



**COVID-19**



**coming back together**

**As more people get vaccinated, find out how you can reconnect with your local community and get help if you need it.**

**W** [lbbd.gov.uk/coronavirus](https://lbbd.gov.uk/coronavirus)

**T** [@lbbdcouncil](https://twitter.com/lbbdcouncil)

**F** [barkinganddagenham](https://www.facebook.com/barkinganddagenham)

# Local heroes & how we're helping to keep you safe



Dear Resident,

After a long and surreal year, it has been heart-warming to see families meeting in parks, friends sharing a drink or two in pub gardens, shoppers returning to our high streets - and an end to homemade haircuts!

And as more and more of you receive your free vaccine, we're delighted to be able to continue taking steps to slowly get us back to normality and the life we all remember.

Sadly, this past year hasn't been without tragedy and many of us have stories about the impact of coronavirus, whether we've lost loved ones, we've felt the financial strain or we've struggled with our mental health.

But the pandemic has also given us hope, and it's demonstrated the incredible community spirit that still exists in our borough.

The Barking and Dagenham Citizens' Alliance Network (BDCAN) was set up by the council with local partners, to help people during the pandemic. Over the last year, volunteers and partner organisations have worked together to make a huge difference to the lives of local people.

Hero is a word that gets easily thrown around these days, but that's what these people are: local heroes. They have given up their own free time, working tirelessly to help others and making sure that no one is left behind.



Between them, our local heroes have helped deliver medical prescriptions to over 2,000 vulnerable residents, supported around 6,000 households with community food clubs, and provided more than a quarter of a million school dinners to children who rely on free meals.

We've also seen groups of volunteers safely meeting to pick up litter in their local neighbourhood, collecting hundreds of bags of rubbish - these local heroes not only help our frontline staff who are fighting a never-ending battle with rubbish, but they show civic pride in Barking and Dagenham is as strong as ever.

There's a saying that in times of adversity and change, we discover who we are and what we're made of. It's fair to say we're unbelievably proud of how the people of Barking and Dagenham have responded and come together during this pandemic to look after one another.

Volunteering is a fantastic way to give back to your community and meet new faces. If you'd like to get involved in some way, take a read of this leaflet and find out how you can make a difference.

As a way of saying thanks, we will be holding a special Thank You Roadshow on 3 to 5 July to commemorate the hard work of our NHS and key workers, as well as the vital volunteers who have helped everyone through the pandemic.

The festival will form part of a borough-wide celebration with entertainment for all the family to enjoy including singers, dancers, stilt performers, and acrobats. See pages 8-9 for more information.



## The next steps

As more and more of us get vaccinated we know it's easy to feel like this is all over, but the truth is there's still a long way to go.

That's why it's important we all pull together to avoid us going back into another lockdown.

We're doing all we can to help - like making it as easy to get a home test kit as it is to buy a coffee, offering financial assistance through our Homes and Money Hubs and Hardship Funds, as well as continuing to have our COVID Marshals available to support you and local businesses.

And our enforcement officers, who have continued to act against organisations flouting the rules, will continue to protect you from businesses who prioritise profit over your safety.

We know this has been a testing time for everyone, but we'd like to thank all of you for your efforts during the last year. Together we will overcome this. We will continue to do everything we can to keep you safe and make Barking and Dagenham a great place to live, where no one is left behind.

We are one borough, one community.



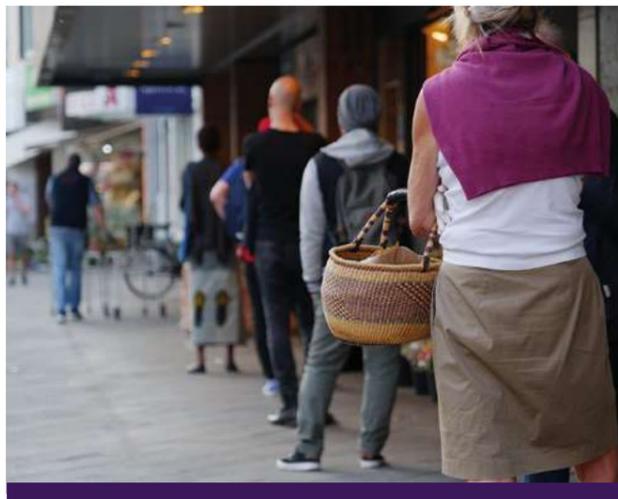

**Cllr Darren Rodwell**  
Leader of the Council

**Councillor Saima Ashraf**  
Deputy Leader of the Council and Cabinet Member for Community Leadership and Engagement

# We're here for you



# how you can get help



We know the last year has been difficult for everyone and with the lifting of coronavirus restrictions delayed until 19 July, it is easy to feel overwhelmed by the on-going situation – but you're not alone, we're here for you and we can help.

