

Community Hubs & Family Hubs Schools Newsletter - November 2023



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Community Hubs

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Please click  (bottom right corner) if you wish to view a specific section of the newsletter.

Family Hubs - Start for Life Programme



**Barking &
Dagenham**
**Family
Hub**

A place to go, a place to be, a place to connect



What is a Family Hub?

A family hub is a welcoming space where children, young people and their families can go to receive support, connect with one another and get involved in activities.

What is available at a Family Hub?

- 👤 0-19 Support
- 👤 0-25 SEND Support
- 👤 Baby Bank
- 👤 Baby Weighing
- 👤 Early Years Activities
- 👤 General Support
- 👤 Infant Feeding
- 👤 Parenting Programmes
- 👤 Midwife Clinics
- 👤 Health visiting

Where to find your local Family Hub

Barking Learning Centre Community Hub
2 Town Square, Barking, IG11 7NB
Monday to Thursday, 9am - 7pm
Friday to Saturday, 9am - 5pm
Sunday, 10am - 4pm

Marks Gate Community Hub
Rose Lane, Romford, RM6 5NJ
Monday to Friday 9am - 5pm

Dagenham Learning Centre Community Hub
1 Church Elm Lane, Dagenham, RM10 9QS
Monday to Thursday, 9am - 7pm
Friday to Saturday, 9am - 5pm



Scan here with your phone



**Barking &
Dagenham**

Meet The Team



Our Family Navigators act as the 'bridge' between Families and Early Help Services to support families to access the right services at the right time. They are dedicated to:

- Support families to find the help and support they need
- Help build stronger relationships within your communities
- Introduce children, young people and their families to a range of activities to help support their needs.

Marks Gate Community Hub (North Locality Team)



Tanya
Family
Navigator

Stacy
Family
Navigator

Nicole
Family
Coordinator

Dagenham Learning Centre Community Hub (East Locality Team)



Ashley
Family
Navigator

Tamzida
Family
Navigator

Yolanda
Family
Coordinator

Barking Learning Centre (West Locality Team)



Vicci
Family
Navigator

You can contact the Family Navigators on Tel: 0208 227 3359 or familynavigators@lbbd.gov.uk



Michelle
Family
Navigator

The Start for Life and Family Hub offer includes the following commissioned services:

For more information on any of the parenting courses please visit startforlife.lbbd.gov.uk

STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES PROGRAMME

SFSC supports parents to strengthen their parenting skills and enhance relationships with their children. The programme considers ways to build stronger community connections and promote children's safety and wellbeing. It addresses issues relating to community violence (including drugs, guns, and knife crime).

TRIPLE P

The programme uses group and individual consultation techniques, which are tailored to individual needs. This group is best suited for parents of children aged 2 to 12 years, looking for tools and techniques to parent more effectively.

TRIPLE P ONLINE FOR BABY

Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period. Parents actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviours.



INCREDIBLE YEARS SCHOOL AGE PROGRAMME

The Incredible Years programme supports parents to develop confidence in being a parent. The group provides the opportunity to meet other parents whilst learning positive parenting strategies to increase the child's self-esteem and reduce aggressive behaviour problems.

INSPIRING FAMILIES PROGRAMME

The Inspiring Families Programme is an innovative intervention and assessment programme that can help strengthen and stabilise families. It is a structured 10 week programme for families that are affected by domestic abuse.

MELLOW BUMPS

Ante-natal programme which can be delivered online or in person. Mellow Bumps & Mellow Dads-to-be are our antenatal programmes, delivered in separate six week groups for mums and dads to be with each session lasting two hours.



EARLY HELP FAMILY SUPPORT SERVICE

This service is for families with at least one child under the age of 2 who need everyday support with family life. A worker or volunteer will be available to work alongside your family to understand your needs. We aspire to the proverb "it takes a village to raise a child" and not only offer the necessary 1-2-1 support but also a place where you can find ongoing support and connection.

Examples of the type of services you should expect:

- A friendly face and a listening ear
- Advice around meeting your child's needs including implementing a new family routine.
- Advice around receiving the right benefits, filling in paperwork etc.
- Help to access other local services or specialised support including specialist support for those with special educational needs.

Support will be available in the new Family Hubs, in the family home or wherever the family feels safe and comfortable. This is an inclusive service, delivered by seven local experienced voluntary and community organisations that specialise in supporting families with a variety of needs. The organisations include:

- DADB
- Carers Centre
- Lifeline
- Mind (Havering)
- Safe Families
- So She Cares
- Sycamore Trust

To find out more contact maryam.ali@barkingenterprisecentre.co.uk or 07506916718



EMPOWERING PARENTS EMPOWERING COMMUNITIES (EPEC)

The 8 week - Being a Parent - course aims to improve child development and outcomes, parenting, family resilience and social capital. EPEC courses combine the latest developmental science and theory with well-evidenced parenting strategies.

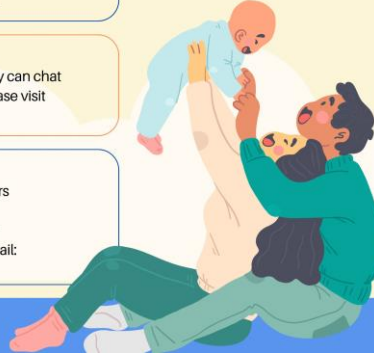
PARENT TALK

is an online chat service for parents and carers of Barking and Dagenham they can chat with a local parenting coach or send us a message. For more information, please visit [Barking and Dagenham - Support for Parents from Action for Children](#)

PARENT AND CARER FORUM:

The Parent and Carer forum has been established, enabling parents and carers to gain support from one another and provide insight and feedback on the services available through the Start for Life Programme and Family Hubs. For further information on the Parent Carer forum please contact Nicola Cross Email: Nicola.Cross@lbbd.gov.uk

OTHER COMMISSIONED SERVICES ARE BEING PROGRESSED SUCH AS PERINATAL MENTAL HEALTH SERVICES AND INFANT FEEDING SUPPORT SERVICES.



Powered by



Family Hub Activities



Sometimes families need support and that's okay.

We're here to help parents and families with a child under two in the family. We can help support through those challenging times and unplanned situations. You don't have to feel overwhelmed or alone attempting to be the best parent on top of life's daily issues.

Reach out for the support you need today:

- family support for new parents with a child under 2.
- someone to talk to with parenting advice
- support to tackle parental and family issues
- mental health support
- and ensuring your under two gets the best start in life

If you feel you need support or need help, contact us today for practical support and a friendly, safe and convenient environment for you and your family.

Find our more: ☎ 075 0691 6718
✉ maryam.ali@barkingenterprisecentre.co.uk

Funded by the **UK Government**
Produced by Innocomm

INFANT FEEDING SUPPORT



Empowering families with infant feeding from pregnancy through to early years.

STAY AND PLAY
sessions across Barking and Dagenham

We offer a **safe judgement-free zone** where we can answer any questions you may have about infant feeding.

We're there for **any stage** of your breastfeeding journey.

For more info, contact

Mary 07762 887 738 **Emma** 07762 886 634

Caroline 07354 609 137



Mums Matter course with FREE crèche

Mums Matter is a free 8 week peer support course which aims to support new mums with their mental health and wellbeing. We explore set topics such as basic needs, thinking patterns, and self-esteem. We have a free on site crèche for children aged 2 and under so that mums can fully participate in the course.

Tuesdays: Marks Gate Community Hub 12pm-2pm
Wednesdays: Thames Community Hub 10.30am-12.30pm
Thursdays: Becontree Community Hub 10.30am-12.30pm

Mums must live in Barking & Dagenham and have at least one child aged 2 or under.

Book on to your course now:

mumsmatter@haveringmind.org.uk
[@mumsmatter.hbdmind](https://www.instagram.com/mumsmatter.hbdmind)



Registered charity no. 1108470



Dads In Mind

Becoming a new parent can be an overwhelming and daunting experience. It brings along a host of new emotions and learning opportunities. Priorities and 'norms' can shift quickly, and we may feel the pressure of meeting the 'perfect' expectations.

If you're feeling this way, you're not alone! You might be looking for a space to compress, breathe, and receive support as you adjust to your new role.

Turn over to find out more and get involved...



We've heard from experts now we want to hear from you...

We're excited to announce that we will be launching a tailored support program for dads navigating early parenthood over the next few months.

We've consulted with experts to identify available support and families' requirements during the perinatal experience, but we need to hear from you too. What kind of support do you need? And how can we provide it most effectively?

We invite you to join us for a coffee online later this month, to share your thoughts on building support for dads. Let's work together to make a difference!

Please take note of the date and let us know your thoughts:

Saturday October 28th:

10am - 1pm on Teams

Scan for the registration link.



Be a part of the convo, tell us, how can we help?

