

# HELP AND SUPPORT WITH YOUR FINANCIAL WELLBEING



**WE ARE NEWHAM.**

The rising cost of living is affecting us all, whatever your circumstances, Our Newham Money is here to help and support with your financial wellbeing. We can help with:

## Benefit and income advice

We can help ensure you have access to all the help you need to pay bills and rent. Get in touch with us and we will check to see if you are getting all the help you are entitled to and resolve any outstanding benefit issues.

## Debt and advice

We provide free, impartial and confidential debt advice. We can provide an initial assessment and give you free, impartial debt advice on priority and non-priority debts.

## Hardship Support

If you're struggling to meet your energy and food costs or facing an emergency, you can apply to Our Newham Money Hardship Support, our local welfare scheme

## Energy

We can help with energy bills and staying well and warm this winter.

## Smart spending

Improve your finances with our money saving tips. Our team have a range of useful tips and tools to help make your money go further, reduce expenses and suggest ways to help you make good buying decisions.

## Affordable loans

We offer a range of affordable loans to suit your needs. With our loans you can borrow up to £1500 and repay weekly or monthly, spread over two years or less.

## Find out more

Our friendly knowledgeable team are on hand to deal with any queries in confidence from 9am-5pm Monday to Friday.

Our Newham Money  
112 - 118 The Grove,  
Stratford,  
E15 1NS  
020 8430 2041  
@OurNewhamMoney  
[www.ournewhammoney.co.uk](http://www.ournewhammoney.co.uk)

## Employment Rights Hub

You can access free confidential support and advice from our Employment Rights Hub if you are a Newham resident. If you are having a problem at work, the Employment Rights Hub is here for advice and support to help provide a solution.

Contact us in confidence  
020 3373 6494  
[employmentrights@newham.gov.uk](mailto:employmentrights@newham.gov.uk)  
[www.ournewhammoney.co.uk](http://www.ournewhammoney.co.uk)