

PARENT CONNECT



Edition: 27th March 2023

A NEWSLETTER CONTAINING UP TO DATE INFORMATION AND SERVICES AVAILABLE FOR NEWHAM FAMILIES

Hello Newham Parents and Carers!

Please enjoy this month's Parent Connect Newsletter. If you would like to receive this Newsletter direct to your email every month, you can sign up [here!](#)

Best wishes all,
The Early Help Partnership Team

March 2023

- Peer Parenting Offer (EPEC) **Page 2-3**
- Spring Holidays Activities Programme **Page 4**
- Holiday Activities and Food Programme (HAF) **Page 5**
- Independent Parental Special Education Advice (IPSEA) **Page 6**
- Cost of Living Crisis Support, Warm Havens Winter Wellness **Pages 7-16**
- Free School Meals **Page 17**
- Childhood Vaccines **Page 18**
- Work4All **Page 19**
- Advantage Mentoring **Page 20**
- Parents in Mind **Page 21**
- Ambition Aspire Achieve – SEND Youth Groups **Page 22**
- Healthy Start – Free Healthy Food **Page 23**

- [Newham Cost of Living Response](#)
- [Family Information Service/Local Offer SEND](#)
- [Journey of a Child Resource](#)



SPRING 23 ACTIVITIES PROGRAMME

[Newham Spring Brochure](#)



WE ARE NEWHAM.



WE ARE NEWHAM.

Peer Parenting Offer

Empowering Parents, Empowering Communities (EPEC)

Delivered for Parents by Parents: This course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

BAP (Being A Parent) Courses
The BAP Group is a weekly space for parents to come together sharing experiences and learning tried and tested approaches that can help us improve our relationship with our children. Many parents have already benefited from this course, & we want to reach as many parents and carers as possible.

Autism Group
For parents & carers of children affected by Autism, whether diagnosed or undiagnosed. BAP Autism is designed to:

- Promote children's development & skills
- Reduce child & family difficulties
- Improve parent confidence, skills & satisfaction
- Improve social & community connectedness.

Baby & Us
For parents & carers with a baby under 1 years old. This course will help you feel better able to:

- Process the impact of the birth experience
- Understand your baby's crying/sleeping/feeding cues & to feel more confident managing the practicalities of your baby's routine
- Communicate with your baby
- Develop friendships with other parents which are mutually supportive



EMPOWERING PARENTS, EMPOWERING COMMUNITIES



Peer Parenting Offer (EPEC)

Peer Parenting Offer

Empowering Parents, Empowering Communities (EPEC)



Delivered for Parents by Parents:
This course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

BAP (Being A Parent) Courses
The BAP Group is a weekly space for parents to come together sharing experiences and learning tried and tested approaches that can help us improve our relationship with our children. Many parents have already benefited from this course, & we want to reach as many parents and carers as possible.

Autism Group
For parents & carers of children affected by Autism, whether diagnosed or undiagnosed.
BAP Autism is designed to:

- Promote children's development & skills
- Reduce child & family difficulties
- Improve parent confidence, skills & satisfaction
- Improve social & community connectedness.

Baby & Us
For parents & carers with a baby under 1 years old. This course will help you feel better able to:

- Process the impact of the birth experience
- Understand your baby's crying/sleeping/feeding cues & to feel more confident managing the practicalities of your baby's routine
- Communicate with your baby
- Develop friendships with other parents which are mutually supportive



EMPOWERING PARENTS
EMPOWERING COMMUNITIES



Peer Parenting Offer (EPEC)



<p>Wednesday 26th April - 12th July 6.00pm - 8.30pm</p> <p><i>Autism Specific</i></p> <p>via zoom (register to receive zoom link)</p>	<p>Thursday 27th April - 29th June 10.00am - 12.00pm</p> <p><i>Baby and Us</i></p> <p>East Ham Library 328 Barking Road, East Ham E6 2RT</p>
<p>Thursday 4th May - 6th July 12.45pm - 2.45pm</p> <p><i>BAP Urdu</i></p> <p>Kay Rowe Children's Centre Osborne Road, Forest Gate E7 0PH</p>	<p>Friday 5th May - 7th July 10.00am - 12.00pm</p> <p><i>BAP 2-16 years</i></p> <p>Tollgate Primary School Barclay Road, Plaistow E13 8SA</p>



Light refreshments provided

Courses available every term

**For Peer Parenting queries please visit
Parenting Programmes | Newham Families Advice and Support
To sign up, please scan the QR code here:**



Spring Holidays Activities Programme

www.newham.gov.uk/springactivities

[Newham Spring Brochure](#)



WELCOME

Spring has sprung and Easter is nearly upon us!

Here in Newham we have an extensive programme of events and activities to keep our Young People entertained and safe.

You can read all about what's going on locally over the school break throughout this guide and find out all you need to know about what's on offer including booking details, dates, eligibility and venues.

Most of the activities are free, however a few are offered at subsidised rates. There's lots to

do during this school break at our Youth Zones, Libraries, Leisure Centres, Children's Centres and Parks.

There are many face to face activities as well as online over zoom. Please have a look at the Brochure and find out what tickles your fancy, from Pony Rides, BMX sessions, Youth Dances, Movies and Events, Youth Choir singing, Combat Sports, Badminton, Stories & Quizzes and so much more.

We wish you all a safe and fantastic Spring School Break!



Holiday Activities and Food (HAF)

www.newham.gov.uk/springactivities

Newham's Easter Holiday Activities & Food (HAF) Programme, which has been funded by the Department for Education, is filled with lots of exciting activities as well as a nutritious meal, and is taking place across the borough.

Children and young people who are eligible for benefits related free school's meals can access the HAF programme. To book a place you will need to contact the providers in this section.

