

# PARENT CONNECT



Edition: 13<sup>th</sup> December 2022

A NEWSLETTER CONTAINING UP TO DATE INFORMATION AND SERVICES AVAILABLE FOR NEWHAM FAMILIES

Hello Newham Parents and Carers!

Please enjoy this month's Parent Connect Newsletter  
If you would like to receive this Newsletter direct to your email every month, you can sign up [here!](#)

Best wishes all,  
The Early Help Partnership Team

December 2022

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## Winter Holiday Activities and Food Programme for Children and Young People



**WINTER HOLIDAY ACTIVITIES  
AND FOOD PROGRAMME FOR  
CHILDREN AND YOUNG PEOPLE.**



Visit: [www.newham.gov.uk/winteractivities](http://www.newham.gov.uk/winteractivities)

**WE ARE NEWHAM.**



Winter and the festive season is finally here with us, and we are delighted to present the most anticipated [winter activities programme](#) brochure for Newham's children and young people, including those with vulnerabilities, which will run from **22 December 2022 to 4 January 2023**. We understand the challenges young people and their families face in light of the cost of living crisis, so to support them, we have provided access to as many free activities as possible to help lighten the burden. We have also included information on various support which will be available for them during this period including health and vaccination information, warm havens, crisis lines and much more.

For families who are in receipt of benefits related free school meals, the Council is making a nutritious meal offer available during the school break. The Holiday Activities and Food (HAF) programme which is funded by the Department for Education (DFE), will be running during this period and on the brochure, there is a section dedicated to the HAF provision and its providers. For children and young people who qualify for this programme, they will need to contact the providers directly to book a slot. We strongly encourage families to book a slot as soon as possible so that they don't miss out on this fantastic offer.

This festive season will be one to remember.

View: [Winter activities programme](#)

## Newham's Pathfinder Project

# NEWHAM'S PATHFINDER PROJECT.



Are you a parent living in Newham?

Will you love to understand how to recognise and deal with trauma within your children, especially hidden trauma?

Newham's Pathfinder Project is organizing a 5 week parenting support program aimed at equipping parents with knowledge, advice and resources that can help them to recognize and support their children and young people experiencing trauma especially those of Black, Asian, Eastern European or Mixed heritages.

The series of workshops will take place on zoom and are scheduled as follows:

Day 1	Introductions and understanding how to recognise trauma within young people	19/01/2022	9:30 -11:30am
Day 2	Understanding the perspectives of young people about the trauma they face	26/01/2022	9:30 -11:30am
Day 3	Understanding the impact of trauma on family life	02/02/2022	9:30 -11:30am
Day 4	Addressing and Overcoming trauma	09/02/2023	9:30 -11:30am
Day 5	Overall review with Question & Answers	02/03/2023	9:30 -11:30am

Kindly sign up for these sessions using the link below.

<https://tinyurl.com/parentstraumaworkshop>

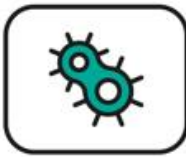
For any further enquiry, kindly send an email to: [pathfinder@newham.gov.uk](mailto:pathfinder@newham.gov.uk)

# Strep A and Scarlet Fever Information

## Newham Public Health Team



# STREP A & SCARLET FEVER



### What is Strep A?

- Strep A is a bacteria that causes a mild infection which can be treated with antibiotics
- It can cause some illnesses including a sore throat, scarlet fever, and impetigo (skin rash)
- It can in very rare cases become serious and affect children's lungs and blood



### Symptoms of scarlet fever and Strep A

- Early symptoms of scarlet fever include sore throat, headache, fever
- After 12 to 48 hours, red, tiny (like a pin) rash develops, usually on child's chest and tummy. Sometimes the rash spreads to other parts of their body
- Skin will feel rougher and scratchier than normal (like sandpaper)
- Cheeks might feel flushed and children might be pale around their mouths. It may look is different in darker skins but the feel is the same



### What to do if someone has symptoms

- Call 111 or your GP to find out the reason for the symptoms and get treatment
- Stay at home to reduce the chance of giving other people the infection
- If a child or adult is diagnosed with Strep A (eg scarlet fever), they should stay home until 24 hours after starting antibiotics
- Antibiotics should be taken for as long as the GP prescribed - even if someone feels better
- If your child is having difficulty breathing or turning blue call 999



### What to do to reduce the risk of getting or spreading Strep A

- Wash hands with soap and warm water for 20 seconds
- Use a tissue to catch coughs and sneezes
- Keep away from others when feeling unwell
- Have your flu and COVID vaccines and childhood vaccines



### Why are there more cases of Strep A at the moment

- There are some ideas about why (eg people mixing more) but it isn't yet clear why there are more cases
- The number of cases becoming serious is NOT higher than in the past
- For almost everyone, Strep A causes a mild disease that is easily treatable
- There are more cases of Strep A so there are more cases of serious Strep A (invasive group A Strep)

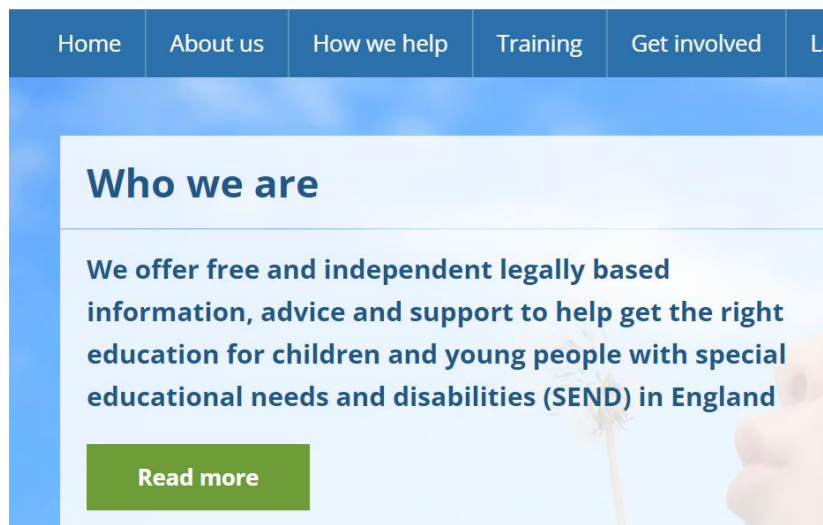


For more information scan the QR code.

Become a Community Health Champion  
[chc@newham.gov.uk](mailto:chc@newham.gov.uk) Whatsapp / text 07929 792873



## Independent Parental Special Education Advice (IPSEA)



Provides legally based advice to help families get the right education for children and young people with special educational needs and disabilities (SEND).

You can book an appointment with their [Advice Line](#) or [Tribunal Helpline](#).

