



Useful Websites & Telephone Numbers



<p>Community Network Support Team</p>	<p>CNSO drop-in hubs Community Network Support Team Birmingham City Council</p> <p>CNSO Referral Form</p> <p>CommunityNetworkSupportTeam@birmingham.gov.uk</p>	<p>Supports aged 18 and above, of all backgrounds, who may be facing a variety of challenging life situations. The service offers positive connections between citizens, communities and statutory services. It aims to strengthen resilience in individuals and communities.</p>
<p>Neighbourhood Network Scheme (NNS)</p>	<p>Neighbourhood Network Scheme Birmingham City Council</p>	<p>Adults aged 18–49 with long-term disabilities, lead healthier, happier, more connected lives. The programme does this by supporting residents to access local services and wellbeing activities, reducing loneliness, and helping people remain independent in their own homes.</p>
<p>Connect 2 support</p>	<p>CtS Home Birmingham Connect to Support</p>	<p>Online resource run by Birmingham City Council that provides information, advice, and a directory of services to help people in Birmingham live independently.</p>

The Waiting Room	the-waitingroom.org	This is your one stop directory for health and wellbeing services across Birmingham and Solihull.
Employment		
Pure Project	<p>Pure Referral Form.docx -Internal BCC staff.</p> <p>Find out more and apply The PURE (Placing vulnerable Urban Residents into Employment) project Birmingham City Council – External</p>	The PURE Project (Placing vulnerable Urban Residents into Employment) supports people in Birmingham who face complex barriers—such as mental health challenges, disabilities, or socio-economic disadvantage—by helping them build confidence, develop skills, and access education, training, or employment opportunities. Introduction The PURE (Placing vulnerable Urban Residents into Employment) project Birmingham City Council
Midland MENCAP	0121 442 2944	Provides inclusive services, housing, and community activities for people with learning disabilities. [midlandmencap.org.uk]
Shaw Trust	0300 30 33 111	Offers employment, education, and wellbeing services to help people overcome barriers and reach their potential. [shawtrust.org.uk]
Althaus	020 3649 9000	Delivers digital training and talent solutions to bridge the UK's digital skills gap. [althausdigital.co.uk]
Sport 4 life UK	0121 456 1818	Uses sport-themed mentoring to help young people move into education, employment, or training. [sport4life.org.uk]

Birmingham Adult Education Service	0121 303 4318	Provides part-time courses and qualifications for adults to improve skills, wellbeing, and employability. [birmingham.gov.uk]
Birmingham Employment and Skills Project (BESP)	youthhub@birmingham.gov.uk	Supports NEET young people aged 16–29 into employment, education, or training. [birmingham.gov.uk]
Kings Trust	0800 842842	Helps young people aged 11–30 build confidence, find jobs, or start businesses. [kingstrust.org.uk]
Birmingham Careers Service	07594509532	Offers career guidance and support for young people not in education, employment, or training. [birmingham...vice.co.uk]
Ingeus	0207 265 3000	Provides employment, health, justice, and youth services to enable better lives. [ingeus.co.uk]
WAITS (Women Acting in Today's Society)	0121 440 1443	Supports women affected by domestic abuse, offending, and homelessness through holistic services. [womensserv...cesmap.com]
NACRO	0121 250 5250	Offers housing, education, and justice services to support vulnerable individuals and reduce reoffending. https://www.nacro.org.uk/about-us/what-we-do/
Back 2 Work	07963589843/ 0161 474 7603	Back2Work (B2W) is a skills and training provider focused on pre-employment and employability training, bootcamps and apprenticeships.
Witton Lodge Community Association	01213821930	Delivers community housing and wellbeing support in North Birmingham. Witton Lodge Community Association

Independent living skills		
Trident Reach	0121 226 5800	Provides housing, care, and support services to vulnerable individuals including those with disabilities, mental health needs, and at risk of homelessness. [tridentgroup.org.uk]
St Basils	0121 766 6907	Supports young people aged 16–25 who are homeless or at risk, offering housing, mediation, and life skills development. [stbasils.org.uk]
Expectations	referrals@expectations-uk.com	Offers supported housing, mental health services, and employment guidance to help individuals rebuild their lives. [expectations-uk.com]
Money Ready (was MyBnk)	020 3581 9920	Delivers expert-led financial education to help people manage money, avoid debt, and build financial confidence. [moneyready.org]
Sanctuary Housing	graham.baynham@sanctuary.co.uk	Provides affordable housing, supported living, and care services across the UK for diverse community needs. [sanctuary.co.uk]
Crisis Skylight Birmingham	0121 348 7950	Supports people experiencing or at risk of homelessness with housing, employment, education, and wellbeing services. [crisis.org.uk]
Spring Housing Association	0121 663 1443	Provides housing and support services to prevent homelessness and promote independence and social inclusion. [www.spring...ing.org.uk]
Trussell Trust	07474 683927	Supports a nationwide network of food banks offering emergency food and campaigning to end poverty and hunger. [www.trusse...ltrust.org]
Turn2us	www.advicefinder.turn2us.org.uk	Offers practical help through benefits calculators, grants search tools, and financial advice to people facing financial insecurity. [turn2us.org.uk]