There are some circumstances when children and young people not in receipt of benefit related free school meals can still book a space. To do this please contact your preferred provider to discuss. If you are not able to secure a space on the HAF programme there are still lots of other winter activities on offer in the libraries and youth zone sections of this brochure (some of these sessions will require booking).

[Newham Spring Brochure](#)

HOLIDAY ACTIVITIES AND FOOD (HAF)

Newham's Easter Holiday Activities & Food (HAF) Programme, which has been funded by the Department for Education, is filled with lots of exciting activities as well as a nutritious meal, and is taking place across the borough. Children and young people who are eligible for benefits related to free school's meals can access the HAF programme. To book a place you will need to contact the providers in this section. There are some circumstances when children and young people not in receipt of benefit related free school meals can still book a space. To do this please contact your preferred provider to discuss. If you are not able to secure a space on the HAF programme there are still lots of other winter activities on offer in the libraries and youth zone sections of this brochure (some of these sessions will require booking).

AAA Mobile Play

Ages 5-11

Date & Time: Monday 3rd - Friday 14th April
Location: Central Park, E6 6ET

Date & Time: Tuesday 4th - Tuesday 11th April
Location: Keir Hardie Recreational Ground E16 1LQ

Date & Time: Wednesday 5th April and Wednesday 12th April
Location: Canning Town Recreational Ground, E13 8SE

Date & Time: Thursday 6th - Thursday 13th April
Location: Star Lane park, E16 4HW

Contact Info: 0207 511 4253 / paula@theaaazone.com
Mobile play sessions offering creative play sessions, arts & crafts, bush craft, multi-sports and a hot, healthy meal.

Rights & Equalities in Newham

Ages: 11-16
Date & Time: 3rd - 6th & 11th - 14th April from 11am - 3pm
Location: 627-633 Barking Road Community Centre, London, E13 9EZ
Contact Info: serena@rein.uk.com
REIN's Youth and Community centre is a comfortable and welcoming space, offering a raft of different activities for young people across Newham, including arts and crafts, cooking workshops, sports based activities, music production and IT access and more.
How to book: <https://eequ.org/experience/2902>

Omega Sportz

Ages: 5-12
Date & Time: 3rd - 6th & 11th - 14th April from 9am - 1pm & 12pm - 4pm
Location: Park Primary School, Mathews Park Avenue, London, E15 4AE
Contact Info: info@omegasportz.com
We are super excited for you join us this Easter, we have a range of activities for your children to get involved in, including ball sports; science experiments; puzzles; bouncy castle, gymnastics; dance; athletics; drama; scavenger hunt; camps got talent; water fun; food preparation activities; circus skills and animal encounters. We will also provide a hot, healthy meal.
How to book: <https://eequ.org/experience/2793>

The Renewal Programme

Ages: 8-11
Date & Time: 3rd - 6th April from 10am - 2pm
Location: Essex Primary School, Sheridan Road, London, E12 6QX
Contact Info: rubina.chohan@renewalprogramme.org.uk
In this programme, young people will enjoy a range of fun activities and be provided with a hot, healthy meal. There will be exciting arts and crafts classes on offer, ranging from creating your own solar system, pop-out greetings card, pottery making and knitting. For young people who enjoy baking, cake decorating activities will be offered to create and share. There will also be a range of mixed sports to try out, aimed at all level of abilities.
How to book: <https://eequ.org/experience/2994>

The Renewal Programme

Ages: 8-11
Date & Time: 11th - 14th April from 10am - 2pm
Location: Kensington Primary School, Kensington Avenue, London, E12 6NN
Contact Info: rubina.chohan@renewalprogramme.org.uk
In this programme, young people will enjoy a range of fun activities and be provided with a hot, healthy meal. There will be exciting arts and crafts classes on offer, ranging from creating your own solar system, pop-out greetings card, pottery making and knitting. For young people who enjoy baking, cake decorating activities will be offered to create and share. There will also be a range of mixed sports to try out, aimed at all level of abilities.
How to book: <https://eequ.org/experience/2994>

The Renewal Programme

Ages: 11-16
Date & Time: 4th - 6th April and 11th - 13th April from 11am - 3pm
Location: The Renewal Programme, 395 High Street North, London, E12 6PG
Contact Info: rubina.chohan@renewalprogramme.org.uk
Young people are delighted to welcome young people to our Easter HAF Programme. Young people are enjoying a range of activities and a healthy meal.

Using mini sewing machines - this is suitable for ages 4-12
Takes place on 4th, 5th, 11th & 12th April
Off site at GOOSLEY PARK 5th & 12th

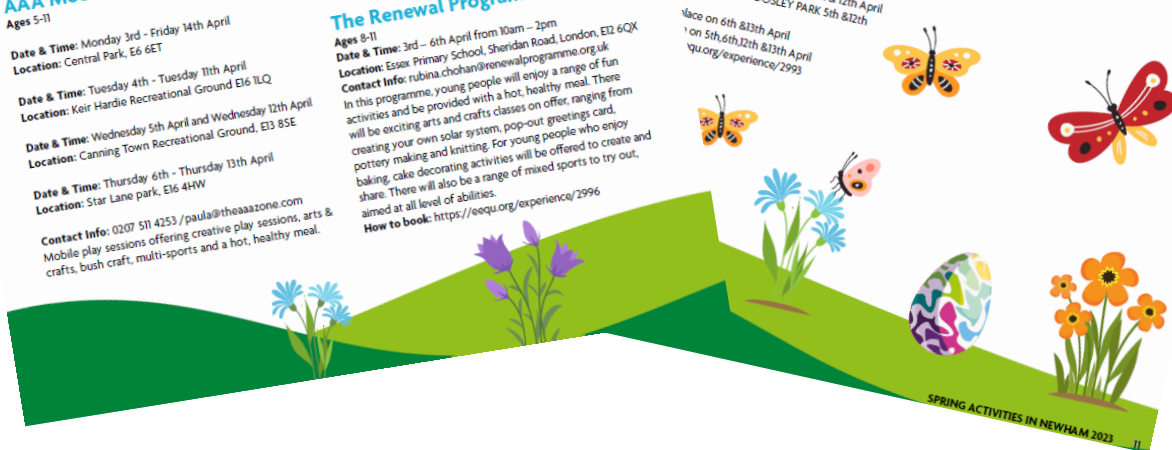
Takes place on 6th & 13th April
on 5th, 6th, 12th & 13th April
<https://eequ.org/experience/2993>

