

WHERE TO GET HELP & ADVICE

Face-to-face help and advice with benefits, debt and employment:

Brandwood Centre 
B14 6RP | 0121 443 3310
www.brandwoodcentre.co.uk

Nartherx Sparkhill
B11 4RG | 0121 753 1959
www.nartherx.org.uk

Mecc Trust 
B12 9LQ | 0121 440 3500
www.mecctrust.co.uk

Ashiana Community Project
B11 1LU | 0121 687 6767
www.acpgroup.org.uk



Check what benefits you can get



Apply for benefits



Find work, training or volunteering



Debt advice



Help with bills & council tax



Free legal & immigration advice



Energy saving tips and advice



Food banks & food pantries

StepChange debt charity
www.stepchange.org

National Debtline | 0808 808 4000
www.nationaldebtline.org

→ Find a local debt adviser:
www.communitymoneyadvice.com/freedom-from-debt/get-help

Help with childcare costs
www.gov.uk/childcare-calculator

Central England Law Centre
B11 2HG | 0121 227 6540
www.centralenglandlc.org.uk

Refugee and Migrant Centre
B1 3HN | 0800 066 3444
www.rmcentre.org.uk



Online benefits advice:

Turn2Us
www.turn2us.org.uk

Citizens Advice Bureau
0808 278 7990
www.bcabs.org.uk

Advice for older people:

Age UK Birmingham
0121 437 0033
www.ageuk.org.uk/birmingham

Advice for carers:

Birmingham Carers Hub
0333 006 9711
www.birminghamcarershub.org.uk



Volunteering and ESOL:

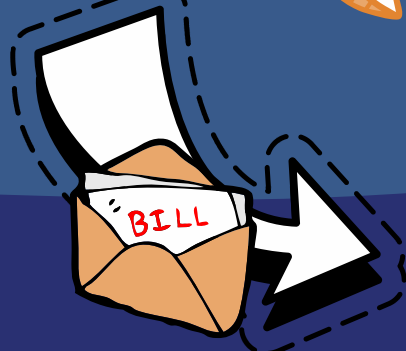
BVSC
www.volunteerbrum.org

Birmingham ESOL Hub
www.birmingham.esolhub.co.uk

Birmingham Adult Education
www.learnbaes.org

Springfield Project
www.springfieldproject.org.uk
(families with children)

B13 9NY
0121 777 2722



Severn Trent Big Difference Scheme
www.stwater.co.uk/help-and-contact/help-with-paying-your-bill

Energy Advice:

Green Doctor
www.groundwork.org.uk

Mecc Trust & Brandwood Centre

Find your nearest food bank:

Birmingham Food Justice Network
www.theaws.co.uk/our-approach/justice-networks/food-justice-network

Your Local Pantry
www.yourlocalpantry.co.uk

→ Food bank referrals:

B'ham City Council | 0121 303 1116
Citizens Advice | 0808 208 2138



MAXIMISE INCOME

REDUCE OUTGOINGS