

Haringey, Here to Help

HELP AND SUPPORT FOR RESIDENTS



www.haringey.gov.uk/HereToHelp

Haringey
LONDON

Contents

Money and Debt, Benefits	3
Families and children	4
Food and utilities, Employment and education, Homelessness	5
Mental health and wellbeing, Domestic abuse	6
Further resources	7
Translations	8

We want to make sure all Haringey residents get the help and support available to them.

Below you will find a range of financial help, as well as employment, education, and mental health support.

Further information and help can be found by visiting:


www.haringey.gov.uk/HereToHelp

MONEY AND DEBT

Financial Support Team

Our financial support team can help Haringey residents improve their financial situation by offering support and advice on:

- Debt
- Savings
- Unclaimed benefits
- Childcare costs
- And much more...

 0208 489 1000
(Select option 2, then 6)

 FinancialSupportTeam@
haringey.gov.uk

Haringey Credit Union


The Credit Union is a savings and loan co-operative that is owned and controlled by its members and offers a range of affordable financial products like low-cost loans.

 www.haringey.gov.uk/credit-union

BENEFITS

Online benefits calculator

We have a handy online benefits calculator that you can use to find out which benefits you may be able to get to help your financial situation.

 www.haringey.gov.uk/HereToHelp

Discretionary Housing Payments (DHP)

You could get a DHP if there's a shortfall between the rent you pay and the amount you receive in benefits for housing costs.

 www.haringey.gov.uk/DHP


Council Tax Reduction Scheme (CTRS)

We can offer a cost reduction on your Council Tax bill up to 100% depending on your personal circumstances.

 www.haringey.gov.uk/CTR

Haringey Support Fund


We can provide one-off payments in emergencies and help with the costs of essential items that are difficult to budget for.

 www.haringey.gov.uk/haringey-support-fund

NHS Test and Trace Self-Isolation Payment

You could get up to £500 if you have been told to self-isolate via NHS Test and Trace and your income is affected.

Please note, fully vaccinated people identified as a contact of a person with COVID-19 don't need to self-isolate, so won't qualify for a self-isolation payment unless they test positive themselves.

 www.haringey.gov.uk/self-isolation-payment

For a list of all Government benefits, please visit:

 www.gov.uk/browse/benefits


FAMILIES AND CHILDREN

We know that raising a young family can be financially challenging, but there is help and support available.

Healthy Start Vouchers

If you're pregnant or have a child under 4, you could get weekly

vouchers to buy milk, baby formula, fruit, vegetables, and pulses.

 www.haringey.gov.uk/healthy-start-vouchers

Free School Meals (FSM) and School Uniform Grant

Your child/children may be able to get FSM if you're the parent/guardian and in receipt of qualifying benefits.

If eligible for FSM, you can also apply for a one-off £60 clothing grant to buy school clothes and shoes for your child.

 www.haringey.gov.uk/FSM

Free Early Learning/Education

Up to 15 hours of Free Early Learning is available for parents of two-year-olds who are receiving financial support, and all three- and four-year olds.

Working parents of three- and four-year-olds could also get 30 hours free childcare.

 www.haringey.gov.uk/free-early-education

Help with childcare costs

There is a range of support available for working parents to help pay for childcare costs including Tax-Free Childcare, Tax Credits and Universal Credit.

 www.haringey.gov.uk/help-childcare-costs

FOOD AND UTILITIES


Foodbanks in Haringey

Haringey has an informal network of community groups and foodbanks run by volunteers, providing emergency food to local people in need of support.

 www.haringey.gov.uk/foodbanks

SHINE London

We have partnered with SHINE London to provide a one-stop referral service for residents who are struggling to pay their energy bills.

 www.shine-london.org.uk

Please also see the Haringey Support Fund which can help with the costs of both food and fuel.

EMPLOYMENT AND EDUCATION

Haringey Works

Haringey Works is a one-stop shop service dedicated to supporting Haringey residents into employment by providing a range of pathways into different sectors.

 works.haringey.gov.uk

Haringey Adult Learning Service (HALS)


HALS can help you to upskill, gain qualifications and make positive career choices, with a range of free courses on offer.

 www.webenrol.com

HOMELESSNESS

If you're worried about becoming homeless then call 020 8489 1000 as soon as possible so we can help prevent it from happening.


If you're at risk of homelessness within the next 56 days, use our online self-referral form to contact the Homelessness Prevention Service:


 www.haringey.gov.uk/contact-housing-advice

If you're rough sleeping or are aware of somebody rough sleeping, you can either make a referral to Streetlink by calling 0300 500 0914, or advise the rough sleeper to present as homeless at one of our Customer Service Centres in Wood Green Library or Marcus Garvey Library.

Shelter

Shelter's advice and support services offer one-to-one, personalised help with housing issues and homelessness.

 england.shelter.org.uk

 0808 800 4444

MENTAL HEALTH AND WELLBEING

If you are experiencing depression, anxiety or other forms of mental distress it is important to get help as soon as possible.