UKIM Masjid Ibrahim Plaistow

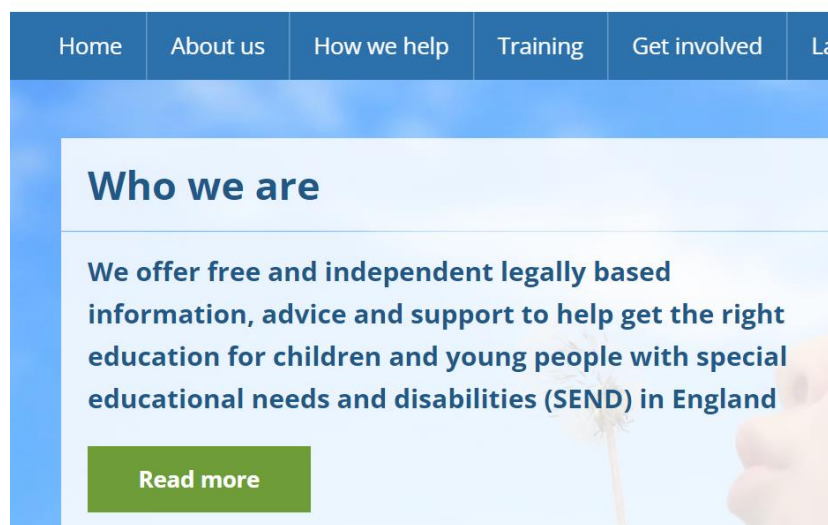
Ages: 5-10
Date & Time: 3rd - 6th and 10th-13th April from 11am - 3pm
Location: 721-723 UKIM Masjid Ibrahim & Islamic Centre Plaistow, Barking Road, London, E13 9EU
Contact: asim.uddin@ukim.org
This programme offers your child the opportunity to spend 8 days in a holiday programme. UKIM Masjid Ibrahim is providing a wide range of fun activities such as sports, activities provided by external providers. Flip out, arts & craft, outdoor learning and a nutritious meal - All for FREE.
How to book: <https://eequ.org/experience/2786>

The Wright Education

Ages: 5-11
Date & Time: 3rd - 6th and 11th - 14th April from 10am - 2pm
Location: Maryland Primary School, Buxton Road entrance, London, E15 1QX
Contact Info: info@wrighteducationuk.com
A variety of activities are on offer during this holiday club, including dance, swimming, cooking, debating, sports, arts & crafts, with a hot healthy meal included each day.
How to book: <https://eequ.org/experience/2690>



Independent Parental Special Education Advice (IPSEA)



Provides legally based advice to help families get the right education for children and young people with special educational needs and disabilities (SEND).

You can book an appointment with their [Advice Line](#) or [Tribunal Helpline](#).

<https://www.ipsea.org.uk/>

Winter Leaflet – Cost of Living and Winter Wellness

FREE ADVICE AND HELP WITH LIVING COSTS

<p>MONEY</p> <p>Our Newham Money 020 8430 2041 ournewhammoney@newham.gov.uk www.ournewhammoney.co.uk</p> <p>Money A+E Money advice & education for Newham residents. 020 8616 3750 www.moneyaande.co.uk</p> <p>Community Links Welfare, debt, consumer and employment advice, free legal services from FreeLaw. 020 7473 2270 www.community-links.org</p> <p>Bonny Downs Welfare and welfare benefit checks for over 65s 020 8586 7070</p>	<p>HOUSING</p> <p>Private landlord or letting agency problems Contact: 020 3373 1950 privatehousing@newham.gov.uk</p> <p>Homeless, or risk of becoming homeless Get support from our Homelessness Prevention service at: www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice</p> <p>Threatened with homelessness If you're threatened with homelessness, contact: 020 8430 2000 ext. 57445 hpas@newham.gov.uk</p> <p>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</p> <p>Immediate help If you're pregnant and need immediate help or you're clinically or physically vulnerable AccessToAdultsSocialCareTeam@newham.gov.uk</p>	<p>FUEL</p> <p>Our Newham Money 020 8430 2041</p> <p>East End Citizens Advice 020 8525 6379 Tuesdays & Wednesdays 10am-1pm</p> <p>Mayor of London Warmer Homes Programme 0300 555 0195 shine@islington.gov.uk</p>	<p>FOOD</p> <p>Newham Food Alliance 07790 975 086 frontdoor@newhamfoodalliance.org www.newham.gov.uk/newhamfoodalliance</p> <p>STRESS</p> <p>Newham Talking Therapies Free and confidential psychological support for adults. www.newhamtalkingtherapies.nhs.uk</p> <p>Children (under 18) Talk to your doctor or the school.</p> <p>School health support 020 3373 9983 www.newham.gov.uk/schoolhealth</p> <p>Mental health crisis line for anyone 0800 073 0066 anytime</p> <p>WORK</p> <p>Our Newham Work 020 3373 1101 ournewhamwork@newham.gov.uk www.ournewhamwork.co.uk</p> <p>Employment Rights Hub For free confidential support and advice if someone is having problems at work 020 3373 6494</p> <p>Work Rights Centre For help with employment rights, CV building and benefits 0300 4000 100 (EN) 07437 110951 contact@workrightscentre.org</p>
--	---	--	---



WE ARE STAYING HEALTHY.



