

## Useful Contacts and Emergency Assistance for Families

**Newham Families Information Service and Local Offer** - [www.families.newham.gov.uk](http://www.families.newham.gov.uk)

An inclusive local family directory and service guide for families with children and young people aged 0-25 years with Special Educational Needs and/or Disability.

	Website
<b>Emergency Assistance</b>	<p><a href="https://newham.foodbank.org.uk/">https://newham.foodbank.org.uk/</a></p> <p>Food banks work with frontline professionals to identify people in need and issue them with a food bank voucher. These include local agencies such as children's centres, housing associations, advice charities and mental health teams, who are best placed to assess need.</p>
<b>Food bank</b>	<p><b>Manor Park Centre</b>            Manor Park Christian centre            454 High Street North            E12 6RH</p> <p>Opening Times: Tues 10- 12pm</p>
<b>Food Bank</b>	<p><b>St Marks Centre,</b>            218 Tollgate Road,            Beckton,            London,            E6 5YA</p> <p>020 7474 3060</p> <p>Opening Times: Fridays 7-9pm</p>
<b>Food Bank</b>	<b>Bonny Downs Community Centre</b>

	<p>Bonny Downs Church Hall, Darwell Close off Flanders Road E6 6BT</p> <p>020 7474 3060</p>
<b>Food Bank</b>	<p><b>London Ghana SDA Church</b> Chadwin Road, Plaistow, London E13 8NF</p> <p>0207 474 8095</p> <p>Thursdays, 6 – 8pm</p>
<b>Food Bank</b>	<p><b>Rehoboth Church</b> 478 Barking Road, Plaistow, London E13 8QB</p> <p>07951 612405 (Emergency Food Distribution)</p> <p>Saturdays, 9am -11am</p>
<b>Food Bank</b>	<p><b>Royal Docks Activity Centre</b> Albert Road, London E16 2JB</p> <p>0207 476 1666 (Emergency Food Distribution)</p> <p>Monday – Friday, 9.30am – 2pm</p>
<b>Food Bank</b>	<p><b>WGMI</b> 738 Barking Road,</p>

	<p>London E13 9LB</p> <p>07944 101267 (Emergency Food Distribution)</p> <p>Sundays, 10.30 - 13.00</p>
<p><b>Emergency Assistance (i.e. food parcels, clothing etc)</b></p>	<ul style="list-style-type: none"> <li>• <b>FairShare</b> – <a href="http://www.fairshare.org.uk">www.fairshare.org.uk</a></li> <li>• <b>Salvation Army</b> - <a href="https://www.salvationarmy.org.uk/emergency-assistance">https://www.salvationarmy.org.uk/emergency-assistance</a></li> </ul>
<p><b>Health Visiting Team</b></p>	<p>Due to the quickly-changing situation surrounding the Covid-19 pandemic, the Children’s Health 0-19 Service will be reducing the number of face to face meetings. This precaution is needed to help reduce the spread of infection and to help to keep everyone safe. We are working hard to make sure that we provide the best quality service that we can.</p> <p>Where suitable services will be provided over the telephone and video messaging instead of in-person. However we will still make some face to face meetings but we will contact you beforehand to check it is safe for us to meet.</p> <p>Remember that in most cases, Covid-19 only causes mild illness.</p> <p>If you require support from your Health Visiting service, School Health Service or Family Nurse please use the contact numbers below;</p> <p><b>Health Visiting/Family Nurse Partnership - 020 3373 9983</b></p> <p><b>School Nursing - 07970813937</b></p> <p>If you require any health advice call 111 or your GP. In an emergency call 999.</p>

