

FREE ADVICE AND HELP WITH LIVING COSTS



MONEY



Our Newham Money

☎ 020 8430 2041
✉ ournewhammoney@newham.gov.uk
🏠 www.ournewhammoney.co.uk

Money A+E

Money advice & education for Newham residents.

☎ 020 8616 3750
🏠 www.moneyaande.co.uk

Community links

For housing, debt, consumer and employment advice, free legal services from FreeLaw.

☎ 020 7473 2270
🏠 www.community-links.org

Bonny Downs

Welfare and welfare benefit checks for over 65s
☎ 020 8586 7070

HOUSING



Private landlord or letting agency problems

Contact:
☎ 020 3373 1950
✉ privatehousing@newham.gov.uk

Homeless, or risk of becoming homeless

Get support from our Homelessness Prevention service at:
✉ www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice

Threatened with homelessness

If you're threatened with homelessness, contact:
☎ 020 8430 2000 ext. 57445
✉ hpas@newham.gov.uk

MASH

Emergency help for families with children:
☎ 020 3373 4600 during office hours (Mon-Thu 9am-5.15pm or Fri 9am-5pm)
☎ 020 8430 2000 at any other time

Immediate help

If you're pregnant and need immediate help or you're clinically or physically vulnerable
✉ Accessto.AdultsSocialCareTeam@newham.gov.uk

FUEL



Our Newham Money

☎ 020 8430 2041

East End Citizens Advice

☎ 020 8525 6379
Tuesdays & Wednesdays 10am-1pm

Mayor of London Warmer Homes Programme

☎ 0300 555 0195
✉ shine@islington.gov.uk

WORK



Our Newham Work

☎ 020 3373 1101
✉ ournewhamwork@newham.gov.uk
🏠 www.ournewhamwork.co.uk

Employment Rights Hub

For free confidential support and advice if someone is having problems at work
☎ 020 3373 6494

Work Rights Centre

For help with employment rights, CV building and benefits
☎ 0300 4000 100 (EN) 07437 110951
✉ contact@workrightscentre.org

FOOD



Newham Food Alliance

☎ 07790 975 086
✉ frontdoor@newhamfoodalliance.org
🏠 www.newham.gov.uk/newhamfoodalliance

STRESS



Newham Talking Therapies

Free and confidential psychological support for adults.
🏠 www.newhamtalkingtherapies.nhs.uk

Children (under 18)

Talk to your doctor or the school.

School health support

☎ 020 3373 9983
🏠 www.newham.gov.uk/schoolhealth

Mental health crisis line for anyone

☎ 0800 073 0066 anytime



www.newham.gov.uk/costoflivingresponse

Register to be cost of living champions Email: costoflivingresponse@newham.gov.uk

WE ARE STAYING HEALTHY.

WE ARE NEWHAM.



Help with living costs and staying well and healthy this winter

www.newham.gov.uk



STAYING WELL AND HEALTHY THIS WINTER

EAT HEALTHY

GET VACCINATED

STAY CONNECTED

KEEP SAFE

BE ACTIVE

GET SUPPORT

KEEP WARM



WINTER WELLNESS

GET YOUR VACCINES



- COVID-19 Vaccines: everyone over 5 years old is eligible. Most people are eligible for 2 vaccines, a booster, and some seasonal boosters
✉ www.newham.gov.uk/covidvaccine
- Flu: anyone 50 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 see
✉ www.newham.gov.uk/childhoodimmunisations for more information

KEEP SAFE



- Keep yourself safe from COVID-19, Flu and winter viruses
- Let fresh air in if meeting indoors, or meet outside
- If you have symptoms of COVID-19 or flu, try to avoid contact with others, especially vulnerable people, until you feel better
- Wash your hands regularly for at least 20 seconds with warm water and soap

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.newham.gov.uk/community-parks-leisure/physical-activity
- Stay connected and try to talk to at least one other person every day. Get in touch with connect Newham for a friendly conversation
🏠 www.ageuk.org.uk/eastlondon/our-services/connect-newham-befriending or your local 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 65 or older, find out more at:
🏠 www.newham.gov.uk/vitamins
☎ 020 8981 7124
If you're pregnant or have a child under 4, find out more at
🏠 www.newham.gov.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 or visit
🏠 www.nhs.uk if things are more serious
- 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 8 175 1770
Crisis line ☎ 0800 073 0066

HELP WITH THE COST OF LIVING



- Contact Our Newham Money 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 winter grants for fuel
🏠 www.newham.gov.uk/health-adult-social-care/staying-well-winter/6
- Find out more about free grants to improve insulation in your home from GLA Warmer Homes
☎ 0300 555 0195
✉ shine@islington.gov.uk
- It is important to warm your home safely and reduce any risks. For more information visit
🏠 www.london-fire.gov.uk/safety/the-home

