

# Local support networks and services: Greenwich



## Ideas for school initiatives

### Food & Drink

Type of Help	Details	Find Out More
Host a FoodBank at School	Let out the school (for free) to a local foodbank. Willingness for this needs to be ascertained on a local level for both schools and the foodbanks	Contact <a href="#">Jessica Easton</a> , the London Area Manager, who can introduce you to your local regional coordinator
Become a Collection Point for Local Foodbank	Allow students and families to donate food and other goods for the local foodbank	Contact <a href="#">Jessica Easton</a> , the London Area Manager, who can introduce you to your local regional coordinator
Host a Community Meal	This can be done but needs a chef and project management support	Contact <a href="#">Sophie Tebbetts</a> at Foodcycle

### Finances & Housing

Type of Help	Details	Find Out More
Host a Citizens Advice Surgery	Schools may want to host a Citizens Advice surgery in a room at the end of the school day for parents and staff to access discreetly	Visit <a href="#">Citizens Advice</a>
Sign Up to Be a 'Warmbank'	Could you offer your school to serve as a warmbank for at least some time during the week?	Find out more about whether and how to register as a warmbank at <a href="#">Warm Welcome</a>
Offer to Host a Local Councillors' Surgery	Write to your local councillors offering the school for an after-school surgery with parents. They can help with a variety of local issues	Find your <a href="#">local councillors</a>

### Help for Care of Children & Older Adults

Type of Help	Details	Find Out More
Onside Youth Zones	Onside Youth Zones is a national charity aimed at young people who could be possible partners	Visit <a href="#">OnSide Youth Zones</a>
Age UK	You can offer to open up the school to vulnerable older people	Visit <a href="#">Age UK</a>

# Help from National Organisations

## Food & Drink

Type of Help	Details	Find Out More
Healthy Start	Help to Buy Healthy Food & Milk If Child Under 4	Visit <a href="#">NHS Healthy Start</a>
Community Fridges	There are lots of Community Fridges opening up across the UK where you can receive free or very low cost food.	Visit <a href="#">Community Fridges</a>
Food Waste Apps	Apps such as TooGoodToGo and Olio and Karma collect offers from local cafes and shops who will provide discounted food which they might otherwise throw away	Download apps such as <a href="#">TooGoodToGo</a> , <a href="#">Karma</a> or <a href="#">Olio</a> on your smartphone and search near you

## Finances & Housing

Type of Help	Details	Find Out More
Benefits Calculator	Turn2us has a benefits calculator to help you check if you are eligible for benefits or to make sure you are already receiving the right support. They can give free and confidential advice	Visit <a href="#">Turn2us</a>
Reduced Cost Broadband	If you have broadband and are on certain benefits or looking for work, you may qualify for a reduced cost tariff	Find out more at <a href="#">Money Saving Expert</a>
Possible Council Tax Discounts	Single parents, or carers, or families on a low income, could qualify for a discount on council tax	Find out more at <a href="#">Money Saving Expert</a>
Energy Company Hardship Funds	Most energy companies have hardship funds for those struggling to meet bills	Find out what your supplier offers by visiting <a href="#">Money Saving Expert</a>
Debt Management	If you are managing debt, Debt Free London have a free advice line where you get help on how best to manage, and get yourself out of, debt.	Visit <a href="#">Debt Free London</a>
Stop Loan Sharks	For support and advice about illegal money lending	Visit <a href="#">Stop Loan Sharks</a>

## Help for Care of Children & Older Adults

Type of Help	Details	Find Out More
Help with Childcare	If your child is in childcare, and one of you is in employment, you may be able to receive help with childcare costs	Find out more at <a href="#">Money Saving Expert</a>
Age UK Cost of Living Calculator	Age UK has a special cost-of-living section for help for those over 55	Visit <a href="#">Age UK</a>
Project 17	Help for migrant children to get help regardless of status	Visit <a href="#">Project 17</a>
Places of Welcome	Places of Welcome is a growing network of hospitality run by local community groups who want to make sure that everyone in their area has a place to go for a cup of tea, build community and meet new people.	Visit <a href="#">Places of Welcome</a>