	<p>Remember to wash your hands more often, for at least 20 seconds. For links to government and NHS information about Covid-19 go to <a href="http://www.newham.gov.uk">www.newham.gov.uk</a> and follow the links.</p> <p><b>Go to <a href="http://www.111.nhs.uk/covid-19">www.111.nhs.uk/covid-19</a> if you are concerned that you may have come into contact with coronavirus</b></p>
<b>Support Services and Helplines</b>	<ul style="list-style-type: none"> <li>• <b><u>Family Lives</u></b> – provides information, advice, guidance and support on any aspect of parenting and family life. Their helpline number is 0808 800 2222</li> <li>• <b><u>Gingerbread</u></b> – provides single parents with advice and practical support. You can call the <a href="#">Gingerbread Single Parent Helpline</a> on 0808 802 0925</li> <li>• <b><u>Relate</u></b> – provides relationship support, including <a href="#">help for children and young people</a> and <a href="#">help with family life and parenting</a></li> <li>• <b><u>Single Parents</u></b> – provides single parents with help, advice and support</li> <li>• <b><u>YoungMinds for Parents</u></b> – provides advice about mental health and behaviour problems in children and young people. You can call the parents' helpline on 0808 802 5544</li> <li>• <b><u>Family Rights Group</u></b> – provides parents or other relatives with advice about their rights and options when social workers or courts make decisions about their children's welfare. Their advice line number is 0808 801 0366</li> </ul>
<b>Domestic Violence Support Services</b>	<ul style="list-style-type: none"> <li>• <b>Hestia</b> - <a href="https://www.hestia.org/newham">https://www.hestia.org/newham</a> or <b>020 7378 3100</b></li> <li>• <b>National Domestic Violence Helpline – 0808 2000 247</b></li> <li>• <b>If you are in immediate danger, please call the police on 999.</b></li> </ul>
<b>Helplines</b>	<ul style="list-style-type: none"> <li>• <b>Kooth Online Counselling (10-16 year olds)</b> – <a href="http://www.kooth.com">www.kooth.com</a></li> <li>• <b>Childline</b> 0800 11 11</li> <li>• <b>Newham Talking Therapies (self-referral)</b> 0208 475 8080</li> <li>• <b>NSPCC</b> – 0808 800 5000</li> <li>• <b>Family Lives</b> – 0808 800 2222</li> <li>• <b>Runaway Free</b> – 116 000</li> <li>• <b>Young Minds Parent Helpline</b> – 0808 802 5544</li> <li>• <b>Gangline</b> – 0800 032 9538</li> <li>• <b>Crimestoppers</b> – 0800 555 111</li> </ul>
<b>Benefits Advice</b>	<ul style="list-style-type: none"> <li>• <a href="https://www.understandinguniversalcredit.gov.uk/coronavirus/">https://www.understandinguniversalcredit.gov.uk/coronavirus/</a></li> </ul>

<b>Newham Community and Crisis Support</b>	<ul style="list-style-type: none"> <li>• <a href="https://www.newham.gov.uk/Pages/Services/Newham-community-and-crisis-support.aspx">https://www.newham.gov.uk/Pages/Services/Newham-community-and-crisis-support.aspx</a></li> </ul>
<b>Community Based Support Groups</b>	<ul style="list-style-type: none"> <li>• <b>BDCA Community Association</b> - <a href="http://www.bonnydowns.org">www.bonnydowns.org</a>.  Projects specifically for elders, children, parent/carers and youth as well as general community services around healthy food, poverty response, sports and a Gardening Project.</li> </ul>
<b>Community Based Support Groups</b>	<ul style="list-style-type: none"> <li>• <b>Ascension Community Trust</b> - <a href="http://www.ascensioncommunity.org.uk/eldersproject.html">http://www.ascensioncommunity.org.uk/eldersproject.html</a></li> <li>• <b>Newham Community Links</b> - <a href="https://www.community-links.org/advice/">https://www.community-links.org/advice/</a> , email us at <a href="mailto:info@community-links.org">info@community-links.org</a> or call us on 020 7473 2270.</li> </ul>
<b>Debt Management</b>	<ul style="list-style-type: none"> <li>• <b>MoneyWorks</b> - <a href="https://newhammoneyworks.co.uk/">https://newhammoneyworks.co.uk/</a>  Newham MoneyWorks 112 - 118 The Grove London E15 1NS  Monday to Friday  9am-5pm  Tel: 020 8430 2041  Email: <a href="mailto:moneyworks@newham.gov.uk">moneyworks@newham.gov.uk</a></li> </ul>
<b>Social Media Apps and Support Groups</b>	<ul style="list-style-type: none"> <li>• <b>A Facebook group for Newham</b> has been set up where people have been posting information for residents in need of support: <a href="https://www.facebook.com/groups/202303704194767/">https://www.facebook.com/groups/202303704194767/</a></li> <li>• <b>OLIO App</b> - Olio is a mobile app for food-sharing, aiming to reduce food waste. It does this by connecting those with surplus food to those who need or wish to consume such food.</li> </ul>