Harrow Lodge House, Harrow Lodge Park,
Hornchurch Rd, Hornchurch RM11 1JU



Registered charity no. 1108470

Please click into the activity sheet to enlarge the timetable

NORTH

FAMILY HUBS (0-5 YEARS) WEEKLY TIMETABLE

*BOOKING ONLY

MONDAY

- 09:00 - 17:00 **MIDWIFE CLINIC ***
HEATH COMMUNITY HUB, RM10 7PR
- 09:00 - 17:00 **ANTENATAL & POSTNATAL CLINIC & MIDWIFE CLINIC ***
BECONTREE COMMUNITY HUB, RM8 2QR
- 09:00 - 17:00 **PERINATAL CLINIC**
BECONTREE COMMUNITY HUB, RM8 2QR
- 10:30 - 11:15 **STORY & RHYME**
MARKS GATE, RM6 5NU
- 10:00 - 11:30 **SENSORY ROOM ***
BECONTREE COMMUNITY HUB, RM8 2QR
- 10:00 - 11:30 **INFANT FEEDING**
BECONTREE COMMUNITY HUB, RM8 2QR
- 10:00 - 11:30 **STAY & PLAY**
VALENCIA LIBRARY, RM8 3HT
- 10:30 - 12:00 **MELLOW BUMPS ***
MARKS GATE, RM6 5NU
- 13:00 - 13:30 **LET'S GET MOVING**
VALENCIA LIBRARY, RM8 3HT
- 13:00 - 14:00 **BABY MASSAGE ***
MARKS GATE, RM6 5NU
- 14:30 - 15:30 **PORTAGE PLAY & LEARN, (CHILDREN WITH COMPLEX NEEDS)**
MARKS GATE, RM6 5NU

TUESDAY

- 09:00 - 16:00 **MIDWIFE CLINIC ***
MARKS GATE, RM6 5NU
- 09:00 - 17:00 **ANTENATAL & POSTNATAL CLINIC ***
BECONTREE COMMUNITY HUB, RM8 7QR
- 09:30 - 11:00 **BABY WEIGHING CLINIC (1ST TUESDAY OF MONTH)**
MARKS GATE, RM6 5NU
- 10:00 - 11:00 **BABBLING BABES (0-18 MONTHS)**
BECONTREE COMMUNITY HUB, RM8 7QR
- 10:00 - 11:30 **MESSY PLAY**
MARKS GATE, RM6 5NU
- 12:00 - 14:00 **MUMS MATTER ***
MARKS GATE, RM6 5NU
- 13:30 - 14:00 **LET'S GET MOVING**
BECONTREE COMMUNITY HUB, RM8 7QR

WEDNESDAY

- 09:00 - 16:00 **MIDWIFE CLINIC ***
MARKS GATE, RM6 5NU & HEATH COMMUNITY HUB, RM10 7PR
- 09:00 - 16:30 **SENSORY ROOM ***
BECONTREE COMMUNITY HUB, RM8 7QR
- 09:00 - 17:00 **ANTENATAL & POSTNATAL CLINIC ***
BECONTREE COMMUNITY HUB, RM8 7QR
- 09:30 - 11:30 **INFANT FEEDING**
MARKS GATE, RM6 5NU
- 10:00 - 12:00 **STAY & PLAY (BABY FEEDING SUPPORT)**
MARKS GATE, RM6 5NU
- 10:00 - 12:00 **INFANT FEEDING (TERM-TIME ONLY)**
BABY ZONE AT FUTURE YOUTH ZONE, RM9 5YX
- 12:30 - 14:45 **STAY & PLAY**
ST MARKS CHURCH, RM6 5NR
- 13:00 - 14:00 **INTRODUCTION TO STARTING SOLIDS WORKSHOP (2ND WEDNESDAY MONTHLY)**
BABY ZONE AT FUTURE YOUTH ZONE, RM9 5YX
- 13:30 - 15:30 **BABY WEIGHING CLINIC**
FIVE ELMS HEALTH CENTRE, RM9 5TT

THURSDAY

- 09:00 - 16:00 **MIDWIFE CLINIC ***
MARKS GATE, RM6 5NU
- 09:30 - 16:30 **SENSORY ROOM ***
BECONTREE COMMUNITY HUB, RM8 7QR
- 10:00 - 11:00 **STAY & PLAY**
MARKS GATE, RM6 5NU
- 10:00 - 13:00 **MUMS MATTER ***
BECONTREE COMMUNITY HUB, RM8 7QR
- 10:00 - 14:00 **BABY BANK**
MARKS GATE, RM6 5NU
- 11:00 - 12:00 **LET'S GET MOVING**
MARKS GATE, RM6 5NU
- 13:00 - 14:30 **BABBLING BABES (0-18 MONTHS)**
MARKS GATE, RM6 5NU
- 16:00 - 17:30 **PLAY & COMMUNICATE (SPEECH & LANGUAGE NEEDS) ***
BECONTREE COMMUNITY HUB, RM8 7QR

FRIDAY

- 09:30 - 11:30 **BABY WEIGHING CLINIC**
CHADWELL HEATH HEALTH CENTRE, RM6 6RT
- 09:30 - 16:00 **MIDWIFE CLINIC ***
HEATH COMMUNITY HUB, RM10 7PR
- 10:00 - 11:00 **BABBLING BABES (0-18 MONTHS)**
HEATH COMMUNITY HUB, RM10 7PR
- 10:00 - 11:00 **PLAY & COMMUNICATE (SPEECH & LANGUAGE NEEDS) ***
BECONTREE COMMUNITY HUB, RM8 7QR
- 10:00 - 14:00 **BABY BANK**
MARKS GATE, RM6 5NU
- 13:00 - 14:00 **BABY MASSAGE ***
HEATH COMMUNITY HUB, RM10 7PR

EVERYDAY SERVICES

- 09:00 - 16:00 **BABY WEIGHING CLINIC**
MARKS GATE, RM6 5NU
- 09:00 - 16:30 **SENSORY ROOM ***
MARKS GATE, RM6 5NU

 familynavigator@lbbd.gov.uk



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WEST

FAMILY HUBS (0-5 YEARS) WEEKLY TIMETABLE

*BOOKING ONLY

MONDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION
CHILD AND FAMILY CENTRE, IG11 7LZ
- 10:00 - 11:30 STAY & PLAY
THAMES COMMUNITY HUB, IG11 0LH
- 10:00 - 12:00 TOTS N PLAY
BARKING LEARNING CENTRE, IG11 7NB
- 13:00 - 14:00 BABY MASSAGE (6 MONTHS) 4-5 WEEKS COURSE*
THAMES COMMUNITY HUB, IG11 0LH
- 13:00 - 15:00 CHILD HEALTH CLINIC
THAMES COMMUNITY HUB, IG11 0LH

WEDNESDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION
CHILD AND FAMILY CENTRE, IG11 7LZ
- 09:00 - 16:00 ANTENATAL & POSTNATAL CLINIC *
THAMES COMMUNITY HUB, IG11 0LH
- 10:00 - 12:30 MOTHER & TODDLER SESSION
AL MADINA MOSQUE, NORTHURBY COMMUNITY HUB, IG11 8PY
- 10:00 - 13:00 MUMS MATTER *
THAMES COMMUNITY HUB, IG11 0LH

FRIDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION
CHILD AND FAMILY CENTRE, IG11 7LZ
- 09:30 - 14:00 CLOTHES & TOY BANK
THAMES COMMUNITY HUB, IG11 0LH
- 09:30 - 16:00 ANTENATAL & POSTNATAL CLINIC *
THAMES COMMUNITY HUB, IG11 0LH
- 10:00 - 10:45 ALL AROUND THE WORLD (0-5) - ALL AGES WELCOME
BARKING LEARNING CENTRE, IG11 7NB
- 10:00 - 11:00 BABY MASSAGE (6 MONTHS) 4-5 WEEKS COURSE*
GASCOIGNE COMMUNITY HUB, IG11 7PR
- 10:00 - 11:00 ANTENATAL BREASTFEEDING CLASS
BARKING LEARNING CENTRE, IG11 7NB
- 10:00 - 12:00 FAMILIES TOGETHER
THAMES COMMUNITY HUB, IG11 0LH
- 10:00 - 12:30 MOTHER & TODDLER SESSION
AL MADINA MOSQUE, NORTHURBY COMMUNITY HUB, IG11 8PY

TUESDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION
CHILD AND FAMILY CENTRE, IG11 7LZ
- 09:00 - 17:00 ANTENATAL & POSTNATAL CLINIC *
GASCOIGNE COMMUNITY HUB, IG11 7PR
- 10:00 - 12:00 MOTHER & TODDLER SESSION
AL MADINA MOSQUE, NORTHURBY COMMUNITY HUB, IG11 8PY

THURSDAY

- 09:30 - 10:25 & STAY & PLAY
BARKING LEARNING CENTRE, IG11 7NB
- 10:40 - 11:35 ANTENATAL & POSTNATAL CLINIC *
GASCOIGNE COMMUNITY HUB, IG11 7PR
- 10:00 - 13:00 INFANT FEEDING
GASCOIGNE COMMUNITY HUB, IG11 7PR
- 10:00 - 12:00 INFANT FEEDING
THE CHILD AND FAMILY HEALTH CENTRE, IG11 7LZ
- 13:00 - 14:00 INTRODUCTION TO STARTING SOLIDS WORKSHOP*
(ONCE THURSDAY MONTHLY) THE CHILD AND FAMILY HEALTH CENTRE, IG11 7LZ
- 13:15 - 14:15 BABBLING BABES (0-18 MONTHS)
BARKING LEARNING CENTRE, IG11 7NB

SATURDAY

- 10:00 - 11:15 DADS ROCK
BARKING LEARNING CENTRE, IG11 7NB

EVERYDAY SERVICES (MON-FRI)

- 09:00 - 17:00 FAMILIES DROP-IN (SEND)*
ABBIEY CHILDREN'S CENTRE NURSERY,
IG11 8JA

 familynavigators@lbbd.gov.uk



Barking & Dagenham

EAST

FAMILY HUBS (0-5 YEARS) WEEKLY TIMETABLE

*BOOKING ONLY

MONDAY

- 09:30 - 16:30 SENSORY ROOM *
VILLAGE COMMUNITY HUB, RM15 9BW
- 10:00 - 12:00 INFANT FEEDING
DAGENHAM LEARNING CENTRE, RM15 9QS
- 13:00 - 14:00 BABY MASSAGE *
DAGENHAM LEARNING CENTRE, RM15 9QS
- 13:00 - 15:00 PARENT LED WEIGHING SESSION
DAGENHAM LEARNING CENTRE, RM15 9QS