WE ARE NEWHAM.

Help with living costs and staying well and healthy this winter

www.newham.gov.uk

BUILDING A FAIRER NEWHAM



STAYING WELL AND HEALTHY THIS WINTER

Welfare and welfare benefit checks for over 65s

- EAT HEALTHY**
- GET VACCINATED**
- STAY CONNECTED**
- KEEP SAFE**
- BE ACTIVE**
- GET SUPPORT**
- KEEP WARM**

WINTER WELLNESS

<p>GET YOUR VACCINES</p> <ul style="list-style-type: none"> 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 	<p>STAY HEALTHY</p> <ul style="list-style-type: none"> 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/vitamin 020 8981 7124 If you're pregnant or have a child under 4, find out more at www.newham.gov.uk/healthystart 	<p>IF YOU FEEL UNWELL</p> <ul style="list-style-type: none"> 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 	<p>HELP WITH THE COST OF LIVING</p> <ul style="list-style-type: none"> 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
--	--	---	---



www.newham.gov.uk/wellwinter

Cost of Living



FREE HELP WITH LIVING COSTS



Free help with 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



Free help with housing

- If you're having problems with a private landlord or letting agency, contact:
☎ 020 3373 1950 ✉ privatehousing@newham.gov.uk
- If you're homeless, you can get support from our Homelessness Prevention service at:
🌐 www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice.
- If you're threatened with homelessness, contact: ✉ hpas@newham.gov.uk
- Emergency help for families with children: MASH ☎ 020 3373 4600 during office hours (Mon-Thu, 9am-5.15pm or Fri 9am-5pm) ☎ 020 8430 2000 at any other time
- If you're pregnant and need immediate help or you're clinically or physically vulnerable.
✉ Accessto.AdultsSocialCareTeam@newham.gov.uk



Free help with food

- Newham Food Alliance ☎ 07790 975 086 ✉ frontdoor@newhamfoodalliance.org
🌐 www.newham.gov.uk/newhamfoodalliance



Free help with energy bills

- 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



Free help with work

- Our Newham Work: ☎ 020 3373 1101 ✉ ournewhamwork.engagementteam@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
☎ 030 0400 0100 (EN) 07437 110951 ✉ contact@workrightscentre.org



Free help with stress and emotional pressure

- Free and confidential psychological support for adults:
☎ 020 8175 1770 🌐 www.newhamtalkingtherapies.nhs.uk
- For children (under 18): Talk to your doctor or the school.
- For school health support ☎ 020 3373 9983 🌐 www.newham.gov.uk/schoolhealth
- Mental health crisis line for anyone: ☎ 0800 073 0066 anytime

costoflivingresponse@newham.gov.uk
www.newham.gov.uk/council/cost-living-response

WE ARE NEWHAM.



Winter Wellness



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



- 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 or call 020 8981 7124. If you're pregnant or have a child under 4, find out more at www.newham.gov.uk/healthystart

What to do 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 on 0208 175 1770 or the Crisis line 0800 073 0066



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



Staying 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 or email cnlw@newham.gov.uk



Getting 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 or call 020 8430 2041
- The Newham Food Alliance can help with food. Contact 07790 975086 or email 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 or contact 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



Find out more at www.newham.gov.uk/wellwinter



Cost of Living

ALL COST OF LIVING RESOURCES CAN BE ACCESSED [HERE](#),

Tips to stay warm and healthy:

1. **Heat/warm yourself first** wear several thin layers and make sure the room you're using most is at least 18 degrees
2. **Dress warmly** if you go outside and wear shoes with **good grip** as it's getting icy
3. **Eat at least one warm meal a day**, have regular **warm drinks** and **stay active** – this will keep your internal body temperature up
4. **Check on others**, especially those who are on their own or higher risk
5. **Stay safe warming your home**, don't use naked flames, ovens or barbeques to light or heat your home as they create a risk of fire or carbon monoxide poisoning

Support for rough sleepers in Newham

On Wednesday this week, for the first time this winter, the GLA has triggered a severe weather response for rough sleepers, as temperatures were set to hit zero or below.

If anyone see someone sleeping rough, and are concerned for their immediate health, please ring 999. To report a rough sleeper for support, visit www.streetlink.org.uk or contact via telephone on 0300 500 0914.

Making the best of Christmas

Here are 12 tips for making the best of Christmas (**attached as Our Newham Money CoL Xmas a**). For support and guidance from Our Newham Money during Christmas, please visit our [website](#). Our Newham Money are releasing a series of video clips via [Twitter](#) which give residents ideas on how to save money during the festive period.

Newham Cost of Living webpage – Staying well during winter

Don't forget to visit our website about staying well during winter on www.newham.gov.uk/wellwinter or contact your local library for more information.

If you are concerned about your health (physical or mental), or the health of someone else, call NHS 111. If it is an emergency call 999.

Useful information:

Please find attached our **Cost of Living One Pager (b)**, **Winter Wellness One Pager (c)** and **winter leaflet (d)** on how to stay well this winter

Newham Warm Havens are safe, non-judgemental warm spaces where residents can go, **free** of charge, for whatever reason they like. There are currently 10 libraries and 6 community centres. For more information please visit <https://www.newham.gov.uk/warmhavens>

Food and Warm Meal – If you need support accessing **food and a warm meal** contact the Newham Food Alliance at <https://www.newham.gov.uk/newhamfoodalliance>, call us on 07790 975 086 (Monday-Friday, 9am-5pm) or email frontdoor@newhamfoodalliance.org

If you have **no heating or lighting** in your home, contact Newham Council on 0208 430 2000.

