

I Care, Drop In Support

Who is it for?

Anyone 18 years or over who wants to speak to someone about

- **Adult Social Care**—*If you think that you or someone you care for needs social care support or adaptations or equipment fitted to their home.*
- **Domestic Abuse**— *If you are suffering from Domestic Abuse or you know someone who is and want to have a chat*
- **Drugs or Alcohol**— *If you or someone you know is having problems with drinking to much or taking drugs come and have chat.*
- **Feeling low or depressed**—*It happens to us all at one time or another come in and have a chat*
- **Debt Advice** - *Need some support / advice on your debts or how the new Welfare Reform will effect you come and have chat.*

Introduction

I Care Drop In Support is a group of professional's who can listen to you in complete confidentiality. We can offer support or just have a cuppa and a chat .

Where can you find us:

- **Every Thursday 11am to 1pm at St Barnabas Church, High Street Erdington Café area, we also have a private room and offer FREE tea / coffee with all chats.**

For more information Contact Pamela Powis—Safer Neighbourhood Partnership Manager or speak to your manager.

Pamela.a.powis@birmingham.gov.uk

