

Merry Christmas from Newham's Best Start in Life Children's Centres!

Unfortunately we're currently closed and will be re-opening on [4.01.22]. 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 (Option 1) Monday - Thursday, 9am to 5.15pm or Friday 9am - 5.00pm, or 020 8430 2000 at any other time.

0-19 Children's Health and Headstart's 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**.

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**

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>

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

NHS Volunteer Responders - 0808 196 3646

NHS Volunteer Responders is a scheme set up by the NHS and Royal Voluntary Service to provide much needed support to individuals isolating and staying at home. If you, or someone you know, or someone you care about would like to register for support from the volunteers please phone or visit the website:

www.nhsvolunteerresponders.org.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 primarily for children aged between 4 and 16, who are eligible for or in receipt of free school meals. A choice of activities are available between 20 December 2021 to 4 January 2022.

For more information please see <https://www.newham.gov.uk/children-families/activities-young-people-newham/2> or email the HAF team at HAF@newham.gov.uk

Worried about food?

If you are having trouble buying food, you can contact the Newham Food Alliance using the online form available on the Council website - <https://www.newham.gov.uk/coronavirus-covid-19/covid-19-advice-support/7>. They will support families who are struggling with food due to financial issues or self-isolation. 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. The front door will be closed on 27th December and 3rd January, but open 9am-1pm between Dec 28th and 31st. All other dates will be the usual opening times.

If you can afford food but need help accessing online shopping, then please contact the **covid support helpline** on **0207 473 9711** or covidhelp@community-links.org Open: 9am-7pm, 7 days a week.

Please see the Council's website (www.newham.gov.uk/coronavirus-covid-19/c19-information-advice) for the most up-to-date information on support available.

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.

