

HOLIDAY SUPPORT EDITION



FAMILY SUPPORT OUT OF TERM GUIDE

Broadmeadow Nursery, Infant and Junior School

A comprehensive directory of support services available to our families while school is closed.

Kind Hearts, Bright Minds, Big Dreams



Forward Thinking Birmingham

The city's mental health service for 0-25s. Offers a wide range of support from talk therapies to crisis intervention.

Crisis: 0300 300 0099

Web: forwardthinkingbirmingham.org.uk



Kooth / Childline

Free, safe and anonymous online support for young people. Childline also provides 1-to-1 counsellor chats.

Kooth: kooth.com

Childline: 0800 1111 (24/7)



YoungMinds

The UK's leading charity fighting for children and young people's mental health. Excellent 'Parent Survival' guides.

Parents Helpline: 0808 802 5544

Web: youngminds.org.uk



Pause (Birmingham)

A drop-in service in Digbeth for under-25s and their parents. No referral needed—just walk in for support.

Location: 21 Digbeth, B5 6BJ

Web: forwardthinkingbirmingham.org.uk/services/13-pause

Practical Family Support



The Project (Birmingham)

Based in Northfield, they offer free advice on benefits, debt, and housing issues for local families.

Call: 0121 453 0606

Web: theprojectbirmingham.org



Shelter Birmingham

Specialist advice if you are facing eviction, struggling with rent/mortgage, or living in poor conditions.

Helpline: 0808 800 4444

Local Office: 0344 515 1800



Home-Start Birmingham

A local community of trained volunteers providing support to families with young children in their homes.

Call: 0121 747 4911

Web: homestartbirmingham.co.uk



National Domestic Abuse Helpline

Confidential, non-judgmental support for women and children experiencing domestic abuse.

Call: 0808 2000 247 (24/7)

Web: nationaldahelpline.org.uk



Service	What they provide	Contact / Location
B30 Foodbank	Three days' nutritionally balanced emergency food and support.	Cotteridge Church, B30 3EJ 07584 851 628
Fuel Bank Foundation	Emergency vouchers for people on prepayment meters who have no credit.	fuelbankfoundation.org
Local Welfare Provision	Birmingham City Council support for essential furniture or crisis grants.	birmingham.gov.uk/lwp 0121 303 1116
Bring it on Brum!	Free holiday clubs with healthy meals and activities during school breaks.	bringitonbrum.co.uk
Entitledto	Independent benefits calculator to ensure you are receiving everything you should.	entitledto.co.uk

Cost of Living Support: Visit the Birmingham City Council 'Help in Birmingham' directory for a map of warm spaces and community cafes across the city.

Urgent Support & Safeguarding



Children's Advice & Support Service (CASS):

If you have immediate concerns about a child's safety, contact CASS. They are the single point of contact for reporting concerns about children in Birmingham.

0121 303 1888 (Mon–Thu 8:45–5:15, Fri 8:45–4:15)

0121 675 4806 (Out of Hours / Emergency Duty Team)

Emergency: If a child or adult is in immediate danger, call **999**.

NSPCC Helpline

Advice for adults concerned about a child.

0808 800 5000

Samaritans

Support for anyone in emotional distress.

116 123 (24/7)

Shout

Crisis text support for any struggle.

Text 'SHOUT' to 85258



Support Beyond the Holidays

Once term restarts, our Family Support Team is available to meet with you. We can help with referrals, Early Help assessments, and advice on a wide range of issues.

Contact Details:

 **Phone:** 0121 464 4266 (Nursery/Infants) / 0121 464 3084 (Juniors)

 **Email:** enquiry@broadmeadowschool.co.uk

 **We** <https://www.brdmedoi.bham.sch.uk/>

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