WEDNESDAY

- 09:30 - 14:30 BABYZONE AT FUTURE YOUTH ZONE (TERM TIME)
PORTERS AVENUE, RM15 9YX
- 10:00 - 11:30 STAY & PLAY
VILLAGE COMMUNITY HUB, RM15 9BW
- 10:00 - 11:00 & PLAY SESSION (0-5) BY COCCOON
DAGENHAM LEARNING CENTRE, RM15 9QS
- 11:00 - 12:00
- 12:30 - 16:30 SENSORY ROOM *
VILLAGE COMMUNITY HUB, RM15 9BW
- 13:00 - 14:00 INTRODUCTION TO STARTING SOLIDS WORKSHOP
(ONCE WEDNESDAY MONTHLY) PORTERS AVENUE, RM15 9YX
- 13:30 - 15:30 INFANT FEEDING
FIVE ELAM MEDICAL PRACTICE, RM4 8TT

FRIDAY

- 09:30 - 15:00 SENSORY ROOM *
VILLAGE COMMUNITY HUB, RM15 9BW
- 10:00 12:00 STAY & PLAY BY PRECIOUS ANGELS
PARK CENTRE, RECTORY ROAD, RM15 8JA

TUESDAY

- 09:00 - 16:00 ANTENATAL & POSTNATAL CLINIC *
VILLAGE COMMUNITY HUB, RM15 9BW
- 09:00 - 11:30 BABY WEIGHING CLINIC
KIAU SHELLEY HEALTH CENTRE, RM15 5T
- 09:30 - 14:00 SENSORY ROOM *
VILLAGE COMMUNITY HUB, RM15 9BW
- 10:00 - 11:30 STAY & PLAY
DAGENHAM LEARNING CENTRE, RM15 9QS
- 13:30 - 14:30 BABBLING BABES (0-18 MONTHS)
DAGENHAM LEARNING CENTRE, RM15 9QS

THURSDAY

- 09:00 - 16:00 ANTENATAL & POSTNATAL CLINIC *
VILLAGE COMMUNITY HUB, RM15 9BW
- 09:30 - 11:30 BABY WEIGHING CLINIC
CHURCH EAST LANE HEALTH CENTRE, RM15 9BB
- 12:00 - 13:00 BABY MASSAGE (0-6 MONTHS) 4-5 WEEKS COURSE
DAGENHAM LEARNING CENTRE, RM15 9QS
- 12:30 - 14:30 INFANT FEEDING SUPPORT
THE WHITE HOUSE, RM4 1BX
- 12:30 - 14:30 STAY & PLAY BY PRECIOUS ANGELS
DAGENHAM LEARNING CENTRE, RM15 9QS
- 13:30 - 16:30 SENSORY ROOM *
VILLAGE COMMUNITY HUB, RM15 9BW

 familynavigators@lbbd.gov.uk



Barking & Dagenham

INFORMATION

For general enquiries and bookings help please contact:
familynavigator@lbbd.gov.uk

ALL AROUND THE WORLD

Singing popular Nursery Rhymes with actions and signing. No need to book, just turn up and sign in.

ANTENATAL BREASTFEEDING CLASS

Feeding support for all, whether you're breastfeeding or formula feeding. Toddlers welcome to enjoy our stay and play.

ANTENATAL, POSTNATAL & MIDWIFE CLINICS

Antenatal checks to monitor the health of you & your unborn child. Postnatal for new-born baby checks. Booking through your midwife is required, please call: 0300 300 1813

BABBLING BABES

A group for parents/carers and their babies aged 0-18 months. This group gives you special time to play, explore, and communicate with your baby.

BABY BANK/ CLOTHES TOY BANK

Drop off or collect pre-owned baby items, clothing etc. At Marks Gate and Thames Community Hub.

BABY MASSAGE

Baby Massage course – helps babies with communication, sleep & digestion. Book via centre.

BABYZONE

Drop-in sessions for babies and toddlers (0-4years) and their families. Canteen is open from 12-1:30pm but feel free to also bring your own snacks too.
www.futureyouthzone.org/whats-on-offer/babyzone/

CHILD HEALTH CLINIC

Appointments with your health visiting team will be at regular intervals to discuss your child's health and development needs. You can also see them at a child health clinic.

DADS ROCK

Playgroup for new and experienced dads, stepdads, grandads, uncles and men with parental responsibility. Mums welcome as well!

FAMILIES DROP-IN (SEND)

Limited to those with children with complex medical and/or special educational needs. Please contact at Abbey Children's Nursery, SENCo Emma Townley to book a time on: 020 8724 1274.

FAMILIES TOGETHER

Parent/ volunteer led group, with variety of fun activities including arts & crafts, puzzles and stories at Thames community centre.

INFANT FEEDING

Get the support you need to breastfeed successfully and the correct information for responsive formula feeding. Breastfeeding is the healthiest way to feed your baby.

INTRODUCTION TO STARTING SOLIDS WORKSHOP

Introduction of solid foods begins at around 6 months of age. We recommend you attend one of our workshops once your baby turns 4 months.

LETS GET MOVING

A fun family session to get active and moving together through songs and music.

MELLOW BUMPS

Mellow bumps is a 7-week antenatal group which aims to help you relax and prepare for the birth of your baby. Contact for more info:
parentingprogrammes@lbbd.gov.uk

MESSY PLAY

Allowing children to be curious and engage with their environment and learn through exploration.



Barking & Dagenham

INFORMATION

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familynavigator@lbbd.gov.uk

MOTHER & TODDLER SESSION

Drop-in session for mother and toddler time at Al Madina Mosque, Northbury Community Hub.

MUMS MATTER

A free 8-week programme designed by mums for mums. It focuses on: empowerment, improving mental health, wellbeing and raising self-esteem. Contact: mumsmatter@haveringmind.org.uk

PARENT LED WEIGHING SESSION

We have parent led weighing sessions available, where you can come and weigh baby yourself without seeing a health visitor.

PERINATAL CLINIC

Supporting women with mental health problems during pregnancy and up to a year postnatally.

PLAY & COMMUNICATE SPEECH & LANGUAGE NEEDS

A one-to-one session with a play and communication worker if you have concerns regarding your child's play and communication skills. Please book through:
BecontreeCommunityHub@lbbd.gov.uk

PORTAGE PLAY & LEARN

For children with complex needs (0-5years) at Marks Gate.

SENSORY ROOM

(0-5 years) - come and enjoy sensory equipment. Book via centre.

STAY & PLAY

Fun session for all the family. All our stay and play are accessible and inclusive.

STORY & RHYME

Fun story time with music and rhyme.

TOTS N PLAY

A play session for 0-5 years old children at Barking Learning centre.

PARENT TALK CHAT SERVICE

Parent Talk, an online service available. Chat with a local parenting coach or send us a message online. Scan code below:



Barking & Dagenham

If you need help now and we're not free

- For any emergency, call **999**
- You can call Barking and Dagenham's Children's Services Duty and Assessment Team on **020 8227 3811**, or the Emergency Duty Team, evenings and weekends, on **020 8215 3000**
- If you're worried about a child's health, call 111 or visit 111.nhs.uk
- Text 'Shout' to **85258** for 24/7 crisis mental health support
- If you're under 18, you can call Childline on **0800 1111** or visit childline.org.uk



**Barking &
Dagenham
Community
Hubs**

GP Pop-Ups

IN AN EFFORT TO ENHANCE HEALTHCARE ACCESS AND PROVIDE ESSENTIAL MEDICAL SERVICES WITHIN THE COMMUNITY LBBD HAVE ORGANISED A SERIES OF GP POP-UP EVENTS THROUGHOUT THE BOROUGH. THESE EVENTS WILL BRING TOGETHER LOCAL GPs, HEALTHCARE PROFESSIONALS AND VOLUNTARY AND FAITH ORGANISATIONS TO PROVIDE EDUCATION AND SUPPORT AROUND HEALTH AND GENERAL RESIDENT NEEDS.

OUR SERVICES

- Health Care Information, Advice and Guidance
- Have a health check
- Speak to a GP
- Get vaccinated
- Opportunity to find out about local activities & groups





Direct Debit Signups

*You may have seen posters and screen messages within council buildings a to encourage residents to pay via direct debit. By signing up to pay via direct debit **LBBD residents have a chance to earn £1000.***

PAY VIA DIRECT DEBIT

Did you know that thousands of residents in your area use Direct Debits to pay their rent and council tax payments automatically each month

1

Paying via direct debit **saves you valuable time** to spend on what really matters

2

Saves you the stress of making individual payments each month

3

It's **safe and reliable** paying through direct debits

Scan the QR codes to sign up online or visit www.lbbd.gov.uk



Council Tax set up



Rent set up

PAY YOUR COUNCIL TAX VIA DIRECT DEBIT FOR A CHANCE TO WIN

£1000*



Scan here to
register for direct
debit or visit
www.lbbd.gov.uk

Everyone paying their Council Tax by direct debit will be automatically entered into a prize draw for a chance to win £1000.

To be eligible to enter, you must be registered to pay by direct debit by midnight of the 30th November 2023.

The lucky winner will be selected at random.

The £1000 prize money will be paid to the lucky winner by the 25th December 2023.

***T&Cs** - To be entered into the prize draw the following conditions will apply:
You must be paying or have signed up to pay your 2023/24 Barking and Dagenham Council tax by Direct Debit, on or before midnight 30th November 2023. You must be residing in the property for which you are paying council tax. You must not be in arrears or subject to a liability order for unpaid council tax. Only one entry per property is permitted. You must be over 18. You must be an individual and not a registered company or charity. London Borough of Barking and Dagenham employees or councillors will not be eligible to enter the draw. The winner will be selected at random on the 15th December 2023 and will be notified in writing. The draw will be overseen by the Director of Support and Collections and the Head of Collections. The outcome of the draw is final. The £1,000 prize will be paid to the winner's bank account that is being used to pay council tax.

**Barking &
Dagenham**

UNIVERSAL STAFF COMPETITION

WE'RE CHALLENGING ALL UNIVERSAL STAFF TO REGISTER AS MANY RESIDENTS AS POSSIBLE TO DIRECT DEBIT PAYMENTS FOR COUNCIL RENT AND COUNCIL TAX EACH MONTH. SHOW YOUR SKILLS, TEAMWORK, AND DETERMINATION TO WIN. PRIZES WILL BE AWARDED EACH MONTH TO THE WINNING TEAM AND ANNOUNCED IN THE MONTHLY NEWSLETTER.

