Spreading some hope this Christmas

As the festive season is upon us, find out how you can help bring some Christmas Cheer to Barking and Dagenham.

www.lbbd.gov.uk/christmascheer #ChristmasCheer
Help spread some Christmas Cheer

This has been a challenging year for everybody, so we’re working with lots of local voluntary organisations to bring some hope back to Barking and Dagenham.

We want to help local people reconnect with each other and reassure them that they aren’t alone this Christmas, even if they can’t physically see loved ones right now.

Due to the pandemic this year has felt especially long, but together as a community we will get through this. That is why we are asking you for help.

Some families have struggled more than others this year. You can make a difference by putting a smile on the face of a child with a surprise present, or helping a vulnerable elderly person have a special Christmas dinner.

How you can get involved

Put the poster up
Share some festive joy with your neighbours by putting the poster at the back of this booklet in your window.

Donate online
We’re raising money to give local residents in need a better Christmas. A £5 donation could pay for a child’s stocking filler gift, while £10 could buy a young person a present, and £25 could give an isolated elderly person a food hamper to see them through the festive period.

Visit www.gofundme.com/f/christmascheerLBBD and if you can help in any way, you’ll be making a difference to someone’s Christmas.

Donate a toy
If you have a spare, new toy or book that could be given to a local child as a Christmas present, you can drop it off (unwrapped please) at reception at the Barking Learning Centre or Dagenham Library by 16 December (9am to 5pm). Your gift will then be lovingly wrapped, ready for a child to open on Christmas morning.

How you can help

Support the Dagenham and Redbridge Football Club appeal
The club are collecting presents and donations.

For more information visit www.gofundme.com/f/christmascheerLBBD

Share your festive photos and videos
Whether you celebrate Christmas or not, send us your best festive photos and videos so we can share them on our social media channels to spread some festive cheer. They can be serious or silly - but please keep them nice and funny! If you have a message for a loved one you can’t see, decorations you’re proud of, festive jumpers you want to show off to the world or a pet that is just too cute not to share, send us your photos and videos:

Email socialmedia@lbbd.gov.uk
@lbbdabcouncil
f barkinganddagenham

Don’t suffer in silence if you need help
This time of year always brings extra financial strain for families, and 2020 has already hit everyone hard. If you have lost your job, or are just struggling to cope financially, we’re here to help. Reach out before things get out of control. We’ve already helped hundreds of people with money and debt advice, as well as providing grants to pay for food, bills and emergencies. Contact us:

homesandmoneyhub@lbbd.gov.uk
020 8272 2115 / 020 8227 2927
Never use a loan shark. For help and support visit www.lbbd.gov.uk/money-and-debt

No one should suffer this Christmas. All of the money and presents donated will go to residents in contact with local voluntary organisations providing valuable support to people every week. If you could benefit from this support, contact us using the details above and we’ll make sure the Christmas Cheer campaign reaches you.

If you’re on your own and are feeling alone, tell us and we’ll arrange for a local volunteer to call you for a friendly chat. Call 020 8215 3000 and ask for help from BD CAN.

This year it is so important that we are all sensible over the festive period. COVID-19 hasn’t gone away, and it is still taking lives in Barking and Dagenham. I urge you to look after yourselves and your family by following the latest restrictions and social distancing rules.

The best present you can give your family this year is being able to see them when this pandemic is over. Please hang in there and don’t take unnecessary risks.

Together we will overcome this. We are one borough, one community.

Thank you and Merry Christmas.”

Cllr Darren Rodwell
Leader of the Council

"The festive season is traditionally a time when friends and family of all faiths get together, but we know this year will be very different for many of us. I think we can all agree that 2020 has been a terrible year, so to try and bring some much needed joy to everyone, we’ve worked with lots of local voluntary organisations to launch our Christmas Cheer campaign - and we need your help.

Whether you celebrate Christmas, have a different faith or aren’t religious at all, this campaign is about spreading some hope, re-connecting people, and helping residents who need some support as this will be a really difficult time for some. There’s more information about how you can get involved on these pages.
Christmas and New Year bin collections and recycling services

Throughout the pandemic our bin crews and street cleaning teams have continued to work tirelessly to collect your rubbish and keep our borough’s streets clean.

This festive period you can help them by recycling where you can and cutting down the amount of rubbish you put out.

Our staff will be working harder than ever to make sure it’s business as usual as much as possible, but there will be two small changes to dates.

The only changes to normal collection dates will be:

<table>
<thead>
<tr>
<th>If your normal collection date is...</th>
<th>This festive period your collection will be on...</th>
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</thead>
<tbody>
<tr>
<td>Friday 25 December 2020 (Christmas Day)</td>
<td>Sunday 27 December 2020</td>
</tr>
<tr>
<td>Friday 1 January 2021 (New Year’s Day)</td>
<td>Saturday 2 January 2021</td>
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All other dates will remain the same as usual.

From Monday 4 January 2021, all your bin collections will return to normal.

Please remember to:

- Put your bin out on your correct day.
- Leave your bins by the boundary of your property by 6am on your collection day (only place 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.

We’re dreaming of a Green Christmas!

