

Resources to Prevent Neglect in Birmingham

Organisation/Resource	What they do	How to contact/find out more
Concerns about a child's diet/healthy eating (GCP2 area A1)		
Foodbanks, community pantries & community cafes	Provide free food for those in need. Food banks usually require a referral from professionals, but families can access the other resources themselves	Food Justice Network has a map with local information so you can search for provision near where the family live https://www.bvsc.org/food-justice-network
Holiday Activities & Food programme (HAF)	Provide activities and healthy food for school age children in the school holidays.	Bring it on Brum website has details and a mailing list https://www.bringitonbrum.co.uk/
Family Action FOOD (Food On Our Doorstep) club	Families can pay £1 per year to join which entitles them to purchase £15 of food per week for £3.50	Available in Erdington, Garrets Green, Ladywood, Rubery, Acocks Green and Ward End. Email birminghamfoodclubs@family-action.org.uk or call 07816408850 for details
Healthy Start Vouchers	Families on low income can access Healthy Start vouchers for pregnant women and young children. These can be spent on fruit, vegetables, and milk (including infant formula)	Speak to Health Visitor or apply online https://applyforhealthystart.nhsbsa.nhs.uk/apply-for-healthy-start/
HENRY Programme	Free 8 week course for parents and carers of children 0-5. Looks at healthy eating and physical activity	Contact your local BFS Children's Centre https://bhamforwardsteps.co.uk/childrens-centres/
Startwell Birmingham resources & training	NHS approved resources for families around healthy eating and lifestyle. Free online training and advice for practitioners about promoting healthy lifestyles.	Startwell website https://startwellbirmingham.co.uk/about-startwell/
Concerns about a child's housing/living conditions (see also housing advice links in slides 17-20) (GCP2 area A2)		
Cranstoun housing advice and support	Community based housing and employment support for Birmingham residents at risk of homelessness. Also offer support for victims of domestic abuse, those with mental health difficulties, and rough sleepers.	Families can self-refer via the website https://cranstoun.org/help-and-advice/housing/

The Project Birmingham (previously known as South Birmingham Homeless Project)	Housing, benefits, and debt advice for people living in Selly Oak and Northfield areas	Families can self-refer via an online form or call 0121 4530606 https://www.theprojectbirmingham.org/contact-us-2/
Birmingham Settlement	Debt, benefits and budgeting support, employment support, stay & play, youth work, and other community activities based in Kingstanding, Newtown & Ladywood	Families can contact directly Call 0121 2500770 Email info@bsettlement.org.uk Website https://www.birminghamsettlement.org.uk/contact-us/
Turn 2 Us Grants Search	Website that searches for grants for things like energy bills, school uniform, white goods. Also has a benefits checker tool	Families can search directly, or professionals can on their behalf https://grants-search.turn2us.org.uk/
Baron Davenport's Charity	Provides emergency grants for single women living with their children in the West Midlands	Must be applied for by professionals on behalf of the family https://www.barondavenportscharity.org/individuals
Birmingham Bed Poverty	Barnardo's can access beds and bedding for children in Birmingham who are subject to Early Help or have been identified by their school as needing a bed	Schools and other services providing Early Help can apply https://www.barnardos.org.uk/get-support/services/birmingham-bed-poverty
Clouds End	Support services for hoarding based in Solihull. They can work with individuals or services who work with people who have a hording disorder	Families or professionals can contact directly Call 0121 6805287 Email help@cloudsend.org.uk Website https://www.cloudsend.org.uk/
Concerns about a child's clothing or hygiene (GCP2 area A3-A4)		
Rubery Swop Shop	Free second-hand school uniforms and winter coats for Birmingham children	Families can turn up (see website or Facebook page for opening times) or contact directly Call 07736 958249 Email ruberyswopshop@outlook.com Website https://www.ruberyswopshop.co.uk/