# Local Government Help

## Food & Drink

Organisation/Fund	Details	Find Out More
Free school meals and holiday meals	If you receive a qualifying benefit and you have a child in primary or secondary school, you can get free school meals, school clothing grants or school journey grants for your child.	Visit <a href="#">Royal Borough of Greenwich</a>
Holiday meals	Your children can get free meals throughout the school holidays at libraries and adventure play centres, regardless of your financial situation.	Visit <a href="#">Royal Borough of Greenwich</a>
Healthy Start	If you're more than 10 weeks' pregnant or have a child under four, you can get help to buy healthy food, milk and vitamins.	Visit <a href="#">Healthy Start</a>
Cookery clubs and community kitchens	The Good Food in Greenwich Community Kitchen is a monthly community meal organised by volunteer Community Food Champions, with support from GCDA and the Council.	Visit <a href="#">Royal Borough of Greenwich</a>

## Youth Services

Organisation/Fund	Details	Find Out More
Holiday food and fun	You can get free healthy food and activities for school-aged children and young people (aged four to 16-years-old) during the Easter, summer and winter school holidays from 2022-2024.	Visit <a href="#">Royal Borough of Greenwich</a>
Adventure play centres	Adventure play centres are free and provide a fun, safe environment for children to play, under the supervision of qualified, experienced play leaders.	Visit <a href="#">Royal Borough of Greenwich</a>
Greenwich One Card	You can get a wide range of discounts at libraries and leisure centres, and on products and services at participating local businesses, shops, cafes and restaurants through the Greenwich One Card.	Visit <a href="#">Royal Borough of Greenwich</a>

Finances & Housing		
Organisation/Fund	Details	Find Out More
Welfare Rights team	Benefits and tax credits are payments from the government to certain people on low pay, or to meet specific needs.	Visit <a href="#">Royal Borough of Greenwich</a>
Universal Credit	If you are not already claiming any benefits, you might be able to get Universal Credit, a monthly payment to help with your living costs if you are on a low income or out of work.	Visit <a href="#">Royal Borough of Greenwich</a>
Housing benefit	You may be able to get financial help with rent through the benefits system. Anyone can claim benefits - including homeowners and private tenants.	Visit <a href="#">Royal Borough of Greenwich</a>
Discretionary housing payments	If your rent is not met in full by Housing Benefit or Universal Credit and you are finding it difficult to pay, you can apply for extra help in the form of a discretionary housing payment.	Visit <a href="#">Royal Borough of Greenwich</a>
Visit our in-person advice hubs	Get free, face-to-face money, debt and benefits support at advice hubs across the borough.	Visit <a href="#">Royal Borough of Greenwich</a>
Travel	You may be eligible for free or discounted travel through Transport for London Services (TfL).	Visit <a href="#">TfL</a>
Help for Care of Children & Older Adults		
Organisation/Fund	Details	Find Out More
Families Information Service	You can get information about education, early years, school services, childcare, children with disabilities, benefits and work advice through our family information service.	Visit <a href="#">Royal Borough of Greenwich</a>
Short Breaks	Royal Borough of Greenwich is pleased to announce it's updated Short Breaks core offer, with a range of new and returning organisations providing activities from 1st April 2021.	Visit <a href="#">Greenwich Community Directory</a>
Free early learning	Free early learning places are available for all three and four year olds across Royal Greenwic	Visit <a href="#">Royal Borough of Greenwich</a>
Carer's Allowance	You could get £69.70 a week if you care for someone at least 35 hours a week and they get	Visit the <a href="#">Government website</a>

Mental Health & Wellbeing		
Organisation/Fund	Details	Find Out More
Mental health teams	Oxleas NHS Foundation Trust's Community Mental Health Teams provide:  assessment and shared care, short term recovery care, long term drop-in services.	Visit <a href="#">Oxleas NHS Foundation Trust</a>
Recovery Team	This team provides longer-term interventions (usually up to two years) and offers a high level of support with the emphasis on recovery, and a return to employment, education, or voluntary work.	Visit <a href="#">Royal Borough of Greenwich</a>
Assessment and Shared Care Team	The team provides short-term interventions (six months or less) for people whose needs cannot be met through community counselling.	Visit <a href="#">Royal Borough of Greenwich</a>