You can help our bin crews and the environment this Christmas. Here’s how:

1. Did you know that metallic, foil, glossy and glittery wrapping paper might look nice but it can’t be recycled? Why not go for something a bit more plain this year, which can be recycled.

2. Sending Christmas cards might be dying out but maybe you’re going to send some this year because you haven’t been able to see people. If you receive any, please recycle them - and don’t forget the envelopes - unless they’re glittery.

3. This has officially been the year of staying at home – and ordering things online. If you’ve used internet retailers a little too much and have a lot of cardboard boxes leftover, please make sure you break them down and leave them by your brown recycling bin. Then pop all the polystyrene packing in your grey bin and our bin crews will do the rest.

Save money by cutting your food waste

Christmas is a time when many people overindulge with food, but the shops are only shut for a day or two – and if this year has taught us anything it’s that there is really no need to panic buy.

As well as saving you money, buying just what you need will help cut down on the amount of food that ends up in the bin.

You can find lots of easy tips on how to avoid food waste at www.lovefoodhatewaste.com

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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Saturday 9 January 2021</td>
<td>7am to 3pm</td>
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<tr>
<td>Central Park car park (Rainham Road North entrance)</td>
<td></td>
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<tr>
<td>Barking Park car park (South Park Drive entrance)</td>
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<tr>
<td>Saturday 16 January, 7am to 3pm</td>
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<tr>
<td>Beam Park (The Leys) car park (Ballards Road entrance)</td>
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<tr>
<td>St Chad’s Park car park (West Road entrance)</td>
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You can also take your Christmas trees to Frizlands Lane Reuse and Recycling Centre, Rainham Road North RM10 7HX at the following times:

- Monday to Friday, 7.30am to 4.30pm (last entry 4.15pm)
- Saturday, 7.30am to 4pm (last entry 3.45pm)
- Sunday, 8am to 4pm (last entry 3.45pm)

Please make sure you allow enough time for your visit as the tip may be busy over the festive period.

Frizlands will be closed on Christmas Day, Boxing Day and New Year’s Day, and will be open between 8am to 4pm (last entry 3.45pm) on 28 and 31 December.

If your visit is essential, you can also drop off household waste items for free at places like Jenkins Lane and other tips in Havering and Redbridge - get full details on our website.

To use any of the centres you will need to bring either your current Council Tax bill or driving licence showing your current address.

Christmas bulky waste collections

You can get large items collected with a bulky waste collection for a small fee. Book your collection on our website – please note we won’t be collecting from Monday 23 December to Friday 3 January 2021 but you can still book online for another date.

And don’t forget, you can also use our FREE AO white goods collection service for old cookers, fridges, freezers, washing machines, tumble dryers and dishwashers. Book a collection at www.lb bd.gov.uk/free-white-goods-collection
COVID-19 this Christmas

Coronavirus doesn’t take time off at Christmas. Please be sensible and think about how you can protect the most vulnerable people in your family. The best Christmas present you can give them is being able to see them once the pandemic is over.

For the latest information about what you can and can’t do this Christmas, please visit www.gov.uk/coronavirus

How to keep you and your family safe

1. Wear a face covering
   wear a face covering over your nose and mouth in enclosed spaces

2. Wash your hands
   keep washing your hands regularly

3. Keep a safe distance from others
   stay at least 2 metres away from people not in your household

Symptoms to watch out for

- High temperature
- New continuous cough
- Loss/change of taste
- Loss/change of smell

What to do if you have symptoms

If you have any of these symptoms you can book a FREE test by calling 119 or online at www.nhs.uk/coronavirus

You can also walk-in to two sites in the borough without an appointment at:
- Mayesbrook Park Car Park, Lodge Avenue, Dagenham RM8 2JR (opposite Ilchester Road)
- Chadwell Heath Community Centre, High Road, Chadwell Heath RM6 6AS

Both are open 8am to 8pm everyday, 7 days a week but over the festive period there will be a slight change on these dates:

- Friday 25 December (Christmas Day)
  Open 9am to 3pm
- Monday 28 December
  Open 9am to 3pm
- Friday 1 January 2021 (New Year’s Day)
  Open 9am to 3pm

On all other dates the test sites will be open 8am-8pm as normal. You can find more info at www.lbld.gov.uk/coronavirus

What to do if you live with someone with COVID-19

If you don’t have COVID-19, but you live with someone who does, there are still rules you need to follow. This is really important to help stop the spread, protect the NHS and save lives.

We know it can be confusing and there’s a lot to take in, so we’ve tried to help by explaining the current guidance:

- It can take up to 14 days for symptoms to appear so if you live with someone who has it, you need to stay at home for 14 days
- If you don’t have symptoms in those 14 days, you don’t need a test
- If you do start feeling unwell in those 14 days, get a test
- If you have a test and it’s negative, you still need to stay at home for the full 14 day period because you could still develop symptoms during that time
- If you have a test and it’s positive, you are contagious to other people for 10 days. So you need to stay at home and away from others for 10 days, or longer if you still have a fever after the 10 days, until it has gone.

You can also get more advice on self-isolating at www.nhs.uk/coronavirus

For the latest advice about what you can and can’t do www.gov.uk/coronavirus
SPREAD A LITTLE
Christmas Cheer
MERRY CHRISTMAS
ONE & ALL

Barking & Dagenham