Although Haringey's specialist Adult Mental Health Services can only be accessed following a referral from your GP, we work with charities and other organisations to provide a range of other support:

The Haringey Wellbeing Network (HWN)

The HWN is a free mental health and wellbeing community support service for all Haringey residents 18 and over. It provides a range of advice, support and activities.

 0208 340 2474 (option 1)

 Haringeywellbeingnetwork@mih.org.uk

Let's Talk Haringey


Let's Talk Haringey is a free NHS talking therapy service offering support for a range of common mental health difficulties for people aged 16 and over.

 0203 074 2280 or

 lets.talkharingey@nhs.net

Choices

Choices offers support to children, young people up to the age of 17 and families in Haringey who are worried about their emotional wellbeing.

 020 8702 3405


 beh-tr.choices@nhs.net

DOMESTIC ABUSE

Hearthstone

Hearthstone provides emotional and practical support for anyone experiencing domestic abuse in Haringey.

 020 8489 3411

 hearthstone.domesticviolence@homesforharingey.org


MIGRANTS WITH NO RECOURSE TO PUBLIC FUNDS (NRPF)

The charities below provide advice and support to people who are facing extreme poverty and/or homelessness because they have NRPF.

Project 17


Project 17 supports families with children.

 www.project17.org.uk

 07963 509 044


The Unity Project

 www.unity-project.org.uk

 info@unity-project.org.uk

FURTHER RESOURCES

For more information about any of the support outlined above please visit:

 www.haringey.gov.uk/HereToHelp

Below are some other available resources to help you get the right support for your circumstances:

Connected Communities


Connected Communities is a programme designed to improve access to council and voluntary support in Haringey.

 www.haringey.gov.uk/connected-communities

Citizens Advice Haringey

Citizens Advice Haringey provide free, confidential and impartial advice and campaign on big issues affecting people's lives.


 www.haringeycabx.org.uk

 0808 278 7966

MoneyHelper

MoneyHelper is a free service provided by the Money and Pensions Service, helping people manage their money and pension.


 www.moneyhelper.org.uk

 0800 138 7777

Step Change

Step Change offers free debt advice based on an assessment of your situation, followed by practical help and support.

 www.stepchange.org

 0800 138 1111

TRANSLATIONS

We want to make sure all Haringey residents get the help and support available to them. This leaflet outlines a range of financial support to help with family costs and living expenses, as well as support with employment, education, and mental health.

If you would like this leaflet translated into your own language, please email: translationandinterpreting@haringey.gov.uk

TURKISH

Tüm Haringey sakinlerinin kendilerine sunulan yardım ve desteği almalarını sağlamak istiyoruz. Bu broşürde, aile masrafları ve yaşam giderlerinin yanı sıra istihdam, eğitim ve ruh sağlığına destek sağlamak için bir dizi finansal destek özet vermektedir.

Bu broşürü kendi dilinize çevirmek istiyorsanız, lütfen e-posta ile e-posta ile adresinize e-posta ile tıklayın:

translationandinterpreting@haringey.gov.uk

POLISH

Chcemy mieć pewność, że wszyscy mieszkańcy Haringey otrzymają dostępną dla nich pomoc i wsparcie. Ta ulotka przedstawia zakres wsparcia finansowego, aby pomóc w pokryciu kosztów rodzinnych i wydatków na utrzymanie, a także wsparcie w zakresie zatrudnienia, edukacji i zdrowia psychicznego.

Jeśli chcesz, aby ta ulotka została przetłumaczona na Twój język, wyślij e-mail:

translationandinterpreting@haringey.gov.uk

SPANISH

Queremos asegurarnos de que todos los residentes de Haringey reciban la ayuda y el apoyo disponibles para ellos. Este folleto describe una variedad de apoyo financiero para ayudar con los costos familiares y los gastos de subsistencia, así como el apoyo con el empleo, la educación y la salud mental.

Si desea que este folleto se traduzca a su propio idioma, envíe un correo electrónico a: translationandinterpreting@haringey.gov.uk

GREEK

Θέλουμε να βεβαιωθούμε ότι όλοι οι κάτοικοι του Haringey θα έχουν τη βοήθεια και την υποστήριξη που έχουν στη διάθεσή τους. Αυτό το φυλλάδιο περιγράφει μια σειρά οικονομικής στήριξης για να βοηθήσει με τα οικογενειακά έξοδα και τα έξοδα διαβίωσης, καθώς και την υποστήριξη της απασχόλησης, της εκπαίδευσης και της ψυχικής υγείας.

Αν θέλετε αυτό το φυλλάδιο να μεταφραστεί στη δική σας γλώσσα, στείλτε email: translationandinterpreting@haringey.gov.uk

SOMALI

Waxaan rabnaa inaan hubino in dhammaan deganeyaasha Haringey ay helaan caawimaad iyo taageero ay heli karaan iyaga. Buug-yarahaan wuxuu sharxayaa taageero dhaqaale oo kala duwan si uu uga caawiyo qarashka qoyska iyo kharashaadka nolosha, iyo sidoo kale taageerada shaqada, waxbarashada, iyo caafimaadka maskaxda.

Haddii aad jeceshahay in buug-yarahaan loo tarjumay luqaddaada, fadlan e-mayl:

translationandinterpreting@haringey.gov.uk