What's On at Each of Our Community Hubs!



**A place to go,
a place to be,
a place to connect**

**Barking &
Dagenham**



What is a Community Hub?

Community Hubs are welcoming and safe places where you can access support with:

- 📍 **Jobs, training and courses**
- 📍 **Housing and homelessness**
- 📍 **Money and debt**
- 📍 **Health and wellbeing**
- 📍 **General council services**
- 📍 **Help getting online**
- 📍 **Help reporting a crime**
- 📍 **Events and activities**

Plus

- 📍 **Uniform Bank**
- 📍 **Arts & Crafts**
- 📍 **Baby Bank**
- 📍 **Food Clubs**
- 📍 **Support Groups**



Scan here with your phone



Free

Group seated ear acupuncture.

Drop-in session.

Feel more relaxed.

Reduce stress and anxiety.

Improve sleep.



Farrah Idris will host the session.

A fully certified and insured practitioner.

Duration: 15 Minutes.

Dates:

Thursday 13th July 12 - 2pm.

Thursday 17th August 12 – 2pm.

Thursday 7th September 12 – 2pm.

Thursday 12th October 12 – 2pm.

Thursday 9th November 12 – 2pm.

Thursday 7th December 12 – 2pm.

Venue:

BLC Pod 2 Ground Floor,

2 Town Square, Barking, IG11 7NB. ☎ 020 8724 8722.

Email: libraries@lbbd.gov.uk

Talking Therapies Barking and Dagenham

An NHS therapy service

We can provide support with:

- Feeling stressed
- Feeling anxious
- Low mood
- Sleep difficulties
- Relationship difficulties



Over 18 and registered with a GP in
Barking and Dagenham?

You can make a referral here:

Call **0300 300 1554 opt 3**
Or Scan QR Code



www.nelft.nhs.uk



**A place to go,
a place to be,
a place to connect**

**Barking &
Dagenham**

**Where to find your
local Community
Hub**



Barking Learning Centre Community Hub
2 Town Square, Barking, IG11 7NB
Monday to Thursday, 9am - 7pm
Friday to Saturday, 9am - 5pm
Sunday, 10am - 4pm

Becontree Community Hub
Stevens Road, Dagenham, RM8 2QR
Monday to Friday, 9am - 5pm

Dagenham Learning Centre Community Hub
1 Church Elm Lane, Dagenham, RM10 9QS
Monday to Thursday, 9am - 7pm
Friday to Saturday, 9am - 5pm

Eastbury Community Hub
John Smith House, Bevan Avenue, Barking IG11 9LL
Monday to Friday, 9am - 5pm

Heath Community Hub
Frizlands Lane, Dagenham, RM10 7HX
Monday to Friday, 9am - 5pm

Marks Gate Community Hub
Rose Lane, Romford, RM6 5NJ
Monday to Friday 9am - 5pm

Northbury Community Hub
First Floor, The Hive, 2 Victoria Road, Barking IG11 8PY
Monday to Saturday, 9am - 8pm

Parsloes Community Hub
Parsloes Avenue, Dagenham, RM9 5NB
Monday to Friday 9am - 4pm

Thames Community Hub
Bastable Avenue, Barking, IG11 0LG
Monday to Friday, 9am - 5pm

Village Community Hub
Wellington Drive, Dagenham, RM10 9XW
Monday to Friday, 9am - 5pm



Scan here with your phone



**Barking &
Dagenham**

Please click to enlarge a programme and find out what's on across our Community Hubs

Whats On at BLC...

Please note BLC will be closed from 24th December and reopen on 28th December. BLC will then be closed on 31st December and reopen on 2nd January 2024

Monday

09:00 - 19:00 Library Service *Computers turn off at 18:45
09:00 - 17:00 Talking Therapies
09:00 - 17:00 St Lukes Drug and Alcohol Help
09:30 - 11:00 Tots & Play Songs (for under 4's with parents)
10:00 - 12:00 IT Class for beginners
11:30 - 13:30 The Source - Hot Lunch for rough sleepers
12:30 - 15:00 Young at Heart Bingo Session (Age 60+) *Subscription fee
13:30 - 14:30 The Source Clothes Bank
15:30 - 17:00 Reading Beez (term time only)
15:30 - 18:30 Kumon class *Charges may apply

Tuesday

09:00 - 19:00 Library Service *Computers turn off at 18:45
09:00 - 17:00 Stop Smoking Clinic
10:30 - 12:30 Lean Living Programme
11:30 - 13:30 The Source - Hot Lunch for rough sleepers
12:00 - 14:00 Community Food Club
13:30 - 14:30 The Source Clothes Bank
13:30 - 15:30 Young at Heart Arts and Crafts (Age 60+) *Subscription fee
15:30 - 17:00 Reading Beez (term time only)
15:30 - 18:30 Kumon Class *Charges may apply

Wednesday

09:00 - 17:00 Library Service *Computers turn off at 18:45
10:00 - 14:00 Ultimate Councelling
10:00 - 12:00 We Rise Coffee Morning (by appointment only)
11:30 - 13:30 The Source - Hot lunch for rough sleepers
12:30 - 15:30 Young at Heart Hoy (Age 60+) *Subscription fee
13:30 - 14:30 The Source Clothes Bank
15:30 - 17:00 Art Club for children (age 6-11)
15:30 - 17:00 Reading Beez (term time only)
15:30 - 17:30 Kumon Class *Charges may apply

Thursday

09:00 - 19:00 Library Service *Computers turn off at 18:45
09:00 - 17:00 Stop Smoking Clinic
09:30 - 10:25 Stay & Play Session
10:00 - 16:00 Homes for Ukraine Team
10:00 - 1:00 The Source - Homeless Outreach Support Worker
10:40 - 11:35 Stay & Play Session
11:00 - 13:00 The Source Healthcare Surgery
11:00 - 13:00 Community Food Club
11:30 - 13:30 The Source - Hot lunch for rough sleepers
12:30 - 14:00 Lean Living Programme
12:30 - 15:00 Young at Heart Bingo Session (Age 60+) *Subscription fee
13:15 - 14:15 Babbling Babes
13:30 - 14:30 The Source Clothes Bank
15:30 - 17:00 Reading Beez (term time only)

Whats On at BLC...

Please note BLC will be closed from 24th December and reopen on 28th December. BLC will then be closed on 31st December and reopen on 2nd January 2024

Friday

09:00 - 17:00 Library Service *Computers turn off at 16:45
09:00 - 17:00 St. Lukes – Substance misuse and alcohol addition service
10:00 - 10:45 All Around the World singing/interactive play for pre-school children
10:00 - 12:00 We Rise Coffee Morning (by appointment only)
10:00 - 12:30 IT Class for beginners
11:30 - 13:30 The Source – Hot lunch for rough sleepers
12:00 - 13:00 Pause for Thought Group
13:30 - 14:30 The Source Clothes Bank

Saturday

09:00 - 17:00 Library Service *Computers turn off at 16:45
10:00 - 10:45 Dads Rock for pre-school children
10:00 - 12:00 Barking Toastmasters (every 1st, 3rd & 5th Saturday in the month)
10:00 - 15:00 Shpresa Programme
10:00 - 14:00 Kumon Class (weekly) *Charges may apply
10:15 - 12:45 & 12:15 - 14:45 NHS Diabetes Prevention Programme
11:00 - 12:30 Abbey Ward Councillors Meeting (every last Saturday of month - not August or December)
12:00 - 14:30 The Village Group Meeting

Sunday

10:00 - 16:00 Library Service *Computers turn off at 15:45
12:00 - 14:00 IT Class for beginners
14:00 - 15:00 Church Sermon

Whats on at Becontree

PLEASE NOTE BECONTREE COMMUNITY HUB
WILL BE CLOSED FROM 23RD DECEMBER
AND WILL REOPEN ON 2ND JANUARY 2024

Monday

09:00 – 17:00 – Perinatal Clinic
10:00 – 11:30 – **Infant Feeding Cafe**
09:00 – 12:00 – **Pre-School**
10:00 – 11:30 – **Sensory Room** *Booking only.

Tuesday

09:00 – 17:00 – Antenatal & Postnatal Clinic *Booking only.
09:00 – 17:00 – Children and Young People Disability Hub Surgery Appointments
*Booking only.
10:00 – 11:00 – Babbling Babes (0-18 months)
09:00 – 12:30 – Pre-school
13:30 – 14:00 – Let's Get Moving (0-5 years)

Wednesday

09:00 – 17:00 – Antenatal & Postnatal Clinic *Booking only.
09:00 – 12:30 – Pre-school
09:00 – 16:30 – Sensory Room *Booking only.
09:30 – 11:00 – Children and Young People Disability Hub Coffee Morning
10:30 – 12:30 – Let's Talk about Cancer Every 1st Wednesday monthly.
09:00 – 16:00 – Healthy Lifestyles Appointments *Booking only.

Thursday

10:00 – 13:00 – Mum's Matter Group *Booking only.
09:00 – 17:00 – Antenatal Clinic (Teens) *Booking only.
09:30 – 16:30 – Sensory Room *Booking only.
13:30 – 14:30 – Baby Massage *Booking Only
16:00 – 17:00 – Children and Young People Disability Hub Groups

Friday

12:30 – 14:30 – Look Listen and Play

Saturday

10:30 – 15:30 – **The Purple Penguins (6-17 years)**

What's On at Dagenham Learning Centre

PLEASE NOTE DAGENHAM LEARNING CENTRE IS CLOSED FROM 24TH DECEMBER AND WILL REOPEN ON 28TH DECEMBER.

