



Newham Carers Community: Monthly Workshop Schedule 2025

The workshops will be delivered as a hybrid: in-person and Online

ZOOM DETAILS

[HTTPS://US06WEB.ZOOM.US/J/86004636761](https://us06web.zoom.us/j/86004636761)

MEETING ID: 860 0463 6761

<p>JANUARY</p> <p>THINKING AHEAD FOR CARERS OF YOUNG PEOPLE WITH SEND</p> <p>DATE: TUESDAY 21TH JANUARY TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>	<p>JULY</p> <p>CARERS AND ADVOCACY</p> <p>DATE: TUESDAY 22ND JULY TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>
<p>FEBRUARY</p> <p>PERSONAL CARE AND WELL-BEING FOR CARERS</p> <p>DATE: TUESDAY 25TH FEBRUARY TIME: 10:30 AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>	<p>AUGUST</p> <p>HEALTH CONDITIONS THAT AFFECT CARERS</p> <p>DATE: TUESDAY 19TH AUGUST TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>
<p>MARCH</p> <p>EDUCATIONAL HEALTH AND CARE PLAN (EHCP) - AN INTRODUCTION</p> <p>DATE: TUESDAY 18TH MARCH TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>	<p>SEPTEMBER</p> <p>EFFECTIVE SKILLS FOR MAKING COMPLAINTS</p> <p>DATE: TUESDAY 23RD SEPTEMBER TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>
<p>APRIL</p> <p>SELF CARE FOR CARERS</p> <p>DATE: TUESDAY 29TH APRIL TIME: 10:30AM - 12:00PM LOCATION: 655 BARKING RD, E13 9EX</p>	<p>OCTOBER</p> <p>EFFECTIVE COMMUNICATION</p> <p>DATE: TUESDAY 21ST OCTOBER TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>
<p>MAY</p> <p>MAKING SUCCESSFUL DLA AND PIP APPLICATIONS</p> <p>DATE: TUESDAY 20TH MAY TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>	<p>NOVEMBER</p> <p>CARE ACT 2014 SIMPLIFIED - 10 THINGS CARERS SHOULD KNOW</p> <p>DATE: TUESDAY 18TH NOVEMBER TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>
<p>JUNE</p> <p>UNDERSTANDING SPECIFIC HEALTH CONDITIONS</p> <p>DATE: TUESDAY 17TH JUNE TIME: 10:30AM - 12.30PM LOCATION: 655 BARKING RD, E13 9EX</p>	<p>DECEMBER</p> <p>MENTAL WELLNESS AND EMOTIONAL SUPPORT FOR CARERS</p> <p>DATE: TUESDAY 16TH DECEMBER TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>

For more information, please contact us on: **02039 543 143**

or email to: info@newhamcarerscommunity.org.uk