

# Cost of living support: we're here to help

## Money



- Our Newham Money – Hardship support, debt advice and income maximisation guidance  
 ☎ 020 8430 2041 ✉ [ournewhammoney@newham.gov.uk](mailto:ournewhammoney@newham.gov.uk)  
 🏠 [ournewhammoney.co.uk](http://ournewhammoney.co.uk)  
 📍 112-118 The Grove, E15 1NS
- Money A+E – Money advice & education for Newham residents  
 ☎ 020 8616 3750 🏠 [moneyaande.co.uk](http://moneyaande.co.uk)
- Community links – Free legal, welfare, and debt advice  
 ☎ 020 7473 2270 🏠 [community-links.org](http://community-links.org)

## Housing



- Private landlord or letting agency problems  
 ☎ 020 3373 1950 ✉ [privatehousing@newham.gov.uk](mailto:privatehousing@newham.gov.uk)
- Homeless, or risk of becoming homeless  
 🏠 [newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice](http://newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice)
- Threatened with homelessness  
 ☎ 020 8430 2000 ✉ [hpas@newham.gov.uk](mailto:hpas@newham.gov.uk)
- Emergency help for families with children  
 ☎ 020 3373 4600 during office hours (Mon-Thu 9am-5:15pm, Fri 9am-5pm) ☎ 020 8430 2000 outside office hours
- Housing Hubs  
 Stratford Housing Hub  
 📍 2 Broadway, Stratford, E15 4QS  
 ✉ [stratfordhousinghub@newham.gov.uk](mailto:stratfordhousinghub@newham.gov.uk)  
 Canning Town Housing Hub  
 📍 Ferrier Point, Canning Town, E16 1QW  
 ✉ [canningtownhub@newham.gov.uk](mailto:canningtownhub@newham.gov.uk)

## Energy bills



- Stay Warm in Newham  
🏠 [renewalprogramme.org.uk/stay-warm-in-newham](https://renewalprogramme.org.uk/stay-warm-in-newham)  
Apply Online: 🏠 [groundwork.my.salesforce-sites.com/staywarminnewham](https://groundwork.my.salesforce-sites.com/staywarminnewham)  
✉ [info@renewalprogramme.org.uk](mailto:info@renewalprogramme.org.uk) ☎ 020 8471 6954
- ECO4 – Energy Company Obligation (ECO) is a scheme offering energy-saving improvements to eligible households  
☎ 020 8594 1117 ✉ [sales@izenergy.co.uk](mailto:sales@izenergy.co.uk)

## Work



- Our Newham Work ☎ 020 3373 1101  
✉ [ournewhamwork@newham.gov.uk](mailto:ournewhamwork@newham.gov.uk) 🏠 [ournewhamwork.co.uk](https://ournewhamwork.co.uk)  
📍 112-118 The Grove, E15 1NS
- Employment Rights Hub – Free confidential support and advice if someone is having problems at work  
☎ 020 3373 6494 ✉ [employmentrights@newham.gov.uk](mailto:employmentrights@newham.gov.uk)  
📍 112-118 The Grove, E15 1NS

## Food



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

## Stress



- Mental health crisis line for anyone ☎ 0800 073 0066 anytime
- Newham Talking Therapies – Free and confidential psychological support for adults 🏠 [newhamtalkingtherapies.nhs.uk](https://newhamtalkingtherapies.nhs.uk)
- Children (under 18) – Talk to your doctor, the school, or the school health support team ☎ 020 3373 9983  
🏠 [newham.gov.uk/schoolhealth](https://newham.gov.uk/schoolhealth)
- Newham Together Café 📍 Rokeby Community Hub, 63 Rokeby Street, E15 3LS ☎ 0808 196 8710  
🏠 [hestia.org/newham-together-cafe](https://hestia.org/newham-together-cafe)
- Mind ✉ [info@mindthnr.org.uk](mailto:info@mindthnr.org.uk) 🏠 [mindthnr.org.uk/our-services](https://mindthnr.org.uk/our-services)



SCAN ME

Register to become a Cost of Living Champion:  
[newham.gov.uk/costoflivingchampions](https://newham.gov.uk/costoflivingchampions)