

COST OF LIVING SUPPORT

HELP WITH FOOD

What is the council and its partners doing to support residents?

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.

How can residents get support?

- **Face to Face:** through council and community buildings, such as Community Hubs, Libraries and more (see these listed in grid below)
- **Via Telephone:** 020 8215 3000
- **Website:** all of the information below and more, can be found at www.lbbd.gov.uk/cost-of-living-support

Face to face sites and locations	Opening times
BLC, Barking Library - 2 Town Square, Barking IG11 7NB	Monday to Thursday 9am to 7pm, Friday and Saturday 9am to 5pm, Sunday 10am to 4pm
Dagenham Library - 1 Church Elm Lane, Heathway, RM10 9QS	Monday to Thursday 9am to 7pm, Friday and Saturday 9am to 5pm
Thames Community Hub - Bastable Ave, Barking IG11 0LG	Monday to Friday 9am to 5pm
Marks Gate Community Hub - Rose Lane, Dagenham RM6 5NJ	Monday to Friday 9am to 5pm
Robert Jeyes Library - Chadwell Heath Community Centre, High Road, Chadwell Heath, RM6 6AS	Monday to Thursday 10am to 5pm
Valence Library - Becontree Ave, Dagenham RM8 3HT	Monday 10am to 5pm, Tuesday 10am to 7pm, Wednesday 10am to 5pm, Thursday 10am to 5pm, Saturday 10am to 4pm
Village Community Hub - (Leys) Wellington Avenue, Dagenham RM10 9XW	Monday to Friday 9am to 5pm
Becontree Community Hub - Stevens Road, Dagenham, RM8 2QR	Monday to Friday 9am to 5pm
Northbury Community Hub at Al Madina Mosque - 1st floor, The Hive, 2 Victoria Road, Barking IG11 8PY	Monday to Saturday 9am to 8pm.

DABD - 2-48 Parsloes Avenue, Dagenham, RM9 5NU	Monday to Friday 9am to 5pm
Kingsley Hall - Parsloes Avenue, Dagenham RM9 5NB	Monday to Friday 9am to 5pm
Thames Life - Riverside Campus, Renwick Road, Barking IG11 0FU	Monday to Friday 9am to 5pm.
Harmony House - Baden Powell Close, Dagenham, RM9 6XN	Monday to Friday 9am to 5pm

Food banks across the borough can provide emergency food parcels if a resident is temporarily unable to provide for themselves. To use some of them, a voucher is required to receive a food parcel, so check it's best to check before visiting a location. www.bdcollective.co.uk/food-bank-network

Community Food Clubs led by community and voluntary sector partners offer free and discounted meals, food packages, food supplies and household goods. Residents can get more information at one of the face to face community hub venues above. www.lbbd.gov.uk/community-food-clubs

Free Christmas holiday activities 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

Free school meals: 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/benefits-and-support/free-school-meals-pupil-premium

Humdum: Humdum UK was founded to ensure nobody in the community faces food poverty. They distribute over 300 nutritionally balanced meals a day and provide support to local people who are referred to them in crisis. Their food bank offers halal and vegetarian ready meals plus fresh food parcels to enable people to cook at home. The food bank is open on Saturdays from 1pm to 2pm. www.humdum.org | info@humdum.org | 07917 454 786.

Kingsley Hall's Social Supermarket: Free and discounted food supplies and household goods. Everyone is welcome, residents just need to turn up Monday to Friday, 9am to 4pm. Contact info@khccc.com or call 07951 895 889.

Kingsley Hall's Street Kitchen: Residents can enjoy warm spaces and discounted cooked meals and snacks, Monday to Friday, 9am to 3pm. Contact info@khccc.com or call 020 8592 1708. Visit at Parsloes Avenue, Dagenham RM9 5NB.

Al Madina Food Club: Residents can join the Al Madina Food Club to reduce their food shopping bill. By becoming a member, residents can access food for a week. Membership also includes advice on finance, housing, employment and health. Membership is available to one person per household to visit once a week and is valid for three months. The Community Food Club also hosts the 'Seed to Plate' project, where residents can take part in free gardening and cooking projects. Residents can grow own produce, improve cooking skills and eat together with other local people. Eligibility criteria applies. Open every Friday from 3pm to 4.30pm at The Hive, 2 Victoria Road, Barking IG11 1PY | 020 8478 8526 | info@barkingmosque.org.uk

