



NEWHAM CARERS COMMUNITY

NEWSLETTER

FEBRUARY 2025

WELCOME

In this edition, we're excited to share highlights of upcoming events and sessions, as well as valuable resources to support you in the coming weeks.

We're also thrilled to introduce the beginnings of an Adult Carers Forum. If you'd like to help shape this new initiative we invite you to join us on **Thursday, 20th February at 11:00 am**. Please see our flyer on page 4 for more details.

Additionally, be sure to check out our Carers Monthly Workshop Schedule – we hope to see you at one of our upcoming sessions!

Therapeutic Gardening at Cody Dock

Cody Dock is offering a **6-week workshop** starting in the first week of **March**, every **Tuesday morning from 10:30 am to 1:00 pm**. We're eager to hear from you if you are interested in participating.

[Find details of Chinese New Year events here](#)

Best wishes,

The Newham Carers Community Team

Win a £50 Gift Voucher and a Surprise Gift!

To help us secure continued funding and improve our services, we invite you to complete our annual carers satisfaction online survey. It only takes a few minutes, and as a thank-you, you'll be entered into a prize draw to win a £50 gift voucher plus a surprise gift!

This survey is for Adult Carers only. If you're looking for details about the Young Carers survey, please don't hesitate to contact the Young Carers team via our main phone number.

Thank you for your support—it makes a difference!



MEET THE NCC TEAM



Linessa Ollivierre
Lead Carers Co-ordinator



Noreen Chaudhry
Asian Carers Specialist
Support Worker



Claudia St. Rose
Adult Carer Support Officer



Tasnim Anjum Ullah
Holistic Individuals and Group
Support Worker



Joseph Richards
Young Carers Manager



Naheed Anwar
Carers Co-ordinator



Simon Shum
Head of Community Services

Newham Carers Community

Carer's Satisfaction Survey

2024-25

COMPLETE THE
SURVEY TO BE IN A
DRAW TO WIN A
£50 GIFT VOUCHER
& SURPRISE GIFT!

PLEASE TAKE 4 MINS
TO COMPLETE THE
SURVEY WITH YOUR
FEEDBACK, TO HELP
US SHAPE THE SERVICE
FOR NEWHAM CARERS
IN THE FUTURE:

[ACCESS THE
SURVEY
HERE](#)



If you would like us to
send you the survey
via post or would like
one of our team to go
through it with you,
please ring:

0203 954 3143

Adult Carers Forum

We're excited to announce the launch of the Adult Carers Forum, a new initiative dedicated to supporting and empowering adult carers in our community.

If you'd like to help shape this initiative and share your ideas, we'd love for you to join us:

Thursday, 20th February

At 11:00 AM

655 Barking Rd, E13 9EX

02039 543143

info@newhamcarerscommunity.org.uk

FREE online ACTIVITIES

PLAYLIST FOR LIFE - EVERY WEDNESDAY 10:00 - 11:00AM

Love music, join for a journey through the sounds you love and share a vibrant music experience with others

Playlist for life Zoom link: <https://us06web.zoom.us/j/88955470742>

Meeting ID: 889 5547 0742

VIRTUAL ARMCHAIR TOURS - FIRST TUESDAY OF THE MONTH 10:30 - 11:30AM

Come and fly with us virtually! Explore and visit cities, landscapes and places around the world in these virtual tours. For queries call Emese: 07514 670 270

Virtual Walk Zoom link: <https://us06web.zoom.us/j/84425290869>

Meeting ID: 844 2529 0869

EMAIL OR RING:

MERCHANTSTHUB@AGEUKEASTLONDON.ORG.UK

020 8981 7124 AND SELECT EXTENSION 3



Newham Carers Small Grant (NCSG)

APPLICATION DEADLINE FRIDAY 14TH FEBRUARY

[CLICK TO VIEW GRANT APPLICATION FORM](#)

**[CLICK TO VIEW CARER GRANT APPLICATION
GUIDANCE INFORMATION](#)**



PERSONAL CARE AND WELL-BEING

We are committed to supporting carers on their journey. Attend our upcoming workshop designed to:

- Empower you with tools and techniques for self-care.
- Provide a supportive space to share experiences with other carers.
- Offer guidance on managing the diverse needs of those you care for.

**TUESDAY 25 TH FEBRUARY 2025
10 : 30 AM - 12 :00 PM**

655 Barking rd. E13 9EX (Age UK East London Offices)

If you can't make the visit join us on Zoom!

