

# Useful Contacts in Newham

## Newham Food Bank

020 7474 3060

admin@newham.foodbank.org.uk

Please note that for families/young people not receiving holiday food vouchers the main offer of support will be from the Newham Food Alliance. Newham Food Alliance has been set up by the Council in collaboration with partners. Residents will be matched up with a partner best able to support their need. Schools and colleges will be able to refer Newham residents in need of support by completing a referral form.

07790 975 086 or email

frontdoor@newhamfoodalliance.org

If you are experiencing challenges accessing food that are not related to finances, please call the COVID-19 Helpline at 0207 473 9711 or covidhelp@community-links.org (open 9am-7pm, 7 days a week).

## Hestia

Domestic Violence advice and support - 08081961482

or Freephone **National**

**Domestic Abuse Helpline:**

08082000247



## Carpenters' and Dockland Centre Food Bank

TMO Centre

17 Doran Walk E15 2JL

You can collect the food on Monday or Friday between 9am -1.30pm

## Newham MASH

If you are worried about a child please contact Newham MASH on 0203 373 4600

Outside of Normal Office Hours:  
0208 430 2000

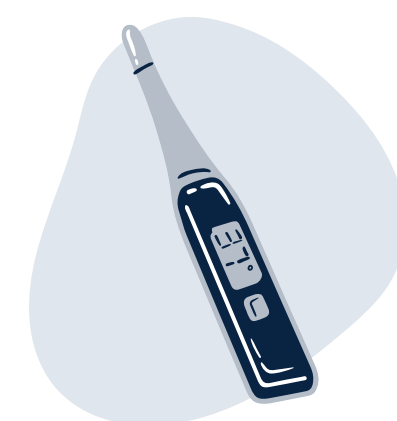
## Medical



If you have medical concerns please contact your **GP** or call 111

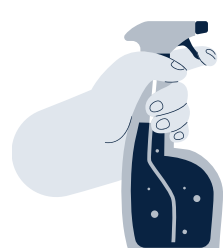
## Coronavirus

Call 119



In case of an **emergency** you should call 999

## COVID Champions



Covid Champions <https://www.newham.gov.uk/coronavirus-covid-19/covid-health-champions?documentId=410&categoryId=20143>

If you'd like to join the WhatsApp, please WhatsApp +44 7929 792873 with your name and a request to be added for regular How to Keep Covid-19 safe updates.