

## Helping Hands

Renewal Family Centre, Vulcan Road, Solihull, B91 2HZ

Mon-Fri 7:00-21:00

Delivery Times 9:00-17:00

[hello@renewalcc.com](mailto:hello@renewalcc.com) or 0121 7117300

Concentrating on residents/families under 70 years of age. Make up food parcels & deliver to doorstep. Will deliver next day except weekend. providing basic tinned goods & cereals box and moving towards providing fresh goods and specific toiletry/baby bags

## AGE UK

The Core  
Homer Road  
Mon to Fri 7:30-18:00

Delivery 15:00-18:00

0121 704 7840  
[info@ageuksolihull.org.uk](mailto:info@ageuksolihull.org.uk)

Taking referrals for over 70s

Deliveries normally go out same day between 3pm – 6pm (if received by 1pm).

Can do shopping trips via volunteers for items for those with a medical condition/cultural need that requires a special diet.

Basic tinned food and aim to provide in a weekly bag, fresh fruit/veg that we have in.