Cost of Living – Our Newham Money

The screenshot shows the website header with the logo 'OUR NEWHAM MONEY' and navigation links: HOME, WHAT WE DO, OUR SERVICES (with a dropdown arrow), and CONTACT US. The 'Newham London' logo is in the top right. Below the header are three circular callouts:

- DEBT ADVICE**
Get free advice on how to get out and stay out of debt. Find out how best to prioritise any debts you may already have.
- BENEFITS AND INCOME**
Find out if you are entitled to benefits whether you are in or out of work.
- HARDSHIP SUPPORT**
We offer help with expenses in an emergency or if you are vulnerable and experiencing severe hardship.

www.ournewhammoney.co.uk

CONTACT US

Our Newham Money
112 - 118 The Grove
London
E15 1NS

Monday to Friday 9am-5pm

Tel: 020 8430 2041

Email: ournewhammoney@newham.gov.uk

Cost of Living Crisis Response

[Support available](#) for Newham Residents

[Help Is Here Map](#)



WE ARE RESPONDING.

WE ARE NEWHAM.

TAKING VITAL ACTION TO HELP OUR RESIDENTS.

www.newham.gov.uk/costoflivingresponse



Newham Cost of Living Crisis Response – Taking Vital Action to Help Our Residents

You can watch the **Cost of Living Crisis Response Summit**, find out about **support available for Newham residents** and access the **Handy Guide – Energy Usage Advice** by clicking the link below:

[Support available for Newham residents – Cost of living crisis response – Newham Council](#)

Warm Havens information on next page >

Newham [Warm Havens](#)



Newham Warm Havens are safe, non-judgemental warm spaces where residents can go, free of charge, for whatever reason they like. They are part of our [response to the cost of living crisis](#).

Use the map below to search for your nearest warm haven. You can see opening hours, address and available facilities.

Mayor of Newham, Rokhsana Fiaz OBE said *“All 10 of our libraries will be open for longer hours across the coldest months of the year till March 2023. Whatever your reason for visiting the warm havens, we understand and respect that everyone’s needs might be different, so our Warm Havens will be a safe and confidential space. If you need to talk, staff and volunteers will be on hand to provide a welcome, listen and, if needed, offer guidance on information and support.”*

[View the Map \(click here\)](#)

Cost of Living Support in Newham

ENERGY USAGE

Does your home feel cold and damp?
Are your energy bills too high?

GET FREE HELP NOW

Keep your home warm by getting free help and advice on your gas and electricity bills.

Contact Our Newham Money for urgent help **020 8430 2041**.

For information on support available visit:

www.newham.gov.uk/public-health-safety/energy/2



SIGNS YOUR HOME IS NOT WARM ENOUGH

- The home feels cold, damp or draughty
- Wearing lots of clothes indoors
- Staying in bed to keep warm
- Asthma or a persistent cough
- High energy bills or in fuel debt



Save energy and keep warm by getting help and advice

Our Newham Money

Energy vouchers are provided to applicants with prepayment meters without electricity/ gas or at risk of having their fuel supply cut.
Tel: **020 8430 2041**

East End Citizens Advice

Call **020 8525 6379**. Lines are open at the following times:
Tuesdays and Wednesdays: 10am-1pm

GLA Warmer Homes Programme

Get free advice and support if you are having trouble paying to keep your house warm. Services include:

- Telephone advice and home energy visits
- Help with draft excluders and similar in house support
- Support with energy bills and debts
- Grants of up to £20,000 per household to improve insulation (visit www.london.gov.uk/warmerhomes for eligibility criteria and to apply)

Call **0300 555 0195** or contact shine@islington.gov.uk

Other places to get help

Keep Warm Keep Well Scheme (ECO)

Newham Council is working with E.ON and J&J Crump on its Keep Warm Keep Well scheme to help eligible residents benefit from a range of energy-saving measures in their homes. Call J&J Crump and Son on **0800 783 3127** or visit www.jjcrump.com

Water Bills

WaterSure and WaterHelp can help make water bills lower, particularly for people who have lower income or need water for health conditions.

Find out more:
www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp

For any physical and/ or mental health concerns call 111 for information on where to get help or talk to your local pharmacist.

Warm Home Discount Scheme

Residents could get £140 off your electricity bill for winter under the Warm Home Discount Scheme. Find out more at www.gov.uk/the-warm-home-discount-scheme

Winter Fuel Payments

Residents can get between £100 and £300 tax-free to help pay your heating bills if you were born on or before 5 July 1953. Find out more at www.gov.uk/winter-fuel-payment

GLA Cost of Living Hub
www.london.gov.uk/what-we-do/communities/help-cost-living

Translated leaflets
www.nea.org.uk/get-help/advice-resources/?tag=english

Keep energy down by practising sustainable fuel saving tips

1. Turn off standby appliances
2. Install a smart thermostat
3. Turn down your thermostat
4. Buy efficient appliances
5. Install a new boiler
6. Wash clothes in at low temperatures
7. Be smarter about water
8. Invest in double glazing windows
9. Draught-proof your property
10. Insulate the roof
11. Monitor your usage
12. Switch to LED Light bulb



For information on support available visit:
www.newham.gov.uk/public-health-safety/energy/2

<p>Save around £80 a year just by remembering to turn your appliances off standby mode</p>	<p>Save about £35 a year on bills by replacing all of your old bulbs and halogens with LEDs</p>	<p>Only fill the kettle with the amount of water that you need and save around £7 a year</p>	<p>Turning down your room thermostat by just 1°C can save between £85-90 a year</p>
<p>Turn your lights off when you're not using them. This will save you around £15 on your annual energy bills</p>	<p>DIY draught-proofing of windows, doors and filling holes in floors can save up to £25-£35 a year on heating bills</p>	<p>Washing your clothes at 30°C can help you save significant amount of money on utility bills</p>	<p>When buying new appliances check the EU energy label to make sure you're buying an efficient product</p>

Cost of Living Support in Newham

STRUGGLING FINANCIALLY?