As a council, we have been managing the delicate balancing act of mounting costs due to COVID-19, while facing a shrinking budget because of significant cuts in government funding over the last decade.

Since the beginning of the pandemic, we have issued over £45.3 million in financial support to more than 8,400 local businesses.

These grants have helped a range of business owners, from market traders, barbers and coffee shops to dog groomers, photographers and pubs.

We're also encouraging any budding entrepreneurs to become part of an expanded Barking Market this summer as we look to welcome shoppers back to the high street to support local businesses.

**£317,000** financial support distributed through Hardship Fund

To help our vulnerable residents we provided Council Tax support, as well as handing out over £317,000 of financial support through our Hardship Fund.



Our Homes and Money Hub has worked with more than 2,300 households to help local people with welfare benefits, debt support and crucially, to stay in their homes when finances became tight.

Around 6,000 households have made use of our community food clubs to access discounted weekly food packages and get wider support, while more than a quarter of a million lunches were distributed to children and young people who relied on free school meals.

**250,000** FREE school lunches provided for children while schools were closed

And despite many people being furloughed, our Job Shops still helped almost 1,000 people into employment over the last year.

The pandemic has had an unprecedented impact on councils up and down the country. In our borough alone, after taking into account government grants, coronavirus has still cost the council at least £11 million, while across the capital it is expected to exceed a total of £2.2 billion.

Although there will inevitably continue to be challenges thrown at us as COVID-19 rumbles on, the pandemic has not stopped the activity of the council and we remain focused on our priorities and promises to make sure that no one is left behind.

If you need help, we're here for you.



## Own a local business?

We know local businesses have been hit hard by the impacts of the pandemic. That's why we've been doing our best to help business owners access a range of support and advice.

Find out what is available at [lbbd.gov.uk/working-together](http://lbbd.gov.uk/working-together)

## Housing and debt support

If coronavirus has hit you financially, we're here to help. Whether you've lost your job, been furloughed or you're not sure which benefits you're entitled to, we have a range of services that are still running online and over the phone.

Reach out for help before things spiral out of control.

Find out more by visiting [lbbd.gov.uk/money-and-debt](http://lbbd.gov.uk/money-and-debt), emailing [homesandmoneyhub@lbbd.gov.uk](mailto:homesandmoneyhub@lbbd.gov.uk) or calling **020 8724 2115** or **020 8227 2927** (Mon to Fri, 9am to 4pm).

## Help with finding work

It's now easier than ever for you to get the support you need to help you back into work and improve your qualifications.

Whether it's opportunities through our Job Shop or learning new skills through the Adult College, BD Working Together can help you make your next step.

Find out more at [lbbd.gov.uk/working-together](http://lbbd.gov.uk/working-together)

# Coming back together & getting back out there



## Did somebody say street party?

Local organisation Every One Every Day has been developing lots of projects with residents to support people as we start to get back to normal.

The lockdown has really brought people together and shown just how much we look out for each other in Barking and Dagenham. And as part of their latest project, Tomorrow Today Streets, Every One Every Day has been working with groups of neighbours, families and friends to start exciting street projects!

Over 100 people have applied to lead local projects, including lots of street parties that will be taking place across the borough – so look out for one that may be happening near you! You might even want to come together with your neighbours to host your own?

Find out more at [weareeveryone.org/tomorrowtoday](http://weareeveryone.org/tomorrowtoday)

## Looking after your health

The last year has been really tough and it's more important than ever that we continue to look after our physical health.

We're here to offer you advice and support on healthy eating, exercising and stopping smoking. Ready to make a change? Find out more: [lbbd.gov.uk/newme-healthy-lifestyle](http://lbbd.gov.uk/newme-healthy-lifestyle)

## Look after your mental health

It's normal to feel overwhelmed by what's happened over the last year, but if you feel like you're struggling with anxiety, boredom, frustration or isolation, you can get support from Talking Therapies.



It's a free, confidential support service for people aged over 18 who are registered with a Barking and Dagenham GP.

