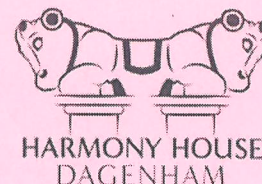


Cost of Living: Benefits Advice



Cost of living

National Debtline:

<https://nationaldebtline.org/cost-living-hub-ew/>

Phone: 0808 808 4000 A free self-help information pack.

BDMoney: <https://bdmoney.co.uk/>

Council website: <https://www.lbbd.gov.uk/benefits-and-support>

Citizens Advice Bureau <https://bdcab.org.uk/>

Advice Line: 0808 278 7870

Furniture

Second-hand furniture, white goods, and household items at reasonable prices to the general public, and discount to those on income- based benefits.

020 8553 5880

info@tclreuse.org.uk

Food:

Kingsley Hall, Parsloes Avenue, Dagenham RM9 5NB

Offer free and discounted food supplies and household goods. Everyone is welcome, you just need to turn up Monday to Friday, 9am to 4pm.

Contact info@khccc.com or call 07951 895 889.

Floating support services

Independent Living Agency_Tel: 020 8593 6677

<https://www.independentlivingagency.org/floating-support>
vulnerable people who need help with housing issues and live in independent accommodation.

Council Services

020 8215 3000 between 8am and 6pm Monday to Friday

<https://www.lbbd.gov.uk/contact-us>