

Many people up and down the country are really struggling, and the situation in Barking and Dagenham is no different.

Times are tough right now, so the Council and community partners are working together to support residents

From help with sorting finances and making sure people have access to the right benefits, emergency money, and low cost loans, to linking residents with local food banks and mental health support-

While we might not have the answer to everything, residents can speak to someone their local



	Email: <a href="mailto:libraries@lbbd.gov.uk">libraries@lbbd.gov.uk</a>	
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2

Monday to Thursday, 10am to 6pm

1 Church Elm Lane, Dagenham, RM10 9QS.  
Tel: 020 8724 3942  
Email:[libraries@lbbd.gov.uk](mailto:libraries@lbbd.gov.uk)

