

COST OF LIVING SUPPORT

HELP WITH WELLBEING

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

Harmony House CIO run a range of groups that can help isolated and lonely residents to make new friends and feel better connected, helping to make them feel safer and more independent. The groups provide lunch, refreshments, creative activities and games, skill sharing, informative talks, and entertainment. **020 8526 8200 | enquiries@hhd.org.uk**

Every One Every Day is a local charity which has five community spaces across the borough that residents can access for free. Everyone is welcome to attend a range of workshops and activities. Residents can find out about the fun things that are happening this Winter, from cooking to social events and more. www.weareeveryone.org

Housing and Homelessness: Residents can get information about how to avoid becoming homeless or what to do if they are homeless. Call 020 8724 8323, Monday to Friday 9am to 4pm, or email housingadvice@lbbd.gov.uk

Kingsley Hall's LIVEWELL Centre: Residents can access a number of free and discounted wellbeing activities at Kingsley Hall. Everyone is welcome Monday to Friday, 9am to 4pm. Kingsley Hall, Parsloes Avenue, Dagenham RM9 5NB. Email or phone for weekly timetable: info@khccc.com | 07951 895 889

Community mental health support: Barking and Dagenham Access and Assessment team is a service for adults aged 18 to 65 that need to access community mental health services in the borough. They provide an initial mental health assessment and will refer or signpost to other mental health services or organisations or offer brief intervention for a time limited period. <https://www.lbbd.gov.uk/adult-social-care/mental-health/community-mental-health-services>

Talking Therapies Barking & Dagenham: A free NHS service which offers help to learn new ways to cope with everyday pressures or unexpected events. They offer talking therapies including Cognitive Behavioural Therapy, Counselling for Depression, Couples Therapy, Dynamic Interpersonal Therapy, EMDR, and Interpersonal therapy. They also offer groups and courses to learn ways to cope with low mood, anxiety and more. <https://www.lbbd.gov.uk/adult-social-care/mental-health/therapy-and-counselling>