

Some of the support available to residents of LBBB – Cost of living

Cost of living support guides

Cost of living Brochure

The LA have produced a series of printable cost of living guides which we'll continue to update as more support becomes available.

Take a look below and please remember to check back for updates:

[Cost of living support guide](#) (PDF, 202KB)

[Cost of living support guide – Help with money](#) (PDF, 137KB)

[Cost of living support guide – Help with food](#) (PDF, 141KB)

[Cost of living support guide – Help with energy](#) (PDF, 161KB)

[Cost of living support guide – Help with wellbeing](#) (PDF, 152KB)

[Cost of living support guide – Help with getting connected](#) (PDF, 147KB)

Food Banks

Please open the link [here](#) to see the list of local food banks, some can be self-referred to, but most are on the voucher referral system.

Housing advice

LBBB have a housing team who can help give information and guidance. Please email housingadvice@lbbd.gov.uk or call 020 8724 8323. This team is available Monday- Friday 9am-4pm. You may also visit [here](#).

Mental health

Mental health is just as important as physical health. It is important to seek support if you need it. Please do speak to your GP.

[Young Minds](#) have lots of helpful advice and articles for both young people and their parents.

[Kooth](#) is an anonymous, free service where young people can speak to trained counsellors and access advice articles and support.

Debt and money advice

The Homes and Money Hubs are open for a drop in a Barking Learning Centre and Dagenham Library from 9am-4pm Monday to Friday. Advice and guidance can also be obtained by emailing homesandmoneyhub@lbbd.gov.uk . You may also visit [here](#).

Family Information Service

The Family Information Service is a dedicated team that provide free, impartial advice and guidance including:

- Information on local childcare
- Fun activities for families
- Advice on childcare funding.

To find out more please contact fis@lbbd.gov.uk