

Sustainability Related Support Schemes in Newham



Newham's Just Transition Plan means we are committed to fostering a sustainable and equitable future for everyone in the borough. Find out more about schemes, events and funding available from the Council and our partners to help you actively live a more sustainable life.



Reduce your energy bills

Get expert energy-saving advice through our Stay Warm in Newham scheme

Get help managing your energy bills from experts who can help you save money! The Stay Warm in Newham Scheme provides appointments with 'Green Doctors' to give you energy related support and advice, including help with grant applications and home visits, free of charge!

Refer yourself or someone you are concerned about using this online form:

<https://groundwork.my.salesforce-sites.com/StayWarmInNewham>

or scan
the QR code:



The Green Doctors are also available for in person support at Renewal Program – 395 High Street North, E12 6PG – every Tuesday from 11am- 1pm.

For more information contact
info@renewalprogramme.org.uk
or via **telephone 02084716954**



Energy-saving home improvement grants if you live in private housing

Repowering London is supporting homeowners and renters to plan, finance and deliver energy efficiency upgrades. This service is free for eligible households and offered at a subsidised rate to those who are not. If eligible you could receive help to cover the costs of insulation work or replacing/repairing your boiler!

To be eligible, you must privately rent or own your home and be in receipt of benefits, and your home must have an energy efficiency rating of D, E, F or G. You must have the owner's permission.

If you wish to apply or get more information regarding contact Repowering London at

FutureFitHomes@repowering.org.uk
or call on **020 3674 7519**.

Reuse & Recycle

Support for families with little ones

Growbaby provide **free clothing and equipment** for young children aged 0-5 for anyone who needs it in the Newham Area.

Where? Highway Vineyard Church,
Romford Road, E15 4EH

When? Tuesdays, 10am-3pm



Eco-friendly fashion

Free **Clothing Swaps** and **Repair Cafes** take place regularly in locations across the borough. Bring your unwanted, clean, gently used clothing, to swap for a new garment, or learn how to mend or upcycle with our clothing repairers.

Visit www.eastlondonwaste.gov.uk/campaigns/clotheswaps for **dates and locations** of upcoming clothing swaps!

Or scan the
QR code:



Discard your bulky waste at Jenkins Lane

Jenkins Lane Resue and Recyling Centre, IG11 0AD is your local centre to dispose of your bulky, household waste.

Open Monday-Sunday, 8:30am-5:30pm

Book your slot online at

www.eastlondonwaste.gov.uk/recycling-locations/jenkins-lane



Healthy, sustainable food

Newham Food Alliance can help you access the food you need

If or someone you know is experiencing financial challenges that are preventing them from getting the food they need, then please make a referral to the Newham Food Alliance.

Refer yourself or someone you know at:
www.newham.gov.uk/advice-support-benefits/newham-food-alliance

Or scan
the QR code:



To contact directly, phone **07790 975 086**
or email

FrontDoor@NewhamFoodAlliance.org



Weekly community hot meal at FoodCycle

FoodCycle provide a free hot meal once a week. There is no need to book in advance, just turn up on the day.

FoodCycle **East Ham:**

Pilgrims Way Church, Pilgrims Way
(entrance via Myrtle Road), East Ham,
London, E6 1HW

When? **Tuesdays 7pm**

FoodCycle **Plaistow:**

Memorial Community Church,
395 Barking Road, London, E13 8AL

When? **Wednesdays 7pm**

Grow your own

There are many community gardens open to public access across the borough that offer the perfect opportunity to keep active and meet new people while enjoying the rewards of growing your own fruit and vegetables.

A map of all our green spaces in Newham is
available at **www.growsie.net/map/**

or scan
the QR code:



Email **info@activenewham.org.uk**
for more information.



Get on your bike

Hire a folding bike

We have a network of bike hire docking stations across the borough. The Brompton Bike Hire stations allow you to hire folding Brompton bikes from as little as £5 a day.

For more information on locations at www.bromptonhire.com/our-locations/

or Scan the QR code:



Social women's rides with Cycle Sisters

Cycle Sisters is a supportive and welcoming group to develop your cycling skills, explore your local area and make new friends! They run free, regular women-only rides which are organised by volunteer female Ride Leaders.

Cycle Sisters Newham rides on Sunday mornings, starting at 9.15am at View Tube in the Olympic Park, Stratford and finishing around 12pm.

Booking is essential for all rides email newham@cyclesisters.org.uk for more details.



Cycle training to get you road confident

Free cycle lessons are available for everyone, whether you want to learn to ride a bike or improve your road skills. The sessions follow the three levels of the national standard, known as Bikeability.

If you would like to book a cycle skills session, please email cycle.training@newham.gov.uk



Try before you buy with PeddleMyWheels

PeddleMyWheels run a user-friendly scheme on behalf of Newham Council where you can 'try before you buy' a bicycle. You pay monthly for a bike, which is delivered straight to your door, and if you decide to buy the bicycle you receive a discount.

Find out more at www.newham.gov.uk/transport-streets/safer-healthier-streets/4

or scan the QR code:

