

Help With Food

Foodbanks provide food supplies and groceries to people in need free of charge. The following are all active in Walthamstow:

- **PL84U** pl84u.alsuffa.co.uk / 07539 364110
- **Eat or Heat** eatorheat.org / 0800 772 0212
- **Rukhsana Khan Foundation**
rukhsanakhanfoundation.org / 07980 351 351

The Christian Kitchen

Free hot food every night of the week
Mission Grove Car Park 7.30pm-9pm
info@christiankitchen.co.uk

The Gleaners

The Hornbeam Centre, 458 Hoe Street
Tuesdays 1-2pm Free lunch
020 8558 6880

Community Pantry at Stafford Hall

Stafford Hall E17 8JY (next to St Barnabas Church). Thursdays 3pm-6.30pm.
Pay £4.50 and get £15 worth of groceries.
07445 968 142 / Averil.watan@gmail.com / Paulworham@gmail.com

Free School Meals

Your child may be eligible for free school meals if you are receiving benefits. Apply online through Waltham Forest Council's website or speak to your school.

Healthy Start

Food and milk for pregnant women and children under 4 years. Speak to your midwife or health worker, or call the Healthy Start helpline on 0300 330 7010.

Mental Health

These are free services open to all local residents to support their mental health:

- Speak to **your GP**.
- **YoungMinds Parents Helpline** offers advice, and emotional and practical support for parents of children or young people up to the age of 25. Call 0808 802 5544.

24/7 Mental Health Helplines

- Call **NHS 111** for patient advice.
- Call 0800 995 1000 for **NELFT Mental Health Direct Service**.
- Call 116 123 for **Samaritans**.

Housing

If you are at risk of homelessness, speak to **Waltham Forest Council** on 020 8496 3000 or email housing.advice@walthamforest.gov.uk.

If there is damp and mould in your home, you should let your landlord know immediately and take photographic evidence. You could also email the **Property Licensing Team** at propertylicensing@walthamforest.gov.uk or call 020 8496 4949.

If you need housing advice, call the following specialists free of charge:

Shelter

- 🌐 england.shelter.org.uk/get_help
- ☎ 0808 800 4444

Waltham Forest Hub Housing Advice Service

- ☎ 07743 099963. Open Tuesday, Wednesday and Thursday, 10am-12pm.

WHERE TO GET FREE HELP AND ADVICE IN WALTHAMSTOW



This leaflet gives you details of free advice and support for Walthamstow residents. Details correct as of April 2023. It has been produced by the office of Stella Creasy MP.

You can also find more information online by scanning this QR code. If you can't access the QR code, you can also visit: workingforwalthamstow.org.uk.



- ☎ 020 8521 1223
- ✉ office@workingforwalthamstow.org.uk
- 📷 @stellacreasy

Maximising Your Income

You can check what benefits you're entitled to by using this online benefits calculator:

 entitledto.co.uk.

Grants are payments that don't have to be paid back. To see what grants you're entitled to visit:

 grants-search.turn2us.org.uk.

Waltham Forest Citizens Advice

 0808 2787 838

They can advise on what benefits and grants to which you are entitled, and help you apply for them.

Waltham Forest Council

 <https://www.walthamforest.gov.uk/>

 Request a **"check-in call"** with the Council to assess local support available to you: 07979 276623. Open Monday-Wednesday, 9am-4pm.

 Search for **"Your crisis, our action"** on their website to see how they can help you.

 **Local Welfare Assistance** offers financial support to those who can't afford basic essentials, especially when there's a risk to health or safety. Visit the Council website or call 07979 276623 (or 020 8496 3000 if closed).

Utility Bills

If you're struggling to pay your bills, contact your supplier directly or speak to Citizens Advice.

Help to Claim Universal Credit

 0800 144 8 444

Universal Credit is a payment to help with your living costs. Citizens Advice can help you with the early stages of making a claim for Universal Credit.

Managing Debt

There are a number of organisations which provide free debt advice and assistance with negotiating with those to whom you owe money.

In the first instance, get in contact with the organisation to which you owe money. With the help of the organisations listed below, you can ask them to pause repayments or arrange a repayment plan:

- **StepChange** www.stepchange.org / 0800 138 1111
- **National Debtline** nationaldebtline.org / 0808 808 4000
- **Waltham Forest Citizens Advice** citizensadvice.org.uk/local/waltham-forest/ / 0808 2787 838
- **Debt Free London** debtfreeadvice.com / 0800 808 5700

Form Filling

If you need assistance with form-filling, these organisations may be able to help free of charge:

Walthamstow Welcomes at St Mary's Welcome Centre

Church End E17 9RH
020 8520 1430

Waltham Forest Citizens Advice

0808 2787 838

You can also access free wi-fi and a computer at your local library.

Families and Young Children

Baby Banks are like foodbanks, helping provide baby essentials, such as clothes and children's toys, to help with the costs of having a baby.

Lloyd Park Children's Charity operates a baby bank in Lloyd Park Centre (020 8531 9522) and Walthamstow Children and Family Centre Hub (020 8527 1737). If you need a referral, this can be made by a midwife, family support worker, health visitor, foodbank, social worker, your MP or a Children's Centre.

Walthamstow Toy Library and Play Centre

offers a space where children can play and borrow toys to play with at home. Call 020 8509 3401.

Gingerbread Single Parent Helpline

 0808 802 0925

Expert advice for single parents on anything from dealing with a break-up to sorting out child maintenance, benefit or tax credit issues.

Early Help

 020 8496 3000

 earlyhelp@walthamforest.gov.uk

Council service which supports families, including helping with form-filling.

Other Local Support

HEET

 020 8520 1900

Helps households save money on fuel bills and heat their homes.

Waltham Forest Migrant Action

 07496 394 175

Supports migrants by providing advice, advocacy and other forms of assistance.