

You have nowhere to sleep

Emergency Housing Team **0300 555 2345**

www.dudley.gov.uk/residents/housing/housing-advice-information-and-support/homelessness/

Shelter **0808 800 4444**

Loaves n Fishes resource centre at Provision House 80-81 High Street

Dudley also provides items for the homeless. **0121 285 3970**

www.loavesnfishes.co.uk/

If you have seen someone sleeping rough and would like to help contact Streetlink **0300 500 0914** – online form also available.



Need support in rented accommodation

The Private Sector Housing team are a good place to get help, they can help get repairs done and give advice to tenants who have been served with notices to leave the tenancy. They can be contacted through Dudley Council Plus **0300 555 2345 /01384 812638** or the contact form on this page:

www.dudley.gov.uk/residents/housing/housing-options/private-housing/private-tenants/

Helpful information can be found at - www.gov.uk/private-renting/document-checks

You are experiencing difficulties with Drug and Alcohol addiction



If you are an adult contact Atlantic House, Dudley Road, Dudley DY9 8EL on **01384 426120**

If you are under 18 contact Here4YOUth 1 Castle Street, Dudley, DY1 1LA, www.cranstoun.org/services/young-people/here4youth-dudley/ or contact them at here4youth@cranstoun.org.uk, **01384 241440**

You need someone to listen...

If you are having a difficult time and need someone to talk to or if you are worried about someone else contact The Samaritans who are here to listen 24 hours, 365 days a year **Call 116 123 for free**



Sometimes we all need a lifeline...

Here is a list of local helpful places that will support you to make life easier, from people who really care

You have no money to buy food

Black Country Foodbank helps vulnerable individuals and families in crisis through the provision of 3 days emergency food supplies while a longer-term solution is developed.



You must have a voucher or a code to be able to receive a food parcel at the distribution centres. You can get foodbank vouchers from:

Dudley North Family Centre, Bayer St, Coseley, Bilston WV14 9DS **01384 813096**

Dudley Central Family Centre, Selborne Road, DY2 8LJ **01384 812 440**

Brierley Hill Family Centre, Parkes Street, DY5 3DY **01384 813322**

Stourbridge Family Centre, Forge Road, DY8 1XF **01384 818780**

Halesowen Family Centre, Lye By-Pass, DY9 8HT **01384 813954**

Dudley Council Plus 259 Castle St, Dudley DY1 1LQ **0300 555 2345**

There are a number of distribution centres in Dudley Central where you can donate or exchange your voucher for a food parcel.

Visit www.blackcountryfoodbank.org.uk/locations/ to find the nearest places you can collect foodbank parcels from or call **01384 671250** to talk to someone who can help.

You are suffering hardship due to Covid-19

Covid Winter Grant could help - If you are struggling with food or fuel bills as a result of Covid you can call the Covid Helpline number on **0300 330 2152** available from Monday to Friday between 9.30am and 12.30pm for help and support through the Winter Grant.

You may be entitled to a one off £300 payment for food or fuel if Covid has seriously affected your income or financial situation visit www.dudley.gov.uk/council-community/emergencies/coronavirus/covid-19-emergency-assistance-grant/ or call **03005552345**

You can stay informed and find out more about local advice and information by visiting www.dudleyconnect.com/need-a-lifeline/



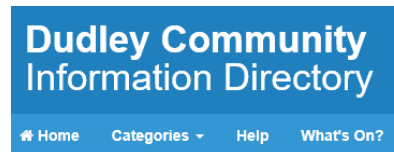


The following places provide hot meals for those in real crisis:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Heaven's Kitchen The DCC Centre Salop St Dudley Dy1 3AT 01384 239222	Champions Church Netherton provide a delivery service championskitchen@championschurch.org.uk 01384 242455	High Oak Youth and Community Centre 34 High Oak, Pensnett, Dudley, Brierley Hill DY5 4LA 07982 428831	Gather Dudley CIC - Unit 20, Churchill Shopping Centre, Gather run a pay it forward scheme 07375 084536	Black Country Well Being Centre Vale Street Upper Gornal, DY3 3XF 07501 827334	Life Central Church Owen House Little Cornbow Halesowen B63 3AJ Fortnightly hot meals 0121 501 3542
7pm	7pm	10am – 2pm	9am-4pm	9am-4pm	12pm



iZone is a platform for young people created by young people where trusted local information can be found around all areas of their lives.
www.izone.org.uk/



Dudley Community Information Directory is your online tool to find out about activities, clubs, support, health services and much more in Dudley Borough and surrounding areas
www.dudleyci.co.uk



Dudley MBC provide lots of services to residents within the Dudley Borough, including: Latest Covid-19 guidance, homelessness, Council Tax, housing and much more www.dudley.gov.uk



A Dudley Public Health website to support the Dudley Community to make Healthy lifestyle changes, advises on staying physically and mentally healthy, bereavement support, healthy eating & pregnancy. www.lets-get.com/

You're having a crisis in your mental health

Black Country Healthcare NHS Foundation Trust provide an around the clock crisis line - **0800 008 6516**

If it's between 9am-5pm Monday-Friday: Speak to the Duty Worker at The Poplars, **01384 366 770**. If it's out of office hours: Speak to the Crisis team on **01384 325300**. And if you need to see someone face-to-face: go to the Urgent Care Centre at Russells Hall Hospital

Tough Enough to Care Male Support Group. Mondays 7-9pm
Wall Heath Scout Hut, Enville Road, DY60JT help@toughenoughtocare.help

MAD – Men's mental health support www.facebook.com/DudleyMADgroup/

You are experiencing domestic violence

Dudley Single Point of Contact: **01384 455411**

CHADD www.chadd.org.uk/new-beginnings/ Please call **01384 864334** (24hr operated) if you require refuge accommodation. Please call **01384 864232** if you wish to speak with the outreach team. Alternatively, you can email our team in confidence on dat@chadd.org.uk

Black Country Women's Aid www.blackcountrywomensaid.co.uk/
24-hour helpline **0121 552 6448**

Help with money and benefits

Citizens Advice: Monday, Tuesday, Thursday, 9.30am-3.30pm
www.citizensadvisedudley.org/ **0300 3309 044**
welfarerightsservice@dudley.gov.uk **01384 815002** – Tuesdays and Thursdays (9.30 – 1.00 and 2.00 – 4.30)
Life Centre Debt Advice www.lifecentredebtadvice.org.uk **01384 739757**

Local Welfare Assistance LOAN Scheme –a scheme offering low cost repayable loans to qualifying customers through Castle and Crystal.
www.dudley.gov.uk/resident/your-council/benefits/local-welfare-assistance-scheme/ **01384 813510**.

You are an asylum seeker looking for advice / support

Migrant Help **0808 8010 503**.
Centre for Equality and Diversity www.cfed.org.uk/ **01384 456166**

You are worried about a child or vulnerable adult

During Office Hours **0300 555 0050** (children), **0300 555 0055** (adults)
Out of office hours contact the Emergency Duty Team on **0300 555 8574**