<https://www.ipsea.org.uk/>

## Caring Dads

We have an exciting volunteering opportunity available. This is to be part of facilitating the Caring Dad intervention programme - full training will be provided.

If you are interested and would like more information then please see the flyer attached or speak to Caring Dads lead, Musarat Rashid [Musarat.rashid@newham.gov.uk](mailto:Musarat.rashid@newham.gov.uk).

The flyer has a teal background with a white icon of a person holding a child in the top left. The title 'CARING DADS' is in large, orange, outlined letters. Below the title is a white question. A dark blue box contains a list of benefits. Below that is a line of requirements. A paragraph describes the program. A dark blue circle contains training details. An orange box at the bottom left provides contact information.

**Do you have a few hours in your week, either during the day, evenings or weekends to be part of a rewarding & exciting team of volunteers?**

- FULL TRAINING PROVIDED
- TRAIN TO BECOME A CARING DAD'S FACILITATOR
- LEARN NEW SKILLS
- ON-GOING SUPPORT PROVIDED
- FLEXIBLE HOURS

REQUIREMENTS: HAVE KNOWLEDGE AROUND DOMESTIC ABUSE.

**Caring Dads is an intervention that aims to contribute to the safety and well-being of children. Caring Dads is for fathers who have been physically or emotionally abusive towards their partners and children. It is an evidence based programme which uses Cognitive Behavioural Therapy (CBT).**

**TRAINING**  
192 Cumberland Road  
12th Dec & 19th Dec  
1-4pm


Please contact the Caring Dads lead Musarat Rashid for more details on: [Musarat.rashid@newham.gov.uk](mailto:Musarat.rashid@newham.gov.uk)

# Peer Parenting Offer

## Empowering Parents, Empowering Communities (EPEC)

### Peer Parenting Offer

#### Empowering Parents, Empowering Communities (EPEC)



**Delivered for Parents by Parents:**  
This course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.


**BAP (Being A Parent) Courses**  
The BAP Group is a weekly space for parents with children aged 2-16 year olds to come together sharing experiences and learning tried and tested approaches that can help us improve our relationship with our children. Many parents have already benefited from this course, & we want to reach as many parents and carers as possible.

**You will leave this course feeling better able to:**

- Help others by sharing your experience as a parent
- Support your children as they start Primary School, Secondary School and other transitions
- Create a calm and peaceful family life

**The BAP - ASD Group is for parents & carers of children affected by ASD (Autistic Spectrum Disorder) whether diagnosed or undiagnosed. BAP ASD is designed to:**

- Promote children's development & skills
- Reduce child and family difficulties
- Improve parent confidence, skills & satisfaction
- Improve social & community connectedness.



Each week the group looks at different topics related to your relationship with your children including:

Resilience - Being A Parent - Feelings - Play/Quality Time  
Valuing My child - Understanding Children's Behaviour  
Discipline Strategies/Negotiation - Listening Skills - Review & Support

**Tuesday**  
10th Jan - 21st March  
10.00am - 12.30pm

*ASD Specific*

Oliver Thomas Children's Centre,  
5 Mathews Avenue, East Ham  
E6 6BU

**Wednesday**  
18th Jan - 22nd March  
9.30am - 11.30am

*BAP 2-11 years*

Sandringham Primary School  
Forest Gate E7 8ED

**Thursday**  
12th Jan - 23rd March  
10.00am - 12.30pm

*ASD Specific*

via zoom  
(register to receive zoom link)

**Friday**  
20th Jan - 24th March  
10.00am - 12.00pm

*BAP 9-16 years*

Rokeby School, Barking Road,  
Canning Town E16 4DD



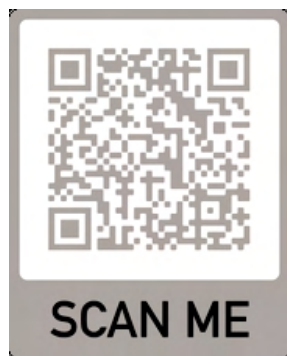
**Courses available every term**

**Light refreshments provided**



For Peer Parenting queries please visit  
Parenting Programmes | Newham Families Advice and Support

To sign up, please scan the QR code here:

# Winter Leaflet – Cost of Living and Winter Wellness



## FREE ADVICE AND HELP WITH LIVING COSTS

<p><b>MONEY</b></p> <p><b>Our Newham Money</b>                  ☎ 020 8430 2041                  ✉ ournewhammoney@newham.gov.uk                  🌐 www.ournewhammoney.co.uk</p> <p><b>Money A+E</b>                  Money advice &amp; education for Newham residents.                  ☎ 020 8616 3750                  🌐 www.moneyaande.co.uk</p> <p><b>Community links</b>                  For housing, debt, consumer and employment advice, free legal services from FreeLaw.                  ☎ 020 7473 2270                  🌐 www.community-links.org</p> <p><b>Bonny Downs</b>                  Welfare and welfare benefit checks for over 65s                  ☎ 020 8586 7070</p>	<p><b>HOUSING</b></p> <p><b>Private landlord or letting agency problems</b>                  Contact:                  ☎ 020 3373 1950                  ✉ privatehousing@newham.gov.uk</p> <p><b>Homeless, or risk of becoming homeless</b>                  Get support from our Homelessness Prevention service at:                  🌐 www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice</p> <p><b>Threatened with homelessness</b>                  If you're threatened with homelessness, contact:                  ☎ 020 8430 2000 ext. 57445                  ✉ hpas@newham.gov.uk</p> <p><b>MASH</b>                  Emergency help for families with children:                  ☎ 020 3373 4600 during office hours (Mon-Thu 9am-5.15pm or Fri 9am-5pm)                  ☎ 020 8430 2000 at any other time</p> <p><b>Immediate help</b>                  If you're pregnant and need immediate help or you're clinically or physically vulnerable                  ✉ AccesstoAdultsSocialCareTeam@newham.gov.uk</p>	<p><b>FUEL</b></p> <p><b>Our Newham Money</b>                  ☎ 020 8430 2041</p> <p><b>East End Citizens Advice</b>                  ☎ 020 8525 6379                  Tuesdays &amp; Wednesdays 10am-1pm</p> <p><b>Mayor of London Warmer Homes Programme</b>                  ☎ 0300 555 0195                  ✉ shine@islington.gov.uk</p>	<p><b>FOOD</b></p> <p><b>Newham Food Alliance</b>                  ☎ 07790 975 086                  ✉ frontdoor@newhamfoodalliance.org                  🌐 www.newham.gov.uk/newhamfoodalliance</p> <p><b>STRESS</b></p> <p><b>Newham Talking Therapies</b>                  Free and confidential psychological support for adults.                  ✉ www.newhamtalkingtherapies.nhs.uk</p> <p><b>Children (under 18)</b>                  Talk to your doctor or the school.</p> <p><b>School health support</b>                  ☎ 020 3373 9983                  🌐 www.newham.gov.uk/schoolhealth</p> <p><b>Mental health crisis line for anyone</b>                  ☎ 0800 073 0066 anytime</p> <p><b>WORK</b></p> <p><b>Our Newham Work</b>                  ☎ 020 3373 1101                  ✉ ournewhamwork@newham.gov.uk                  🌐 www.ournewhamwork.co.uk</p> <p><b>Employment Rights Hub</b>                  For free confidential support and advice if someone is having problems at work                  ☎ 020 3373 6494</p> <p><b>Work Rights Centre</b>                  For help with employment rights, CV building and benefits                  ☎ 0300 4000 100 (EN) 07437 110951                  ✉ contact@workrightscentre.org</p>
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**WE ARE STAYING HEALTHY.**

