SOME USEFUL NUMBERS ☎

These organisations are just a few out there who can help if you need them, please do reach out if you need to.... or contact us at school if you prefer and we will do our very best to help you or hopefully find the right person to do so.

- *Childline: 0800 1111*

- *Samaritans: 116 123*

- *Domestic Violence Hotline: 0808 2000 247*

- *Mind: 0300 123 3393*

- *Age UK: 0800 169 6565*

Food Banks

There are also some local food banks to contact if needed:

- Kingfisher Food Bank, Smith's Wood – Tel: 07902 030134
- Helping Hands - email at hello@renewalcc.com or by phoning 0121 711 7300.

These food banks can help if you are currently finding it difficult to ensure you have the right food for your family, whether this is due to financial situations, self-isolation or sickness, or for any other reason. They would be happy to hear from you (you can self-refer if you want to).