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

MEETING ID: 860 0463 6761

OFFER

**“Free gift for
10th person to
join”**

For more information:

0203 9543 143

info@newhamcarerscommunity.org.uk



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 style="text-align: center;">JANUARY</p> <p style="text-align: center;">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 style="text-align: center;">JULY</p> <p style="text-align: center;">CARERS AND ADVOCACY</p> <p>DATE: TUESDAY 22ND JULY TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>
<p style="text-align: center;">FEBRUARY</p> <p style="text-align: center;">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 style="text-align: center;">AUGUST</p> <p style="text-align: center;">HEALTH CONDITIONS THAT AFFECT CARERS</p> <p>DATE: TUESDAY 19TH AUGUST TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>
<p style="text-align: center;">MARCH</p> <p style="text-align: center;">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 style="text-align: center;">SEPTEMBER</p> <p style="text-align: center;">EFFECTIVE SKILLS FOR MAKING COMPLAINTS</p> <p>DATE: TUESDAY 23RD SEPTEMBER TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>
<p style="text-align: center;">APRIL</p> <p style="text-align: center;">SELF CARE FOR CARERS</p> <p>DATE: TUESDAY 29TH APRIL TIME: 10:30AM - 12:00PM LOCATION: 655 BARKING RD, E13 9EX</p>	<p style="text-align: center;">OCTOBER</p> <p style="text-align: center;">EFFECTIVE COMMUNICATION</p> <p>DATE: TUESDAY 21ST OCTOBER TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX</p>
<p style="text-align: center;">MAY</p> <p style="text-align: center;">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 style="text-align: center;">NOVEMBER</p> <p style="text-align: center;">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 style="text-align: center;">JUNE</p> <p style="text-align: center;">UNDERSTANDING SPECIFIC HEALTH CONDITIONS</p> <p>DATE: TUESDAY 17TH JUNE TIME: 10:30AM - 12.30PM LOCATION: 655 BARKING RD, E13 9EX</p>	<p style="text-align: center;">DECEMBER</p> <p style="text-align: center;">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



WINTER UPDATES

Newham libraries will be open for longer periods to offer Warm Havens for residents during the cold season.

See Newham website for details

<https://www.newham.gov.uk/contact-information/warm-havens>

Cost-saving on Energy Bills - [click to see leaflet](#)

Supermarket Savings - [click to see leaflet](#)

Warm Home Tips - [click to see leaflet](#)

Cost-saving on Household Spending - [click to see leaflet](#)

Guide to Winter Wellness - [click to see Well Newham website](#)

Free Energy Checks and Free Small Measures Installed (such as draft excluding tape and low energy bulbs) for the over 50's - [click see Age UK East London website](#)

Newham Carers Community

FREE



FREE ONLINE TRAINING COURSES FOR NEWHAM CARERS

**OVER 130 SOCIAL CARE COURSES VIA
CLICK LEARNING**

For more information, please contact

Newham Carers Community

Email: info@newhamcarerscommunity.org.uk

Telephone: 0203 9543 143



YOUNG CARERS BAKE OFF

Prizes for 1st, 2nd 3rd place winners!

**Join us for a fun
bakeoff competition!**

Want to test out
your baking skills?
Ingredients and
baking instructions
provided on the day,
open to young
carers aged 5 to 17.



Thursday 20th Feb
11am -2pm



395 High Street North
E12 6PG



REGISTER NOW

joseph@newhamcarerscommunity.org.uk



WHAT IS A YOUNG CARER?

WHAT DO THEY DO?

A Young Carer is a child who helps to look after someone in your family because of:

Disability

Mental illness

Long term physical illness

Drug or alcohol misuse


Helping with feeding, getting dressed or getting out of bed

Helping with cooking, cleaning, or shopping

Giving emotional support or care to someone who needs it


Join our drop-in sessions:


Shipman Youth Centre

 Tuesdays
3:30 - 8pm

 340 Prince Regent, E16 3JH

East Ham Library

 Mondays and Wednesdays
4 - 6.30pm

 East Ham Library
328 Barking Rd, London E6 2RT





NEW YOUNG CARERS DROP-IN



Come along to meet the team at Shipman Youth Centre on Tuesday 22nd October at 4.30pm. Free chicken and chips provided!

Are you a Young Carer aged 5-17?

