**Useful Numbers**

**Foodbanks**

Black Country Foodbank now have 23 locations across the Black Country

[www.blackcountryfoodbank.org.uk](http://www.blackcountryfoodbank.org.uk)

Other Foodbanks

Trussell Trust Food Bank

Holy Trinity Church, Church Hill Street

Smethwick, B67 7AH

07527962092

Open Tuesday 1pm – 5pm

 Friday 1pm – 5pm

Raglan Road Christian Church

70 Raglan Road, Smethwick, B66 3ND

Open Wednesday 12pm – 1:30pm

Breaking Bread

93/94 Walsall Street, Wednesbury

WS10 9BY

07936744177

Open Wednesday 10am – 3pm

 Friday 1pm – 7pm

**Social Supermarkets**

[www.yourlocalpantry.co.uk](http://www.yourlocalpantry.co.uk)

Smethwick Library

High Street, Smethwick, B66 3AP

Open Monday 10am – 12pm

 Thursday 10am – 12pm

Manna House

Vicarage Road, Halesowen, B62 8HX

Open Monday 10am – 1pm

 Thursday 10am – 1pm

**Cheap Furniture Shops (Second Hand)**

British Heart Foundation, Dudley 01384505070

The furniture Emporium, Halesowen 0121 448 4340

British Heart Foundation, Smethwick 0121 222 1280

Shelter Furniture Shop, West Bromwich 0121 553 3242

**Other useful Contacts**

Sandwell Community Caring Trust (Disabilities) 0121 553 2722

Black Country Women’s Aid 0121 553 0090

Route 2 wellbeing Community Transport 0121 773 2858

The Gap Family Centre 0121 525 4442

Lyng Family Planning Centre 0121 612 2323

Sandwell & Dudley Brook Centre Family Planning Clinic 0121 557 1937

Sandwell Safeguarding 0845 352 2266

Dudley Safeguarding 0300 555 8574

Universal Credit 0800 328 5644

PIP Claim Line 0800 917 2222

PIP Enquiry Line 0800 121 4433

CAP 0800 328 0006

Sure Start Maternity Grant 0800 169 0140

Welfare Rights 0121 569 3158

Sandwell Stop Smoking 0121 569 5100

Loaves and Fishes 0121 285 3970