

It Starts Here...



**...Celebrating
Christmas in
Barking and Dagenham**



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INSIDE FOR
HOLIDAY BIN
COLLECTIONS,
COST OF LIVING
SUPPORT & MORE**

Leader's Message

It Starts Here



Dear resident,

The last few years have had their fair share of challenges. We've been working hard to make the borough better which means improving local services and supporting the community where we can make a difference. This is despite huge cuts to our budget, spiralling costs and increasing demand for services. But we remain determined to do more to make B&D better.

That is why we have launched our **#ItStartsHere** campaign which enables residents like you to get more involved in litter picking days, volunteering in local community organisations or even reporting fly-tipping.

Our **#ItStartsHere** campaign is about working with you. Every month our staff, schools, businesses, faith groups and volunteers will be working together to tidy up the borough, sending a message that we all want a cleaner environment and a place we can be proud of.

It starts here for community led change, from disposing of your waste correctly, reporting fly-tips and recycling more - we all have a part to play.

We were delighted when we received the news about being one of 20 places around the country to secure 'Heritage Place' status, sharing a pot of **£200m in funding from the National Heritage Lottery**. We will be consulting with residents on how we use this as an opportunity to promote civic pride.

We have also managed to secure a **world-class health facility with Queen Mary University**.

Funded through the council's Strategic Community Infrastructure Levy funding programme, the partnership will see two floors of Maritime House in Barking transformed into a national-level **dental training centre**. This will treat up to 5,000 residents annually over the next 15 years and make a world of difference to people's health. I know many struggle getting an appointment with an NHS dentist, so this has the potential to revolutionise dentistry in B&D.

This follows on from a **10-year partnership we recently agreed with Queen Mary University** to rethink wellbeing as well as how we help prevent chronic long-term health conditions like diabetes and high blood pressure.

We have also been chosen as **one of only 43 areas in England to pilot new approaches to neighbourhood health** that aims to bring care closer to where people live.

We know people are concerned about jobs. So I am pleased to say we have helped **over 10,000 people into work** in recent years alongside providing **training and new skills for 17,000 more people**.

Getting the best start in life is crucial. **Nine in ten of our schools are rated Good or Outstanding** and achieve incredible results year in, year out. Each year, our GCSE and A-Level students buck national trends. **This year saw our students achieve some of the best results in the borough's history** - a testament to the council's continued investment in our fantastic schools.



The **Future Youth Zone in Dagenham** was the first of its kind in London and now over 150,000 young people have walked through its doors. I'm pleased to say that we'll have another youth centre very soon - '**The Rising Generation**' at **Padnall Hall** - giving our youngsters another place to hang out, learn and have fun.

The council was recently awarded '**Outstanding by the Care Quality Commission for our adult social care** - one of only three councils in the country to be awarded this. It's a phenomenal achievement and shows that we're still able to serve our residents when they need it most.

We know the community is our strongest asset. That's why we're building on our connections with organisations like Kingsley Hall and Al-Madina, to create neighbourhood services that support our residents.

We've introduced **E-bikes, more electric charging points and increased cycle paths** to give residents cleaner, greener ways to travel while improving air quality. Following our petition, TfL will be conducting two (of only 17 across London) **step-free access feasibility studies at Becontree and Dagenham East Underground Stations**. This means families,



disabled people and older people could soon enjoy better access to the borough's stations.

Our campaign to keep the **Dagenham police station front counter** open has paid off. It will continue to be open - a big win for our community and a vital step in keeping you safe. And recently **we planted 12,000 trees at The Chase Nature Reserve in Dagenham** to further boost biodiversity and create greener spaces for everyone to enjoy.

If you do need some extra support over Christmas and beyond, there's more information on how you can access it in this booklet. And if you want to see some of the amazing work the **Kindness Offensive** is doing in our borough to help people who are struggling, look out for that on page seven of this booklet.

I want to end this message by wishing you all a very Merry Christmas and a Happy New Year. This is the time of year where friends and family come together and look back at the year that's been. It's also the time we look ahead to 2026. And in Barking and Dagenham, we have plenty to look forward to.

