# Help with cost of living









#### **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

- **C** 020 3373 1950
- □ privatehousing@newham.gov.uk

### Homeless, or risk of becoming homeless

www.newham.gov.uk/housinghomes-homelessness/homelessnessprevention-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
- **L** 020 8471 6954

#### ECO4

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

- **\** 020 8594 1117

#### **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
- memploymentrights@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

- **C** 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

- ĭnfo@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

مجانبة ترجمة

Безплатен превод

বিনামূল্যে অনুবাদ

Traducción libre

بهرامبهر بی وهرگیرانی

Laisvas vertimas

ਮਫਤ ਅਨਵਾਦ

Bezpłatne tłumaczenie

ژباړه وړيا

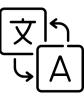
Tradução gratuita

Traducere gratuită

Бесплатный перевод

இலவச மொழிபெயர்ப்பு

ترجمه مفت





https://forms.office.com/e/G06zwgv2JN



0203 376 8182

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/keepingactive
- 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/healthystart

## 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.
  - **\** 0800 073 0066

every day)

## 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
     \u000002084716954
- 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