If you're struggling to meet your energy and food costs or facing an emergency you can apply to Our Newham Money Emergency Support, our local welfare scheme.



STRUGGLING FINANCIALLY?

If you're struggling to meet your energy and food costs or facing an emergency you can apply to Our Newham Money Emergency Support, our local welfare scheme.



You need to be:

- living in Newham
- receiving a means tested benefit such as Universal Credit, Income Related Employment and Support Allowance, Pension Credit or Housing Benefit.



In addition, one of the following must apply to you:

- you're affected by the current cost of living
- there's been a significant change in circumstances or a life changing event causing hardship
- have taken all reasonable steps to maximise your income.

Even if you don't meet the criteria, we might still be able to help you. Please apply and we will consider your application.

For further information and to apply:

www.ournewhammoney.co.uk/emergency-support



112-118 The Grove, Stratford E15 1NS
020 8430 2041

WE ARE NEWHAM.



Cost of Living Support Package - Help for Households

Millions of people on means-tested benefits will receive the first of two cost of living instalments totalling £650 from 14 July 2022, as part of a £37 billion government package to help families with cost of living pressures.

The first £326 instalment for qualifying low-income households in England, Wales, Scotland and Northern Ireland by their usual payment method from 14 July 2022, continuing to the end of the month. For those eligible, the rest will follow in a second instalment in the autumn. People receiving tax credits and no other eligible benefits will receive their first payment from HMRC in autumn and the second in winter.

In total, millions of vulnerable households will receive at least £1,200 from the Government this year to help cover rising costs. There are specific payments for those on means tested benefits, for pensioners, those on disability benefits and to help people with energy bills.

Check eligibility here: [Cost of Living Payment - GOV.UK \(www.gov.uk\)](https://www.gov.uk/cost-of-living-payment)

There is also helpful information about further support available on the [Cost Of Living campaign website](https://www.gov.uk/cost-of-living-support).

Find out more





Cost of Living Payments



If you claim some benefits, you might be eligible for an additional **£650** from the UK Government, spread over two **Cost of Living Payments**. The first payment will be for **£326**, and the second payment of **£324** will be paid later in the year.

You don't need to contact anyone; your payment is automatic.

Find out what you will get and when you will receive a payment by searching 'cost of living support'.

[gov.uk/costoflivingpayments](https://www.gov.uk/costoflivingpayments)

*Eligibility criteria apply

Find out more 

Free School Meals

We would be very grateful if you could please help us spread the word to families in Newham that their children can eat a FREE, nutritious lunch every school day which will save them £500 a year per child – now even more important due to the cost of living crisis.

Attached is a poster and leaflet on the initiative and an article below to share the news with families in newsletters etc. If you would like further information please let us know.

www.newham.gov.uk/freeschoolmeals



FREE SCHOOL MEALS

FREE school meals
You could save
£500
a year
per child!

FOR PRIMARY SCHOOL CHILDREN



To apply for free school meals and find out more visit:
www.newham.gov.uk/freeschoolmeals

WE ARE NEWHAM.



Childhood Vaccines

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or seen very rarely. However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again.

There are a number of vaccines that children should have. You can find a list of them below and on the NHS website. It is important that vaccines are given on time for the best protection.

All recommended vaccines are available for free from the NHS.


If you or your child missed any recommended vaccine, you can still contact your GP to catch up.


Vaccine Information from Newham Public Health Service

<https://www.newham.gov.uk/childhoodimm>

<https://www.newham.gov.uk/polio>

[Frequently Asked Questions – Childhood Immunisations – Newham Council](#)





CHILDHOOD VACCINES


Get your FREE vaccines - they protect you from disease


<p>8 WEEKS</p> <ul style="list-style-type: none"> 6-in-1 vaccine Rotavirus vaccine MenB 	<p>2 YEARS - 10 YEARS</p> <ul style="list-style-type: none"> Flu vaccine (annual)
<p>12 WEEKS</p> <ul style="list-style-type: none"> 6-in-1 vaccine (2nd dose) Pneumococcal (PCV) vaccine Rotavirus vaccine (2nd dose) 	<p>3 YEARS - 4 MONTHS</p> <ul style="list-style-type: none"> MMR (2nd dose) 4-in-1 pre-school booster
<p>16 WEEKS</p> <ul style="list-style-type: none"> 6-in-1 vaccine (3rd dose) MenB (2nd dose) 	<p>5 YEARS - 15 YEARS</p> <ul style="list-style-type: none"> COVID-19 vaccine (2 doses)
<p>1 YEAR</p> <ul style="list-style-type: none"> Hib/Men C (1st dose) MMR (1st dose) Pneumococcal (PCV) (2nd dose) MenB (3rd dose) 	<p>12 YEARS - 13 YEARS</p> <ul style="list-style-type: none"> HPV vaccine
<p>14 YEARS</p> <ul style="list-style-type: none"> 3-in-1 teenage booster MenACWY 	


Call your GP to book an appointment for vaccines for children under 5. For school vaccines, speak to your school.

www.newham.gov.uk/childhoodimm

Become a Community Health Champion
 chc@newham.gov.uk
 Whatsapp / text 07929 792873







VACCINES KEEP YOU SAFE

Protecting yourself from polio (and other diseases)

Get a vaccine for 6 diseases including polio when your child is

8 WEEKS + 12 WEEKS + 16 WEEKS

Then... get a vaccine for 4 diseases including polio when your child is

3 YEARS - 4 MONTHS

Then... get a vaccine for 3 diseases including polio when your child is

14 YEARS

You must have all of these vaccines to be fully protected.

