

1. Register as 'Clinically extremely vulnerable' on the government website

Please find information on the link below on Coronavirus support for extremely vulnerable people (those sent a letter by the NHS to isolate for 12 weeks, or who feel they should be). Please share this with your staff and service users where possible, if they do not already have the information.

<https://www.gov.uk/coronavirus-extremely-vulnerable>

2. Salma Food Bank

Only taking referrals for elderly individuals or individuals with family. Make a referral <https://www.salma-foodbank.org/make-referral> or Call 07767 164 246 (They have informed that texting will be quicker than through the website). Deliveries to B1 to B12, B15 to B21, B64 to B71 and DY1 to DY5. They have advised if you are out of these post codes you can still access help but this will be via pick up not delivery.

3. Food Parcel Delivery (Active Wellbeing Society) - Register here

AWS are coordinating the community networks of food providers - Fill out a referral form.

https://theaws.co.uk/relief/?fbclid=IwAR3_PxDhzmTwHr5irueKcUJWw_uOQ051G_nMjc15IM39IGSjSPeRsTVSKjc (Reporting 1 – 2 days delivery time)

4. Cooperation Birmingham (The Warehouse Cafe)

Free food delivered every night of the week across the whole city. The warehouse cafe are based in Digbeth and are looking to make individuals aware of what they are doing. Orders must be placed before 4.30pm on the day you are looking to have food delivered. They have informed me, they have the capacity to be donating more meals than they are at present so have asked us to spread the word. Call 0121 667 6387 to order.

<https://www.thewarehousecafe.com/>

5. The Real Junk Food Project

Are delivering food to households through AWS (See above).

They are also open as a shop on a Thursday 12pm-6pm, Unit 58 Western, Business Park, Great Western Close, Birmingham, B18 4QF.

The shop is 'pay as you feel'; individuals are able to walk away with free shopping, or for very little, if this is what they can afford.

6. Feedo Needo - Bakhtawar Trust

Currently providing food parcels to individuals in need. These can be collected at:

Smithfield House, Digbeth, B5 6BS

The times that they are open, change on a daily basis so they have recommended checking their facebook page every day to see the times they are open.

They are also delivering food parcels in special circumstances. This can be arranged through calling 0300 311 1312.

7. Too Good to Go and OLIO

Two apps, which can be downloaded onto smartphones. These apps are good for food sharing.

<https://toogoodtogo.co.uk/en-gb>

<https://olioex.com/>

Food Banks:

Non-Trussell Trust (No red voucher required)

Food Bank 20 Green Ln, Birmingham B9 5DB	0121 713 0080
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Birmingham City Mission The Clock Tower 2 Langdon Street Birmingham B9 4BP	0121 766 6603 (option 2) Puts you through to Wes – if someone is really in need, Wes will see about putting a food parcel together and deliver. resources@birminghamcitymission.co.uk https://www.birminghamcitymission.org.uk/providing- for-those-in-need/	Mon – Fri 10am – 2pm to speak to Wes
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