**Support and guidance**

**Self-Employment & Universal Credit >**[HERE](https://www.gov.uk/self-employment-and-universal-credit" \t "_blank)  
  
**Employment & Support Allowance >**[HERE](https://www.gov.uk/employment-support-allowance" \t "_blank)  
  
**Covid-19 Small Business Government Grant >**[HERE](https://smallbusiness.co.uk/how-do-i-get-the-government-3000-coronavirus-grant-2549866/" \t "_blank)  
  
**Coronavirus Business Interruption Loan >**[HERE](https://smallbusiness.co.uk/how-do-i-apply-for-a-coronavirus-business-interruption-loan-2549863/" \t "_blank)  
  
**Citizen’s Advice >**[HERE](https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/if-youre-struggling-with-living-costs/" \t "_blank)  
  
**Emergency Funding >**[HERE](https://www.stepchange.org/debt-info/emergency-funding.aspx%C2%A0%20%C2%A0" \t "_blank)  
          
**Support for businesses from LBN >**[HERE](https://www.newham.gov.uk/Pages/ServiceChild/Coronavirus-COVID-19-Business-Support.aspx" \l "NewhamBusiness" \t "_blank)

**Support for the voluntary sector**

Please take some time to fill in the survey which will help Newham Council provide support to both residents and the Voluntary Community Sector during the coronavirus pandemic > <https://www.surveymonkey.co.uk/r/NewhamVCS>   
  
Compost London will then organize weekly follow-ups using your preferred method. They will check:  
• Any changes to the services you are offering.  
• Whether the demand for your services has changed, and is  
manageable.  
• Whether you have changed your views on publicizing your  
services.  
• Whether you have enough support to continue or would be able to  
expand with more support.  
  
**Any questions email: info@compostlondon.org.uk**

**Support for businesses**

**Support for businesses from LBN >**<https://www.newham.gov.uk/Pages/ServiceChild/Coronavirus-COVID-19-Business-Support.aspx#NewhamBusiness>

The Council’s website is being updated to provide Newham businesses with the latest information and advice and to signpost guidance and support available – including how to apply for any Government loans that are available.   
  
Businesses can also contact Newham Business Desk for further information, advice and guidance on 020 3373 7373, or at newhambusinessdesk@newham.gov.uk

|  |
| --- |
| The Council’s website has also been updated to give the latest information about changes to business rates and the relief available to businesses. Businesses can contact the Council’s Business Rates Team on 020 8430 325 or at [business.rates@onesource.co.uk](mailto:business.rates@onesource.co.uk" \t "_blank) |

**Support for Newham residents**

|  |
| --- |
| **To make a referral >**[HERE](https://docs.google.com/forms/d/e/1FAIpQLSfnc6_HzBbXYRRnjjFYkAe0xl_BEPzX3vyhgVErVuw3F04W8g/viewform" \t "_blank) |

|  |
| --- |
| For those who cannot go out themselves and wouldn’t qualify for Food Banks, use the FB group > [HERE](https://bit.ly/39xwEk8" \t "_blank) |

**Help Newham Council to respond to Covid-19**

Newham Council (LBN) has developed a borough wide information and support network and is asking for residents and the voluntary sector to work with them.

* [Read about the Newham model for supporting residents. (PPT)](https://compostlondon.us20.list-manage.com/track/click?u=38075b3d8f582dbd074f47d06&id=7931c09a67&e=c8897ba4bb" \t "_blank)
* [Read LBN's Communication to the Voluntary Community Sector. (Word)](https://compostlondon.us20.list-manage.com/track/click?u=38075b3d8f582dbd074f47d06&id=738a765b7c&e=c8897ba4bb" \t "_blank)
* [Read LBN's General Briefing in response the to Covid-19 outbreak.(Word)](https://compostlondon.us20.list-manage.com/track/click?u=38075b3d8f582dbd074f47d06&id=384749c95e&e=c8897ba4bb" \t "_blank)
* [Find out more about volunteering opportunities during this time with LBN. (PDF)](https://compostlondon.us20.list-manage.com/track/click?u=38075b3d8f582dbd074f47d06&id=615c380f75&e=c8897ba4bb" \t "_blank)

