









## COVID-19 SUPPORT SERVICES FOR PROFESSIONALS, PARENTS/CARERS AND CHILDREN



NEWHAM	
HACKNEY	
BARKING & DAGENHAM	
UNIVERSAL	



### Food Banks and Access to Food Services

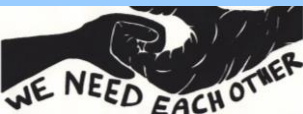


SERVICE	CONTACT DETAILS
	<p>A network of <b>foodbanks</b> across the UK providing <b>emergency food</b> and support to people in crisis:  <a href="https://www.trusselltrust.org/">https://www.trusselltrust.org/</a></p>
	<p><b>Newham Food Bank Information</b>  <b>Emergency Assistance:</b> <a href="https://newham.foodbank.org.uk/">https://newham.foodbank.org.uk/</a>  <b>Foodbank Enquiries:</b> 0207 474 3060 / <a href="mailto:admin@newham.foodbank.org.uk">admin@newham.foodbank.org.uk</a></p>
	<p><b>Hackney Food Bank Information</b>  <b>Emergency Assistance:</b> <a href="https://hackney.foodbank.org.uk/">https://hackney.foodbank.org.uk/</a>  <b>Foodbank Enquiries:</b> 020 72542464 / <a href="mailto:info@hackney.foodbank.org.uk">info@hackney.foodbank.org.uk</a></p>
	<p><b>Emergency Assistance:</b> <a href="https://dagenham.foodbank.org.uk/">https://dagenham.foodbank.org.uk/</a>  <b>Foodbank Enquiries:</b> 0208 595 0122 / 07983 431 070  <b>Email:</b> <a href="mailto:info@dagenham.foodbank.org.uk">info@dagenham.foodbank.org.uk</a></p>
	<p><b>Emergency Assistance:</b> <a href="https://barking.foodbank.org.uk/">https://barking.foodbank.org.uk/</a>  <b>Food Bank Enquires:</b> 07507 648948 / 0208 861 0660  <b>Email:</b> <a href="mailto:barkingfoodbank@gmail.com">barkingfoodbank@gmail.com</a></p>
	<p><b>BD CAN, Citizens' Alliance Network:</b>  <a href="https://www.lbbd.gov.uk/let-us-know-if-you-need-help-or-support">https://www.lbbd.gov.uk/let-us-know-if-you-need-help-or-support</a>  <a href="mailto:bdcan@lbbd.gov.uk">bdcan@lbbd.gov.uk</a> / 020 8215 3000</p>

### Safeguarding and Child Protection




SERVICE	CONTACT DETAILS
	<p><b>If you are worried that a child you know is at risk of serious harm through abuse or neglect:</b> <a href="http://www.newham.gov.uk/reportit">www.newham.gov.uk/reportit</a>            0203 373 4600 (9am-5pm) or 0208 430 2000 at any other time            If you think a child is in <b>immediate danger</b>, phone the police immediately on <b>999</b>.</p>
	<p><b>If you are worried that a child you know is at risk of serious harm through abuse or neglect:</b> <a href="https://hackney.gov.uk/child-protection">https://hackney.gov.uk/child-protection</a>            020 8356 5500 (9am-5pm) or 0208 430 2000 at any other time  <b>Email:</b> <a href="mailto:fast@hackney.gov.uk">fast@hackney.gov.uk</a>            If you think a child is in <b>immediate danger</b>, phone the police immediately on <b>999</b>.</p>



	<p>If you are worried that a child you know is at risk of serious harm through abuse or neglect: <a href="https://www.lbbd.gov.uk/safeguarding-at-risk-children">https://www.lbbd.gov.uk/safeguarding-at-risk-children</a></p> <p>Call: 020 8227 3811 / Email: <a href="mailto:childrens@lbbd.gov.uk">childrens@lbbd.gov.uk</a></p> <p>If you think a child is in <b>immediate danger</b>, phone the police immediately on <b>999</b>.</p>
	<p><b>Report child abuse and seek advice</b></p> <p><a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>  <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a>  0808 800 5000</p>