DAGENHAM LEARNING CENTER WILL THEN BE CLOSED ON 31ST DECEMBER AND REOPEN ON 2ND JANUARY 2024

Monday

09:00 – 19:00 – Library service
09:00 – 17:00 – Community Warm Space
09:00 – 17:00 – Barclays
09:30 – 11:30 – ESOL – Dates TBA
10:00 – 11:00 – Cocoon
11:00 – 16:00 – Couch Chit Chat – Community room
16:00 – 17:00 – Meditation

Tuesday

09:00 – 19:00 – Library service
09:00 – 17:00 – Community Warm Space
09:00 – 17:00 – Barclays
10:00 – 11:00 – Cocoon – Children's Library
10:00 – 11:30 – Stay and Play
12:00 – 13:00 – Baby Massage – register online for a [4-5 week course](#)
12:30-14:30 – Creative arts and crafts – Community room
13:30 – 14:30 – Babbling Babes
16:00 – 17:00 – Reading Beez

Wednesday

09:00 – 19:00 – Library service
09:00 – 17:00 – Community Warm Space
09:00 – 11:00 – Cocoon
10:00 – 16:00 – Barclays
11:30 – 12:30 – Zumba – Community room
16:00 – 17:00 – Mindfulness
15:30 – 18:30 – Parenting Programme – Please register online

What's On at Dagenham Learning Centre

PLEASE NOTE DAGENHAM LEARNING CENTRE
IS CLOSED FROM 24TH DECEMBER AND WILL
REOPEN ON 28TH DECEMBER.

DAGENHAM LEARNING CENTER WILL THEN BE
CLOSED ON 31ST DECEMBER AND REOPEN ON
2ND JANUARY 2024

Thursday

09:00 – 19:00 – Library service
09:00 – 17:00 – Community Warm Spaces
10:30 – 13:00 – Digital Ability Inclusion group – fortnightly
13:30 – 16:30 – Positive East - 1st Thursday of the month.
16:00 – 17:00 – Reading Beez

Friday

09:00 – 17:00 – Library service
09:00 – 17:00 – Community Warm Space
09:00 – 13:30 – Yoga and Breathwork
10:00 – 16:00 - Barclays
10:30-12:30 – Vipers
11:30 – 13:30 – Harmony Clinic - Please ask for dates
13:30 – 15:30 – Knit and Natter

Saturday

14:00 – 16:00 – Reading Beez



Whats On at Heath...

Please note Health Community Hub will be closed from 23rd December and reopen on 2nd January 2024

Monday

09:00 – 17:00 – Computers for resident's use *turn off at 16:45
09:00 – 17:00 – Community Warm Spaces
09:00 – 17:00 – Antenatal & Postnatal Clinic *Bookings Only

Tuesday

09:00 – 17:00 – Computers for resident's use *turn off at 16:45
09:00 – 17:00 – Community Warm Spaces
09:30 – 17:00 – Healthy Lifestyles Exercise on Referrals * Booked appointments only.
09:00 – 17:00 – IAPT Talking Therapies *Booked Appointments Only

Wednesday

09:00 – 17:00 – Computers for resident's use *turn off at 16:45
09:00 – 17:00 – Community Warm Spaces
09:00 – 17:00 – Antenatal & Postnatal Clinic *Bookings Only
12:00 – 16:00 – Community Food Club *Bookings Only
12:00 – 17:00 – Citizen Advice Bureau *Bookings Only
09:00 – 17:00 – Talking Newspapers

Thursday

09:00 – 17:00 – Computers for resident's use* turn off at 16:45
09:00 – 17:00 – Community Warm Spaces

Friday

09:00 – 17:00 – Computers for resident's use * turn off at 16:45
09:30 – 17:00 – Healthy Lifestyles Exercise on Referrals * Booked appointments only.
09:00 – 17:00 – Community Warm Spaces
09:30 – 16:00 – Antenatal & Postnatal *Booking only.
10:00 – 11:00 – Babbling Babies Play Session for ages 0-18 Months.
13:00 – 14:00 – Baby Massage *Booking Only

Please note: On the last Saturday of event month, we hold a UKIM Foodbank Session from 11:00 – 12:30pm. This is open to Barking & Dagenham residents

What's On at Marks Gate

*Please note Marks Gate Community Hub will be closed from 23rd December and will reopen on 2nd January 2024

Monday

09:00 – 17:00 – Library service *computers turn off at 16:45
09:00 – 17:00 – Youth Unity Family Support
09:30 – 16:00 – Family Hub available.
09:45 – 12:15 – Diabetes Prevention Appointment only
10:00 – 16:00 – Self Service baby weighing.
10:30 – 11.15 – Story and Rhyme/term time only.
10:30 – 12:00 – Mellow Bumps.
12:00 – 14:00 – Pennu Over 60s coffee morning *Last Monday of every month.
13:00 – 14:00 – Baby Massage.
14:00 – 16:00 – SEND group for pre-school children with complex needs and their parents. (from Nov 6th)
17:45 – 18:45 – GCSE Chemistry lessons-term time only
18:00 – 20:00 – Arabic and Madrasa classes-term time only.
19:00 – 20:00 – Community Supermarket//Soup Kitchen.

Tuesday

09:00 – 17:00 – Library service *computers turn off at 16:45
09:00 – 11:30 – Baby Weighing Sessions-First Tuesday of the month.
09:00 – 16:00 – Midwife Clinic
09:30 – 16:00 – Family Hub Available
09:30 – 16:00 – Self Service Baby Weighing
10:00 – 11:30 – Messy Play
10:00 – 12:00 – Knit & Knatter
12:00 – 14:00 – Mums Matter –returning in January 2024.
13:00 – 17:00 – BRIC Substance misuse sessions.
15:30 – 17:30 – Future Youth Zone-Youth Club-(7-12-year-olds)
17:00 – 19:00 – A-Level Tuition-term time only
17:30 – 20:00 – Future Youth Zone- Youth Club (13-18-year-olds)

Wednesday

09:00 – 13:00 – Parenting Programme. Starting 10th January 2024 for 13 weeks. Strengthening Families.
09:00 – 17:00 – Library service *computers turn off at 16:45
09:00 – 16:00 – Midwife Clinic
09:30 – 11.30 – Infant Feeding Support.
09:30 – 16:00 – Family Hub Available.
10:00 – 12:30 – Cooking Workshop (until 6th December)
10:00 – 12:00 – Stay and Play Feeding Support for Parents.
10:00 – 16:00 – Self Service Baby Weighing.
11:00 – 13:00 – Community Food Club *Members Only.
14:00 – 16:00 – Art and Crafts (Adults)
14:00 – 17:00 – DABD sessions-Drop in. Incorporating Golden Years.
17:00 – 18:00 – DABD Community Table.
18:30 – 20:00 – Boxing club Fitness sessions.
18:30 – 19:00 – Maths Tuition ESOL six-week course.

What's On at Marks Gate

Please note Marks Gate Community Hub will be closed from 23rd December and will reopen on 2nd January 2024

Thursday

09:00 – 13:00 – Parenting Programme
09:00 – 17:00 – Library service *computers turn off at 16:45
09:00 – 16:00 – Midwife Clinic
09:30 – 16:00 – Family Hub Available
10:00 – 11:00 – Stay and Play
11:00 – 11:30 – Let's Get Moving. A fun family session to get active and moving together through music.
11:00 – 12:00 – Baby Massage.
10:00 – 16:30 – Self Service Baby Weighing.
10:00 – 12:00 – Digital Champion.
10:30 – 14:00 – Baby Bank
13:00 – 14:00 – Babbling Babes.
17:30 – 19:30 – Madrasah. (Library and Lounge.)

Friday

09:00 – 17:00 – Library service *computers turn off at 16:45.
09:00 – 17:00 – Youth Unity Mentoring.
09:30 – 16:30 – Family Hub Available
09:45 – 11:45 – Diabetes Prevention-Appointment only
10:00 – 12:00 – Messy Play.
10:00 – 12:00 – Digital Champion- offering IT support
11:00 – 14:00 – Jummah Prayers.
16:30 – 21:30 – NMS Boxing Club *Booking on
17:00 – 19:00 – Tuition

Saturday

09:00 – 12:00 – Private tuition
14:00 – 23:00 – Private Hall Hire. (contact hub for more information)

Sunday

18:30 – 20:30 – Madrasah. (Hall)

What's on at Village

PLEASE NOTE VILLAGE
COMMUNITY HUB WILL BE
CLOSED FROM 23RD DECEMBER
AND REOPEN 2ND JANUARY 2024

Monday

09:30 – 15:00 – Sensory Room *Booking Only
09:30 – 17:00 – Library Books available for all ages
10:00 – 16:00 – Community Warm Spaces

Tuesday

09:00 – 16:00 – Antenatal & Postnatal Clinic *Booking Only
09:30 – 17:00 – Library Books
09:30 – 17:00 Sensory Room *Booking Only
10:00 – 16:00 – Community Warm Spaces

Wednesday

09:30 – 17:00 – Library Books available for all ages
09:30 – 15:00 – Sensory Room *Booking Only
10:00 – 16:00 – Community Warm Spaces

Thursday

09:00 – 16:00 – Antenatal and Postnatal Clinic *Booking Only
09:30 – 17:00 – Library Books available for all ages
09:30 – 17:00 – Sensory Room *Booking Only
10:00 – 11:00 – Stay and Play
10:00 – 16:00 – Community Warm Spaces
11:00 – 11:30 – Let's Get Moving

Friday

09:00 – 14:00 – Parent Advice Sessions *Booking Only (Last Friday of the month)
09:30 – 15:00 – Sensory Room *Booking Only
09:30 – 17:00 – Library Books available for all ages
10:00 – 16:00 – Community Warm Spaces

What's On at Thames

*Please note Thames Community Hub will be closed
from 23rd December and reopen on 2nd January*

