

# 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](mailto:ournewhammoney@newham.gov.uk)

🏠 [www.ournewhammoney.co.uk](http://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](http://www.moneyaande.co.uk)

### Community links

Free legal, welfare, and debt advice

☎ 020 7473 2270

🏠 [www.community-links.org](http://www.community-links.org)

## HOUSING



### Private landlord or letting agency problems

☎ 020 3373 1950

✉ [privatehousing@newham.gov.uk](mailto:privatehousing@newham.gov.uk)

### Homeless, or risk of becoming homeless

✉ [www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice](http://www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice)

### Threatened with homelessness

☎ 020 8430 2000

✉ [hpas@newham.gov.uk](mailto: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](mailto:stratfordhousinghub@newham.gov.uk)

Canning Town Housing Hub

📍 Ferrier Point, Canning Town, E16 1QW

✉ [canningtownhub@newham.gov.uk](mailto:canningtownhub@newham.gov.uk)

## ENERGY BILLS



### Stay Warm in Newham

🏠 [www.renewalprogramme.org.uk/stay-warm-in-newham](http://www.renewalprogramme.org.uk/stay-warm-in-newham)

Apply Online:

🏠 [groundwork.my.salesforce-sites.com/staywarminnewham](http://groundwork.my.salesforce-sites.com/staywarminnewham)

✉ [info@renewalprogramme.org.uk](mailto: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](mailto:sales@izenergy.co.uk)

## WORK



### Our Newham Work

☎ 020 3373 1101

✉ [ournewhamwork@newham.gov.uk](mailto:ournewhamwork@newham.gov.uk)

🏠 [www.ournewhamwork.co.uk](http://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](mailto:employmentrights@newham.gov.uk)

📍 112-118 The Grove, E15 1NS

## FOOD



### Newham Food Alliance

☎ 07790 975 086

✉ [frontdoor@newhamfoodalliance.org](mailto:frontdoor@newhamfoodalliance.org)

🏠 [www.newham.gov.uk/newhamfoodalliance](http://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](http://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](http://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](http://www.hestia.org/newham-together-cafe)

### Mind

✉ [info@mindthnr.org.uk](mailto:info@mindthnr.org.uk)

🏠 [www.mindthnr.org.uk/our-services](http://www.mindthnr.org.uk/our-services)



[www.newham.gov.uk/costoflivingresponse](http://www.newham.gov.uk/costoflivingresponse)

Register to be cost of living champions

[www.newham.gov.uk/costoflivingchampions](http://www.newham.gov.uk/costoflivingchampions)

# Winter wellness



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

[www.newham.gov.uk](http://www.newham.gov.uk)

2023/2024

**WE ARE NEWHAM.**