Join our young carers drop-in sessions:

- Take part in a range of activities including PlayStation, football, basketball, weight room, and pool table.
- Get the chance to connect with other young carers
- Find out what support you need, and have your voice heard!
- Child & Adolescent Mental Health Services (CAMHS) Support available

No registration needed, drop-in only.

For more details contact us at:

- 📞 020 3954 3143
- 🌐 renewalprogramme.org.uk
- ✉️ info@newhamcarerscommunity.org.uk

REFRESHMENTS PROVIDED!





NATIONAL CARERS DISCOUNT CARD COMPARISON CHART



NAME OF CARD	CARD/APP	REQUIREMENTS	BENEFITS	COST
Forward Carers forwardcarers.org.uk	Card & App	Online registration Supporting evidence required and ID photograph, i.e., passport style	<ul style="list-style-type: none">• Carer ID• Stored In Case of Emergency contact details• Access to Carer friendly community and online support• Some national discounts	£15
Carers Card UK carerscarduk.co.uk	Card & App	Online registration and ID photograph, i.e., passport style	<ul style="list-style-type: none">• Carer ID• Stored In Case of Emergency contact details.• My Support: A catalogue of useful information, from guides to best practices.• Your Carer Circle: Allows you to create a circle of care for the person you look after; add notes, tasks, appointments, medication lists as well as monitoring the wellbeing of the person you care for.• Wellbeing Hub – A source of useful advice, videos and audiobooks to help with your wellbeing.• Online discounts including: Days Out Home and Garden Women's Fashion Gifts and Occasions	£8.00 (valid for 2 years)

NAME OF CARD	CARD/APP	REQUIREMENTS	BENEFITS	COST
<p>Discount for Carers</p> <p>discountsforcarers.com</p>	<p>App Only</p>	<p>Online registration</p>	<ul style="list-style-type: none"> • Money-saving deals and vouchers including: • Savings on homeware and electricals • Deals on mobile phones • Utilities and gym memberships • Cashback card • available with over 16% cashback on purchases at 80% of retailers once registered. • Free membership for the first year then £2.99 per year after 	<p>FREE</p>

If you would like more information on Carer Discount Cards or would like some help to apply for one, please contact Newham Carers Community on:

Email: info@newhamcarerscommunity.org.uk

Telephone: 02039 543 143





KEEP LEARNING

Want to learn something new?

Click Learning provide up to up 130 free social care and functional skills online courses. To register your interest and receive login details please contact us:

info@newhamcarerscommunity.org.uk or call **020 39543143**

Techy Tea Social with kulvinder 655 Barking Rd, E13 9EX

A chance to socialise over a cuppa and brush up on your digital skills,

Get in touch to find out when our next session is happening!

info@newhamcarerscommunity.org.uk or call **020 39543143**

Newham Recovery College

<https://linktr.ee/newhamrecoverycollege>

VOLUNTEERING OPPORTUNITIES

We are here to help with volunteer interests and applications. Please use the links below for volunteer opportunities available

Newham University Hospital volunteer opportunities

<https://www.bartshealth.nhs.uk/volunteers>

Renewal volunteer opportunities

<https://www.renewalprogramme.org.uk/get-involved/volunteer-with-us/>

Age UK East London volunteer opportunities

<https://www.ageuk.org.uk/eastlondon/get-involved/volunteer/>



RESIDENT CARER SUPPORT GROUPS

Group	Meeting Time	Venue	Contact Info
<p>Senior Parent Learning Disabilities Carers Group</p> <p>Support group for all carers or parents of people with learning disabilities</p>	<p>Every last Wednesday of the month 12:00am - 2:30 pm</p>	<p>Upper-Room Foursquare Chapel 525-529 Barking Rd, London E13 9EZ</p>	<p>Leader: Remi Osunsanya Sanyaosun2@yahoo.com Tel: 07872 595948</p>
<p>Disability Rep Forum</p> <p>Support group for disabled carers including parent carers and those with disabled children</p>	<p>Every 2nd Tuesday of the month 11.00am - 1.00pm</p>	<p>Froud Community Centre, Toronto Avenue, E12 5JF</p>	<p>Leader: Sarifa Patel sarifa.patel84@gmail.com Tel: 07723 739221</p>
<p>Carers Community Mental Health Group</p> <p>Support group for those who are caring for loved ones and friends with mental well-being</p>	<p>Every 3rd Wednesday of the month 11:30 pm - 1:30 pm</p>	<p>Upper-Room Foursquare Chapel 525-529 Barking Rd, London E13 9EZ</p>	<p>Leader: Zhenreenah Muhxinga carersgroup2020@yahoo.com Tel: 07950 123 540</p>
<p>Chinese Carers Group</p>	<p>Contact Group Lead for further details</p>	<p>Contact via phone or email only</p>	<p>Leader: Yvonne info@newhamchineseassoc.org.uk Tel: 0207 474 7715</p>
<p>St. Joseph's Carers Group</p> <p>Support group for those who are caring for relative, partner or friend that has a life-limiting illness</p>	<p>Every 3rd Friday of the month 1.30pm – 3.30pm</p>	<p>St. Joseph Hospice Mare Street Hackney E8 4SA</p>	<p>Jo Bedford - Carers Service Co-Ordinator j.bedford@stjh.org.uk Tel: 020 8525 3130</p>