How do I know if my child has had their vaccines that protect against polio?

Your child's Red Book will include records of all your child's vaccinations


If you don't have your Red Book, your GP will be able to tell if your child has received all their vaccines

Can people over 14 get vaccinated against polio?

Yes – if you've not had a polio vaccine you can get a vaccine for FREE

Speak to your GP if you have questions or to book a vaccine
www.newham.gov.uk/polio

Become a Community Health Champion
 chc@newham.gov.uk
 Whatsapp / text 07929 792873



Work 4 All

Groundwork.org.uk

Work4All

Start your journey towards finding a job that works for you!

Work4All provides free 1:1 support suited to your situation, wherever you are on your journey

1. Mapping

Work with your advisor to explore what job options are suitable for you, either now or in the future. Understand your options based on your individual circumstance



Meet our advisors

Lorraine: 07889 755 505 or lorraine.rose@groundwork.org.uk
 Lucy: 07889 756 138 or lucy.mpofu@groundwork.org.uk

Eligibility

To access this free service you must have Right to Work in the UK & not be in any paid work.

Funded by



European Union
European Social Fund



Do you live in the South of Newham?

- Are you unsure what job options are open to you?
- How to get closer to your job goals?
- Need help with getting the right job?

2. Journey

Build your skills and knowledge to help you get closer to the job you want. Understand what jobs require; develop confidence through volunteering, or employer visits.

3. Destination

Supported & individualised job search to find suitable vacancies, complete applications, interview preparation and help in your transition into work.

The supported pathway

When you join Work4All you will be assigned a personal adviser who will complete an initial needs assessment with you. They will ensure the advice and support is tailored to your particular situation. Work4All provides support across three main areas, summarised in the stages below. You may choose to access one, two or all three stages.

1 Starting Off

- For those who are not yet ready to work but want to start planning for the future.
- Explore factors that impact your work choices, i.e. your availability, responsibilities, restrictions, financial needs
 - Identify which employment opportunities are realistic for your situation, now or for the future
 - Make sure you have the right documents to start work
 - Receive money mentoring advice and support

2 On your Way

- For those ready to start activities to get them closer to their job goals.
- Create a step-by-step plan to progress toward your goals
 - Map your skills, identify your strengths and how to best promote them
 - Develop your work experience, and identify relevant opportunities
 - Identify and apply for vocational training, volunteering or work placements suitable to your goals

3 Arriving

- For those ready to make the next step, to find and apply for work.
- Develop effective job applications that will impress employers
 - Undertake a "Better Off" calculation so you can make informed decisions about realistic salary needs
 - Develop your interview skills & confidence
 - Receive support to help you stay in work or plan for future progression

Meet our advisors

Lorraine: 07889 755 505 or lorraine.rose@groundwork.org.uk
 Lucy: 07889 756 138 or lucy.mpofu@groundwork.org.uk



Advantage is a free one-to-one wellbeing mentoring programme for 14-21 year olds, delivered at your local football club.

We're here to help you make the most of your opportunities

How does it work?

Our mentoring sessions are led by you and what you want to talk about. You have a 1-hour individual session with your mentor once per week. You can stay in the programme for up to six months, or less than that if you feel you're ready to move on – it's up to you!

The mentoring session is an informal space to chat and connect. You might have specific goals that you want support with, or you might want to take some time to get to know your mentor and figure out some goals together. Your goals can be personal, educational, social, employment, or wellbeing related, or maybe something else! It's completely up to you.

<https://www.advantagementoring.co.uk/>

Parents in Mind

Are you a pregnant or new mum and feeling low, anxious, alone?

A friendly, non-judgemental space to talk, seek information and gain support. Offering group and 1 to 1 peer support walk and talk and by telephone or online – Support is also available in different languages.

For more information please contact:
07525 403673 or email
parentsinmind.newham@nct.org.uk



Newham NCT

nct Parents in Mind

Are you pregnant or a new mum and feeling low, anxious, alone?

Talk & support, mum to mum

Support available in different languages

A friendly, non-judgemental space to talk, seek information and gain support. Offering group and 1 to 1 peer support, walk & talk and by telephone or online.

'The volunteer makes me feel normal. She listens like it's okay.'

'The 1:1 support really helped my confidence - as a mum and in myself.'

'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it;"'

'Everyone there has been through similar things - it feels like a family.'

Languages:
English, Bengali, Urdu, Spanish, Hindi, French, German, Swiss-German, Romanian, Punjabi, Gujarati, Somali, Vietnamese, Hausa, Turkish, Yoruba, Bulgarian, Igbo.

Newham London **nct** 1ST 1,000 DAYS NEW PARENT SUPPORT

Scan to access our Padlet or visit: padlet.com/Parentsinmind/Newham

For more information please contact: 07525 403673 or email: parentsinmind.newham@nct.org.uk

Visit our Padlet!

