

Support for over 50's Living in Sparkhill, Balsall Heath & Sparkbrook

Are you self-isolating?

Shopping, prescriptions and essential provisions can be delivered



Need a hot meal?

Hot meals provided once a week to vulnerable adults (50+) who don't have regular hot meals



Are you struggling financially?

We can arrange a free food parcel to be delivered to you



Need advice?

Advice provided on Welfare, Benefits and Coronavirus related issues

Concerned about a family member or friend?

Wellbeing checks can be carried out

Feeling lonely or isolated?

Why not talk to one of our befriending volunteers



Don't speak English?

Support provided in a number of languages including Arabic, Urdu, Punjabi and Bengali



Support available 7 days a week

MONDAY - FRIDAY from 9AM to 4PM and SATURDAY - SUNDAY from 10AM to 1PM

Call: 07547249659 or Email: support@muathtrust.org

Volunteers also required - please get in touch