**WE ARE NEWHAM.**

**Help with living costs and staying well and healthy this winter**

www.newham.gov.uk

**FAIRER NEWHAM**



**STAYING WELL AND HEALTHY THIS WINTER**

- EAT HEALTHY
- GET VACCINATED
- STAY CONNECTED
- KEEP SAFE
- BE ACTIVE
- GET SUPPORT
- KEEP WARM

**WINTER WELLNESS**

<p><b>GET YOUR VACCINES</b></p> <ul style="list-style-type: none"> <li>COVID-19 Vaccines: everyone over 5 years old is eligible. Most people are eligible for 2 vaccines, a booster, and some seasonal boosters                      🌐 www.newham.gov.uk/covidvaccine</li> <li>Flu: anyone 50 and over, anyone who is pregnant, people with specific health conditions                      🌐 www.newham.gov.uk/flu</li> <li>Polio, MMR and other childhood immunisations: children can catch up on their vaccines at any time see                      🌐 www.newham.gov.uk/childhoodimmunisations for more information</li> </ul>	<p><b>STAY HEALTHY</b></p> <ul style="list-style-type: none"> <li>Eat fresh fruit and vegetables as much as you can and aim for one hot meal a day</li> <li>Try and get 20 min of exercise every day (e.g. go for a walk in your local area, exercise at home or join a local free physical activity)                      🌐 www.newham.gov.uk/community-parks-leisure/physical-activity</li> <li>Stay connected and try to talk to at least one other person every day. Get in touch with connect Newham for a friendly conversation                      🌐 www.ageuk.org.uk/eastlondon/our-services/connect-newham-befriending or your local Community Neighbourhood Link Workers                      🌐 www.newham.gov.uk/cnlw                      ✉ cnlw@newham.gov.uk</li> <li>Stock up your medicine cabinet early and ask your pharmacist or GP about repeat prescriptions.</li> <li>Collect your free vitamins. If you're 65 or older, find out more at:                      🌐 www.newham.gov.uk/vitamin                      ☎ 020 8981 7124                      If you're pregnant or have a child under 4, find out more at                      🌐 www.newham.gov.uk/healthystart</li> </ul>	<p><b>IF YOU FEEL UNWELL</b></p> <ul style="list-style-type: none"> <li>Contact your pharmacist who can give advice and over-the-counter medicines for coughs, colds, sore throats and general aches and pains. They can also tell you if you need to see a GP, nurse or other healthcare professional</li> <li>Contact your GP or NHS 111 or visit                      🌐 www.nhs.uk if things are more serious</li> <li>If you have a medical emergency, call ☎ 999 or go to your nearest A&amp;E department</li> <li>If you want to talk to someone about your mental health call: Newham Talking Therapies                      ☎ 020 8 175 1770                      Crisis line ☎ 0800 073 0066</li> </ul>	<p><b>HELP WITH THE COST OF LIVING</b></p> <ul style="list-style-type: none"> <li>Contact Our Newham Money if you're not able to afford heating, food or other essentials                      🌐 www.ournewhammoney.co.uk                      ☎ 020 8430 2041</li> <li>The Newham Food Alliance can help with food.                      ☎ 07790 975086                      ✉ frontdoor@newhamfoodalliance.org</li> <li>Find out more about winter grants for fuel                      🌐 www.newham.gov.uk/health-adult-social-care/staying-well-winter/6</li> <li>Find out more about free grants to improve insulation in your home from GLA Warmer Homes                      ☎ 0300 555 0195                      ✉ shine@islington.gov.uk</li> <li>It is important to warm your home safely and reduce any risks. For more information visit                      🌐 www.london-fre.gov.uk/safety/the-home</li> </ul>
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**KEEP SAFE**

- Keep yourself safe from COVID-19, Flu and winter viruses
- Let fresh air in if meeting indoors, or meet outside
- If you have symptoms of COVID-19 or flu, try to avoid contact with others, especially vulnerable people, until you feel better
- Wash your hands regularly for at least 20 seconds with warm water and soap

**SCAN ME**

www.newham.gov.uk/wellwinter



## Cost of Living



# FREE HELP WITH LIVING COSTS



### Free help with money

- Our Newham Money: ☎ 020 8430 2041 ✉ [ournewhammoney@newham.gov.uk](mailto:ournewhammoney@newham.gov.uk)  
🌐 [www.ournewhammoney.co.uk](http://www.ournewhammoney.co.uk)
- Money A+E: money advice & education for Newham residents.  
☎ 020 8616 3750 🌐 [www.moneyaande.co.uk](http://www.moneyaande.co.uk)
- Community Links: for housing, debt, consumer and employment advice, free legal services from FreeLaw. ☎ 020 7473 2270 🌐 [www.community-links.org](http://www.community-links.org)
- Bonny Downs: welfare and welfare benefit checks for over 65s ☎ 020 8586 7070



### Free help with housing

- If you're having problems with a private landlord or letting agency, contact:  
☎ 020 3373 1950 ✉ [privatehousing@newham.gov.uk](mailto:privatehousing@newham.gov.uk)
- If you're homeless, you can get support from our Homelessness Prevention service at:  
🌐 [www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice](http://www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice).
- If you're threatened with homelessness, contact: ✉ [hpas@newham.gov.uk](mailto:hpas@newham.gov.uk)
- Emergency help for families with children: MASH ☎ 020 3373 4600 during office hours (Mon-Thu, 9am-5.15pm or Fri 9am-5pm) ☎ 020 8430 2000 at any other time
- If you're pregnant and need immediate help or you're clinically or physically vulnerable.  
✉ [Accessto.AdultsSocialCareTeam@newham.gov.uk](mailto:Accessto.AdultsSocialCareTeam@newham.gov.uk)



### Free help with food

- Newham Food Alliance ☎ 07790 975 086 ✉ [frontdoor@newhamfoodalliance.org](mailto:frontdoor@newhamfoodalliance.org)  
🌐 [www.newham.gov.uk/newhamfoodalliance](http://www.newham.gov.uk/newhamfoodalliance)



