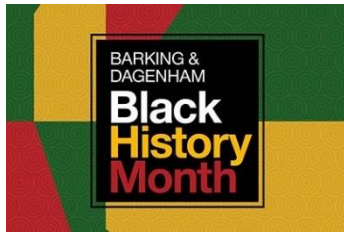




October Edition



Half Term- Pop- Up Market

Black History Month returns this October to celebrate the culture, history and achievements that Black African and Caribbean people have brought to the United Kingdom.

The rich cultures and traditions of the Black community have for many years contributed to the diversity of Barking and Dagenham and makes it so unique.

Join us on **Wednesday, 30th October** from 9:00 AM to 5:00 PM at Barking Town Centre for a vibrant celebration of African and Caribbean culture.

The Black History Month Pop-Up Market will spotlight local Black-owned businesses, promoting entrepreneurship and cultural heritage.



Every Tuesday, we hold our Pre-Loved Uniform sale in the school office. Prices start at just 50p for a polo shirt and they really are in very good condition. We sell:

- Jumpers/ Cardigans
- Polo Shirts
- Trousers/ Skirts/ Dresses
- PE Kits
- Book Bags

We're always so grateful for your generous donations of pre-loved uniform, so thank you.



Barking and Dagenham Money is a local website here to help and support people through financial struggles. Their website offers help to residents who may be struggling with money worries, debt, benefits or grants.

Many people struggle with money and you are not alone. Barking and Dagenham Money is here to guide you to financial support, regardless of your circumstances.

Please click the [link](#) for more information, or pop in and see Emma.



COMMUNITY FOOD CLUB

What the Community Food Club offers

You could reduce your food shopping bill by having access to roughly £20 worth of shopping each week.

Membership is available for one person per household, to visit once a week and is valid for 3 months. Your membership will give you access to support from a wide range of services, providing advice on finances, health, employment, training and skills.

You must be a resident of the borough, on a low income or having financial difficulties.

You can sign up [here](#)

Our nearest Hub is-

Barking Learning Centre
Every Tuesday between 12pm and 4pm.

TALKING

Therapies

What they do

They provide a wide range of treatments and services helping those worried about their mental health and feeling distressed by difficult events in their lives. The service is confidential and easy to access.

After you have an assessment, they will recommend the treatment plan they think will be most appropriate for your needs. They offer support for the following kinds of difficulties:

- Low mood and depression
- Stress & Worry
- Anxiety, panic or fear
- Anxiety in social situations
- Fear of specific things (Phobias)

You can find out more information [here](#) or you can speak to your GP or you can self-refer using this [link](#).



**Barking &
Dagenham
Family
Hub**

Family Hubs are for families with children who need a bit of extra help.

They can help with:

- Meeting your child's needs including implementing a new family routine.
- Access to local services or specialised support including children with special educational needs (SEN), health services, drug and alcohol, violence prevention, money and debt, and mental wellbeing.
- Parenting Support via a range of Parenting Programmes.

They are here to work with you and your family to support you to get the right services, at the right time.

Where to find them:

Barking Learning Centre, Town Square, IG11 7NB
Monday – Friday 9:30am – 4:30pm

Whatever your needs, they'll find a way to help!

Did you know 1 in 5 women struggle to afford period products in the UK?

That is why [Barking & Dagenham](#) have partnered with Flow Happy, to supply free sanitary products to those who need them.

[Happy Flow](#) have a clear mission – and one we fully support - to take a stand against period poverty in London and provide free period products.

Look out for the vibrant pink cabinets placed in:

- Barking Learning Centre, first floor by reception
- Dagenham Learning Centre, Community Food Club room
- Marks Gate Community Hub

You can pop in and grab your free sanitary products – no questions asked.

**FEMININE
HYGIENE
SHOULD
BE FREE**