

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 to people in Newham
www.moneyaande.co.uk ☎ 020 8616 3750
- Community Links: for housing, debt, consumer and employment advice, free legal services from FreeLaw. www.community-links.org ☎ 020 7473 2270
- Bonny Downs: Welfare and Welfare Benefit Checks for over 65s ☎ 020 8586 7070



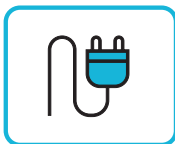
Free help with housing

- If you're having problems with a private landlord or letting agency, contact:
✉ privatehousing@newham.gov.uk ☎ 020 3373 1950
- 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.
✉ Accesto.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 ☎ 20 3373 6494
- Work Rights Centre for help with employment rights, CV building and benefits
☎ 0300 4000 100 (EN) 07437 110951 ✉ contact@workrightscentre.org



Free help with stress and emotional pressure

- Free and confidential psychological support for adults:
www.newhamtalkingtherapies.nhs.uk ☎ 020 8175 1770
- 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.