### Free help with energy bills

- Our Newham Money: ☎ 020 8430 2041
- East End Citizens Advice: ☎ 020 8525 6379 Tuesdays & Wednesdays 10am-1pm
- Mayor of London Warmer Homes Programme: ☎ 0300 555 0195 ✉ [shine@islington.gov.uk](mailto:shine@islington.gov.uk)



### Free help with work

- Our Newham Work: ☎ 020 3373 1101 ✉ [ournewhamwork.engagementteam@newham.gov.uk](mailto:ournewhamwork.engagementteam@newham.gov.uk)  
🌐 [www.ournewhamwork.co.uk](http://www.ournewhamwork.co.uk)
- Employment Rights Hub for free confidential support and advice if someone is having problems at work ☎ 020 3373 6494
- Work Rights Centre for help with employment rights, CV building and benefits  
☎ 030 0400 0100 (EN) 07437 110951 ✉ [contact@workrightscentre.org](mailto:contact@workrightscentre.org)



### Free help with stress and emotional pressure

- Free and confidential psychological support for adults:  
☎ 020 8175 1770 🌐 [www.newhamtalkingtherapies.nhs.uk](http://www.newhamtalkingtherapies.nhs.uk)
- For children (under 18): Talk to your doctor or the school.
- For school health support ☎ 020 3373 9983 🌐 [www.newham.gov.uk/schoolhealth](http://www.newham.gov.uk/schoolhealth)
- Mental health crisis line for anyone: ☎ 0800 073 0066 anytime

[costoflivingresponse@newham.gov.uk](mailto:costoflivingresponse@newham.gov.uk)  
[www.newham.gov.uk/council/cost-living-response](http://www.newham.gov.uk/council/cost-living-response)

**WE ARE NEWHAM.**



# Winter Wellness



## WINTER WELLNESS

### Get your vaccines

- **COVID-19 Vaccines:** everyone over 5 years old is eligible. Most people are eligible for 2 vaccines, a booster, and some seasonal boosters  
[www.newham.gov.uk/covidvaccine](http://www.newham.gov.uk/covidvaccine)
- **Flu:** anyone 50 and over, anyone who is pregnant, people with specific health conditions  
[www.newham.gov.uk/flu](http://www.newham.gov.uk/flu)
- **Polio, MMR and other childhood immunisations:** children can catch up on their vaccines at any time see [www.newham.gov.uk/childhoodimmunisations](http://www.newham.gov.uk/childhoodimmunisations) for more information



- Stock up your medicine cabinet early and ask your pharmacist or GP about repeat prescriptions.
- Collect your free vitamins. If you're 65 or older, find out more at [www.newham.gov.uk/vitamins](http://www.newham.gov.uk/vitamins) or call 020 8981 7124. If you're pregnant or have a child under 4, find out more at [www.newham.gov.uk/healthystart](http://www.newham.gov.uk/healthystart)

### What to do if you feel unwell

- Contact your pharmacist who can give advice and over-the-counter medicines for coughs, colds, sore throats and general aches and pains. They can also tell you if you need to see a GP, nurse or other healthcare professional
- Contact your GP or NHS 111 or visit [www.nhs.uk](http://www.nhs.uk) if things are more serious
- If you have a medical emergency, call 999 or go to your nearest A&E department
- If you want to talk to someone about your mental health call Newham Talking Therapies on 0208 175 1770 or the Crisis line 0800 073 0066



### Keep yourself safe from COVID-19, Flu and winter viruses

- Let fresh air in if meeting indoors, or meet outside
- If you have symptoms of COVID-19 or flu, try to avoid contact with others, especially vulnerable people, until you feel better
- Wash your hands regularly for at least 20 seconds with warm water and soap



### Staying healthy

- Eat fresh fruit and vegetables as much as you can and aim for one hot meal a day
- Try and get 20 min of exercise every day (e.g. go for a walk in your local area, exercise at home or join a local free physical activity) [www.newham.gov.uk/community-parks-leisure/physical-activity](http://www.newham.gov.uk/community-parks-leisure/physical-activity)
- Stay connected and try to talk to at least one other person every day. Get in touch with connect Newham for a friendly conversation [www.ageuk.org.uk/eastlondon/our-services/connect-newham-befriending](http://www.ageuk.org.uk/eastlondon/our-services/connect-newham-befriending) or your local Community Neighbourhood Link Workers [www.newham.gov.uk/cnlw](http://www.newham.gov.uk/cnlw) or email [cnlw@newham.gov.uk](mailto:cnlw@newham.gov.uk)



### Getting help with the cost of living

- Contact Our Newham Money if you're not able to afford heating, food or other essentials  
[www.ournewhammoney.co.uk](http://www.ournewhammoney.co.uk) or call 020 8430 2041
- The Newham Food Alliance can help with food. Contact 07790 975086 or email [frontdoor@newhamfoodalliance.org](mailto:frontdoor@newhamfoodalliance.org)
- Find out more about winter grants for fuel [www.newham.gov.uk/health-adult-social-care/staying-well-winter/6](http://www.newham.gov.uk/health-adult-social-care/staying-well-winter/6)
- Find out more about free grants to improve insulation in your home from GLA Warmer Homes 0300 555 0195 or contact [shine@islington.gov.uk](mailto:shine@islington.gov.uk)
- It is important to warm your home safely and reduce any risks. For more information visit [www.london-fire.gov.uk/safety/the-home](http://www.london-fire.gov.uk/safety/the-home)



Find out more at [www.newham.gov.uk/wellwinter](http://www.newham.gov.uk/wellwinter)



## Cost of Living

ALL COST OF LIVING RESOURCES CAN BE ACCESSED [HERE](#),

### Tips to stay warm and healthy:

1. **Heat/warm yourself first** wear several thin layers and make sure the room you're using most is at least 18 degrees
2. **Dress warmly** if you go outside and wear shoes with **good grip** as it's getting icy
3. **Eat at least one warm meal a day**, have regular **warm drinks** and **stay active** – this will keep your internal body temperature up
4. **Check on others**, especially those who are on their own or higher risk
5. **Stay safe warming your home**, don't use naked flames, ovens or barbeques to light or heat your home as they create a risk of fire or carbon monoxide poisoning

### Support for rough sleepers in Newham

On Wednesday this week, for the first time this winter, the GLA has triggered a severe weather response for rough sleepers, as temperatures were set to hit zero or below.

If anyone see someone sleeping rough, and are concerned for their immediate health, please ring 999. To report a rough sleeper for support, visit [www.streetlink.org.uk](http://www.streetlink.org.uk) or contact via telephone on 0300 500 0914.