You can refer yourself at [talkingtherapies.nelft.nhs.uk/barking-and-dagenham](http://talkingtherapies.nelft.nhs.uk/barking-and-dagenham) or by calling **0300 300 1554** and selecting option 3.

If you need urgent support, please contact your GP, NELFT Mental Health Direct on **0300 555 1000** (24hrs) or The Samaritans on **116 123** (24hrs).

## Something for the toddlers

We've all spent a lot more time than usual at home over the last year, and for parents it's probably fair to say that it's been hard to keep the young ones occupied!

Our Children's Centres are here to help. We've got loads of fun online and face to face activities to support your toddler's learning and development including baby massage, story time and music sessions. If you need any parenting advice or support, that's available too.

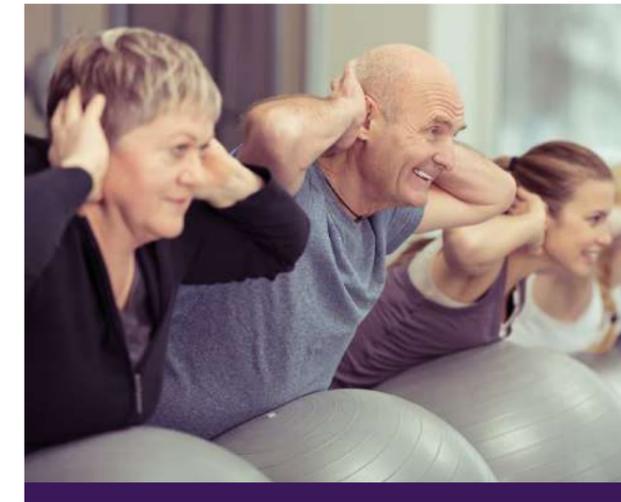
Find out more: [tinyurl.com/BDYoungPeople](http://tinyurl.com/BDYoungPeople)

You can also get more information by emailing [healthy.lifestyles@lbbd.gov.uk](mailto:healthy.lifestyles@lbbd.gov.uk) or calling **020 8724 8018**.

## Volunteering

There are lots of ways you can volunteer - from helping out in libraries, parks or with charity organisations. To make things easier, we've pulled together lots of volunteering opportunities in one place.

Visit [lbbd.gov.uk/volunteering](http://lbbd.gov.uk/volunteering) for more information.



## Get involved in BD Giving

Do you think local people should have a say in how things can improve in their neighbourhoods? Do you want to be involved in making local funding decisions?

BD Giving work with residents and local organisations to make sure funding for projects is given to the things that matter to you.

Last year, they involved over 50 local people in making decisions, and gave £185,000 to fantastic local causes!

Sign-up for updates here: [tinyurl.com/BDGiving](http://tinyurl.com/BDGiving)

## Join the BD Collective

The BD Collective brings together local community organisations, helping them to develop great projects which benefit our residents and borough.

Lots of fantastic organisations do great work as part of the BD Collective, from sports clubs and food banks, to disability groups and faith organisations.

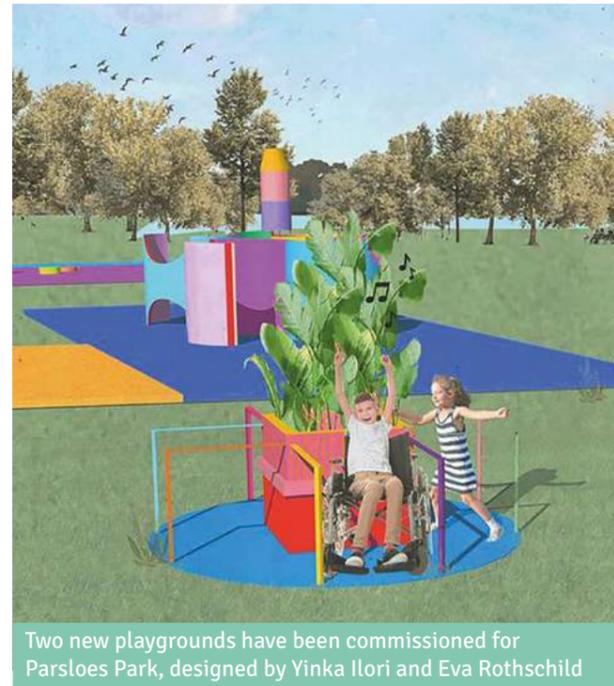
If you lead a community group or activity, BD Collective would love to hear from you! They can also help to connect you with other local organisations.