2024

Monday

09:00 – 17:00 – Library service *computers turn off at 16:45
10:00 – 15:00 – Community Warm Spaces
09:00 – 17:00 – Healthy Lifestyle 1-2-1 sessions *Booking Only
09:30 – 16:30 – Sensory Room *Booking only.
10:00 – 11:30 – Stay & Play * Maximum capacity and a cut off time apply.
10:00 – 12:00 – National Diabetes Prevention Programme *closed group
11:30 – 12:30 – Lean Living *Booking Only
12:30 – 13:30 – Chair Based Exercise
13:00 – 14:00 – Baby Massage * Booking Only
15:30 – 16:30 – Reading Beez

Tuesday

09:00 – 17:00 – Library service *computers turn off at 16:45
10:00 – 15:00 – Community Warm Spaces
09:30 – 16:30 – Sensory Room *Booking only.
10:00 – 12:00 - Nice Bunch Get Together
10:00 – 13:00 - Strengthening Families, Strengthening Communities
Parenting Programme *Booking Only
10:00 – 12:00 – Knit & Knatter Coffee Morning
15:30 – 16:30 – Reading Bee

Wednesday

09:00 – 17:00 – Library service *computers turn off at 16:45
10:00 – 15:00 – Community Warm Spaces
09:30 – 16:30 – Sensory Room *Booking only.
09:30 – 16:00 – Antenatal & Postnatal Clinic *Booking only.
10:00 – 12:00 – Shed Life
10:30 – 12:30 – Mums Matter *Booking only.
13:00 – 15:00 – Golden Years (Over 60s group)

What's On at Thames

*Please note Thames Community Hub will be closed
from 23rd December and reopen on 2nd January*

2024

Thursday

09:00 – 17:00 – Library service *computers turn off at 16:45
10:00 – 15:00 – Community Warm Spaces
09:30 – 16:30 – Sensory Room *Booking only.
13:30 – 15:00 – Adult (18+) Sculpture Workshop *Starting 14/9/23 – Booking only
15:30 – 16:30 – Reading Beez

Friday

09:00 – 17:00 – Library service *computers turn off at 16:45
10:00 – 15:00 – Community Warm Spaces
10:00 – 12:00 – Local Councillor Surgery
09:30 – 16:30 – Sensory Room *Booking only.
10:00 – 12:00 – Families Together
09:30 – 14:00 – Clothes & Toy bank
09:30 – 16:00 – Antenatal & Postnatal *Booking only.
11:00 – 14:00 – Work & Skills support *Booking only.
11:00 – 15:00 – Citizen Advice appointments *Booking only
12:00 – 14:00 – Community Food Club *Booking only

Saturday

10:00 – 13:00 – Dynamic Bridges C.I.C - Divergent Thinkers Young People's Club
10:00 – 11:00 – Junior Ballet Classes *Charges apply
11:00 – 12:00 – Women & Family Wellness -Wing Chun
12:15 – 13:15 – Women & Family Wellness - Fitness

Monthly Drop In Sessions

Coffee with a Copper –

Wednesday 8th November – 11am – 12pm

Wednesday 6th December – 10am – 11am



What's on at Valence

**PLEASE NOTE THAT VALENCE WILL
BE CLOSED FROM 22ND DECEMBER
AND REOPEN ON 2ND JANUARY
2024**

Monday

10:00 – 11:30 – Stay and Play – 0-5 years (term time only)
10:00 – 12:00 – Line Dancing – Young at Heart
13:00 – 13:30 – Let's Get Moving – 0-5 years (term time only)
13:00 – 14:00 – FitSteps – Young at Heart
14:30 – 15:30 – Tai-Chi – Young at Heart

Tuesday

11:00 – 13:00 – Treasured Memories – Arts and Crafts group
13:30 – 15:30 – Men's Social Group
17:30 – 18:30 – Hatha Yoga (term time only) – £4 charge per session

Wednesday

11:00 – 12:15 – Yoga and Meditation (seated) – Young at Heart
12:30 – 13:45 – Yoga and Meditation (Mat based) – Young at Heart
13:50 – 14:50 – Zumba Gold – Young at Heart

Thursday

11:30 – 12:30 – Self Defence – Young at Heart
12:30 – 13:15 – Chair Based Exercise – Young at Heart
13:30 – 15:30 – Crafts – £1 to cover tea and coffee

Friday

10:30 – 11:30 – Saturday Morning Book Club – First Saturday of the month
10:00 – 11:00 – Councillors Surgery – Third Saturday of the month (except Aug and Dec)

Partner Hubs

Wellbeing	
Counselling (Group & 1:1 Sessions)	Parent Teenager Support
Bereavement Support (Group & 1:1 Sessions)	Mediation Service (Professional, Community and Family Support)
Community Advisory Service (AM)	Weight Management Support (Children)
Cardiovascular Disease Support	
Exercise	
Boxing Sessions (Men, Women's & Childrens Sessions)	Yoga (Men & Women's Classes)
Blaze Circuit Classes (Women)	Yoga (Women)
Badminton (Men & Women's Classes)	MMA (Children)
Karate Sessions (Adults & Mixed Classes)	Walking Club (Women)
Cycling Training Sessions (Mixed)	
Access to Food	
Food Bank (AM)	Pensioners Weekly Meal
Community Café (AM – Coming Soon)	Supermarket (AM – Coming Soon)
Spaces	
Sensory Room	Sensory Hive
Office Hire	Hive Tutions
Hall Hire	Conference Facilities



KINGSLEY HALL WEEKLY TIMETABLE OF ACTIVITIES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>WELCOME</p> <p>BIENVENIDO WILLKOMMEN WELKOMMEN</p> <p>BEA VINDO WELKOMMEN</p> <p>BEA VINDO WELKOMMEN</p>	<p>Parents & Toddlers</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>	<p>Parsloes Community Hub</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>	<p>The Salvation Army</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>	<p>Parsloes Community Hub</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>	<p>LETRA</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>	<p>Kingsley Hall's LIVE WELL COMMUNITY CHURCH</p> <p>JOIN US SUNDAY 11am</p>
<p>Sted Kassen</p> <p>9am to 3pm</p> <p>Mondays to Fridays</p>	<p>Sted Kassen</p> <p>9am to 3pm</p> <p>Mondays to Fridays</p>	<p>Sted Kassen</p> <p>9am to 3pm</p> <p>Mondays to Fridays</p>	<p>Sted Kassen</p> <p>9am to 3pm</p> <p>Mondays to Fridays</p>	<p>Sted Kassen</p> <p>9am to 3pm</p> <p>Mondays to Fridays</p>	<p>Sted Kassen</p> <p>9am to 3pm</p> <p>Mondays to Fridays</p>	<p>Sted Kassen</p> <p>9am to 3pm</p> <p>Mondays to Fridays</p>
<p>BE A PART OF SOMETHING JOIN THE KINGSLEY HALL SUPPORTERS</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>	<p>SHAPING THE FUTURE</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>	<p>SHAPING THE FUTURE</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>	<p>SHAPING THE FUTURE</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>	<p>SHAPING THE FUTURE</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>	<p>SHAPING THE FUTURE</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>	<p>SHAPING THE FUTURE</p> <p>10am to 11am</p> <p>11am to 12pm</p> <p>12pm to 1pm</p> <p>1pm to 2pm</p> <p>2pm to 3pm</p> <p>3pm to 4pm</p> <p>4pm to 5pm</p>
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<p>BOOK HERE NOW</p>	<p>BOOK HERE NOW</p>	<p>BOOK HERE NOW</p>	<p>BOOK HERE NOW</p>	<p>BOOK HERE NOW</p>	<p>BOOK HERE NOW</p>	<p>BOOK HERE NOW</p>

Have your say!



We really want to hear from you and would really appreciate your time in completing the below surveys.

- [Cost of Living Survey](#)
- [Your Hubs, Your Voice Survey](#)

How is the Cost-Of-Living Crisis Affecting You?

**HELP US IMPROVE
COST-OF-LIVING
SUPPORT IN BARKING
AND DAGENHAM**

**TAKE A 3-MINUTE SURVEY
FOR A CHANCE TO WIN £500!**

SCAN THE QR CODE ABOVE OR VISIT
[WWW.ONEBOROUGHVOICE.LBBD.GOV.UK/
COST-OF-LIVING-SURVEY](http://WWW.ONEBOROUGHVOICE.LBBD.GOV.UK/COST-OF-LIVING-SURVEY)

**Barking &
Dagenham**

Most people are experiencing an increased cost of living. That means every day essentials like paying the rent, bills or food shop are becoming harder to cover. We want to make sure the right support is in the right places, and that people are aware of where they can get help or find ways to help themselves.

Answering this quick survey really does help us work this out - and can make sure we are improving what is on offer. By taking the survey, **you will also have the opportunity to enter a prize draw to be in with a chance of winning £500.** The first prize draw will be done in December 2023.

[Click here to complete the survey](#)

**Cost of Living
Support**

RECEIPT

Energy £££
Food ££
Fuel ££
Rent £££

Total Support £££
 -££

Cost of Living Support
Helping you through tough times

Your Hubs, Your Voice



A place to go, a place to do and a place to connect.

We want to bring support and services closer to where you are by creating a network of places in your neighbourhoods where you can receive information, advice and support as early as possible. Community hubs will be welcoming and safe places that make it easy for you to talk to someone, find support to help yourselves, access services when needed and help to be part of the community. Your opinion matters to us, if you have recently visited a community hub/centre, then we would like to know about your experiences. The purpose of this survey is to gather input on the quality of services provided at community hubs/centres, and to find out your ideas. The information you provide will remain anonymous unless you decide to provide your name. **By completing the survey, you will also have the opportunity to enter a monthly prize draw to be in with a chance of winning £20 worth of shopping vouchers.**

[Click here to complete the survey](https://oneboroughvoice.libd.gov.uk/your-hubs-your-voice)



Digital Inclusion Zones

DIGITAL INCLUSION ZONE @ BARKING LEARNING CENTRE AND DAGENHAM LEARNING CENTRE



WHAT IS THE DIGITAL INCLUSION ZONE

The digital inclusion zone is an accessible digital technology area which aims to provide accessible technology for those with disabilities.