### Making the best of Christmas

Here are 12 tips for making the best of Christmas (**attached as Our Newham Money CoL Xmas a**). For support and guidance from Our Newham Money during Christmas, please visit our [website](#). Our Newham Money are releasing a series of video clips via [Twitter](#) which give residents ideas on how to save money during the festive period.

### Newham Cost of Living webpage – Staying well during winter

Don't forget to visit our website about staying well during winter on [www.newham.gov.uk/wellwinter](http://www.newham.gov.uk/wellwinter) or contact your local library for more information.

If you are concerned about your health (physical or mental), or the health of someone else, call NHS 111. If it is an emergency call 999.

### Useful information:

Please find attached our **Cost of Living One Pager (b)**, **Winter Wellness One Pager (c)** and **winter leaflet (d)** on how to stay well this winter

**Newham Warm Havens** are safe, non-judgemental warm spaces where residents can go, **free** of charge, for whatever reason they like. There are currently 10 libraries and 6 community centres. For more information please visit <https://www.newham.gov.uk/warmhavens>

**Food and Warm Meal** – If you need support accessing **food and a warm meal** contact the Newham Food Alliance at <https://www.newham.gov.uk/newhamfoodalliance>, call us on 07790 975 086 (Monday-Friday, 9am-5pm) or email [frontdoor@newhamfoodalliance.org](mailto:frontdoor@newhamfoodalliance.org)

If you have **no heating or lighting** in your home, contact Newham Council on 0208 430 2000.

## Cost of Living – Our Newham Money



# WE ARE HERE FOR YOU.

# WE ARE NEWHAM.



### Making the best of Christmas

With the festive season upon us, you may feel anxious about money at such an expensive time of year. Don't let Christmas put pressure on your wallet. Support and guidance is available to you whatever your situation this Christmas.

[www.ournewhammoney.co.uk](http://www.ournewhammoney.co.uk)



[www.ournewhammoney.co.uk](http://www.ournewhammoney.co.uk)

## Cost of Living Crisis Response Support available for Newham Residents



# WE ARE RESPONDING.

# WE ARE NEWHAM.

# TAKING VITAL ACTION TO HELP OUR RESIDENTS.

[www.newham.gov.uk/costoflivingresponse](http://www.newham.gov.uk/costoflivingresponse)



### Newham Cost of Living Crisis Response – Taking Vital Action to Help Our Residents

You can watch the **Cost of Living Crisis Response Summit**, find out about **support available for Newham residents** and access the **Handy Guide – Energy Usage Advice** by clicking the link below:

[Support available for Newham residents – Cost of living crisis response – Newham Council](#)

**Warm Havens information on next page >**

**Warm Havens in Newham**

Newham [Warm Havens](#)

Newham Warm Havens are safe, non-judgemental warm spaces where residents can go, free of charge, for whatever reason they like. They are part of our [response to the cost of living crisis](#).

Use the map below to search for your nearest warm haven. You can see opening hours, address and available facilities.

**Mayor of Newham, Rokhsana Fiaz OBE** said *“All 10 of our libraries will be open for longer hours across the coldest months of the year till March 2023. Whatever your reason for visiting the warm havens, we understand and respect that everyone’s needs might be different, so our Warm Havens will be a safe and confidential space. If you need to talk, staff and volunteers will be on hand to provide a welcome, listen and, if needed, offer guidance on information and support.”*

[View the Map](#)

## Cost of Living Support in Newham

### ENERGY USAGE

Does your home feel cold and damp?  
Are your energy bills too high?

### GET FREE HELP NOW

Keep your home warm by getting free help and advice on your gas and electricity bills.

Contact Our Newham Money for urgent help **020 8430 2041**.

For information on support available visit:

[www.newham.gov.uk/public-health-safety/energy/2](http://www.newham.gov.uk/public-health-safety/energy/2)



### SIGNS YOUR HOME IS NOT WARM ENOUGH

- The home feels cold, damp or draughty
- Wearing lots of clothes indoors
- Staying in bed to keep warm
- Asthma or a persistent cough
- High energy bills or in fuel debt



#### Save energy and keep warm by getting help and advice

##### Our Newham Money

Energy vouchers are provided to applicants with prepayment meters without electricity/ gas or at risk of having their fuel supply cut.  
Tel: **020 8430 2041**

##### East End Citizens Advice

Call **020 8525 6379**. Lines are open at the following times:  
Tuesdays and Wednesdays: 10am-1pm

##### GLA Warmer Homes Programme

Get free advice and support if you are having trouble paying to keep your house warm. Services include:

- Telephone advice and home energy visits
- Help with draft excluders and similar in house support
- Support with energy bills and debts
- Grants of up to £20,000 per household to improve insulation (visit [www.london.gov.uk/warmerhomes](http://www.london.gov.uk/warmerhomes) for eligibility criteria and to apply)

Call **0300 555 0195** or contact [shine@islington.gov.uk](mailto:shine@islington.gov.uk)

#### Other places to get help

##### Keep Warm Keep Well Scheme (ECO)

Newham Council is working with E.ON and J&J Crump on its Keep Warm Keep Well scheme to help eligible residents benefit from a range of energy-saving measures in their homes. Call J&J Crump and Son on **0800 783 3127** or visit [www.jjcrump.com](http://www.jjcrump.com)

##### Water Bills

WaterSure and WaterHelp can help make water bills lower, particularly for people who have lower income or need water for health conditions.

Find out more:  
[www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp](http://www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp)

For any physical and/ or mental health concerns call 111 for information on where to get help or talk to your local pharmacist.

#### Warm Home Discount Scheme

Residents could get £140 off your electricity bill for winter under the Warm Home Discount Scheme. Find out more at [www.gov.uk/the-warm-home-discount-scheme](http://www.gov.uk/the-warm-home-discount-scheme)

#### Winter Fuel Payments

Residents can get between £100 and £300 tax-free to help pay your heating bills if you were born on or before 5 July 1953. Find out more at [www.gov.uk/winter-fuel-payment](http://www.gov.uk/winter-fuel-payment)

GLA Cost of Living Hub  
[www.london.gov.uk/what-we-do/communities/help-cost-living](http://www.london.gov.uk/what-we-do/communities/help-cost-living)

Translated leaflets  
[www.nea.org.uk/get-help/advice-resources/?tag=english](http://www.nea.org.uk/get-help/advice-resources/?tag=english)

#### Keep energy down by practising sustainable fuel saving tips

1. Turn off standby appliances
2. Install a smart thermostat
3. Turn down your thermostat
4. Buy efficient appliances
5. Install a new boiler
6. Wash clothes in at low temperatures
7. Be smarter about water
8. Invest in double glazing windows
9. Draught-proof your property
10. Insulate the roof
11. Monitor your usage
12. Switch to LED Light bulb