## Local Organisations Which Can Help

Food & Drink		
Organisation/Fund	Details	Find Out More
Join a local food pantry	Family Action has launched Food On Our Doorstep (FOOD) clubs to provide good-quality food at a low cost, while also reducing food waste. It costs just £1 a year for a family to become a member	Visit <a href="#">Family Action</a>
Food banks through LiveWell	If you are struggling to afford food or utility bills, you can contact LiveWell Greenwich for advice and support, who can refer you to food banks if you need food bank vouchers.	Visit <a href="#">Live Well</a>
Low-cost fruit and vegetables	You can buy cheap fruit and vegetable at some local children's centres across the borough.	Visit <a href="#">Royal Borough of Greenwich</a>

Local Youth Groups		
Organisation/Fund	Details	Find Out More
Young Greenwich	Children and young people aged between eight and 19 (up to 25 for people with Special Educational Needs and Disabilities) can attend youth hubs and take part in free or affordable activities, trips and classes through Young Greenwich.	Visit <a href="#">Young Greenwich</a>
Leisure and gym membership with Better	You could get a 50% discounted membership at Greenwich Libraries and Leisure Centres (GLL) if you work or study in Royal Greenwich and are eligible.	Visit <a href="#">Better</a>
Kooth	Free, safe and anonymous, online mental health and emotional wellbeing support for children and young people in Greenwich.	Visit <a href="#">Kooth</a>
Central Eltham youth project	Assists young people with making informed decisions as they move to adulthood via youth empowerment model.	Call 020 8859 6644
Greenwich Young People's Council GYPC	Group of elected young people who represent the views of children and young people	Call 020 8921 2220
New Charlton Community Centre	Provide support to the local community	Call 0208 885 5711
Royal Greenwich Young Commissioners	For people interested in making a difference in Greenwich	Call 020 8921 4654
Samuel Montagu Youth Club	Offers a range of services and positive activities to support children and young people's personal and social development.	Visit <a href="#">SMYC</a>
Finances & Housing		
Organisation/Fund	Details	Find Out More
Debt Free London	You can get 24x7 confidential support and advice from Debt Free London.	Visit <a href="#">Debt Free London</a>
Turn2Us	You might be able to get a charitable grant through Turn2us, a charity which helps people living in poverty in the UK.	Visit <a href="#">Turn2Us</a>
Greenwich Citizens Advice Bureau (CAB)	Greenwich Citizens Advice Bureau can help you with free advice on a wide range of problems, including debt, housing, benefits, employment, family issues, discrimination, consumer complaints and many more.	Visit <a href="#">Greenwich CAB</a>

## Help for Care of Children & Older Adults

Organisation/Fund	Details	Find Out More
Personal Budgets & Direct Payments	A personal budget is an amount of money or resource that is allocated to meet the outcomes agreed in your child or young person's Support Plan or Education, Health and Care Plan (EHC plan), if they cannot be met by the services already available through the Local Offer.	Visit <a href="#">Greenwich Community Directory</a>
ACT Carers Group	For Carers of people accessing the Assertive Community Treatment Team in Greenwich	Visit <a href="#">Oxleas NHS Foundation Trust</a>
Carers Hub (Mycenae Reach Out and The Greenwich Carers Centre)	Mycenae House is a venue committed to serving the whole community through our facilities and activities	Visit <a href="#">Mycenae House</a>
Greenwich 0 to 4	The Greenwich 0 to 4 service offers tailored guidance and support to families and partner services who work with babies and young children	Visit <a href="#">Greenwich 0 to 4</a>
Early Years Inclusion Team - SEND Early Years (0-3yrs) keyworker	Families of children and young people with complex needs and disabilities often need to see a whole range of health, educational and care professionals, for a variety of reasons, at different stages and times of the child's life.	Visit <a href="#">Greenwich Community Directory</a>

## Mental Health & Wellbeing

Organisation/Fund	Details	Find Out More
Mind	If you are struggling with your mental health you may be able to get free counselling at Bromley, Lewisham & Greenwich Mind.	Visit <a href="#">BLG Mind</a>
The Greenwich Domestic Violence and Abuse Service (GDVA)	If you are a victim of domestic abuse, free support is available through GDVA. Support can also be provided to perpetrators that need help stopping abusive behaviour	Call 020 8317 8273
Her Centre	If you are a survivor of gender-based violence you can get free and confidential counselling, advice and training from the Her Centre.	Visit <a href="#">Her Centre</a>