WHY HAS THE DIGITAL INCLUSION ZONE BEEN CREATED?

- To remove the barriers to digital technology.
- To support people with cognitive, sensory and physical disabilities to be digitally included



- To help residents with disabilities to access services online and opportunities that are now mostly accessible online.
- To train champions to help residents to be confident online and develop digital skills.





Equipment to support individual needs

Booklets with large print and pictures showing equipment available to meet peoples' needs. Booklets also in Braille.

<p>01</p>  <p>Right-Handed Vertical Mouse 1000/1600 DPI DPI Adjusting Button Next/Previous Buttons 5 Buttons and Scroll Wheel</p>	<p>04</p>  <p>Right-Handed Vertical Mouse DPI Adjusting Button - 6 Levels: 800/1600/2400/3200/4800/8000 RGB Lights with 7 Buttons</p>
<p>02</p>  <p>Right-Handed Vertical Mouse 1000/1600 DPI DPI Adjusting Button Next/Previous Buttons 5 Buttons and Scroll Wheel</p>	<p>05</p>  <p>Optical Mouse DPI Adjusting Button - 1200/1800/2400/3600/5400 5 Buttons and Scroll Wheel</p>
<p>03</p>  <p>Left-Handed Vertical Mouse 1000/1600 DPI DPI Adjusting Button Next/Previous Buttons 5 Buttons and Scroll Wheel</p>	<p>06</p>  <p>Optical Mouse DPI: 1200 - 4800 DPI Adjusting Button 5 Buttons and Scroll Wheel</p>

<p>Noise-Cancelling Headphones</p> <p>07</p>  <p>SONY MDR-ZX100NA BLACK</p>	<p>10</p>  <p>White Large Print Computer Keyboard High Contrast White Keys with Big Print Letters</p>
<p>08</p>  <p>ARTIX CL750 BLACK</p>	<p>11</p>  <p>Yellow Large Print Computer Keyboard High Contrast Yellow Keys with Big Print Letters</p>
<p>09</p>  <p>ARTIX CL750 RED</p>	<p>12</p>  <p>Optelec ClearReader and Portable Image Reader Rediscover the joys of reading from a book. Simply switch-on, scan your printed reading material and start listening in an instant.</p>



12. Optelec ClearReader+ portable image reader

Scans and reads aloud printed reading material

- Simple adjustment controls for play, pause, forward, back, reading speed, volume and voice selection.
- Compact and easy to carry with a built-in carrying handle.
- Built-in high quality stereo sound speakers or connect a headset and listen discreetly.

Inclusive services in the libraries

Group	Description	Day	Time	Location	Contact
Deaf and Hard of Hearing Drop-in Service	For those with hearing loss and need information, guidance, or advice	Online service only; please text or email first, please say if you want to meet face to face.	Online by email, video call, text, or telephone	Online	Maryan Ahmed, Deaf Community Worker: 020 8227 5567 Text/Video/Voice: 07561 703 937 Email: maryan_ahmed2@lbbd.gov.uk
Tech Hubs	IT workshops for those with sight loss, run by	To be confirmed	To be confirmed	BLC and Dagenham Library	BLC: 020 8724 8725 / 8722 Dagenham Library: 020 8227 3942

Inclusive services in the libraries

Group	Description	Day	Time	Location	Contact
Digital Ability Inclusion Drop-in	For those with hearing loss, or sight loss, or both. Learn how to use accessibility tools and Apps on your mobile, tablet, or laptop with guidance from the sensory team.	Second and fourth Thursday of every month	10:30am -12:30pm	Dagenham Library, Meeting Room 3 (first floor)	Bernadette Wakeling: 020 8227 3780 Text/video call: 07772 229 294 Email: bernadette.wakeling@lbbd.gov.uk
Braille Buddies	Friendly Braille learning group	Every Friday, except the last Friday of the month	10:30am – 12:30pm	Dagenham Library, Meeting Room 1 (first floor)	Abiola: 07983 552 855
Vipers	For those with sight loss. Have fun, chat, organise events and outings and have tea/coffee	Last Friday of the month	10:30am – 12:30pm	Dagenham Library	Ray: 07846 917 419 Intake Team: 020 8227 2915

Inclusive services in the libraries

Group	Description	Day	Time	Location	Contact
Inclusive Digital Zone	Accessible computers and IT equipment plus adjustable furniture. Digital Champions to help	Monday - Thursday Friday – Saturday Sunday	9am – 7pm 9am – 5pm 10am – 4pm	BLC (ground floor)	BLC: 020 8724 8725 / 8722
Inclusive Digital Zone	Accessible computers and IT equipment plus adjustable furniture. Digital Champions to help	Monday - Thursday Friday – Saturday	9am – 7pm 9am – 5pm	Dagenham Library (first floor)	Dagenham Library: 020 8227 3942
Macular Society Support Group	Welcoming group for those with sight loss caused by macular disease	First Monday of every month	10:30am - 12:30pm	BLC, Room G14	Dean: 07812 999 648
Audio Group	Friendly group for those with hearing loss	Third Wednesday of the month	10am – 12pm	BLC, Meeting pod 2 (ground floor)	BLC: 020 8724 8725 / 8722

[B&D Money](#) - Barking and Dagenham Money is here to help you sort your finances



BD Money

WHAT IS BD MONEY?



Barking and Dagenham Money (bdmoney.co.uk) was launched earlier this year, supporting over 2,300 people since April. BD Money offers guidance on lots of different money worries. For example, it can help with utility costs, emergency support or family care advice. There are great tools like a benefits calculator to check what you are eligible for, or a loan calculator, a debt test, and a debt advice locator. BD Money is now also offering access to affordable loans and savings through its partnership with Leeds Credit Union – aiming to prevent people from falling victim to high-cost credit providers or illegal loan sharks, building financial resilience in our borough.

WHAT HELP IS AVAILABLE?

- Financial advice
- Savings
- Loans
- Help with Benefits
- Help getting into work



Benefits Calculator

BD Money is a brilliant tool that can help with a wide range of money support, that one thing could be to support a resident with a benefits check with our brilliant new [bdmoney](#) tool on the benefits page. It is easy to use and only takes 10 minutes. **On average we have seen that 95% of those who take it are entitled to £1400 of additional income!** Go on [BD Money](#) and check it out today!



For more information please visit - <https://bdmoney.co.uk/>

Homes and Money Hub



Our Homes and Money Hubs are open for a drop in at Barking Learning Centre and Dagenham Library from 9am to 4pm, Monday to Friday or via homesandmoneyhub@lbbd.gov.uk.

Lots of residents need straight forward advice to help them resolve a single issue, such issues can include:

- council tenant with rent arrears only
- [benefit advice](#)
- [employment or training](#)
- [debt](#)
- [housing benefit](#)
- [council tax advice](#)
- [housing advice](#)

Residents who have multiple issues, are at greater risk or are more vulnerable, are likely to need the help of a Homes and Money Hub Caseworker; this can include:

- complex debt (not debt in just one area, could include Council Tax, rent arrears, utility debt plus other complex factors such as risk of eviction, mental ill health, physical ill health)
- at risk of homelessness - private tenant with rent arrears and no arrangement in place with landlord, living in temporary accommodation and at risk of eviction or struggling to pay rent
- care leaver/in care (who are not in education, employment or training or have financial issues)
- young people not in education, employment or training aged (16-18) who need help with their financial situation

- financial issues and is someone with increased vulnerability (ill health, digitally excluded, language or capacity issues and no existing support)
- universal credit/benefit issues (with other complex needs)

Where these issues affect your ability to pay your rent or maintain your home, we will also provide advice and information on what to do next.

Food Clubs, Food Banks and Community Supermarkets



COMMUNITY FOOD CLUB

Food for thought



WELCOME TO THE CLUB

If you're struggling to pay your bills or want to make your money stretch a little bit further; join the Community Food Club to reduce your food shopping bill. You will have access to roughly £20 worth of groceries each week.

Your three months membership will also give you access to support from a wide range of services, providing advice on finances, housing, employability and health.

WHAT YOU NEED TO KNOW

- You must live in London Borough of Barking and Dagenham and be in need of support.
- Membership access is available for one person per household to visit once a week.
- Membership access is restricted to one site over the course of the 3 months membership.
- Members must commit to making a positive lifestyle change over the course of their membership.

WHEN AND WHERE

Barking Learning Centre Community Hub
2 Town Square, Barking, IG11 7NB
Every Tuesday between 12pm - 4pm

Dagenham Learning Centre Community Hub
1 Church Elm Lane, Dagenham, RM10 9QS
Every Friday between 11am - 1pm

Heath Community Hub
Frizlands Lane, Dagenham, RM10 7HX
Every Wednesday between 12pm - 4pm

Norbury Community Hub
2 Victoria Road, Barking, IG11 8PY
Every Friday between 3:30pm - 4:30pm

Marko Gate Community Hub
Rose Lane, Marko Gate, RM6 5NR
Every Wednesday between 11am - 1pm

Thames Community Hub
Bantable Avenue, Barking, IG11 8LS
Every Friday between 11am - 1pm

*Please bring proof of address with you when registering

Save on
your
groceries
today!



Dagenham
foodbank
William Bellamy Community Hub
Frizlands Lane, Dagenham RM10 7HX

Last Saturday of Every Month

11:00 am - 02:00 pm



Working in partnership

Barking & Dagenham



UKIM DAGENHAM
0333 5770 048
icare.dagenham@ukim.org



COMMUNITY SUPERMARKET

Mondays 7:00pm - 8:00pm

Marks Gate Community Hub
Rose Lane Community
Centre, Rose Ln, Dagenham,
Romford RM6 5NJ

MARKS GATE RELIEF PROJECT

A regular £6* grocery pack of:

- 4 pints blue top milk
- A loaf of bread
- Biscuits
- Baked Beans
- Butter

*Limited Packs available.
First come first serve.*

Please bring exact change.

