

# Helpful community groups and organisations

## Birmingham and Solihull

Organisation	Contact	Details of support
As-Suffa	07835487124	Support for self-isolating individuals over 65 with food and emergency supplies
Green Lane Community Centre and Masjid	07858150671	Support for the elderly and vulnerable in getting food and medicine supplies
The Active Wellbeing Society	0121 728 7030	Working in partnership with community groups to help the vulnerable
Trussell Trust	01722 580 180 <a href="https://www.trusselltrust.org/get-help/emergency-food">https://www.trusselltrust.org/get-help/emergency-food</a>	Emergency Food Food banks provide a minimum of three days' emergency food and support to people in crisis
Bahu Trust	0121440 4096	Emergency food supplies can be arranged directly to you
Macmillan Benefits Advice Services	0121 683 5601 or email <a href="mailto:macmillan@bcabs.org.uk">macmillan@bcabs.org.uk</a>	Macmillan Benefits Advice Service for Birmingham and Solihull for individuals impacted by cancer
Macmillan Relate Counselling	0121 643 1638	Macmillan counselling support in Birmingham and Solihull for individuals impacted by cancer

# Emergency help from the council

If you need urgent, practical support to self-isolate, we can help.

First of all - please check our information on community groups and volunteers and see if there is some help available in your area.

Your local councillor will also be able to help you get the support you need. [Find your local councillor](#).

Birmingham Adult Social Care Team - 0121 303 1234

Solihull Council 0121 704 8001/6000

Social Services on 0121 605 6060