Find out more about the BD Collective including details about some of their members' fantastic community events at [bdcollective.co.uk](http://bdcollective.co.uk)

You can also get in touch by emailing Alison Cormack at [alison@bdcollective.co.uk](mailto:alison@bdcollective.co.uk)



Painting group at The White House



Two new playgrounds have been commissioned for Parsloes Park, designed by Yinka Ilori and Eva Rothschild



BDYD Saturday Street Dance

# Celebrating the Becontree Estate now

&  
then

BECONTREE FOREVER

## BECONTREE FOREVER

This year marks 100 years since the Becontree Estate was built and we have a whole host of events to mark the centenary celebrations.

The estate is still the biggest council estate in the UK, with the first of 27,000 'homes for heroes' completed in November 1921, providing residents with front and back gardens, indoor toilets and bathrooms, and hot and cold water.

Becontree Forever will see new playgrounds created, designed by world renowned artists Eva Rothschild and Yinka Ilori, to celebrate the beloved area. New street furniture, designed by Studio Morison, will create places of calm where people can stop and socialise at five shopping parades across the estate.

The world-class cultural programme includes exhibitions and collaborations with local partners and national organisations like the Serpentine Gallery, Focal Point Gallery, the Royal Institute of British Architecture (RIBA), Love Music Hate Racism and the EFG London Jazz Festival.

The centenary is also an opportunity to celebrate the estate's future, by committing to rebuild it for current and next generations. We are investing in the area's parks and transport, extending Kingsley Hall and developing Dagenham Heathway Shopping Centre.

### What's on and when

We're hoping to bring our exciting Summer of Festivals events programme back safely, with a bang.

After having to make all our events online last year, we hope that we can welcome you back to our parks in 2021 for free events for all the family.

We'll release more details closer to the time, as we have to follow changing COVID-19 government guidelines, but for now here's just an idea of what you can expect to enjoy in Barking and Dagenham this year.

Please keep an eye on [lbbd.gov.uk/summeroffestivals](http://lbbd.gov.uk/summeroffestivals) for the latest information about all of our free events this summer.



Event	Location	Date
<b>Thank You Roadshow</b>	Borough-wide	3 to 5 July
<b>NHS, Social Care and Frontline Workers Day</b> (part of Thank You Roadshow)	Barking Town Square	5 July
<b>Roundhouse Unsigned Heats</b>	The Roundhouse, Dagenham	15 and 22 July
<b>Roundhouse Unsigned Semi Final</b>	The Roundhouse, Dagenham	5 August
<b>Becontree 100 Festival</b>	Parsloes Park	14 August
<b>Roundhouse Music Festival</b>	Parsloes Park	15 August
<b>We Are FSTVL</b> (tickets needed)	Central Park	11 and 12 September
<b>Youth Parade</b>	Abbey Green to Barking Park	19 September
<b>David Bailey Exhibition</b>	Barking Learning Centre	TBC
<b>Women's Empowerment Month Awards</b> (invite only)	Broadway Theatre	30 September
<b>Winter Lantern Parade</b>	Chittys Lane to Valence Park	7 November
<b>EFG London Jazz Festival</b>	Becontree Estate and Roundhouse	18 to 21 November
<b>Christmas Cheer campaign</b>	Borough-wide	Throughout December
<b>Barking Mad About Christmas</b>	Barking Town Square	4 December

# Getting the vaccine

# & how you can stop the spread of COVID-19

## Restrictions remain in place

Coronavirus restrictions remain in place across the country, including for people who have been vaccinated. This means:

- You can meet indoors in a group of up to 6 people or a group of any size from 2 households
- You can meet outside in a group of up to 30 people
- Work from home if you can and travel safely
- If you have symptoms get a test and stay at home

Please check [gov.uk/coronavirus](https://www.gov.uk/coronavirus) for the latest information about Covid restrictions.



## Remember to get vaccinated

With the news that lockdown easing has been pushed back until 19 July to allow more people to be vaccinated, we urge you – if you haven't already – to join the thousands of Barking and Dagenham residents that have already taken the opportunity to protect themselves against coronavirus by having the free vaccine.

