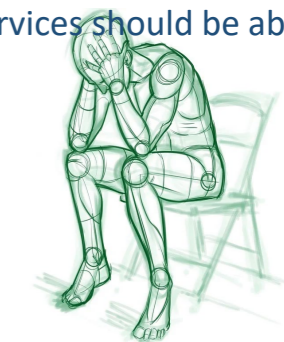


Merry Christmas from Newham's Children's Centres!

We will be closed from **22/12/24** and will be re-opening on **03/01/2024 Kay Rowe** and **09/01/2024 Maryland Children Centre**. If you need any help before we re-open, these services should be able to help you.



Need help and support?

If you think a child is at risk of serious harm, abuse or neglect, then please contact **the MASH service** on:

020 3373 4600 (Monday - Thursday, 9am to 5.15pm or Friday 9am - 5.00pm), or

020 8430 2000 at any other time, you can also email mash@newham.gov.uk for urgent matters if you can't get through on the phone.

0-19 Children's Health Single Point of Access (SPOA – supporting the Health Visiting Service, School Health and Family Nurse Partnership)

If you need to contact any of the Children's Health Services or have an urgent query, please call the SPOA on **020 3373 9983** or email CHIS@newham.gov.uk.

The Newham Mental Health Crisis Line (provided by East London NHS Foundation Trust) can support and help you if you have mental health problems, provide accurate information and advice about local mental health services, and communicate with other services or teams on your behalf. **0800 073 0066 (available 24/7)**

Newham Talking Therapies provides free and confidential psychological support for adults. **020 8175 1770** or <https://www.elft.nhs.uk/newham-talking-therapies>.

Hestia Domestic Violence Support - 0808 196 1482

They will help and support you if you are a victim of domestic or sexual violence. This number is also available after 6pm for emergencies. InfoNewhamDSV@hestia.org or <https://www.hestia.org/newham>

Freephone National Domestic Abuse Helpline – 0808 2000 247

Shelter - 0808 800 4444

- If you are in need of urgent housing advice then Shelter may be able to help. Open 8am-8pm Monday to Friday, and 9am-5pm Saturday and Sunday. You should use this line if:
- you have nowhere to sleep, or might be homeless soon
- you have somewhere to sleep, but nowhere to call home
- you are/could be at risk of harm.

Newham Homelessness Prevention and Advice Service (HPAS)

If you're at risk of becoming homeless, contact our HPAS team as soon as possible, they may be able to help you stay where you are or to move somewhere else. **020 8430 2000 ext. 57445** or hpas@newham.gov.uk

Newham Holiday Activities and Food (HAF) programme

Newham Council is working with a range of organisations to offer free places at holiday clubs during the Christmas holidays. These places are for children and young people who are eligible for benefits-related free school meals. For the full range of winter activities available, please check <https://www.newham.gov.uk/children-families/activities-young-people-newham/11>.

Food support

If you or someone you know are having trouble affording enough food, you can contact the Newham Food Alliance using the online form available on the Council website - <https://www.newham.gov.uk/advice-support-benefits/newham-food-alliance>. If you have any questions or are unable to use the form, please call Monday-Friday (9am-5pm) at **07790 975 086** or email frontdoor@newhamfoodalliance.org.

Infant Feeding Support – If you need support or advice around infant feeding then please contact the Newham Baby Feeding Helpline on **07534 249 611**; you can text, call, whatsapp or voice message.



Finance and energy support

Our Newham Money – 020 8430 2041, www.ournewhammoney.co.uk. Will be closed from 3pm Friday 22nd December to 9am Tuesday 2nd January 2024.