

Free, fun, family-friendly activities

There are lots of free events happening over the winter months and beyond that you can enjoy by yourself, with family or with your neighbours. You can expect to find events like:



Fellowship Fountain displays

44 jets of water programmed to dance to music and illuminated by multicoloured lights.



Fun events at Libraries

Check out upcoming events at your local library and sign up for free clubs including things like Arts and crafts, Lego, board games, knitting, films and much more!



Get fit for free!

'Our Parks' is a free fitness programme which takes place in parks across London. They lead regular classes online and in person at

Lloyd Park, Leyton Jubilee Park, Ridgeway Park, Langthorne Park.



William Morris Gallery and Vestry House Museum

Come and explore Waltham Forest's local history, art and culture, including new exhibitions include 'Young Poland: An Arts and Crafts Movement (1890 – 1918)' and 'Sweet Harmony: Radio, Rave & Waltham Forest, 1989-1994'.

3 easy ways you can find out more



Online: All the information in this leaflet and more can be found at walthamforest.gov.uk/worriedaboutmoney

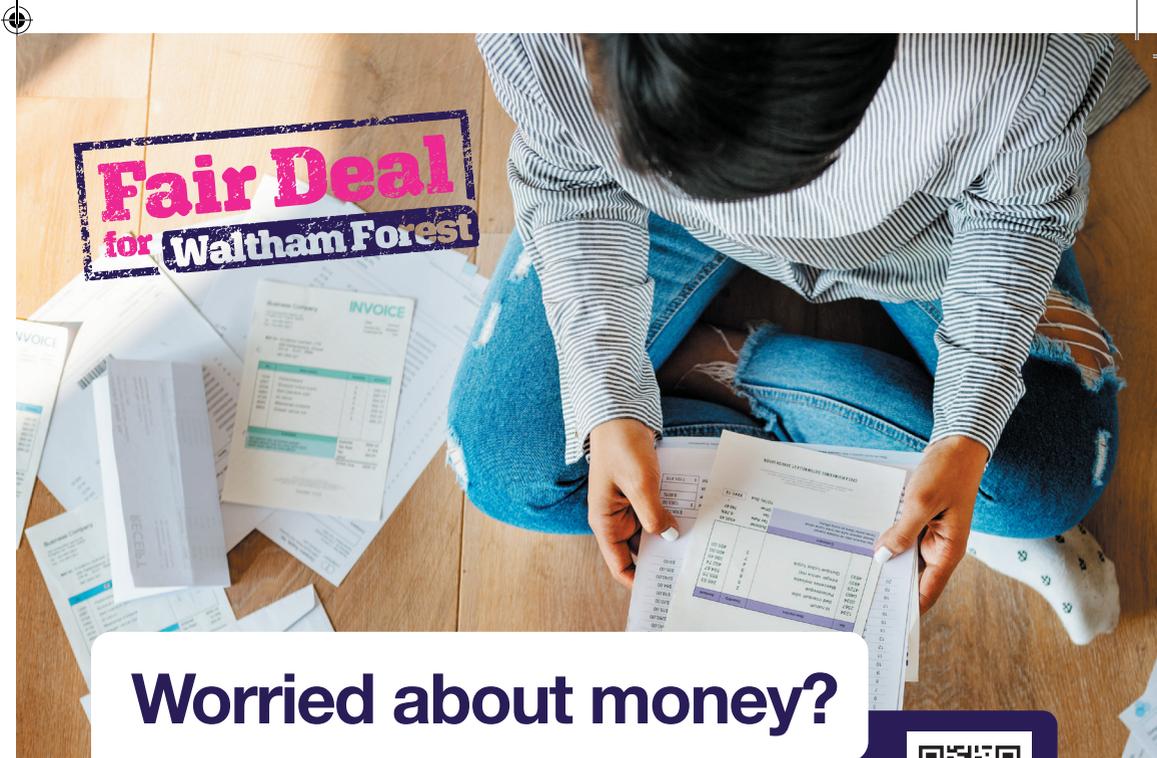
Language translations are also available on the website.