As the roll-out continues, more and more people will be receiving invites to get protected against COVID-19. It's very important that when you're offered the vaccine, you accept it. And if you've already had your first jab, remember it's really important that you also get your second dose to protect yourself.

There are lots of myths about the vaccine online but the truth is the vaccine offers the best defence against the virus, helping protect you and your family and helping to get things back to a more normal way of life sooner.

When it's your turn to receive the vaccine, you'll receive a letter, text or call from your GP or the NHS booking team. For more information, please visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

## Testing facilities

Did you know that we should all now be taking a rapid COVID-19 test, known as a lateral flow test, twice a week to help stop the spread of coronavirus? This applies even if you've had your vaccine.

One in three people with COVID-19 don't have any symptoms and could be spreading it without knowing, so taking regular rapid tests twice a week will help stop the spread and get us back to normal.

# Beating COVID-19



## If you have no symptoms

If you have no symptoms you can collect a pack of seven home tests from either of the test sites below. You can also have your quick test done in person at the sites below, no booking required (just walk in), and the results are available in an hour. If you have a smartphone, please bring this as it will make registration quicker.

Location
Park Centre, Rectory Road, Dagenham, RM10 9SA
Relish, Town Square, Barking, IG11 7NB

You can also order rapid tests online to be delivered to your home by visiting [gov.uk/order-coronavirus-rapid-lateral-flow-tests](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests) or you can arrange to collect them from a participating pharmacy at [maps.test-and-trace.nhs.uk](https://www.maps.test-and-trace.nhs.uk)

Please check online at [lbbd.gov.uk/getatest](https://www.lbbd.gov.uk/getatest) for the latest information about testing centres as the situation is always changing.

## COVID-19 vaccination

Having the vaccine is your best defence against COVID-19. It will prevent you from becoming seriously ill. If you are offered the vaccine, please take it to protect your loved ones and colleagues.

There are a lot of myths and fake news being spread on social media about the different vaccines being rolled out. Here are some **facts** about the vaccines being given:

## If you have symptoms

The three main symptoms of coronavirus are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

If you have any of these symptoms, isolate immediately and get a test. You must only leave your home to get a test. There are three ways to get a test if you have symptoms:

- Book a test online [gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)
- Call 119 to book an appointment
- Walk in to these three test sites without an appointment

Location
Mayesbrook Park Car Park, Lodge Avenue, Dagenham, RM8 2JR (opposite Illchester Road)
Chadwell Heath Community Centre, High Road, Chadwell Heath, RM6 6AS
Curzon Community Centre Car Park, Bastable Avenue, Barking, IG11 0LG

If your test comes back positive, you need to stay at home and not see anyone you don't live with for 10 days. Anyone you live with should also stay indoors for 10 days in case they catch it from you.

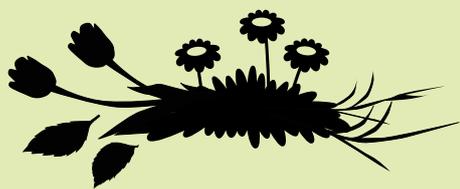
- they have gone through clinical trials that are globally recognised as having the highest safety standards, to ensure they are safe
- they do not contain any pork or other animal ingredients
- they do not contain egg or egg protein
- they do not contain any foetal cells
- they do not contain any microchips or ingredients that will allow you to be tracked
- they cannot alter your DNA
- they cannot give you COVID-19. They teach your immune system how to recognise and fight the virus that causes coronavirus.

# We're making recycling easier



# asking you to recycle more.

You can now recycle more things in your brown bin or blue Eurobin if you live in a flat with communal bins.



## Garden waste? We'll pick it up

Sign up for the 2021 Green Garden Waste service for £40.

Sign up now by visiting

[lbbd.gov.uk/greengardenwaste](https://lbbd.gov.uk/greengardenwaste)

### What you can put into your brown bin or blue Eurobin to be recycled



Paper and thin card



Plastic bottles



Cans and tins



Thick cardboard should be flattened and put next to your brown bin

### You can now also recycle these items by putting them in your brown bin or blue Eurobin



Glass bottles and jars



Aerosol cans (make sure they're empty) and clean aluminium foil



Mixed plastics like yogurt pots and margarine tubs (make sure food scraps are removed and they're washed)



Books If they're no good for the charity shop (hardback covers & plastic sleeves removed)

Find out more at [lbbd.gov.uk/recycling](https://lbbd.gov.uk/recycling)  
#CleanerBD