Councillor Dominic Twomey
Leader of Barking and Dagenham Council

Stay connected!



Get the latest news and updates from Barking and Dagenham emailed to your inbox! You can subscribe to a whole host of topics based on the things you're interested in.

lbbd.gov.uk/stayconnected



Christmas and New Year bin collections and recycling services

Our bin crews and street cleaning teams will be busy collecting your rubbish and working hard to keep the borough tidy. Please help them by recycling as much as you can and cutting down on the amount of rubbish you put out.



This year there will be the following changes to your bin collection dates over the festive period.

If your normal collection date is...	This festive period your collection will be on...
Monday 22 December 2025	Monday 22 December 2025
Tuesday 23 December 2025	Tuesday 23 December 2025
Wednesday 24 December 2025	Wednesday 24 December 2025
Thursday 25 December 2025 (Christmas Day)	Monday 29 December 2025
Friday 26 December 2025 (Boxing Day)	Tuesday 30 December 2025
Monday 29 December 2025	Wednesday 31 December 2025
Tuesday 30 December 2025	Friday 2 January 2026
Wednesday 31 December 2025	Saturday 3 January 2026
Thursday 1 January 2026 (New Year's Day)	Monday 5 January 2026
Friday 2 January 2026	Tuesday 6 January 2026
Monday 5 January 2026	Wednesday 7 January 2026
Tuesday 6 January 2026	Thursday 8 January 2026
Wednesday 7 January 2026	Friday 9 January 2026
Thursday 8 January 2026	Saturday 10 January 2026
Friday 9 January 2026	Monday 12 January 2026
Monday 12 January 2026	Tuesday 13 January 2026
Tuesday 13 January 2026	Wednesday 14 January 2026
Wednesday 14 January 2026	Thursday 15 January 2026
Thursday 15 January 2026	Friday 16 January 2026
Friday 16 January 2026	Saturday 17 January 2026

Normal bin collection days will resume from Monday 19 January 2026

Remember to:

- Leave your bins by the boundary of your property by 6am on your collection day (only put bins on the street if you don't have a front garden or drive).
- Put your rubbish inside your wheelie bin with the lid closed shut.
- Visit lbbd.gov.uk/what-goes-in-your-bins if you're not sure what goes where.



Cut down on your waste this Christmas

Christmas usually means plenty of food and drink, gifts and decorations. It's also a time where we waste a lot of stuff.

Cut down on what you throw away to save money and do your bit for the environment. Visit lbbd.gov.uk/stop-waste for tips on reducing waste.

Recycle your real Christmas tree

We don't collect real Christmas trees, but when the fun is over, you can take them to be recycled at the car parks below on the following dates:



Date, time and location
Monday 5 January 2026 Barking Park (South Park Drive car park)
Tuesday 6 January 2026 Chadwell Heath Park (West Road car park)
Wednesday 7 January 2026 Central Park (Rainham Road North car park)

Please remove tinsel, decorations and stands before you drop your trees off. You can also take your Christmas trees to **Frizlands Lane tip**.

Disposing of your tired plastic Christmas trees

If your plastic Christmas tree can't be reused next year, you can put it in your grey general waste bin, but only if it fits and the lid closes shut. If it's too big for your bin, you can take it to one of our Reuse and Recycling Centres (tips) for free, or you can get it collected with our bulky waste collection service.