*BASED ON ASDA PRICE FOR SEPTEMBER
2022



Follow us on Facebook for regular updates or contact us via the below:

website: www.mgrp.org.uk
phone: 07448057268



Please note the below open/closed days shown below are not the operation hours of the buildings these may differ from when you are able to collect food. Please contact the site directly to find out their operation hours.

[Click to enlarge an image](#)

Food Bank Locations

Al Madina Mosque

The Hive
Community Building,
2 Victoria Road
Barking
IG11 8PY

Castle Point

163 Bennett's Castle Lane
Dagenham
RM8 3YJ

Heath Community Hub

Frizlands Lane
Dagenham
RM10 7HX

Kingsley Hall

Parsloes Avenue
Dagenham
RM9 5NB

Marks Gate Community Hub

Rose Lane
Marks Gate
RM6 5NR

Osborne Project

Osborne Centre
54 Osborne Square
Dagenham
RM9 5AU

St Chads Church

73 Eric Road
Chadwell Heath
RM6 6JH

Barking Food Bank

United Reformed Church
Mill Lane
Chadwell Heath
RM6 6RS

Barking Food Bank

RCCG House of Faith Connections
104 New Road
Dagenham
RM9 6PE

Barking Food Bank

The Old Dagenham Methodist Church
Rainham Road South
Dagenham East
RM10 8YB

Barking Food Bank

Flowing Rivers Centre
121 Broad Street
Dagenham
RM10 9HP

Barking Food Bank

Elim Christian Centre
93 Axe Street
Barking
IG11 7LZ

Darul Ummah Goresbrook

36 Maplestead Road
Dagenham
RM9 4XR

Church Elm Hub

Dagenham Library
1 Church Elm Lane
Dagenham
RM10 9QS

Hum Dum

The Ripple Centre
121 Ripple Road
Barking
IG11 7PB

London Riverside Church

Parsloes Avenue
Dagenham
RM9 5PT

Marks Gate Relief Project

Marks Gate Community Hub
Rose Lane
Marks Gate
RM6 5NR

Powerhouse Community Network

Unit 3 & 4
280 Oxlow Lane
Dagenham
RM10 8LP

Thames Community Hub

Bastable Avenue
Barking
IG11 0LG

Food Provision Opening Hours Over the Festive Period

	AL MADINA MOSQUE	DARYL UMMAH GORESBOOK	BARKING FOOD BANK AXE STREET	BARKING FOOD BANK MILL LANE	CASTLE POINT	CHURCH ELM	DAGENHAM FOOD BANK (NEW ROAD)	
DECEMBER 2023	18/12	CLOSED	OPEN	CLOSED	CLOSED	OPEN	OPEN	CLOSED
	19/12	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
	20/12	CLOSED	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
	21/12	CLOSED	OPEN	OPEN	OPEN	CLOSED	OPEN	OPEN
	22/12	OPEN	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	23/12	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	24/12	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	25/12	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	26/12	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	27/12	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	28/12	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	29/12	OPEN	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	30/12	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	31/12	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
JANUARY 2024	01/01	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	02/01	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	OPEN
	03/01	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	CLOSED	OPEN
	04/01	CLOSED	OPEN	OPEN	OPEN	OPEN	CLOSED	OPEN
	05/01	OPEN	OPEN	CLOSED	CLOSED	OPEN	CLOSED	CLOSED

Food Provision Opening Hours Over the Festive Period

	DAGENHAM FOOD BANK (RAINHAM ROAD SOUTH)	DAGENHAM FOOD BANK (BROAD STREET)	HEATH COMMUNITY HUB	HUM DUM	KINGSLEY HALL COMMUNITY CENTRE	LONDON RIVERSIDE CHURCH	MARKSGATE COMMUNITY HUB	
DECEMBER 2023	18/12	CLOSED	CLOSED	CLOSED	CLOSED	OPEN	CLOSED	
	19/12	CLOSED	OPEN	CLOSED	CLOSED	OPEN	CLOSED	
	20/12	CLOSED	OPEN	OPEN	CLOSED	OPEN	OPEN	
	21/12	CLOSED	CLOSED	CLOSED	CLOSED	OPEN	CLOSED	
	22/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
	23/12	CLOSED	CLOSED	CLOSED	OPEN	CLOSED	CLOSED	
	24/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
	25/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
	26/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
	27/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
	28/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
	29/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
	30/12	CLOSED	CLOSED	OPEN *UKIM FOOD BANK	OPEN	CLOSED	CLOSED	CLOSED
	31/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
JANUARY 2024	01/01	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
	02/01	CLOSED	CLOSED	CLOSED	CLOSED	OPEN	OPEN	
	03/01	CLOSED	CLOSED	OPEN	CLOSED	OPEN	OPEN	
	04/01	CLOSED	CLOSED	OPEN	CLOSED	OPEN	OPEN	
	05/01	CLOSED	CLOSED	OPEN	CLOSED	OPEN	OPEN	

Food Provision Opening Hours Over the Festive Period

	MARKS GATE RELIEF PROJECT	DAGENHAM FOOD BANK (BROAD STREET)	OSBORNE PROJECT	POWERHOUSE COMMUNITY NETWORK	ST CHADS CHURCH	THAMES COMMUNITY HUB	THE SOURCE	
DECEMBER 2023	18/12	OPEN	OPEN	OPEN	CLOSED	CLOSED	CLOSED	OPEN
	19/12	CLOSED	OPEN	OPEN	CLOSED	CLOSED	CLOSED	OPEN
	20/12	CLOSED	OPEN	OPEN	CLOSED	OPEN	CLOSED	OPEN
	21/12	CLOSED	CLOSED	OPEN	CLOSED	CLOSED	CLOSED	OPEN
	22/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	23/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	24/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	25/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	26/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	27/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	28/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	29/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	30/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
31/12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
JANUARY 2024	01/01	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	02/01	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	OPEN
	03/01	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	OPEN
	04/01	CLOSED	OPEN	OPEN	CLOSED	CLOSED	CLOSED	OPEN
	05/01	CLOSED	OPEN	OPEN	CLOSED	CLOSED	OPEN	OPEN

Meal Mate



Meal Mate



What is Meal Mate?

Meal Mate is a new food delivery app which provides discounted hot meals for residents in LBBD. The app will provide 'subsidised' meals starting at only £2 per meal (inc delivery) and are catered for by our charity partners Al Madinah Mosque, Humdum, Kingsley Hall Church and Osborne Partnership. The app can also be used to order standard priced meals. Find out more in the leaflet above.

What are the eligibility criteria for subsidised meals?

To be eligible for 'subsidised' meals, the resident must be struggling or adversely affected by the cost of living crisis. No evidence is required, and we can go by trust on this. The app is also a great tool for residents who may have mobility issues or are elderly and cannot get around easily.

How do you order a subsidised meal?

To control the number of orders coming in for subsidised meals, a one-time coupon code is required to place a subsidised order. If you have identified any service users or residents who may be in need of this service, please contact either myself or Latifah and we will provide you 5 vouchers per person (additional vouchers can be assigned for larger families). A resident can also request vouchers direct

from our charity partners or the Meal Mate customer service phoneline on 020 8156 6681. I've also attached a guide which shows residents how to order subsidised meals via the app.

*****Please note *****

To ensure that we are monetarily efficient and offer more delicious meals, we batch our subsidised delivery with our drivers. We take special measures to keep food warm and aim to deliver subsidised meals within 2-3 hours.

How to order subsidised meal on Meal Mate

1 Download the app
Download the Meal Mate app from the app store from IOS or Playstore for Android and create an account on the app with your details.

2 Place your order
Browse through the restaurant and select a subsidised meal - these are marked in green and start at only £2. Enter the one-time coupon code which was assigned to you and place your order.
You can get a coupon from our partners below or from the Meal Mate customer service line on 020 8156 6681 or email mealmate@streettag.co.uk

3 Check Out
Complete your order by entering your address and paying by card at checkout.

4 Enjoy your meal!

PS: Please note that for our £2 hot meal service, we use batch delivery which can take up to 2 to 3 hours. But don't worry, we take special measures to keep food warm. Just don't forget to get your order in ahead of time!

Meal Mate

Barking & Dagenham **HURTHURTY** **CVST** **alzheimer's society** **Age UK** **Home Partnership** **Best of Living Support**

Employment Support



Better jobs for local people Job Shop

Need help into work?

Book an appointment with the
Job Shop for support and advice

Barking Job Shop | 020 8724 8870 | barkingjobshop@lbbd.gov.uk
Dagenham Job Shop | 020 8724 8877 | barkingjobshop@lbbd.gov.uk
Construction Job Shop | 020 8724 8870 | construction@lbbd.gov.uk



THE JOB SHOP IS A FREE SERVICE TO HELP YOU GET A JOB, IMPROVE YOUR SKILLS AND WIDEN YOUR JOB AND CAREER OPTIONS.

Support we offer

- information, advice and guidance on a 1-1 basis and via virtual sessions
- better off calculations and in work benefit advice
- support in removing barriers to employment e.g. childcare responsibilities
- education and training assessments and referral to relevant provision
- access to specific IT application training – Microsoft Teams
- setting short and long-term employment focussed goals
- CV and covering letter preparation
- application form filling and Personal Statement guidance
- interview techniques / mock interviews
- use of computers with Internet access for job searching - appointment based only
- telephone, photocopying and scanning facilities - appointment based only
- dedicated apprenticeship and construction teams
- dedicated support for council tenants
- dedicated employer engagement team, working with local employers to provide residents with local opportunities
- in-work support package

How do I join?

- To register with the Job Shop you must:
- have the right to work
- be aged 16 years and over
- live within Barking and Dagenham



Future Content - We Want To Hear From YOU!



The newsletter always wants to hear from **YOU**. Your feedback shapes the way we reach everyone and the content we provide. If you have any suggestions on what you would like to see in future newsletters please let us know via the [link](#) or via email Cori.Louis@lbbd.gov.uk.