Please get in touch with details of your resident carer group and we will add it to the list.



RESIDENT CARER SUPPORT GROUPS

Group	Meeting Time	Venue	Contact Info
Drop in bereavement centre	Contact Group Lead for further details	Contact via phone or email	dropinbereavement@btinternet.com Tel: 07396 016523
Let Us Communicate Support Group	Contact group email for further details	Contact via email	letuscommunicate101@gmail.com https://youtu.be/vaLsBo8NrCo?feature=shared
Care Heart Social Club Autistic Adult Carers Group	Contact Group Lead for further details	Contact via phone or email	Ying purisimasd12@gmail.com 07466 719164 or Loraine 07828841546 lorainefermin@outlook.com
Age UK East London Older Peoples Reference Group	Contact Group Lead for further details	Contact via phone or email	Grace Patient Grace.Patient@ageukeastlondon.org.uk 07384 511701
Subco Trust	Contact Group Lead for further details	Contact via phone or email	Taskin admin@subcotrust.org.uk 0208 548 0070

Please get in touch with details of your resident carer group and we will add it to the list.



RESIDENT CARER SUPPORT GROUPS

Group	Meeting Time	Venue	Contact Info
Cerebral palsy network Newham	Contact Group Lead for further details	Contact via phone or email	Habbib Aziz cpn_newham@hotmail.com 07903955353
Children with special needs - Ruby's carers support group	Contact Group Lead for further details		Rubina Azam Rubinaazam@hotmail.co.uk 07947158445
Autistic Adult Carers Group Support group for all carers or parents of adults with autism	First Wednesday of the month 11:00 am - 1:00 pm	Community Room, Morrison's, Canning Town, Silvertown Way E16 1ED	Sue Sinton Smith carersautisticresidentsnewham@gmail.com 07968424738 (Text only)

Please get in touch with details of your resident carer group and we will add it to the list.

**CALLING: Young People,
Parents/Carers / SENDCo's / TA's
Educational Institutions / Organisations &
Local Authorities with a vested interest in
SEND!**

**Do you have achievements to share?
Are you facing challenges? Do you need
support? Are you an organisation
supporting SEND?**

**If the answer is YES to any of these
questions, SCAN QR
JOIN our Community Research
Network!**



Core Partners of TTN:



Tuesday 18th February 2025

18:00 - 19:30

Refreshments: 17:30 - 18:00

SHARING & LEARNING WITHIN THE SEND COMMUNITY

**Join us IN PERSON or ONLINE for our
FIRST in a series of Community Research
Network events where we will share and
learn about services, achievements and
challenges within SEND for Young People**

Limited spaces available

Location and TEAMS links provided on sign up!

Book via Linktree QR to avoid disappointment



Linktree

Funded by:



UK Research
and Innovation



The Young
Foundation

Compost
London



WED 26 FEB 2025
WED 26 MAR 2025

11 am - 1 pm

FREE CLOTHES



Matt 25:36

"...I needed clothes and you clothed me..."

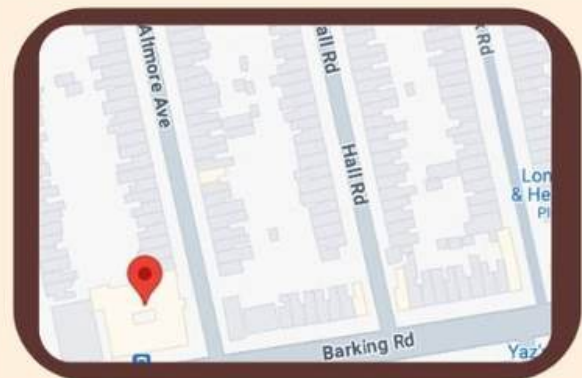
Join us at Faith & Hope Ministries COGOP for our monthly Charity Day! Get **FREE clothes, shoes, and more. We're here to **SUPPORT YOU**.**

Don't miss out!

