

## Solihull services and support to help



### Food

A foodbank is for anyone in crisis, who does not have enough money to buy food or essential supplies for themselves or their family.

### Help in an emergency

There are two organisations in Solihull that the council works with and endorses, which provides a food parcel or hot meal to feed yourself and your household.

- **Helping Hands** -an emergency foodbank service which can deliver emergency food parcels to those in crisis.
- **We Care UK** -provides an emergency "out of hours" food parcel delivery service to support those who are facing an emergency or crisis.

To access Helping Hands or We Care UK please call Solihull Council on **0121 704 8001** to request a referral to your nearest collection point.

### Family helpline

The family helpline is a free phone line for families and professionals in Solihull to access support for parents and children. You can call **0121 788 4327** Monday to Thursday from 9.00am to 4.30pm or Friday 9.00am to 4.00pm.

A dedicated team of duty workers will be able to provide advice, support and signposting to other local services including family support services and parenting guidance.

## Help for Carers

Are you helping to look after someone who cannot manage without your help because of illness or disability? Carers Trust Solihull can help you to access the support that is available. For information call **0121 788 1143** or email [centre@solihullcarers.org](mailto:centre@solihullcarers.org) or visit [www.solihullcarers.org](http://www.solihullcarers.org)

## Solihull Community Advice Hubs

Community Advice Hubs in Chelmsley Wood library and The Core in Solihull Town Centre are available for drop-ins to discuss and support the person you care for.

**Chelmsley Wood** - Monday 10am-1pm, Tuesday & Thursday  
10am-1pm and 2pm-4pm.

**The Core** - Monday to Friday from 10am-1pm drop in;  
1pm to 4pm by appointment.

If they can't help you, they will refer you to services that can. Call: **0121 709 7590** Monday to Friday from 10am-4pm or alternatively email [admin@solihullcommunityhub.org.uk](mailto:admin@solihullcommunityhub.org.uk) to book an appointment at either of the hubs.