Christmas bulky waste collections

Get large items collected using our bulky waste collection service. Visit lbbd.gov.uk/bulky-waste



Frizlands Lane tip opening times



If you need to visit Frizlands Lane Reuse and Recycling Centre, Rainham Road North RM10 7HX, take a look at their festive opening times:

Wednesday 24 December 2025 (Christmas Eve)	7.30am to 4.30pm (last entry 4.15pm)
Thursday 25 December 2025 (Christmas Day)	Closed
Friday 26 December 2025 (Boxing Day)	Closed
Saturday 27 December 2025	7.30am to 4pm (last entry 3.45pm)
Sunday 28 December 2025	8am to 4pm (last entry 3.45pm)
Monday 29 and Tuesday 30 December 2025	7.30am to 4.30pm (last entry 4.15pm)
Wednesday 31 December 2025 (New Year's Eve)	8am to 4pm (last entry 3.45pm)
Thursday 1 January 2026 (New Year's Day)	Closed

Normal opening hours resume on **Friday 2 January 2026**.
Monday to Friday 7.30am to 4.30pm,
Saturday 7.30am to 4pm and Sunday 8am to 4pm.

If you visit using a van or trailer, or want to take DIY waste (in any vehicle) you'll need to book a slot at eastlondonwaste.gov.uk/rrc-bookings

Remember to take either your current Council Tax bill or driving licence showing your current address. You can also visit the tips in Havering, Newham and Redbridge.

Warm up with us this Winter

Together with our local partners, we've created a network of warm spaces across the borough for you.

Warm Spaces are relaxed places where anyone is welcome and they provide a local neighbourhood space to spend the day – and there's no need to book, simply show up!

From arts and crafts to knitting and crochet, from toddler zones and board games, there's plenty to choose from. Computers, wifi access, snacks and refreshments are also available.

Organisation	Address	Opening hours
Al Madina Mosque	2 Victoria Road, Barking IG11 8PY	Monday: 10.30am to 5pm, Tuesday: 10am to 12pm Wednesday: 12pm to 2pm, Thursday: 12.30pm to 2pm Friday: 2pm to 5pm, Saturday: 11am to 3pm Sunday: 1pm to 3pm
The Source	Wellbeing Centre – Vicarage Field Shopping Centre (37A Vicarage Field Shopping Centre IG11 8DG)	Monday to Friday: 10am to 3pm
Church at Barking Riverside	Rivergate Centre, Minter Road, Barking IG11 0FJ	Monday: 9am to 12pm, Tuesday: 9am to 12pm Wednesday: 9am to 12pm, Thursday: 4pm to 7pm
Community Resources	Castle Point, 163 Bennetts Castle Lane Dagenham RM8 3YJ. From 2 February 2026: LifeLine Centre, 352-364 Valence Ave RM8 3QU	Monday: 10am to 1pm, Tuesday: 9.30am to 2.30pm Wednesday: 9.30am to 11.30am and 4pm to 7pm Thursday: 9.30am to 2pm, Friday 9.30am to 1.30pm
DABD	DABD, Pembroke Gardens, Dagenham RM10 7YP	Monday to Friday: 10am to 1pm, Except between: 22 December 2025 to 4 January 2026
Ekota Academy	Ekota Academy, Valence Library, Beacontree Ave, Dagenham RM8 3HT	From Monday 1 December: Monday to Thursday: 8.30am to 4pm
Harmony House	Harmony House, Baden Powell Close RM9 6XN	Tuesday: 9am to 4pm, Wednesday: 9am to 8pm Thursday: 9am to 4pm, Friday: 9am to 4pm
Humourisk	The Thames Community Hub, Thames View Estate, Barking IG11 0LH	Tuesday: 10am to 2pm, Wednesday: 10am to 3pm Thursday: 10am to 1pm
Kingsley Hall	Kingsley Hall, Parsloes Ave, Dagenham RM9 5NB	Monday: 10am to 12pm, Tuesday: 10am to 12pm Wednesday: 10am to 12pm, Thursday: 5pm to 9pm Friday: 10am to 12pm, Saturday: 12pm to 4pm Sunday: 12pm to 4pm

Food support on your doorstep

Working together with our partners, there's a range of food support available to you and your family, including:

HAF Programme this Winter

The Holiday Activity and Food (HAF) Programme is free to school age children in Barking and Dagenham who are eligible for benefit-related free school meals, with paid places for everyone. Activities include a hot meal and an opportunity to stay active, make friends - and most importantly, have fun! Find out more: lbbd.gov.uk/haf

The Source Pit Stop

The Source Pit Stop, based at the Barking Learning Centre, provides a free lunchtime meal service to anyone who needs it. No need to book, just drop in Monday to Friday, 11.30am to 1.30pm.

