



## Emergency and ongoing help for Birmingham

January 2021

Dear Parent or Carer

As lockdown three begins, we want to let you know about the help that is available to families. Please find detailed information about where you can find help for now and the longer term. If you want to talk to someone about help please contact your [local team](#) who can advise on all issues for all families.

**From Birmingham with Love** — information and help for families with translations in [Arabic](#), [Bengali](#), [Bulgarian](#), [Chinese](#), [Pashto](#), [Somali](#), [Punjabi](#), [Polish](#) and [Urdu](#).



**Coronavirus advice.** Use the local [NHS website](#) for the latest Birmingham guidance.



**Emergency food assistance.** Birmingham has announced an emergency food package — please contact one of our [local team](#) who will be able to help directly with a grant for food, often within 48 hours. There are also [food banks](#) across Birmingham that are here to help.



**Mental health support.** 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](#).



**Parenting support.** We've pre-paid for each parent, grandparent and carer to access £88 of [online courses](#). Use the code COMMUNITY to access support for children from bump to 19.



**Local offer.** See the [local offer website](#) for details of other services including for children with additional needs (SEND).



**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.



**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 [Respect](#). Also [Ask for ANI](#) and the [Safe Spaces](#) scheme where victims can access help through pharmacies.



**Bereavement support.** It's a terrible time to lose a loved one — you can get help by calling 0121 687 8010 or from [Cruse](#).

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

Stay safe and well in these difficult times and please don't hesitate to seek help if you need it.

With best wishes,

**Chris Naylor**  
Chief Executive, Birmingham City Council

**Paul Jennings**  
Chief Executive, NHS Birmingham and Solihull CCG