Children's Storehouse	Free second-hand clothing, bedding, toys, books, and baby equipment for Birmingham & Solihull children. This is a church-based service however it is open to all families regardless of faith	Professionals need to make a referral for the family and can sign up to be a referral partner Call 07809 736875 Email admin.storehouse@jubileesolihull.org Website https://jubileesolihull.org/childrens-storehouse/
Baby Aid Birmingham	Can provide everything a baby needs including nappies, clothing, toys, and equipment	Professionals need to make a referral for the family and collect the items on their behalf Call 07706655110 Or fill in contact form on website https://www.babyaidbirmingham.co.uk/contact
Birmingham City Council information about energy bills	Links to support available with fuel costs as well as information about crisis grants	Website https://www.birmingham.gov.uk/info/20006/housing/2272/getting_help_with_your_energy_bills
Concerns about a child's health or wellbeing (GCP2 area A5)		
Route 2 Wellbeing	Links to support services for health & wellbeing in Birmingham & Solihull	Website https://r2wbirmingham.info/home
NHS England – NHS Dentist search	Search for a local NHS dentist	Website https://www.nhs.uk/service-search/find-a-dentist
Birmingham Local Offer	Information about local services for children with Special Educational Needs or Disability (SEND)	https://www.localofferbirmingham.co.uk/
Birmingham Carer's Hub	Support services for families who are caring for a disabled child (or adult) in Birmingham	Families can register online, or professionals can register on their behalf https://birminghamcarershub.org.uk/carers-support/ Or call 03330069711

Aquarius	Support services for children and young people up to 25 who are affected by substance misuse (either they are using, or they are impacted by a family member who is)	Young people can self-refer, or professionals can do this on their behalf Email young.people@aquarius.org.uk Or fill in a form on the website https://aquarius.org.uk/our-services/young-peoples-services/birmingham-yp/#toggle-id-3
Umbrella	Sexual health services in Birmingham	Young people can phone 0121 2375700, use a contact from on the website or a text messaging service https://umbrellahealth.co.uk/
Concerns about a child's safety at home & online safety (GCP2 area B1)		
NSPCC & gas network	Professionals can request a free carbon monoxide alarm for families as well as advice about fuel bills	Go to website and login https://client.simplythankyou.co.uk/co2neutral/login.php Username: coalarms Password: Saferhomes123
West Midlands Fire Department	Fire service can provide a Safe & Well visit to vulnerable people to look at home safety (useful if home is very cluttered) and will fit a free smoke detector	Families can request this directly or professionals can on their behalf Complete an online form https://www.wmfs.net/our-services/safe-and-well/ Or email homesafety.centre@wmfs.net
Birmingham Women's & Children's NHS Trust	Links to advice about home safety, safer sleeping, and accident prevention	Website https://bwc.nhs.uk/home-safety/
Birmingham Safeguarding Children Partnership	Safer Sleeping advice for parents of young babies and links to Lullaby Trust	https://lscpbirmingham.org.uk/working-with-children/campaigns/safer-sleeping-campaign
Royal Society for the Prevention of Accidents (RoSPA)	Advice & guidance about keeping children safe	Website https://www.rosipa.com/resources/information-hubs/keeping-kids-safe

NSPCC	Resources and guides for parents/carers about keeping children and young people safe online	Website https://learning.nspcc.org.uk/research-resources/online-safety-resources
Internet Watch Foundation (IWF)	Guides for parents about keeping children safe from internet sexual abuse and links to other resources	Website https://talk.iwf.org.uk/additional-help/
Concerns about the supervision of a child (GCP2 area B2)		
NSPCC	Advice on children being left alone at home or in the community including a printable guide	Website https://www.nspcc.org.uk/keeping-children-safe/in-the-home/home-alone/
Birmingham Community Healthcare NHS Trust (BCHC)	Who's in Charge? Campaign – videos and posters to show parents about child safety when adults are drinking alcohol	Website https://www.bhamcommunity.nhs.uk/whos-in-charge
Concerns about a child's emotional needs (GCP2 area C)		
Kooth	Free online information and counselling for young people aged 11-25	Young people can sign up free online https://www.kooth.com/
Pause	Support for the emotional wellbeing of children and young people under 25 based in Digbeth and Sparkbrook. Support is also available for parents who are worried about their child's wellbeing.	Young people or parents can drop in to sessions or self-refer via an online form https://forwardthinkingbirmingham.nhs.uk/pause
Spurgeons support for young carers	Drop-in support for Young Carers age 5-18 in Birmingham. This can be groups, activities, one-to-one support and counselling.	Families, young people, or professionals can make a referral online https://spurgeons.org/how-we-help/young-carers/ Or call 0121 6380876
Birmingham Safeguarding Children Partnership	Resources and advice for professionals about Reducing Parental Conflict. Also links to Domestic Abuse services	Website

