

WE ARE STAYING HEALTHY.

WE ARE NEWHAM.



Help with living costs and staying well and healthy this winter

www.newham.gov.uk

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
- Flu: anyone 50 and over, anyone who is pregnant, people with specific health conditions
✉ 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 for more information

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

STAY 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
- 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
- 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/vitamind
☎ 020 8981 7124
If you're pregnant or have a child under 4, find out more at
🏠 www.newham.gov.uk/healthystart

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 if things are more serious
- If you have a medical emergency, call [999](tel:999) or go to your nearest A&E department
- If you want to talk to someone about your mental health call: Newham Talking Therapies
[020 8 175 1770](tel:02081751770)
Crisis line [0800 073 0066](tel:08000730066)

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
[020 8430 2041](tel:02084302041)
- The Newham Food Alliance can help with food.
[07790 975086](tel:07790975086)
frontdoor@newhamfoodalliance.org
- Find out more about winter grants for fuel
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](tel:03005550195)
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



SCAN ME

www.newham.gov.uk/wellwinter

FREE ADVICE AND HELP

MONEY



Our Newham Money

☎ 020 8430 2041

✉ ournewhammoney@newham.gov.uk

🏠 www.ournewhammoney.co.uk

Money A+E

Money advice & education for Newham residents.

☎ 020 8616 3750

🏠 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

Bonny Downs

Welfare and welfare benefit checks for over 65s

☎ 020 8586 7070

HOUSING

Private landlord or letting agency problems

Contact:

☎ 020 3373 1950

✉ privatehousing@newham.gov.uk

Homeless, or risk of becoming homeless

Get support from our Homelessness Prevention service at:

✉ www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice

Threatened with homelessness

If you're threatened with homelessness, contact:

☎ 020 8430 2000 ext. 57445

✉ hpas@newham.gov.uk

MASH

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

Immediate help

If you're pregnant and need immediate help or you're clinically or physically vulnerable

✉ Accessto.AdultsSocialCareTeam@newham.gov.uk

P WITH LIVING COSTS

FUEL



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

WORK



Our Newham Work

☎ 020 3373 1101

✉ ournewhamwork@newham.gov.uk

🏠 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

☎ 0300 4000 100 (EN) 07437 110951

✉ contact@workrightscentre.org

FOOD

Newham Food Alliance

☎ 07790 975 086

✉ frontdoor@newhamfoodalliance.org

🏠 www.newham.gov.uk/newhamfoodalliance

STRESS

Newham Talking Therapies

Free and confidential psychological support for adults.

🏠 www.newhamtalkingtherapies.nhs.uk

Children (under 18)

Talk to your doctor or the school.

School health support

☎ 020 3373 9983

🏠 www.newham.gov.uk/schoolhealth

Mental health crisis line for anyone

☎ 0800 073 0066 anytime



SCAN ME

www.newham.gov.uk/costoflivingresponse

Register to be cost of living champions Email: costoflivingresponse@newham.gov.uk

STAYING WELL AND HEALTHY THIS WINTER

EAT HEALTHY

GET VACCINATED

STAY CONNECTED

KEEP SAFE

BE ACTIVE

GET SUPPORT

KEEP WARM

