

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
Barking Learning Centre (BLC) 2 Town Square Barking IG11 7NB Telephone: 020 8724 8725 / 8722	Monday to Thursday, 9am to 7pm, Friday and Saturday, 9am to 5pm Sunday 10am to 4pm
Becontree Community Hub Stevens Road Dagenham RM8 2QR Email: BecontreeCommunityHub@lbbd.gov.uk Telephone: 020 8724 1830	Monday to Friday, 9am to 5pm
Dagenham Learning Centre (DLC) 1 Church Elm Lane Heathway RM10 9QS Telephone: 020 8227 3942	Monday to Thursday, 9am to 7pm Friday and Saturday, 9am to 5pm
Eastbury Community Hub John Smith House Bevan Avenue Barking IG11 9LL	Monday to Friday, 10am to 4pm
Heath Community Hub (previously William Belamy) Frizlands Lane Dagenham	Monday to Friday, 9am – 5pm

RM10 7HX Telephone: 020 8724 1924 Email: heathcommunityhub@lbbd.gov.uk	
Marks Gate Community Hub Rose Lane Dagenham RM6 5NJ Telephone: 020 8270 4165 Email: marksgatecommunityhub@lbbd.gov.uk	Monday to Friday 9am to 5pm
Northbury Community Hub at Al Madina Mosque First Floor The Hive 2 Victoria Road Barking IG11 8PY	Monday to Saturday 9am to 8pm
Parsloes Community Hub at Kingsley Hall Parsloes Avenue Dagenham RM9 5NB Telephone: 020 8592 1708	Monday to Friday 9am to 4pm
Thames Community Hub (previously Sue Bramley) Bastable Ave Barking IG11 0LG Telephone: 020 8270 6619 Email: thamescommunityhub@lbbd.gov.uk	Monday to Friday 9am to 5pm
Thames Life Riverside Campus Renwick Road Barking IG11 0FU	Monday to Friday 9am to 5pm.
Village Community Hub (previously Leys) Wellington Avenue, Dagenham RM10 9XW Telephone: 020 8724 1983 Email: villagecommunityhub@lbbd.gov.uk	Monday to Friday 9am to 5pm
Whalebone Lane Community Hub Chadwell Heath Community Centre High Road, Dagenham RM6 6AS Telephone: 020 8270 4305	Monday, Tuesday and Wednesday, 10am to 5pm Thursday 10am to 7pm

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

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. See full list below.

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. See full list below or visit www.lbbd.gov.uk/community-food-clubs

Food Banks and Community Food Clubs	
1	<p>Al Madina Mosque Food Club, Lunch Club and Community Kitchen 2 Victoria Road, Barking, IG11 8PY</p> <p>Fridays, 3.30pm to 4.30pm Telephone: Christina Rowe on 0208 478-8526</p>
2	<p>Darul Ummah Goresbrook Food Bank 36 Maple Stead Road, RM9 4XR</p> <p>Saturdays, 2pm to 4pm</p> <p>Telephone: Sana Sajid on 07401 328066</p>
3	<p>Barking Food Bank (Trussell Trust) Elim Church, 93 Axe Street, Barking, IG11 7LZ</p> <p>Daily 5pm to 6pm</p> <p>Telephone: Lloyd Cheshire on 07444 794 257 or Pastor Obi on 07507648948</p>
4	<p>Castle Point Lunch Club 163 Bennett's Castle Lane, Dagenham, RM8 3YJ</p> <p>Monday to Thursday, 9am to 3pm Fridays, 9.30am to 2pm</p> <p>Telephone: Teah or Sally on 0208 227 1927</p>
5	<p>Church Elm Hub Food Club Dagenham Library 1 Church Elm Lane, RM10 9QS</p> <p>Thursdays and Fridays, 11am to 1pm</p> <p>Telephone: Elyse on 07577 067373</p>
6	<p>Dagenham Food Bank The Beacon, 104 New Rd, Dagenham RM9 6PE</p> <p>Wednesdays and Saturdays, 11am to 1pm</p> <p>Telephone: Bukky on 07940 496790 or Moji on 07983 431070</p>
7	<p>Dagenham Food Bank (Trussell Trust) Living Hope Centre, Old Dagenham Methodist Church, Rainham Road South, RM10 8YB</p> <p>Tuesday 5pm to 6pm</p> <p>Telephone: 0208 595 0122</p>
8	<p>Dagenham Food Bank (Trussell Trust) Flowing Rivers Centre 112 Broad Street, RM10 9HP</p> <p>Thursdays, 5.30pm to 7pm</p> <p>Telephone: 07985 585996</p>
9	<p>Dagenham Ummah Welfare Trust Food Bank 5 Newett Rd, RM8 2XT</p> <p>Currently closed – reopens 2024</p>
10	<p>Heath Community Hub Food Bank Frizlands Lane, RM10 7HX</p> <p>Wednesdays, 2pm to 4pm</p> <p>Telephone: Jessie Nicholson on 0208 227 2001</p>
11	<p>Hope Family Trust Food Bank Beaver Centre, Unit 1 Selinas Lane, Dagenham, RM8 1QH</p> <p>Thursdays, 2pm to 4pm</p> <p>Telephone: 0208 617 0660 / 07507 648 948 Email: admin@hopefamilyuk.org</p>
12	<p>Hope Family Trust Food Bank (Trussell Trust) United Reformed Church, Mill Lane, Chadwell Heath, RM6 6RS</p> <p>Tuesdays and Thursdays, 10am to 12pm</p> <p>Telephone: Fummi Ikele on 07454 726061</p>

13	<p>Hope Family Trust Food Bank (Trussell Trust) Holy Family Catholic Church Centre, Oxlow Lane, RM9 5XJ</p> <p>Sundays, 1pm to 3pm</p>	14	<p>Hum Dum Lunch Club / Food Parcels Ripple Centre, 121 Ripple Rd, Barking, IG11 7PB</p> <p>Saturdays, 1pm to 2pm</p> <p>Telephone: Nighat Bhola on 07917 454786</p>
15	<p>Kingsley Hall Social Supermarket/Cafe Kingsley Hall, Parsloes Avenue, Dagenham, RM9 5NB</p> <p>Monday to Friday, 9am to 4pm</p> <p>Telephone: Zaphira on 0208 592 1708</p>	16	<p>London Riverside Church Food Bank 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>
17	<p>Marks Gate Community Hub Food Club/Community Kitchen Rose Lane, Marks Gate, RM6 5NR</p> <p>Wednesdays, 11am to 1pm</p> <p>Telephone: Mary on 0208 270 4165</p>	18	<p>Marks Gate Relief Project Community Kitchen/Community Food Club Community Supermarket/Cooking Workshop</p> <p>Rose Lane, Marks Gate, RM6 5NR</p> <p>Monday to Friday</p>
19	<p>Power House Community Network Food Bank 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>	20	<p>St Thomas Food Pantry Burnside Road/Haydon Road, RM8 2PA</p> <p>Mondays, 1pm to 3pm</p> <p>Telephone: 208 598 9179</p>
21	<p>Thames Community Hub Food Bank Bastable Avenue, Barking, IG11 0LG</p> <p>Fridays, 12pm to 2pm</p> <p>Telephone: Adele or Molly on 0208 270 6619</p>	22	<p>The Shed Food Bank 522 Goresbrook road, RM9 4XA</p> <p>Thursdays, 12pm to 2pm</p> <p>Telephone: Father Leigh on 07955 88795</p>
23	<p>The Source Food Bank 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>	24	<p>Salvation Army 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