

Help with cost of living

HELP IS HERE

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MONEY



Our Newham Money

Hardship support, debt advice and income maximisation guidance

☎ 020 8430 2041

✉ ournewhammoney@newham.gov.uk

🏠 www.ournewhammoney.co.uk

📍 112-118 The Grove, E15 1NS

Money A+E

Money advice & education for Newham residents

☎ 020 8616 3750

🏠 www.moneyaande.co.uk

Community links

Free legal, welfare, and debt advice

☎ 020 7473 2270

🏠 www.community-links.org

HOUSING



Private landlord or letting agency problems

☎ 020 3373 1950

✉ privatehousing@newham.gov.uk

Homeless, or risk of becoming homeless

✉ www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice

Threatened with homelessness

☎ 020 8430 2000

✉ hpas@newham.gov.uk

Emergency help for families with children

☎ 020 3373 4600 during office hours

(Mon-Thu 9am-5:15pm, Fri 9am-5pm)

☎ 020 8430 2000 outside office hours

Housing Hubs

Stratford Housing Hub

📍 2 Broadway, Stratford, E15 4QS

✉ stratfordhousinghub@newham.gov.uk

Canning Town Housing Hub

📍 Ferrier Point, Canning Town, E16 1QW

✉ canningtownhub@newham.gov.uk

ENERGY BILLS



Stay Warm in Newham

🏠 www.renewalprogramme.org.uk/stay-warm-in-newham

Apply Online:

🏠 groundwork.my.salesforce-sites.com/staywarminnewham

✉ info@renewalprogramme.org.uk

☎ 020 8471 6954

ECO4

Energy Company Obligation (ECO) is a scheme offering energy-saving improvements to eligible households

☎ 020 8594 1117

✉ sales@izenergy.co.uk

WORK



Our Newham Work

☎ 020 3373 1101

✉ ournewhamwork@newham.gov.uk

🏠 www.ournewhamwork.co.uk

📍 112-118 The Grove, E15 1NS

Employment Rights Hub

Free confidential support and advice if someone is having problems at work

☎ 020 3373 6494

✉ employmentrights@newham.gov.uk

📍 112-118 The Grove, E15 1NS

FOOD



Newham Food Alliance

☎ 07790 975 086

✉ frontdoor@newhamfoodalliance.org

🏠 www.newham.gov.uk/newhamfoodalliance

STRESS



Mental health crisis line for anyone

☎ 0800 073 0066 anytime

Newham Talking Therapies

Free and confidential psychological support for adults

🏠 www.newhamtalkingtherapies.nhs.uk

Children (under 18)

Talk to your doctor, the school, or the school health support team

☎ 020 3373 9983

🏠 www.newham.gov.uk/schoolhealth

Newham Together Café

📍 Rokeby Community Hub, 63 Rokeby Street, E15 3LS

☎ 0808 196 8710

🏠 www.hestia.org/newham-together-cafe

Mind

✉ info@mindthnr.org.uk

🏠 www.mindthnr.org.uk/our-services



www.newham.gov.uk/costoflivingresponse

Register to be cost of living champions

www.newham.gov.uk/costoflivingchampions

Winter wellness



Advice for keeping well this winter, and cost of living help

www.newham.gov.uk

2023/2024

WE ARE NEWHAM.

FOR FREE TRANSLATION OF
THIS INFORMATION SCAN THIS
QR CODE OR CALL US

ترجمة مجانية

Безплатен превод

বিনামূল্যে অনুবাদ

Traducción libre

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Laisvas vertimas

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Bezpłatne tłumaczenie

وریا ژباړه

Tradução gratuita

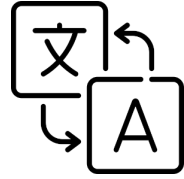
Traducere gratuită

Бесплатный перевод

இலவச

மொழிபெயர்ப்பு

مفت ترجمه



<https://forms.office.com/r/BXZjbNxV7V>

0203 373 4000

CODE: 2217434

www.languageshop.org

Keeping well this winter

GET YOUR VACCINES



- COVID-19: if you're over 65, in a clinical risk group, live with someone who is immunocompromised, or a carer, you're eligible for a seasonal booster
✉ www.newham.gov.uk/covidvaccine
- Flu: anyone 65 and over, anyone who is pregnant, people with specific health conditions
✉ www.newham.gov.uk/flu
- Polio, MMR and other childhood immunisations: children can catch up on their vaccines at any time
✉ www.wellnewham.org.uk/childhood-vaccinations

KEEP SAFE



- Let fresh air in if meeting indoors, or meet outside
- If you are unwell, try to stay home and avoid contact with others, especially vulnerable people, until you feel better. If you have to go out, wear a face covering
- Wash your hands regularly for at least 20 seconds with warm water and soap
- Cover your mouth and nose when coughing or sneezing. Use tissues and throw them away, and wash your hands

STAY HEALTHY



- Eat fresh fruit and vegetables as much as you can and aim for one hot meal a day
- Try and get 20 min of exercise every day (e.g. go for a walk in your local area, exercise at home or join a local free physical activity)
🏠 www.wellnewham.org.uk/keeping-active
- Connect with others and check in on your friends and neighbours. Find out about different opportunities for a friendly conversation and Community Neighbourhood Link Workers
🏠 www.newham.gov.uk/cnlw
✉ cnlw@newham.gov.uk
- Stock up your medicine cabinet early and ask your pharmacist or GP about repeat prescriptions
- Collect your free vitamins.
If you're 60 or older, find out more at:
🏠 www.wellnewham.org.uk/vitamin-d
☎ 020 8981 7124
If you're pregnant or have a child under 4, find out more at
🏠 www.wellnewham.org.uk/healthy-start

IF YOU FEEL UNWELL



- Contact your pharmacist who can give advice and over-the-counter medicines for coughs, colds, sore throats and general aches and pains. They can also tell you if you need to see a GP, nurse or other healthcare professional
- Contact your GP or NHS 111
🏠 www.nhs.uk
- If you have a medical emergency, call ☎ 999 or go to your nearest A&E department
- If you want to talk to someone about your mental health call:
Newham Talking Therapies
☎ 020 8175 1770
Crisis line (Available 24 hours a day, every day)
☎ 0800 073 0066

HELP WITH THE COST OF LIVING



- Our Newham Money can help if you're not able to afford heating, food or other essentials
🏠 www.ournewhammoney.co.uk
☎ 020 8430 2041
- The Newham Food Alliance can help with food
☎ 07790 975086
✉ frontdoor@newhamfoodalliance.org
- Find out more about energy grants, advice and services
🏠 www.newham.gov.uk/energygrantsadvice
- Find out more about energy-saving improvements to eligible households via Stay Warm in Newham
✉ info@renewalprogramme.org.uk
☎ 020 8471 6954
- It is important to warm your home safely and reduce any risks. For more information visit
🏠 www.london-fire.gov.uk/safety/the-home

The Social Welfare Alliance offers training sessions for all frontline workers on the 'cost of living' covering food, energy bills, money and mental wellbeing. Sessions are free and delivered online.
🏠 www.wellnewham.org.uk/social-welfare-alliance



www.wellnewham.org.uk/winter-wellness