[https://www.newham.gov.uk/pages/services/newham-community-and-crisis-support.aspx#AboutNewhamCommunityandCrisisSupport](https://www.newham.gov.uk/pages/services/newham-community-and-crisis-support.aspx" \l "AboutNewhamCommunityandCrisisSupport" \t "_blank)

## **Drugs and alcohol support**

[Narcotics Anonymous](https://ukna.org/)

Support for anyone with an addiction to drugs. Helpline open 10am – midnight every day. Call 0300 999 1212.

[Cocaine Anonymous](https://cocaineanonymous.org.uk/)

Support for anyone struggling with a cocaine problem. Helpline open 10am - 10pm every day. Call 0800 612 0225.

[Alcoholics Anonymous](https://www.alcoholics-anonymous.org.uk/)

Support for anyone with an addiction to alcohol. Helpline open 10am - 10pm every day. Call 0800 917 7650.

[Drugfam](https://www.drugfam.co.uk/)

Support for families, friends and partners affected by someone else’s addiction to drugs or alcohol. Open 9am to 9pm, every day. Call 0300 888 3853.

# Get help and support right now: Help in a crisis

If it's an emergency or you don't think you can keep yourself safe, please call 999 or go to A&E.

If you need urgent help but you don't want or need to go to A&E, here are some options:

1. Call the Samaritans on 116 123 (free, open 24/7)
2. If you or someone you know needs urgent care but it's not life-threatening, call 111. If you're in Wales call 0845 46 47.
3. [**Visit the NHS website**](https://www.nhs.uk/service-search/Crisis-support/LocationSearch/329) **and find crisis support services near you.**
4. If you already have a Crisis Line number, give them a call

Contact your GP surgery and ask for an emergency appointment

**Organisations that can help**

[**Samaritans**](https://www.samaritans.org/)

Talk to someone about whatever you’re going through and how you’re feeling, 24 hours a day. Confidential and free. 116 123.

[**Citizens Advice**](https://www.citizensadvice.org.uk/)

Help and advice with a range of issues, including housing, legal, and debt advice. National adviceline open 9am to 5pm, Monday to Friday. Call 03444 111 444.

[**ChildLine**](https://www.childline.org.uk/)

Help and advice about a wide range of issues, for anyone aged 18 or under. Open 24/7. Call 0800 1111.

[**Young Minds**](https://youngminds.org.uk/)

Urgent help for young people is available on their website 24/7. For parents, call 0808 802 5544, Monday to Friday 9:30am – 4pm.

[**Refuge**](https://www.refuge.org.uk/)

Support for people affected by domestic abuse. Helpline free, open 24/7. Call 0808 2000 0247.

[**Victim Support**](https://www.victimsupport.org.uk/)

Support and information for anyone affected by crime. Helpline free, open 24/7. Call 0808 168 9111.

For staff and parents - they can contact> <https://www.newhamtalkingtherapies.nhs.uk/>

**Domestic abuse while isolating**

If you are staying at home with an abusive partner, you can still leave your house to keep yourself safe.

The government has said that anyone who is experiencing domestic abuse, or is at risk of experiencing domestic abuse, can leave and seek refuge.

If you are feeling isolated, there is still support available to you both online and over the phone.

You can call the National Domestic Abuse Helpline, for free and in confidence, 24 hours a day on 0808 2000 247 (try to memorise this number for when you need it).

If you are in immediate danger, call 999 and ask for the police. Try and keep your phone charged and with you all the time if you can.

If you’re in danger and you can’t talk on the phone, you can still safely contact the police. Call 999 and then press 55. This will transfer your call to the police and let them know there is an emergency without you having to say anything.