<b>Crime and Health Support</b>	
<p align="center"><b>Call 999 for Emergency Police, Ambulance or Fire services</b>  <b>Or if you believe a child is in immediate danger or harm</b></p>	
<b>SERVICE</b>	<b>CONTACT DETAILS</b>
	<p><b>Non-emergency - 101</b>  Call 101 for urgent non-emergency enquiries.  <a href="https://www.police.uk/pu/contact-the-police/report-a-crime-incident/">https://www.police.uk/pu/contact-the-police/report-a-crime-incident/</a></p>
	<p>NHS 111 can help if you have an urgent medical problem and you're not sure what to do: <a href="https://111.nhs.uk/">https://111.nhs.uk/</a> (for people aged 5 and over only)  Call 111</p>
	<p>100% Anonymous  <a href="https://crimestoppers-uk.org/">https://crimestoppers-uk.org/</a>  0800 555 111</p>
	<p>Help after crime  <a href="https://www.victimsupport.org.uk/">https://www.victimsupport.org.uk/</a>  Free and confidential support line: 08 08 16 89 111</p>







<b>Mutual Aid Groups</b>	
<b>SERVICE</b>	<b>CONTACT DETAILS</b>
	<p><b>Barking &amp; Dagenham Mutual Aid:</b>  <a href="https://www.facebook.com/groups/212895546741612/">https://www.facebook.com/groups/212895546741612/</a></p>
	<p><b>Dagenham Community Support:</b>  <a href="https://www.facebook.com/groups/206077600599577/">https://www.facebook.com/groups/206077600599577/</a></p>
	<p><b>Gascoyne Estate E9 Residents' Support Group:</b> <a href="https://twitter.com/GascoyneEstate">https://twitter.com/GascoyneEstate</a></p> <p><b>Hackney Covid 19 Mutual Aid:</b>  <a href="https://www.facebook.com/groups/280285692955390/permalink/281997356117557/">https://www.facebook.com/groups/280285692955390/permalink/281997356117557/</a></p> <p><b>Hackney N4, Brownswood Ward:</b>  <a href="https://www.facebook.com/groups/494407324584907/">https://www.facebook.com/groups/494407324584907/</a></p> <p><b>Winston Road N16:</b> <a href="https://www.facebook.com/groups/296534943720576/">https://www.facebook.com/groups/296534943720576/</a></p>

	<p><b>Newham Covid-19 Community Support:</b>  <a href="https://www.facebook.com/groups/202303704194767/">https://www.facebook.com/groups/202303704194767/</a></p> <p><b>Albert Island Marina E16:</b> <a href="https://chat.whatsapp.com/GlwEw3gQi1TBUKAcmbLi3">https://chat.whatsapp.com/GlwEw3gQi1TBUKAcmbLi3</a></p>
	<p>Local Mutual Aid by postcode: <a href="https://covidmutualaid.org/">https://covidmutualaid.org/</a></p>

Online Safety Support	
SERVICE	CONTACT DETAILS
	<p><b>Report concern about online sexual abuse</b> or the way someone has been communicating with your child online: <a href="http://www.CEOP.police.uk">www.CEOP.police.uk</a></p>
	<p>Help and advice for online safety issues  <a href="https://www.saferinternet.org.uk/">https://www.saferinternet.org.uk/</a>            Email: <a href="mailto:helpline@saferinternet.org.uk">helpline@saferinternet.org.uk</a>            Report Harmful Content: <a href="https://reportharmfulcontent.com">https://reportharmfulcontent.com</a></p>
	<p>Safeguarding and Online Safety resources for professionals, parents and children  <a href="https://www.lgfl.net/online-safety/resource-centre?s=16">https://www.lgfl.net/online-safety/resource-centre?s=16</a></p>