For information on support available visit:  
[www.newham.gov.uk/public-health-safety/energy/2](http://www.newham.gov.uk/public-health-safety/energy/2)

<p>Save around £80 a year just by remembering to turn your appliances off standby mode</p>	<p>Save about £35 a year on bills by replacing all of your old bulbs with LEDs</p>	<p>Only fill the kettle with the amount of water that you need and save around £7 a year</p>	<p>Turning down your room thermostat by just 1°C can save between £85-90 a year</p>
<p>Turn your lights off when you're not using them. This will save you around £15 on your annual energy bills</p>	<p>DIY draught-proofing of windows, doors and filling holes in floors can save up to £25-£35 a year on heating bills</p>	<p>Washing your clothes at 30°C can help you save significant amount of money on utility bills</p>	<p>When buying new appliances check the EU energy label to make sure you're buying an efficient product</p>

## Cost of Living Support in Newham

### STRUGGLING FINANCIALLY?

If you're struggling to meet your energy and food costs or facing an emergency you can apply to Our Newham Money Emergency Support, our local welfare scheme.



## STRUGGLING FINANCIALLY?

If you're struggling to meet your energy and food costs or facing an emergency you can apply to Our Newham Money Emergency Support, our local welfare scheme.



#### You need to be:

- living in Newham
- receiving a means tested benefit such as Universal Credit, Income Related Employment and Support Allowance, Pension Credit or Housing Benefit.



#### In addition, one of the following must apply to you:

- you're affected by the current cost of living
- there's been a significant change in circumstances or a life changing event causing hardship
- have taken all reasonable steps to maximise your income.

Even if you don't meet the criteria, we might still be able to help you. Please apply and we will consider your application.

For further information and to apply:

[www.ournewhammoney.co.uk/emergency-support](http://www.ournewhammoney.co.uk/emergency-support)



112-118 The Grove, Stratford E15 1NS  
020 8430 2041

**WE ARE NEWHAM.**





## Cost of Living Support Package - Help for Households

Millions of people on means-tested benefits will receive the first of two cost of living instalments totalling £650 from 14 July 2022, as part of a £37 billion government package to help families with cost of living pressures.

The first £326 instalment for qualifying low-income households in England, Wales, Scotland and Northern Ireland by their usual payment method from 14 July 2022, continuing to the end of the month. For those eligible, the rest will follow in a second instalment in the autumn. People receiving tax credits and no other eligible benefits will receive their first payment from HMRC in autumn and the second in winter.

In total, millions of vulnerable households will receive at least £1,200 from the Government this year to help cover rising costs. There are specific payments for those on means tested benefits, for pensioners, those on disability benefits and to help people with energy bills.

Check eligibility here: [Cost of Living Payment - GOV.UK \(www.gov.uk\)](https://www.gov.uk/cost-of-living-payment)

There is also helpful information about further support available on the [Cost Of Living campaign website](https://www.gov.uk/cost-of-living-support).

Find out more





# Cost of Living Payments



If you claim some benefits, you might be eligible for an additional **£650** from the UK Government, spread over two **Cost of Living Payments**. The first payment will be for **£326**, and the second payment of **£324** will be paid later in the year.

You don't need to contact anyone; your payment is automatic.

Find out what you will get and when you will receive a payment by searching 'cost of living support'.

[gov.uk/costoflivingpayments](https://gov.uk/costoflivingpayments)

\*Eligibility criteria apply

Find out more 

## Free School Meals

We would be very grateful if you could please help us spread the word to families in Newham that their children can eat a FREE, nutritious lunch every school day which will save them £500 a year per child – now even more important due to the cost of living crisis.

Attached is a poster and leaflet on the initiative and an article below to share the news with families in newsletters etc. If you would like further information please let us know.

[www.newham.gov.uk/freeschoolmeals](http://www.newham.gov.uk/freeschoolmeals)



# FREE SCHOOL MEALS

FREE school meals  
You could save  
**£500**  
a year  
per child!

# FOR PRIMARY SCHOOL CHILDREN



To apply for free school meals and find out more visit:  
[www.newham.gov.uk/freeschoolmeals](http://www.newham.gov.uk/freeschoolmeals)

WE ARE NEWHAM.



## Muslim Women's Support Groups

Contact: Sakinah Team - Kulsuma, Sahanara or Zinèbe on **07511 076874** [peerservices@mithn.org.uk](mailto:peerservices@mithn.org.uk)  
**020 7510 1081**

MITHN's *Our Voices Project* presents

# Sakinah...

## Muslim Women's Support Groups



*Peace of Mind...understanding...connection ...* These are all things we crave and often feel are out of our reach. This can leave us feeling depleted and in need of a **safe space...** Come and join us to explore mental health and wellbeing in a warm, caring and **confidential setting that celebrates the strengths of Muslim Women.**

We want to **hear your voices** and needs, so we can **work together** towards individual and social change!

**In Sept-Dec 2022**

**Join us at your convenience on the following days:**

### TOWER HAMLETS

**MARYAM CENTRE (ELM)**

45 Fieldgate Street  
Whitechapel E1 1JU

**TUESDAYS 10.15am – 12pm**

**SAMA ACADEMY**

544 Roman Road  
Bow E3 5ES

**THURSDAYS 10.30am – 12pm**

### NEWHAM

**DARUL ARQAM MOSQUE & MCC**  
17 Jutland Road (off Barking Road),  
Plaistow E13 8JH

**MONDAYS 10am – 12pm**

### REDBRIDGE

**REDBRIDGE CENTRAL LIBRARY**  
Clements Road, Ilford IG1 1EA

**THURSDAYS 11am – 12.30pm**



Contact: Sakinah Team - Kulsuma, Sahanara or Zinèbe on  
**07511 076874** [peerservices@mithn.org.uk](mailto:peerservices@mithn.org.uk) **020 7510 1081**

## Childhood Vaccines

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or seen very rarely. However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again.

There are a number of vaccines that children should have. You can find a list of them below and on the NHS website. It is important that vaccines are given on time for the best protection.

All recommended vaccines are available for free from the NHS.


If you or your child missed any recommended vaccine, you can still contact your GP to catch up.