Al Madina Mosque and Community Hub

If you're struggling to pay your bills or want to make your money stretch a little bit further, join Al Madina's Food Club on Fridays at 3.30pm to help lower your food shopping bill.

Or drop in on Sundays at 1pm for a free meal in partnership with Foodcycle, where volunteers cook up a delicious three-course feast using surplus food.

Kingsley Hall's Social Supermarket

An affordable local social supermarket in Dagenham is open to everyone who needs it. There's a variety of food items available as well as toiletries and clothing – and £5 gets you approximately £20 worth of shopping! Open Monday to Wednesday, 9am to 3pm.

See more food support in the borough at lbbd.gov.uk/cost-living-support/help-food

Kindness Offensive

Kindness Offensive is a bright, buzzing charity hub doing good across the borough. Still in its early stages, more than 30 local groups have already benefited from over £2 million in donations channelled directly through the Kindness Offensive hub. This has helped vital projects, offering a range of support, reaching the people who need them most.

This December, the hub is set to host the annual record-breaking Kindness Offensive Toy Drive. The heart-warming event will see thousands of toys shared across local children's social services, schools, hospitals, youth groups, and food banks - spreading smiles right across Barking and Dagenham!

A shining example of kindness, connection, and community in action – watch this space! Find out more: thekindnessoffensive.com

BD Opportunities

New year, new you with

✓ B&D OPPORTUNITIES

Are you looking for a new career? Maybe you want to get some training so you can take the next step?

B&D Opportunities is our one stop shop for all your employment, skills and business needs, with live job updates, training courses and more.

For more info head to bdopportunities.org today!

Kids Eat Free

Eating out with the family? Keep an eye out for Supermarket cafes, chain restaurants and food venues with 'Kids Eat Free' or 'Kids Eat for £1' offers. Find out more at moneysavingcentral.co.uk/kids-eat-free

Get vaccinated this winter

NHS
North East London

Getting the flu and COVID-19 vaccines are two of the most important things you can do to keep yourself and others around you safe. You can get both for free if you are aged 65 and over, are pregnant or have a long-term health condition. Children can get a flu vaccine if they are aged 2 to 16, or aged 6 months to 17 years old with certain health conditions. Make sure they are also up to date with their MMR, polio and other childhood vaccinations. For more information about vaccinations visit: northeastlondon.icb.nhs.uk/wintervaccinations

BD Money



BD Money offers a range of free money advice and tools to help with your finances and maximise your income. From help with bills and dealing with debt, to family care advice – there's lots of help available.

- Find all the benefits you can claim
- Get grant support
- Use top tips to manage your money
- Take a quick debt test
- See safe lending and simple saving options

Did you know? On average, residents have found they can get £1,416 in available benefits, using our benefits calculator.

Visit bdmoney.co.uk/benefits or scan the QR code to find out how much you are entitled to.



JOIN TODAY AND DISCOVER YOUR FUTURE



£5 annual membership
50p a session

Free hot meal
October to March

Welcoming new members aged 8-19,
up to 25 with additional needs.
Try something new - from cooking to
climbing, boxing to dance, plus much more.
The Future is in your hands.

FUTURE
An onSide Youth Zone

T: 020 3941 6722 enquiries@futureyouthzone.org
Registered charity number 1172247
Future Youth Zone, 201-225 Porters Avenue,
Dagenham, RM9 5YX



**Barking &
Dagenham**

FOSTERING

Give the gift of love this Christmas Foster with Barking and Dagenham

We're proud to offer our carers:

- Competitive weekly payments
- Award-winning support from our dedicated social workers
- Regular training sessions to make you the best carer you can be

Find out more at lbd.gov.uk/fostering or call 020 8227 5988
to start your fostering journey today!



MIX

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