Useful Contacts and Emergency Assistance for Families

Newham Families Information Service and Local Offer - 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
Emergency Assistance	**https://newham.foodbank.org.uk/**
Food bank	**Manor Park Centre** Manor Park Christian centre 454 High Street North E12 6RH Opening Times: Tues 10- 12pm
Food Bank	**St Marks Centre,** 218 Tollgate Road, Beckton, London, E6 5YA 020 7474 3060 Opening Times: Fridays 7-9pm
Food Bank	**Bonny Downs Community Centre** Bonny Downs Church Hall, Darwell Close off Flanders Road E6 6BT 020 7474 3060
Food Bank	**London Ghana SDA Church** Chadwin Road, Plaistow, London E13 8NF 0207 474 8095 Thursdays, 6 – 8pm
Food Bank	**Rehoboth Church** 478 Barking Road, Plaistow, London E13 8QB 07951 612405 (Emergency Food Distribution) Saturdays, 9am -11am

Food Bank	**Royal Docks Activity Centre** Albert Road, London E16 2JB 0207 476 1666 (Emergency Food Distribution) Monday – Friday, 9.30am – 2pm
Food Bank	**WGMI** 738 Barking Road, London E13 9LB 07944 101267 (Emergency Food Distribution) Sundays, 10.30 - 13.00
Emergency Assistance (i.e. food parcels, clothing etc)	• **FairShare** – www.fairshare.org.uk • **Salvation Army** - https://www.salvationarmy.org.uk/emergency-assistance
Support Services	• **Family Lives** – provides information, advice, guidance and support on any aspect of parenting and family life. Their helpline number is 0808 800 2222 • **Gingerbread** – provides single parents with advice and practical support. You can call the Gingerbread Single **Parent Helpline** on 0808 802 0925 • **Relate** – provides relationship support, including help for children and young people and help with family life and parenting • **Single Parents** – provides single parents with help, advice and support • **YoungMinds for Parents** – provides advice about mental health and behaviour problems in children and young people. You can call the parents' helpline on 0808 802 5544 • **Family Rights Group** – 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
Maternity Support	• **Newham NCT** (includes breastfeeding support) and **Parents in Mind** PND support https://www.nct.org.uk/local-activities-meets-ups/region-london/newham • **Maternity Voices Partnership Newham (Social Action for Health)** https://www.safh.org.uk/newhammvp?fbclid=IwAR1neKgylidNTIuh8nMItSeLXgmv8arCZ9dCRMjCkiHYnJ5XwpXaUfmT7zo • **Alternatives** Pregnancy and family support particularly those with no access to public funds. http://www.altel.org.uk/
Helplines	• **Kooth Online Counselling (10-16 year olds)** – www.kooth.com • **Childline** 0800 11 11 • **Newham Talking Therapies (self-referral)** 0208 475 8080

	• **NSPCC** – 0808 800 5000 • **Family Lives** – 0808 800 2222 • **Runaway Free** – 116 000 • **Young Minds Parent Helpline** – 0808 802 5544 • **Gangsline** – 0800 032 9538 • **Crimestoppers** – 0800 555 111
Benefits Advice	• https://www.understandinguniversalcredit.gov.uk/coronavirus/
	• **Newham Community and Crisis Support** - https://www.newham.gov.uk/Pages/Services/Newham-community-and-crisis-support.aspx
Community Based Support Groups	• **The Magpie Project** - https://themagpieproject.org/ • **BDCA Community Association** - www.bonnydowns.org. • 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.
Community Based Support Groups	• **Ascension Community Trust** - http://www.ascensioncommunity.org.uk/eldersproject.html • **Newham Community Links** - https://www.community-links.org/advice/
Debt Management	• **MoneyWorks** - https://newhammoneyworks.co.uk/ Newham MoneyWorks 112 - 118 The Grove London E15 1NS Monday to Friday 9am-5pm Tel: 020 8430 2041 Email: moneyworks@newham.gov.uk
Social Media Apps and Support Groups	• **A Facebook group for Newham** has been set up where people have been posting information for residents in need of support: https://www.facebook.com/groups/202303704194767/ • **OLIO App** - 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.