives you 50 activities that parents and carers can support their children to try out and repeat.

Download the app for free and dive straight in!

Scan me!



Download on the
App Store



GET IT ON
Google Play



Birmingham
City Council



Birmingham Early Years Networks
Forward together for the children of Birmingham

Are you worried about the rising cost of energy bills, food and transport?

You are not alone; the cost-of-living crisis is affecting many of us.

You may want help accessing grants and debt advice, support getting all the money you're entitled to, or simply want to know more about the government's recent support measures.

Whatever your money worries may be, we've put together some helpful information in the links below to help you.

If you are experiencing immediate problems, please call 0121 303 1116.

