

# 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](http://www.lbbd.gov.uk/cost-of-living-support)

Face to face sites and locations	Opening times
<b>Barking Learning Centre (BLC)</b> 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
<b>Becontree Community Hub</b> Stevens Road Dagenham RM8 2QR Email: <a href="mailto:BecontreeCommunityHub@lbbd.gov.uk">BecontreeCommunityHub@lbbd.gov.uk</a> Telephone: 020 8724 1830	Monday to Friday, 9am to 5pm
<b>Dagenham Learning Centre (DLC)</b> 1 Church Elm Lane Heathway RM10 9QS Telephone: 020 8227 3942	Monday to Thursday, 9am to 7pm Friday and Saturday, 9am to 5pm
<b>Eastbury Community Hub</b> John Smith House Bevan Avenue Barking IG11 9LL	Monday to Friday, 10am to 4pm
<b>Heath Community Hub (previously William Belamy)</b> Frizlands Lane Dagenham	Monday to Friday, 9am – 5pm

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

**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](mailto:enquiries@hhd.org.uk)**

**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](mailto: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](mailto: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>