

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 - there's lots of help available.

While we might not have the answer to everything, residents can speak to someone in their local area who will be there to listen and connect them to support.

through council and community buildings, such as Community Hubs, Libraries and more (see these listed in grid below)

020 8215 3000

all of the information below and more, can be found at www.lbbd.gov.uk/cost-of-living-support



2 Town Square
Barking IG11 7NB
Telephone: 020 8724 8725 / 8722

RM6 5NJ
Telephone:

Funds to support vulnerable households most in need of help with the rising living and energy costs such as gas, electric, water and food costs. Additional support also includes white goods, winter clothing, essentials for work related costs such as travel and broadband. In exceptional circumstances residents may be able to get help with housing costs where Housing Benefit, Universal Credit Housing element or DHP (Discretionary Housing Payments) awards are not eligible or applicable. www.lbbd.gov.uk/benefits-and-support

residents can borrow useful items like drills, sound systems and sewing machines. There are over 30 useful household, DIY and gardening items to borrow from as little as £1.50 per day. Residents can reserve items online, ready to collect from a self-service kiosk in Barking Learning Centre. People on low incomes will be able to sign up for a Concession Membership which offers 25 per cent off borrowing costs. www.libraryofthings.co.uk/barking

working families with children under the age of 11 could save up to £2,000 a year on childcare costs (or £4,000 if they have a child with a disability under the age of 17). Residents can find out if they're eligible and sign up at www.gov.uk/tax-free-childcare

: Debt Free Advice are a charity working in the borough to support people with personal debt, such as credit cards, pay day loans and more. This includes supporting people to get breathing space from their repayments. They are based in the Barking Learning Centre. <https://debtfreeadvice.com/find-advice-centre/barking-learning-centre>

: residents of Barking and Dagenham can speak to Citizen's advice for help with the cost of living, Universal Credit claim support and information on consumer rights. bdcab.org.uk

are available for young people who are eligible for free school meals. Includes podcasting and football to arts and crafts, and more. There's something for everyone and each activity includes a free nutritious hot meal. www.lbbd.gov.uk/free-holiday-activities

All children in reception, year 1 and year 2 in state funded schools in England are eligible for free school meals. If your child is aged 11 to 16, they are also eligible if in receipt of certain benefits. www.lbbd.gov.uk/benefir £4,000 if they have a child with a d Tf1 0 0 1 147.38 277.85 Tm0 G(ww)6(v

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2 Victoria Road, Barking, IG11 8PY

36 Maple Stead

Fridays, 3.30pm to 4.30pm

Telephone: Christina Rowe on 0208 478-8526

<p>Kingsley Hall, Parsloes Avenue, Dagenham, RM9 5NB</p> <p>Monday to Friday, 9am to 4pm</p> <p>Telephone: Zaphira on 0208 592 1708</p>	<p>Parsloes Avenue, Dagenham, RM9 5PT</p> <p>Monday to Friday, 9am to 5pm Sunday, 10am to 12pm</p> <p>Telephone: Megan Charles/Sandra Smith on 0208 593 2241</p>
<p>Rose Lane, Marks Gate, RM6 5NR</p> <p>Wednesdays, 11am to 1pm</p> <p>Telephone: Mary on 0208 270 4165</p>	<p>Rose Lane, Marks Gate, RM6 5NR</p> <p>Monday to Friday</p>
<p>Unit 4, 280 Oxlow Lane, Dagenham, RM10 8LP</p> <p>Tuesday, 10am to 1pm</p> <p>020 8517 5827 admin@phim.org.uk www.phcn.org.uk</p>	<p>Burnside Road/Haydon Road, RM8 2PA</p> <p>Mondays, 1pm to 3pm</p> <p>Telephone: 208 598 9179</p>
<p>Bastable Avenue, Barking, IG11 0LG</p> <p>Fridays, 12pm to 2pm</p> <p>Telephone: Adele or Molly on 0208 270 6619</p>	<p>522 Goresbrook road, RM9 4XA</p> <p>Thursdays, 12pm to 2pm</p> <p>Telephone: Father Leigh on 07955 88795</p>
<p>Barking Learning Centre, IG11 7NB</p> <p>Monday to Friday, 11.30am to 1.30pm</p> <p>Telephone: Anne or Bill on 0208 594 2404</p>	<p>240 Ripple Road, Barking, IG11 7DJ</p> <p>Monday to Friday, 9.30am to 11.30am and 2pm to 3.30pm</p>

See more food support at www.lbbd.gov.uk/cost-living-support/help-food

Together

Residents can check if they're eligible for additional support based on their income, including things like utilities (gas, electric, water), food and wider essential costs connected with utilities (such as boiler servicing and repairs – owner occupiers only). Selected household goods essential for cooking and provision of food (cookers, fridges, freezers, pans, utensils) or other related essentials that can support reducing the cost of living can also be considered.

Eligible residents can access up to six months of free mobile data.

there is a full list of sites across the borough where residents can access and use free wifi and computers.

are available for anyone who wants to learn skills to get online and digital support sessions are also available at the Adult College.

are volunteers trained to help residents get online. Whether it's A s i