[Friendly & non-judgemental mum to mum support \(padlet.com\)](http://padlet.com/Parentsinmind/Newham)

Parentsinmind • 4d

Friendly & non-judgemental mum to mum support
1-1 & group, face to face & online Parentsinmind.Newham@nct.org.uk 07525 403 673

- Parents in Mind**
Parents in Mind - perinatal mental health peer support | NCT
A little bit about us
- Mental Health Information & Services**
Newham Perinatal Mental Health Team
<https://www.eift.nhs.uk/perinatal/>
- Local Resources for Parents**
Baby Feeding Support in Newham
Baby feeding support
- Wellbeing Resources**
Every Mind Matters
Every Mind Matters
- Our friendly groups**
Newham Talking Therapies
- Action for Happiness**
Let's take action to be Happier and

Ambition Aspire Achieve SEND YOUTH CLUBS

SEND Youth:

This is our Youth club set in arc in the park and the age range is 9-25 years old. A staff ratio of 1 staff to 3 young people is offered within this group and we cannot take children that need 121 support. We offer sports, arts and crafts and gardening during our sessions. The sessions are great for young people to build upon their social skills and make new friends. This runs as an after school club and throughout the school holidays too.

Positive Transitions:

This is our 16-25 year old group for young people with additional needs. Works well for school leavers or those attending college that are not in full time education. The group is based around life and social skills and have broken the sessions into three categories, life skills, art and sports so the young person can choose a group that suits them best. We also have trips and work experience planned for this group. This is a 1 to 3 ratio and is during the day, term time only. It is another great way to make new friends, build up social skills and learn new skills.



Ambition Aspire Achieve
Charity Registration Number: 107916

SEND YOUTH CLUBS

FREE for 9 to 25 years olds
Staff ratio - 1 staff member to 3 young people -
Offering A Safe, Fun, Social, Interactive Environment

Weekly Timetable:
(term time and school holidays)
Mondays 4:30pm to 7:30pm:
Terence Brown Arc, Hermit Road Park, Bethell Ave E16 4JT
Mondays 4pm to 6pm:
Glyn Hopkin Abbey Hub, 6 Gay Road, Stratford E15 2RN
Wednesdays 4:30pm to 6:30pm:
St Luke's Community Centre, 85 Tarling Road, Canning Town E16 1HN
Thursdays 4:30pm to 7:30pm:
Terence Brown Arc, Hermit Road Park, Bethell Avenue E16 4JT

Activities Include: A Variety Of Sports, Arts And Crafts, Movies, Music, Keep Fit Sessions, Table Tennis, Games And MUCH MUCH MORE!



Supported By London Borough of Newham
Booking Is Essential, Contact:
Leo on 07904 882 104 / leo@theaaazone.com
Web: www.theaaazone.com | Twitter: @theaaazone | Facebook @ AmbitionAspireAchieve/



Ambition Aspire Achieve

Positive Transitions



FREE LIFE SKILLS support for young people aged between 16-24 with additional needs

Sessions will include:
Life skills such as household activities, social interaction, personal development and confidence building.
Creative sessions including art and photography, gardening and growing, cookery, music as well as taking part in the Arts Award.
Multi sports and health sessions where young people can try a number of activities and learn about healthy choices.
We will also be holding day trips and work experience guidance throughout the year.

Weekly sessions helping to build confidence and develop new skills for young people with additional needs that are transitioning into adulthood

Monday 2-4pm
Life skills

Tuesday 1.30pm – 3.30pm
Multi sports and exercise

Thursday 2-4pm
Creative sessions and workshops

At the Terence Brown Arc in the Park, Bethell Road E16 4JT

Booking is essential
For more information or to book a place please contact Leo Featherman 07904882104 leo@theaaazone.com

theaaazone.com @theaaazone.com AmbitionAspireAchieve/

Booking Is Essential, Contact:
Leo on 07904 882 104 / leo@theaaazone.com
Web: www.theaaazone.com
Twitter: @theaaazone
Facebook: @AmbitionAspireAchieve/



Ambition Aspire Achieve

Positive Transitions

The Terence Arc in the Park, Bethell Avenue, E16 4JT

Additional information

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance around COVID 19, we have introduced a number of measures to ensure that our clubs and activities are delivered safely at all times

Safety measures will include:

- Pre-booking introduced for all sessions with places allocated on a first come, first served basis
- Additional controls in place to access Arc in the Park, including non-invasive temperature checks
- Reduced group sizes on site at any one time
- Extra hygiene and cleaning measures, before, during and after all sessions
- Maintaining social distancing measures

Booking is essential
For more information please contact Leo leo@theaaazone.com 07904882104

Positive Transitions is supported by CITY OF LONDON

Healthy Start FREE HEALTHY FOOD

FREE HEALTHY FOOD

Pregnant? Children under 4?

You may be able to get money to help you buy fruit, vegetables and milk.

Apply online by visiting www.healthystart.nhs.uk

If you need help applying, speak to your local Children's Centre, library, midwife or health visitor.

Applying is easy and DOES NOT affect your other financial benefits.



FREE VITAMINS!

In Newham, ALL pregnant women, new mums and children under 4 years old are entitled to free vitamins. You can collect a bottle from your midwife or local children centre.

To find your nearest vitamin distribution site, visit www.newham.gov.uk/healthystart



WE ARE HEALTHY.

WE ARE NEWHAM.

£8.50 a week for babies under 1 year old

FREE Healthy Start vitamins including Vitamin D

£4.25 a week for pregnant women and children from 1 up to 4 years old

HEALTHY START FOOD AND VITAMINS

FREE HEALTHY FOOD
Pregnant? Children under 4?
You may be able to get money to help you buy fruit, vegetables and milk.
Apply online by visiting www.healthystart.nhs.uk.
If you need help applying, speak to your local Children's Centre, library, midwife or health visitor.
Applying is easy and DOES NOT affect your other financial benefits.

FREE VITAMINS!
In Newham, ALL pregnant women, new mums and children under 4 years old are entitled to free vitamins. You can collect a bottle from your midwife or local children centre.
To find your nearest vitamin distribution site, visit www.newham.gov.uk/healthystart

People at the Heart of Everything We Do