Domestic Abuse and Violence Against Women and Girls Support	
SERVICE	CONTACT DETAILS
	<p>Domestic abuse support for women, men and children            Freephone 24-hour National <b>Domestic Abuse</b> Helpline <a href="tel:08082000247">0808 2000 247</a>  <a href="https://www.refuge.org.uk/">https://www.refuge.org.uk/</a></p>
	<p>Main Reception: 020 7378 3100            Voicemail box: 020 3879 3700            Email: <a href="mailto:info@hestia.org">info@hestia.org</a>  <a href="https://www.hestia.org/">https://www.hestia.org/</a></p>
	<p>Rape Crisis Centres provide specialist support and services to women and girls who have experienced sexual violence.  <a href="https://rapecrisis.org.uk/">https://rapecrisis.org.uk/</a>  <a href="#">Live Chat Helpline</a></p>
	<p>Delivering cutting edge services to end violence against women and children            Tel: 020 7683 1270            Email: <a href="mailto:info@niaendingviolence.org.uk">info@niaendingviolence.org.uk</a>  <a href="https://niaendingviolence.org.uk/">https://niaendingviolence.org.uk/</a></p>
	<p>Supporting victims of honour-based violence and forced marriage:  <a href="https://karmanirvana.org.uk/">https://karmanirvana.org.uk/</a> / UK Helpline: 0800 5999 247</p>
	<p>Daughters of Eve is a non-profit organisation that works to protect girls and young women who are at risk from female genital mutilation (FGM).  <a href="http://www.dofeve.org/">http://www.dofeve.org/</a> / 07983030488</p>

Mental Health Services	
SERVICE	CONTACT DEATAILS
	<p><b>Information and support for adult mental health</b>  <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>            Infoline: 0300 123 3393</p>
	<p><b>Support for young people's mental health</b>  <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>            Parents Helpline: 0808 802 5544</p>
	<p><b>Bereavement support for children and their families</b>  <a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a>            0800 02 888 40</p>
	<p>Newham Talking Therapies offers a range of free and confidential talking therapies and specialist support to help you feel better within the borough of Newham.  <b>020 8475 8080.</b>  <a href="https://www.newhamtalkingtherapies.nhs.uk/">https://www.newhamtalkingtherapies.nhs.uk/</a></p>
	<p>Information for parents/carers to support children's mental health  <a href="https://www.annafreud.org/parents-and-carers/">https://www.annafreud.org/parents-and-carers/</a></p>

Financial Advice, Employment and Housing Support	
	<p><b>Advice on debts, benefits and budgeting</b>            020 8525 6354            Email: <a href="mailto:hmsreferrals@eastendcab.org.uk">hmsreferrals@eastendcab.org.uk</a></p>
	<p><b>Advice on debts, benefits and budgeting</b>            Tel: 020 8430 2041  <a href="https://newhammoneyworks.co.uk/">https://newhammoneyworks.co.uk/</a></p>
	<p><b>Advice on debts, benefits and budgeting</b>            0800 138 7777            Email: <a href="mailto:enquiries@maps.org.uk">enquiries@maps.org.uk</a>.  <a href="https://www.moneyadviceservice.org.uk/en">https://www.moneyadviceservice.org.uk/en</a></p>
	<p><b>Homes and Money Hub who can provide food vouchers:</b>  <a href="https://www.lbbd.gov.uk/news/council-launches-home-and-money-advice-hub-in-dagenham/">https://www.lbbd.gov.uk/news/council-launches-home-and-money-advice-hub-in-dagenham/</a> / 020 8724 2113 or 020 8227 2927</p>
	<p><b>Support if you have been bereaved:</b> <a href="https://www.gov.uk/bereavement-allowance">https://www.gov.uk/bereavement-allowance</a>  <b>Bereavement Payment:</b> <a href="https://www.gov.uk/bereavement-payment">https://www.gov.uk/bereavement-payment</a>  <b>Funeral Payment:</b> <a href="https://www.gov.uk/funeral-payments/eligibility">https://www.gov.uk/funeral-payments/eligibility</a></p>
	<p><b>Expert housing advisers</b>            Freephone helpline: 0808 800 4444  <a href="https://www.shelter.org.uk/">https://www.shelter.org.uk/</a></p>



Working Families is the UK's work-life balance charity:  
<https://workingfamilies.org.uk/>

**Children & Young People**

SERVICE

CONTACT SERVICES



**Youth Empowerment online programme:**  
<https://padlet.com/YESLBN/YESProgramme>



**Help and advice for children**  
<https://www.childline.org.uk/>  
 Call 0800 1111



Your online mental wellbeing community. Free, safe and anonymous support for young people : <https://www.kooth.com/>



24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.



Talk to us on the phone, free any time, from any phone, on 116 123.  
<https://www.samaritans.org/about-samaritans/jo@samaritans.org> - response time: 24 hours



Support service for young people - from mental health to money, from homelessness to finding a job, from break-ups to drugs  
<https://www.themix.org.uk/>



**Help and support for young people involved in gangs**  
<https://www.gangslines.com/>  
 0800 032 9538