### Vaccine Information from Newham Public Health Service

<https://www.newham.gov.uk/childhoodimm>

<https://www.newham.gov.uk/polio>

[Frequently Asked Questions – Childhood Immunisations – Newham Council](#)





## CHILDHOOD VACCINES


Get your FREE vaccines - they protect you from disease


<p><b>8 WEEKS</b></p> <ul style="list-style-type: none"> <li>6-in-1 vaccine</li> <li>Rotavirus vaccine</li> <li>MenB</li> </ul>	<p><b>2 YEARS - 10 YEARS</b></p> <ul style="list-style-type: none"> <li>Flu vaccine (annual)</li> </ul>
<p><b>12 WEEKS</b></p> <ul style="list-style-type: none"> <li>6-in-1 vaccine (2<sup>nd</sup> dose)</li> <li>Pneumococcal (PCV) vaccine</li> <li>Rotavirus vaccine (2<sup>nd</sup> dose)</li> </ul>	<p><b>3 YEARS - 4 MONTHS</b></p> <ul style="list-style-type: none"> <li>MMR (2<sup>nd</sup> dose)</li> <li>4-in-1 pre-school booster</li> </ul>
<p><b>16 WEEKS</b></p> <ul style="list-style-type: none"> <li>6-in-1 vaccine (3<sup>rd</sup> dose)</li> <li>MenB (2<sup>nd</sup> dose)</li> </ul>	<p><b>5 YEARS - 15 YEARS</b></p> <ul style="list-style-type: none"> <li>COVID-19 vaccine (2 doses)</li> </ul>
<p><b>1 YEAR</b></p> <ul style="list-style-type: none"> <li>Hib/Men C (1<sup>st</sup> dose)</li> <li>MMR (1<sup>st</sup> dose)</li> <li>Pneumococcal (PCV) (2<sup>nd</sup> dose)</li> <li>MenB (3<sup>rd</sup> dose)</li> </ul>	<p><b>12 YEARS - 13 YEARS</b></p> <ul style="list-style-type: none"> <li>HPV vaccine</li> </ul>
<p><b>14 YEARS</b></p> <ul style="list-style-type: none"> <li>3-in-1 teenage booster</li> <li>MenACWY</li> </ul>	


Call your GP to book an appointment for vaccines for children under 5. For school vaccines, speak to your school.

[www.newham.gov.uk/childhoodimm](http://www.newham.gov.uk/childhoodimm)

Become a Community Health Champion  
 chc@newham.gov.uk  
 Whatsapp / text 07929 792873







## VACCINES KEEP YOU SAFE

Protecting yourself from polio (and other diseases)

Get a vaccine for 6 diseases including polio when your child is

**8 WEEKS + 12 WEEKS + 16 WEEKS**

Then... get a vaccine for 4 diseases including polio when your child is

**3 YEARS - 4 MONTHS**

Then... get a vaccine for 3 diseases including polio when your child is

**14 YEARS**

You must have all of these vaccines to be fully protected.

**How do I know if my child has had their vaccines that protect against polio?**

Your child's Red Book will include records of all your child's vaccinations


If you don't have your Red Book, your GP will be able to tell if your child has received all their vaccines

**Can people over 14 get vaccinated against polio?**

Yes – if you've not had a polio vaccine you can get a vaccine for FREE

Speak to your GP if you have questions or to book a vaccine  
[www.newham.gov.uk/polio](http://www.newham.gov.uk/polio)

Become a Community Health Champion  
 chc@newham.gov.uk  
 Whatsapp / text 07929 792873



# Work 4 All

Groundwork.org.uk

## Work4All

Start your journey towards finding a job that works for you!

Work4All provides free 1:1 support suited to your situation, wherever you are on your journey

### 1. Mapping

Work with your advisor to explore what job options are suitable for you, either now or in the future. Understand your options based on your individual circumstance



### Meet our advisors

Lorraine: 07889 755 505 or [lorraine.rose@groundwork.org.uk](mailto:lorraine.rose@groundwork.org.uk)  
 Lucy: 07889 756 138 or [lucy.mpofu@groundwork.org.uk](mailto:lucy.mpofu@groundwork.org.uk)

### Eligibility

To access this free service you must have Right to Work in the UK & not be in any paid work.

### Funded by



**European Union**  
European Social Fund



Do you live in the South of Newham?

- Are you unsure what job options are open to you?
- How to get closer to your job goals?
- Need help with getting the right job?

### 2. Journey

Build your skills and knowledge to help you get closer to the job you want. Understand what jobs require; develop confidence through volunteering, or employer visits.

### 3. Destination

Supported & individualised job search to find suitable vacancies, complete applications, interview preparation and help in your transition into work.

## The supported pathway

When you join Work4All you will be assigned a personal adviser who will complete an initial needs assessment with you. They will ensure the advice and support is tailored to your particular situation. Work4All provides support across three main areas, summarised in the stages below. You may choose to access one, two or all three stages.

### 1 Starting Off

- For those who are not yet ready to work but want to start planning for the future.
- Explore factors that impact your work choices, i.e. your availability, responsibilities, restrictions, financial needs
  - Identify which employment opportunities are realistic for your situation, now or for the future
  - Make sure you have the right documents to start work
  - Receive money mentoring advice and support

### 2 On your Way

- For those ready to start activities to get them closer to their job goals.
- Create a step-by-step plan to progress toward your goals
  - Map your skills, identify your strengths and how to best promote them
  - Develop your work experience, and identify relevant opportunities
  - Identify and apply for vocational training, volunteering or work placements suitable to your goals

### 3 Arriving

- For those ready to make the next step, to find and apply for work.
- Develop effective job applications that will impress employers
  - Undertake a "Better Off" calculation so you can make informed decisions about realistic salary needs
  - Develop your interview skills & confidence
  - Receive support to help you stay in work or plan for future progression

## Meet our advisors

Lorraine: 07889 755 505 or [lorraine.rose@groundwork.org.uk](mailto:lorraine.rose@groundwork.org.uk)  
 Lucy: 07889 756 138 or [lucy.mpofu@groundwork.org.uk](mailto:lucy.mpofu@groundwork.org.uk)



**Advantage** is a free one-to-one wellbeing mentoring programme for 14-21 year olds, delivered at your local football club.

We're here to help you make the most of your opportunities

How does it work?

Our mentoring sessions are led by you and what you want to talk about. You have a 1-hour individual session with your mentor once per week. You can stay in the programme for up to six months, or less than that if you feel you're ready to move on – it's up to you!

The mentoring session is an informal space to chat and connect. You might have specific goals that you want support with, or you might want to take some time to get to know your mentor and figure out some goals together. Your goals can be personal, educational, social, employment, or wellbeing related, or maybe something else! It's completely up to you.

<https://www.advantagementoring.co.uk/>

## Parents in Mind

Are you a pregnant or new mum and feeling low, anxious, alone?

A friendly, non-judgemental space to talk, seek information and gain support. Offering group and 1 to 1 peer support walk and talk and by telephone or online – Support is also available in different languages.

For more information please contact:  
07525 403673 or email  
[parentsinmind.newham@nct.org.uk](mailto:parentsinmind.newham@nct.org.uk)



Visit our Padlet!

