



HAGLEY CATHOLIC HIGH SCHOOL
Brake Lane, Hagley, Worcestershire DY8 2XL
Phone: 01562 883193 Fax: 01562 881820
Website: www.hagleyrc.worcs.sch.uk
Principal: Mr J Hodgson
COVID Family Support



Archdiocese of Birmingham

COVID Winter Grant

<https://www.sandwell.gov.uk/wintergrant>

Financial Advice and Help

If you are worried about debt to Sandwell Council, please call 0121 569 5333.

Council Tax Reduction, Discretionary Housing Payment, Welfare Rights, Self-isolation payments, Money Advice amongst others.

https://www.sandwell.gov.uk/info/200354/coronavirus_advice/4460/get_financial_help

Resilient Residents

Lots of advice and contacts for a whole range of needs (benefits checker, debt advice, budgeting and money management, employment advice and support, well-being, food, help in an emergency).

https://www.sandwell.gov.uk/info/200347/resilient_residents

Foodbanks

Black Country Foodbank: <https://www.blackcountryfoodbank.org.uk/>

Telephone: 01384 671250 Email: admin@blackcountryfoodbank.org.uk

If you do not have access to a voucher, please call the above number.

Restore: Transformation Church, 1 Station Road, Rowley Regis, West Midlands, B65 0LI

Opening Hours: Wednesday 11:30 - 13:00

Holy Trinity Church, Old Hill: Halesowen Road, Cradley Heath B64 6JA

Opening Hours: Monday 10:00 - 12:00

Community Link: 72 High Street, Cradley Heath, B64 5HA Opening Hours: Thursday 13:00 - 15:00

Other locations <https://www.blackcountryfoodbank.org.uk/locations/>

Emergency Food Parcel

Midland Langar Seva Society, 24hr Emergency Parcel Delivery: 07903 400179

Rethink Emotional Support

<https://www.rethink.org/help-in-your-area/services/advice-and-helplines/the-black-country-emotional-support-helpline/>

Part of Saint Nicholas Owen Catholic Multi Academy Company.

A Private Limited Company with charitable status. Registered in England and Wales Company No 09174154
Registered Office: Hagley Catholic High School, Brake Lane, Hagley, Worcestershire DY8 2XL
Telephone 01562 883193 Fax: 01562 881820



Rethink Emotional Support Helpline is a freephone service for those who are in need of support, reassurance and understanding.

The service can be contacted on 0808 802 2208 at the following times:

Monday - Friday 18:00 - 03:00am

Saturday - Sunday 14:00 - 03:00

We are now offering Text/webchat support during our opening hours: Text 07860 065 168.

Webchat www.rethink.org/blackcountryhelpline

Kaleidoscope Plus Group

The Kaleidoscope Plus Group works to promote and support positive health and wellbeing.

<https://www.kaleidoscopeplus.org.uk/self-help-tool.php>

Chat to us via telephone, online through our website or directly through Facebook and a member of our team will be with you as soon as possible to talk.

Call 0800 059 0123 Monday - Sunday between 17:00 - 21:00.

Messenger: Monday - Friday 09:00 - 21:00 and Saturday - Sunday 17:00 - 20:00.

Bereavement

Unfortunately, some of us may lose someone through coronavirus. There are many organisations who can help. Cruse Bereavement Care has online resources to support you and your family during this distressing time. This includes how this pandemic may affect bereavement and grief. They offer a free helpline: 0808 808 1677.

Black Country NHS Mental Health Support 24/7

Our new mental health support phone line is operating 24 hours a day, seven days a week and is available to Black Country residents of all ages. Call 0800 008 6516.

If you are experiencing increased distress or anxiety during these uncertain times, please do not suffer in silence, pick up the phone and speak to one of our specialist mental health professionals who will be able to support you.

We continue to provide support through our Healthy Minds / Improving Access to Psychological Therapies (IAPT) services which offer psychological therapy services for people experiencing common mental health problems such as low mood, depression, anxiety and stress. You can also access free online CBT via our SilverCloud platform.

<https://www.blackcountryhealthcare.nhs.uk/contact-us/help-crisis>

Black Country Women's Aid

0121 552 6448 (24/7 Helpline)

07384 466181 (Text or WhatsApp 09:00 - 21:00)