Stepchange	0800 138 1111	Provides free, confidential debt advice and solutions to help people manage and overcome financial difficulties [stepchange.org]
Money House	020 3581 9920	Provides financial education and independent living skills to young people transitioning out of care or into adulthood. [youtube.com]
Friendship, relationships & Community		
Barnardos	0121 359 5333	Supports vulnerable children and young people through education, care, and family services. [barnardos.org.uk]
Autism West Midlands	0121 450 7582	Provides specialist support, advice, and care for autistic individuals and their families. [autismwest...nds.org.uk]
Resources for Autism & Autism West Midlands	07817 736096	Offers practical services, support groups, and training for autistic children, adults, and their carers. [resourcesf...ism.org.uk]
ATHAC	07977 880132	Delivers inclusive arts, heritage, and wellbeing activities for disabled individuals and their families. [athac.co.uk]
Quench Arts	0121 288 3858	Runs music and arts-based wellbeing programmes for young people and adults, especially those with mental health needs. [quench-artco.uk]
West Bromwich Albion Football Club (Albion Foundation)	0121 524 3470	Uses football to deliver education, inclusion, and community programmes across Sandwell. [wba.co.uk]
Aston Villa Football Club - Foundation	0121 327 2299	Provides education, sport, health, and community outreach programmes to enrich lives in Birmingham. [avfc.co.uk]
RSPCA	Cathy Dittrich cathy.dittrich@rspca.org.uk Robert Moffat robert.moffat@rspca.org.uk	Rescues, rehabilitates, and rehomes animals while promoting animal welfare across the UK. [rspca.org.uk]
CAFLO	07907 266 487 Email: casey.tina@yahoo.co.uk	Offers community support through sports, food banks, wellbeing clubs, and educational activities in Birmingham. [caflo.org]
Fircroft College	01214152516	A residential adult education college offering short courses and diplomas focused on personal development and social justice. [fircroft.ac.uk]

Health		
Forward Thinking Birmingham	0300 300 0099	Provides mental health services for children and young adults aged 0–25 in Birmingham.
Kooth (Online)	https://www.kooth.com/	Offers free, safe, and anonymous online mental health support for young people.
Child bereavement UK	0800 028 8840	Supports children and families when a child dies or is grieving.
Healthy Minds	0121 301 2525	Provides NHS talking therapies for people with depression and anxiety in Birmingham.
PAUSE (Drop ins)	0300 300 0099	Offers drop-in emotional wellbeing support for under 25s in Birmingham.
Aquarius (Substance misuse)	0121 622 7780	Supports young people affected by substance misuse and gambling
Birmingham Mind	0121 262 3555	Provides mental health support services and wellbeing hubs across Birmingham
Living Well Consortium	0121 663 1217	Offers free mental health and wellbeing services including therapy and counselling.
Birmingham & Solihull Womens Aid	0808 800 0028	Supports women and children affected by domestic violence and abuse.
Change Grow Live (CGL)	0121 227 5890	Provides drug and alcohol recovery services and support for vulnerable individuals.
Galop	0800 999 5428	Offers support for LGBTQ+ people affected by abuse and violence.
Esraa	0121 440 5296	Provides community support and empowerment services for women and families.
Creative Therapies	0121 440 8273	Delivers arts-based therapeutic services for mental health and wellbeing.
Anawim	0121 440 5296	Supports women involved in the criminal justice system with holistic services.
Ashiana	0121 687 6767	Provides refuge and support for women from BAME communities affected by abuse.
LGBTQ	0121 643 0821	Offers support, advocacy, and safe spaces for LGBTQ+ individuals
The Project	0121 453 0606	Supports young people with mental health challenges through creative engagement.
Early Help Autism Service	0121 359 5333	Provides early intervention and support for children with autism and their families.
Somerfield Stables	07380 533118	Offers therapeutic horse riding and outdoor activities for wellbeing and development

