

COVID-19: COMMUNITY HELP & SUPPORT

With the impact of Covid-19 we wanted to share information about what is happening in our community, to help support those who need it, as we embrace our new 'normal'.

We met as members of our community who are asking each other how we can help those around us, and realised there is a lot on offer locally, but not everyone knows about it.

We have grouped together all the local services and activities we know across these 2 pages, as well as some other initiatives happening in the wider Borough. All this will also be on our website so please let us know if we missed something we can add there.

Please share all of these details with your friends, family and neighbours and get involved!

We also want to keep meeting as a group to continue to help others in the community, so if you'd like to be a part of this, we'd love to hear from you. Please contact Sam Pollard on [07825 222 926](tel:07825222926).

This was initiated by Church at Barking Riverside but is open to all and includes those of no faith and others. To find out more about Church at Barking Riverside and links on this leaflet, please visit www.churchatbr.com.

WELLBEING

TWCP:

Aiming to improve the environment, social cohesion, health, wellbeing and employment for residents of Thames Ward, with online resident led activities including Vibes & Bounce, ESOL, Yoga and more. Join in and follow them here: www.facebook.com/ThamesWardCP/

Project Women & Family Wellness

Helping women and families keep fit and healthy supporting those with violent pasts, housing and employment. For more support contact Fatuma on: [07824782217](tel:07824782217) or flwomenwellness@yahoo.com

Triangoals:

Free activities that benefit the local community and engage young people (0-19) and their families during the half term and summer holidays. Get involved through their socials: Twitter: [@Triangoals14](https://twitter.com/Triangoals14) Facebook: [Triangoals Unlocking Potentials](https://www.facebook.com/TriangoalsUnlockingPotentials)

JDS:

A new project striving for excellence, giving young people a platform to talk about everything of concern to them within the community. Get involved, contact: [07305 216 025](tel:07305216025) or jeorginasoares10@gmail.com

Barking Churches Unite - The Source:

During these difficult times, The Source have developed the phone lines for support

Reset: For people with anxiety and depression

Rediscover: For people experiencing bereavement and loss

Reconnect: Supporting people who are lonely and need to stay at home

Telephone Helpline: [0300 302 3160](tel:03003023160)

PRAC TICAL HELP

Activities Hub:

Want to make connections and get involved in activities in the Borough? Need practical help or support in these difficult times? To find out what's going on in the area, visit:

oneboroughvoice.lbbd.gov.uk/activities-hub

You can volunteer or ask for help through the council call centre on [020 8215 3000](tel:02082153000) or [email bdcan@lbbd.gov.uk](mailto:bdcan@lbbd.gov.uk)

Individual Assistance Payment (IAP):

Used to provide support to those who require help with emergency living expenses, including food, fuel, travel expenses, and household appliances and clothing.

To see if you are eligible and to apply please visit: www.lbbd.gov.uk/hardship-scheme

COMMUNITY

Tomorrow Today Streets:

From Every One, Every Day, giving people and their neighbours, the opportunity to start exciting projects on their street with 24 Project Kits to choose from including Street Parties, Shared Child Care, Open Tables and Play Streets. Join in here:

www.weareeveryone.org/tomorrowtoday

Mums On A Mission:

Formed by a group of mothers to empower and uplift vulnerable families to identify their goals and pursue their dreams. Get involved in their monthly brunches through their socials:

Instagram: [@mumsonamission](https://www.instagram.com/mumsonamission)

Facebook: [Mums.onamission.1](https://www.facebook.com/Mums.onamission.1)

Family Things To Do:

For family friendly activities in the area, including The Summer Reading Challenge, dance groups, and fun activities to try at home from the Scouts & Girl Guides. Please visit:

oneboroughvoice.lbbd.gov.uk/children-and-young-people

Pullums Dance Academy:

Local professional dancers offering classes for all levels (babies, kids, adults) in Ballet, Street, and Jazz. School starts in person from 5th Sept with online lessons available right now!

Facebook: [Pullums Dance Academy](https://www.facebook.com/PullumsDanceAcademy)

Website: pullumsdance.co.uk

FAITH & HOPE

Family Hub : Church at Barking Riverside:

To connect with other families in the area for games, fun and to learn more about Jesus, join us on Zoom every Sunday afternoon at 4-5pm.

Zoom Meeting ID: 303 688 808

(Email hello@churchatbr.com for password)

Find out more plus our blog: churchatbr.com

Prayer : Church at Barking Riverside:

To share any hopes, fears or people to pray for, please contact us at hello@churchatbr.com and we will include it in our weekly prayers.

You can join us to pray on zoom 8-9pm on Wednesday nights fortnightly from the 2nd September.

Zoom Meeting ID: 351 915 951 (no password)

Facebook: [Church at Barking Riverside](https://www.facebook.com/ChurchatBarkingRiverside)

Jimi Litan Ministries:

To speak to someone for encouragement, help and support in these times, please call or WhatsApp message Jimi on the below number:

Telephone Helpline: [0800 448 0256](tel:08004480256)

For regular inspiration and words of hope or to find out more, visit: jimilitanministries.org.uk