[Friendly & non-judgemental mum to mum support \(padlet.com\)](https://padlet.com/Parentsinmind/Newham)

## Ambition Aspire Achieve SEND YOUTH CLUBS

### SEND Youth:

This is our Youth club set in arc in the park and the age range is 9-25 years old. A staff ratio of 1 staff to 3 young people is offered within this group and we cannot take children that need 121 support. We offer sports, arts and crafts and gardening during our sessions. The sessions are great for young people to build upon their social skills and make new friends. This runs as an after school club and throughout the school holidays too.

### Positive Transitions:

This is our 16-25 year old group for young people with additional needs. Works well for school leavers or those attending college that are not in full time education. The group is based around life and social skills and have broken the sessions into three categories, life skills, art and sports so the young person can choose a group that suits them best. We also have trips and work experience planned for this group. This is a 1 to 3 ratio and is during the day, term time only. It is another great way to make new friends, build up social skills and learn new skills.



Ambition Aspire Achieve  
Charity Registration Number: 107916

## SEND YOUTH CLUBS

FREE for 9 to 25 years olds  
Staff ratio - 1 staff member to 3 young people -  
Offering A Safe, Fun, Social, Interactive Environment

**Weekly Timetable:**  
(term time and school holidays)  
**Mondays 4:30pm to 7:30pm:**  
Terence Brown Arc, Hermit Road Park, Bethell Ave E16 4JT  
**Mondays 4pm to 6pm:**  
Glyn Hopkin Abbey Hub, 6 Gay Road, Stratford E15 2RN  
**Wednesdays 4:30pm to 6:30pm:**  
St Luke's Community Centre, 85 Tarling Road, Canning Town E16 1HN  
**Thursdays 4:30pm to 7:30pm:**  
Terence Brown Arc, Hermit Road Park, Bethell Avenue E16 4JT

**Activities Include: A Variety Of Sports, Arts And Crafts, Movies, Music, Keep Fit Sessions, Table Tennis, Games And MUCH MUCH MORE!**



Supported By London Borough of Newham  
Booking Is Essential, Contact:  
Leo on 07904 882 104 / leo@theaaazone.com  
Web: www.theaaazone.com | Twitter: @theaaazone | Facebook @ AmbitionAspireAchieve/



Ambition Aspire Achieve

## Positive Transitions



**FREE LIFE SKILLS support for young people aged between 16-24 with additional needs**

**Sessions will include:**  
Life skills such as household activities, social interaction, personal development and confidence building. Creative sessions including art and photography, gardening and growing, cookery, music as well as taking part in the Arts Award. Multi sports and health sessions where young people can try a number of activities and learn about healthy choices. We will also be holding day trips and work experience guidance throughout the year.

**Weekly sessions helping to build confidence and develop new skills for young people with additional needs that are transitioning into adulthood**

**Monday 2-4pm**  
Life skills

**Tuesday 1.30pm – 3.30pm**  
Multi sports and exercise

**Thursday 2-4pm**  
Creative sessions and workshops

**At the Terence Brown Arc in the Park, Bethell Road E16 4JT**

Booking is essential  
For more information or to book a place please contact Leo Featherman 07904882104 leo@theaaazone.com

theaaazone.com @theaaazone.com AmbitionAspireAchieve/

Booking Is Essential, Contact:  
Leo on 07904 882 104 /  
[leo@theaaazone.com](mailto:leo@theaaazone.com)  
Web: [www.theaaazone.com](http://www.theaaazone.com)  
Twitter: @theaaazone  
Facebook:  
[@AmbitionAspireAchieve/](https://www.facebook.com/AmbitionAspireAchieve/)



Ambition Aspire Achieve

## Positive Transitions

The Terence Arc in the Park, Bethell Avenue, E16 4JT

**Additional information**

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance around COVID 19, we have introduced a number of measures to ensure that our clubs and activities are delivered safely at all times

**Safety measures will include:**

- Pre-booking introduced for all sessions with places allocated on a first come, first served basis
- Additional controls in place to access Arc in the Park, including non-invasive temperature checks
- Reduced group sizes on site at any one time
- Extra hygiene and cleaning measures, before, during and after all sessions
- Maintaining social distancing measures

Booking is essential  
For more information please contact Leo leo@theaaazone.com 07904882104

Positive Transitions is supported by CITY OF LONDON



## Parent Advice Phone-In with Educational Psychologist

Please find attached a leaflet for the Parent Advice Drop In service run monthly by the EP Service. Parents can contact an EP to discuss any concerns they may have, e.g. managing anxiety at home, supporting CYP with learning, supporting positive relationships at home and in school, etc. They are allocated a 40 minute session over the phone for this.

Sessions will operate monthly on:

25 Oct 29 Nov 20 Dec 2022

To book a session between 10am and 12 email or phone

[sarah.parkinson@newham.gov.uk](mailto:sarah.parkinson@newham.gov.uk)

07976 733536

# Newham Educational Psychology Service



## Parent Advice Phone-In with an Educational Psychologist (EP)

The EPS Parent Advice sessions are offered to any Newham parent or carer who would like to discuss concerns about their child with an educational psychologist (examples may include: your child's emotional well-being, challenging behaviours, learning progress, your relationship with your child or some of your own worries). The sessions aim to be supportive, confidential, and informal. Each session is 40 minutes.

## Healthy Start FREE HEALTHY FOOD

### FREE HEALTHY FOOD

#### Pregnant? Children under 4?

You may be able to get money to help you buy fruit, vegetables and milk.

Apply online by visiting [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

If you need help applying, speak to your local Children's Centre, library, midwife or health visitor.

Applying is easy and DOES NOT affect your other financial benefits.



### FREE VITAMINS!

In Newham, ALL pregnant women, new mums and children under 4 years old are entitled to free vitamins. You can collect a bottle from your midwife or local children centre.

To find your nearest vitamin distribution site, visit [www.newham.gov.uk/healthystart](http://www.newham.gov.uk/healthystart)



**WE ARE HEALTHY.**

**WE ARE NEWHAM.**

**£8.50 a week** for babies under 1 year old

**FREE** Healthy Start vitamins including Vitamin D

**£4.25 a week** for pregnant women and children from 1 up to 4 years old

**HEALTHY START FOOD AND VITAMINS**

**FREE HEALTHY FOOD**  
Pregnant? Children under 4?  
You may be able to get money to help you buy fruit, vegetables and milk.  
Apply online by visiting [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk).  
If you need help applying, speak to your local Children's Centre, library, midwife or health visitor.  
Applying is easy and DOES NOT affect your other financial benefits.

**FREE VITAMINS!**  
In Newham, ALL pregnant women, new mums and children under 4 years old are entitled to free vitamins. You can collect a bottle from your midwife or local children centre.  
To find your nearest vitamin distribution site, visit [www.newham.gov.uk/healthystart](http://www.newham.gov.uk/healthystart)

People at the Heart of Everything We Do