		https://lscpbirmingham.org.uk/learning-zone/learning-resources/reducing-parental-conflict/further-reading-and-resources
Concerns about a child's development, education & stimulation (GCP2 area D1)		
NSPCC Look, Say, Sing, Play	Free flashcards and other resources to promote interaction and bonding between carers and babies under 2 years.	Resources can be downloaded via website https://learning.nspcc.org.uk/research-resources/leaflets/look-say-sing-play-early-years-resources-parents/ Or professionals can collect some free flashcards and posters from a BFS children's centre or email midlandscampaigns@NSPCC.org.uk
Birmingham Forward Steps Children's Centres/Family Hubs	A range of free activities and groups offered for families in each district as well as family support for those in need. Includes Stay & Play sessions, breastfeeding support, healthy living activities, parenting classes, and literacy support.	Find your nearest children's centre via the BFS website https://bhamforwardsteps.co.uk/childrens-centres/
Barnardo's Five to Thrive	Online resources, videos and tips to support interaction between carers and young children	Website https://families.barnardos.org.uk/five-to-thrive
REAL (Raising Early Achievement in Literacy)	Campaign to promote early literacy in Birmingham. Includes free training for professionals and practitioners who can visit families at home	Contact your local children's centre or family hub https://www.birmingham.gov.uk/FamilyHubs
50 Things to do Before you're 5	Play and activity ideas for children aged 0-4 including free and low-cost local events and a mobile app	Website https://birmingham.50thingstodo.org/app/os#!/welcome
Concerns about parenting, routines & boundaries (GCP2 area D2-D4)		
All Saints Youth Project	Family Support and Parenting courses including Teen Triple P and NVR (non-violent resistance) for parents of children over 11. Also offer youth activities and counselling. Based in King's Heath	Professionals can refer via online form on website https://www.allsaintsyouthproject.org.uk/

Approachable Parenting	A range of parenting programmes and counselling aimed at Muslim families (although all are welcome) based in Balsall Health. Courses are available in Urdu and Arabic as well as English	Families can self-refer, or professionals can make a referral by contacting 0121 7738643 Or email info@approachableparenting.org.uk
Home-Start	Volunteer-led home-based family support for families experiencing difficulty with at least one child under 5.	Professionals can refer via online form or families can self-refer via online form https://homestartbirmingham.co.uk/contactus/ Or email bchnt@homestartreferrals@nhs.net
In our Place online learning free online parenting courses	Funded by Birmingham City Council, families can access a range of free online parenting courses from pre-birth to 19 years. These are available in different languages	Parents can access these directly via website using access code COMMUNITY https://inourplace.heiapply.com/online-learning/

Other useful links

Find a local Children's Centre or Family Hub <https://bhamforwardsteps.co.uk/childrens-centres/>

Find a local Early Help Voluntary Sector Lead

https://www.birmingham.gov.uk/info/50224/birmingham_children_s_partnership/2156/birmingham_children_s_partnership_-_resources/2

From Birmingham with Love – help for local families

https://www.birmingham.gov.uk/info/50224/birmingham_childrens_partnership/2218/from_birmingham_with_love

The Waiting Room – local health & wellbeing services <https://the-waitingroom.org/>

Need to escalate concerns? CASS <https://www.birminghamchildrenstrust.co.uk/contact>