

# FREE ADVICE AND HELP WITH LIVING COSTS



## MONEY



### Our Newham Money

☎ 020 8430 2041  
✉ [ournewhammoney@newham.gov.uk](mailto:ournewhammoney@newham.gov.uk)  
🏠 [www.ournewhammoney.co.uk](http://www.ournewhammoney.co.uk)

### Money A+E

Money advice & education for Newham residents.

☎ 020 8616 3750  
🏠 [www.moneyaande.co.uk](http://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](http://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](mailto: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](http://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](mailto: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](mailto: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](mailto:shine@islington.gov.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)

### 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](mailto:contact@workrightscentre.org)

## 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



### 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 or the school.

### School health support

☎ 020 3373 9983  
🏠 [www.newham.gov.uk/schoolhealth](http://www.newham.gov.uk/schoolhealth)

### Mental health crisis line for anyone

☎ 0800 073 0066 anytime



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

Register to be cost of living champions Email: [costoflivingresponse@newham.gov.uk](mailto: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](http://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](http://www.newham.gov.uk/covidvaccine)
- Flu: anyone 50 and over, anyone who is pregnant, people with specific health conditions  
✉ [www.newham.gov.uk/flu](http://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](http://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](http://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](http://www.ageuk.org.uk/eastlondon/our-services/connect-newham-befriending) or your local Community Neighbourhood Link Workers  
🏠 [www.newham.gov.uk/cnlw](http://www.newham.gov.uk/cnlw)  
✉ [cnlw@newham.gov.uk](mailto: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](http://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](http://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](http://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](http://www.ournewhammoney.co.uk)  
☎ 020 8430 2041
- The Newham Food Alliance can help with food.  
☎ 07790 975086  
✉ [frontdoor@newhamfoodalliance.org](mailto:frontdoor@newhamfoodalliance.org)
- Find out more about winter grants for fuel  
🏠 [www.newham.gov.uk/health-adult-social-care/staying-well-winter/6](http://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](mailto: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](http://www.london-fire.gov.uk/safety/the-home)



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