



Local Services that offer advice & support, updated September 2022

Introduction

Our aim is to support our school community, particularly during a time of crisis. We have summarised services which can provide support to you and have done our best to keep the information up to date. If you want to discuss any of these services, or need support for you and your family, please get in touch with our Social Inclusion Team.

You can do this by calling 020 82578404, by sending an email marked, 'For the attention of the Social Inclusion Team' or by speaking to any of the staff at school.

Food Banks

There are a number of foodbanks in Newham that provide support and food parcels. More information is provided through the links. If you need more support please contact school and ask to speak to a learning mentor.

Highway Vineyard Church Foodbank 0743 6319752	foodbank@highwayvineyard.org 77 Gainsborough Avenue E12 6JJ	Drop in on Thursdays from 9:30 to 11:30 to collect an essential foodpack.
Newham Food Bank 07483 159 872	newhamfoodbank.org.uk Newham Foodbank has a network of food banks across Newham all shown on this link.	The nearest is at: Manor Park Christian centre, 454 High Street North, E12 6RH Telephone: 020 8470 9930 Opening times Tuesday, 10am - 12pm
The Newham Food Alliance 07790 975 086	newham.gov.uk/advice-support-benefits/newham-food-alliance	If you or someone you know is experiencing financial challenges that are preventing you from getting the food you need please complete the form on the link to make a referral to the Newham Food Alliance.



The Trussell Trust 01722 580 180	trusselltrust.org	They support a nationwide network of food banks and together they provide emergency food and support to people locked in poverty. To get a food voucher, please speak to the Social Inclusion Team
--	--	--

Domestic Abuse

If you are suffering from domestic abuse there are a number of agencies that will provide you with confidential advice and support.

Why not give them a call or visit their website?

If you are in immediate danger call 999

Nia 020 7683 1270	niaendingviolence.org.uk/	Providing high quality services for women, children and young people who have experienced or are at risk of violence.
Ascent 0808 802 5565	thelondonvawgconsortium.org.uk/ascent	Ascent is a project undertaken by the London VAWG Consortium, delivering a range of services for survivors of domestic and sexual violence
National Domestic Violence Helpline 0808 2000 247	nationaldomesticviolencehelpline.org.uk	24-hour freephone helpline for women experiencing domestic violence. All calls are completely confidential. Translation facilities available. If you are in immediate danger call 999



Men's Advice Line 0808 801 0327	mensadvice.org.uk/	Confidential helpline for men experiencing domestic violence by a current partner or ex-partner. Includes men in heterosexual or same-sex relationships.
Rights of Women 020 7118 0267	https://rightsofwomen.org.uk/	Our most important service is to deliver legal advice to women. We advise women so they can make informed decisions often at very difficult times in their lives. We know women depend on this advice. It can be life-saving.
Refuge 08082000247	https://refuge.org.uk/	Refuge is the largest domestic abuse organisation in the UK. On any given day our services support thousands of women and their children, helping them to overcome the physical, emotional, financial and logistical impacts of abuse and rebuild their lives — free from fear.
Ashiana Network 020 8539 0427	https://www.ashiana.org.uk/	We help women and girls overcome domestic abuse and build a life free from violence.

London Borough of Newham Services

London Borough of Newham	Family Information Service Newham Families Advice and Support	Offering support and advice with: Early Help & Family support; Early Years; Education & Training Fostering & Adoption; Health; Safeguarding (domestic violence, FGM, forced marriages, prevent, CSE); SEND; Young people's support
---------------------------------	---	---



Mental Health Services

<p>Newham CAMHS workshops</p> <p>020 8430 9000</p>	<p>eventbrite.co.uk/o/newham-camhs-workshops-23209370238</p>	<p>Newham CAMHS offers therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing. If you have any questions about the workshops you can contact us on 020 8430 9000.</p>
<p>Anna Freud</p> <p>020 7794 2313</p>	<p>annafreud.org</p>	<p>Offer advice and guidance to help support children and young people who may be struggling with poor mental health.</p>
<p>Headstart (Newham)</p> <p>020 3373 8600</p>	<p>newhamconnect.uk/Services/3471</p> <p>For Parents - HeadStart</p>	<p>Working closely with schools and the community, HeadStart offers young people and their families opportunities to recognise the strengths they already have and develop new skills so they're able to overcome challenges and bounce back from tough circumstances.</p>
<p>Care in Mind</p> <p>020 7 550808</p>	<p>careinmind.org.uk/</p>	<p>Care in Mind is a volunteer-led organisation. We work with local residents to improve conditions by supporting them to improve their physical and emotional wellbeing.</p>



Refugee & Asylum seekers support services

Joint Council for the Welfare of Immigration (JCWI) 020 7251 8708	Joint Council for the Welfare of Immigrants	For advice in all areas of asylum and immigration law:
Praxis 020 7729 7985	praxis.org.uk/	At Praxis we provide expert support to migrants and refugees in the UK. through immigration advice, housing and peer support groups.
Refugee and Migrant Project (RAMP) 020 8221 9200	renewalprogramme.org.uk	Supporting refugees, migrants and asylum seekers, living in Newham , who are seeking refuge from disadvantaged conditions.
Project 17 07963 509044	Project 17	Providing advice for migrants with no recourse to public funds. Providing advice for migrants facing homelessness and extreme poverty because they are unable to work or claim welfare benefits. Call 07963 509 044 to make an appointment.
Tower Hamlets Law Centre	http://thlc.co.uk/	We're experts in all aspects of immigration, nationality and asylum law.



Financial Help

Step Change Debt Charity 0800 138 1111	https://www.stepchange.org/	StepChange is the UK's largest provider of free debt advice, online or over the phone. Mon-Fri 8am-8pm Sat 9am-2pm
--	---	--