By phone: If you can't find what you need online, call **020 8496 3000**.



Face-to-face: For in-person help, our 8 local libraries provide easy access to a range of council services, with free computer access too.



Worried about money?

Scan the QR code or visit walthamforest.gov.uk/worriedaboutmoney



We're here to help you or somebody you care about get support in Waltham Forest this winter and beyond.

Whether you need advice or support to...

pay your bills or heat your home,

get quality food that's right for you and your family,

access the right type of benefit for you

...we're here to help.

citizens
advice


Waltham Forest

What can we help you with?

To get help on all these issues scan the QR code



✓ I suddenly have no money

Have you lost your job, are you experiencing a relationship breakdown or are you facing unexpected costs?

✓ I am waiting on a benefit payment/decision

Have you made a new benefit claim, or is your benefit payment delayed?

✓ My money doesn't stretch far enough

Do you struggle deciding between food/fuel/mobile credit, are you on low income, or suffering from an illness or bereavement?

✓ I'm worried about debt

Have you got rent or council tax arrears, are you worried about bills, credit cards or do you owe money to friends or family?

What are some options available to you?

For more information about the options available, scan this code



✓ Council support schemes

If you are of working age and on a low income, you may be able to get **Universal Credit, housing benefit** or **council tax support**.

If you are receiving one of these already and you are still struggling to pay for things like bills or essential household items, you may be eligible for grants and payments such as **Local Welfare Assistance**.

✓ Check if you can increase your income

Anyone who is struggling financially can talk to an advisor for **free** and **confidential advice**, for a **benefit check** and to **help you find cheaper deals** on things like gas and electricity.

✓ Debt advice

Debt can happen to anyone. There are many options for **free debt advice and support** and to help reduce how much you pay each month.

✓ Benefit advance

You may be able to **receive your benefit earlier than usual** if you need to pay for something like rent or food.

✓ Hardship payment

If you have been sanctioned, you may be eligible for a hardship payment from the **Jobcentre, Job Seekers** or **Employment Support Allowance**.

✓ Challenge a benefit decision

If your benefit has been stopped, sanctioned, reduced or refused, we may be able to help you with challenging this decision.

Other support available to you

Worried about money or debt?

Citizens Advice Waltham Forest

For advice on various issues including money, benefits, housing, employment, and how to apply for further aid.

☎ 0808 278 7837 (freephone)

📄 citizensadvice.org.uk/local/waltham-forest/

Debt Free London

Expert advice for Londoners with problem debt. The advice pages on their website can be translated into many languages.

☎ 0800 808 5700 (freephone)

📄 debtfree.london

Citizens Advice National

☎ 0800 240 4420 (freephone)

📄 citizensadvice.org.uk

National Debt Line

Free and independent debt advice

☎ 0808 808 4000 (freephone)

📄 nationaldebtline.org

Worried about getting food?

Local food organisations

There are many local food hubs who can help you access free or affordable food*. The Council has recently worked closely with these five:

info@EatOrHeat.org

Three locations:

- 1 E4 8LT
- 2 E17 4QU
- 3 E11 4PP

RukhsanaKhan@outlook.com
E17 6QQ



HighamsParkFoodAid@gmail.com
E4 9QD

PL84UALSuffa@gmail.com
E11 4LJ

info@Hornbeam.org.uk
E17 9AH

Food Vouchers

Support is available to help you buy fruit, vegetables and milk if you're on a low income, pregnant or have a child under four years old.

📄 healthystart.nhs.uk/

*You can also find a longer list of local food hubs here:

📄 www.walthamforest.gov.uk/worriedaboutmoney

Worried about accommodation?

Shelter

Emergency helpline if you are homeless or at risk of being homeless:

☎ 0808 800 4444 (freephone)

📄 england.shelter.org.uk

Waltham Forest Migrant Hub

Access free advice on Immigration, Housing and Welfare, as well as signposting to other organisations that can help.

📄 wfmigranhub.org/advice-and-support/