

# COST OF LIVING SUPPORT



## FIND SUPPORT IN YOUR LOCAL AREA



**Community food clubs** -[www.lbbd.gov.uk/money-and-debt/community-food-clubs](http://www.lbbd.gov.uk/money-and-debt/community-food-clubs)

**Kingsley Hall's Social Supermarkets**—Monday to Friday, 9am to 3pm. Contact [info@khccc.com](mailto:info@khccc.com) or call 020 8592 1708. Visit them at Parsloes Avenue, Dagenham RM9 5NB.

**Al Madina Food Club** - They are open every Friday from 3pm to 4.30pm at The Hive, 2 Victoria Road, Barking IG11 1PY. Contact 020 8478 8526 or [info@barkingmosque.org.uk](mailto:info@barkingmosque.org.uk).

Plus links to online help and advice to help reduce your bills.  
[www.lbbd.gov.uk/benefits-and-support/help-living-costs](http://www.lbbd.gov.uk/benefits-and-support/help-living-costs)

## HELP WITH YOUR WELLBEING

Community Hubs a wide range of support and help available including housing and employment.

Marks Gate Community Hub Marks Gate Community Centre,  
Rose Lane, Marks Gate, RM6 5NJ Tel: 020 8270 4165



## HELP WITH ENERGY BILLS

### Energy Rebate The Council

To see if you are eligible and for more information on the rebate go to: [www.lbbd.gov.uk/benefits-and-support/discretionary-hardship-support/hardship-payment-schemes/energy-rebate](http://www.lbbd.gov.uk/benefits-and-support/discretionary-hardship-support/hardship-payment-schemes/energy-rebate)

### Reduce your water bills

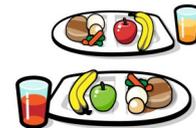
There are lots of free water saving devices which can help cut your bills from Essex and Suffolk Water at: [esw.watersavingkit.com](http://esw.watersavingkit.com)



## SUPPORT FOR FAMILIES

### Free school meals

[www.lbbd.gov.uk/benefits-and-support/free-school-meals-pupil-premium](http://www.lbbd.gov.uk/benefits-and-support/free-school-meals-pupil-premium)



### School uniform swap shop

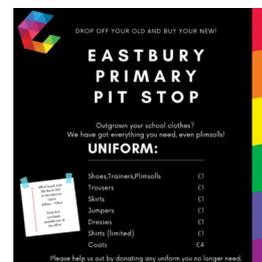
Need school uniform for your children? Have your children grown out of their uniform but it's still in good condition? Join the Barking and Dagenham uniform exchange on Facebook, which is a resident-led group where you can swap and exchange school uniform items for free.

[www.facebook.com/essuniex](http://www.facebook.com/essuniex)



### Eastbury Primary Pit Stop

We have school uniform to purchase at the school, including jumpers, cardigans, trousers, skirts, shirts, coats, plimsols, trainers, ties and blazers, each item is £1.



Residents who are worried about debt or money issues and are in need of support please go on -

[www.bdmoney.co.uk](http://www.bdmoney.co.uk)