(Light refreshments will be provided.)

**473 Barking Rd (enter via
Altmore Avenue),
East Ham, London,
E6 2LL**

*Closest Tube station: East
Ham
Buses: 5, 238, 300, 325*



@FHMCOGOP



**We accept quality clothing, food,
drink and financial donations too**

Registered charity number: 287868

Pastor Elijah 07958705421 | admin@faithandhopeministries.org.uk

GARDENING MADE EASY



Forest Gate
**COMMUNITY
GARDEN**

EVERY WEDNESDAY
11.30-1.00

5TH FEBRUARY - 26TH MARCH
STARTING AT
FOREST GATE LIBRARY

FREE

**ADULTS
+35**

JOIN US FOR THIS FUN,
HANDS ON WORKSHOP

- PRINCIPLES OF GROWING
- TERMINOLOGY & FACTS
- SEASONAL PLANTING
- ECO GARDENING
- PROPOGATING
- GARDENING FOR ALL SPACES
- GENERAL TIPS & HACKS

**GARDENING EXPERIENCE IN THE
COMMUNITY GARDEN AND LOCAL AREA**





USEFUL INFORMATION

Carers Assessment

Use the link for more information

<https://www.newham.gov.uk/health-adult-social-care/carers-assessments/1>

Carers Emergency Card

Use the link for more information

<https://www.newham.gov.uk/health-adult-social-care/emergency-care-arrangements/2>

Form Filling Support

- Your Community Neighbourhoods (Libraries) offer PC access and basic support and guidance in every library across the borough. See Newham library services – Newham Council for more details;
- Community Links offer a free form filling service (105 Barking Road - please contact advice@community-links.org or on **0207 473 9681** to book an appointment)
- Ascension Community Trust - offer free advice and form filling support. Please contact admin@ascensioncommunitytrust.org Tel: **020 7511 1232** to make an appointment).
- Community Links: Chandos East Community Hub - Open for drop-in appointments on Monday between 12.30pm and 3pm. For further information, call **020 8555 0850** (go Chandos Road, Stratford, E15 1TT)

Correspondence Support

- Voicebaility support for those most vulnerable commissioned by Newham newham@voiceability.org
- Community Links – Please contact advice@community-links.org, Tel: 0207 473 9681, or visit 105 Barking Road, London, E16 4HQ, for an appointment



USEFUL INFORMATION

Benefits and Debt – [Our Newham Money](#) support with

Debt & benefit advice - Helping residents to understand the options that are available to them, supporting them to set up repayment plans with their creditors. Undertaking a benefits assessment to establish entitlements and ensuring residents are claiming all entitlements. Support with completing forms related to benefits.

Budgeting /money management advice - Free, impartial, confidential.

Energy advice line - identifying and applying for discounts, referring to priority service registers, switching advice, supplier dispute advice, referring for wider services (fire safety checks, taxi card etc.)

Hardship Support Scheme – support with food and energy costs and other items can be considered in exceptional circumstances.

Home energy visits - arrange free home visiting service to install free small measures such as energy saving bulbs, draught excluders, radflex and more to reduce usage, as well as behavioural advice and controls advice.

Repayment plans - negotiating and agreeing Council Tax & Housing Benefit Overpayments

Emergency support - interest free loans for basic essential furniture, rent deposits and energy.

Affordable loans - loans up to £1,500 for essential purchases, household items, white goods and debt consolidation.

Benefit Information

Carers Allowance – [Click here for factsheet](#)

Attendance Allowance – [Click here for factsheet](#)

Disability Living Allowance (DLA) – [Click here for factsheet](#)

Grants and support schemes – [Click here for information](#)

Employment and Support Allowance (ESA) – [Click here for information](#)

Personal Independence Payment (PIP) – [Click here for factsheet](#)



USEFUL INFORMATION

Housing – please visit [Housing, homes and homelessness – Newham Council](#) for more information

Council Tenants - Housing Liaison Officers based in each Neighbourhood (click here for contacts) Housing Liaison Team Housing Liaison Officers provide tenancy and leasehold management, undertaking block and estate inspections and responding and dealing with housing and tenancy related enquiries raised by tenants and leaseholders. Provide regular housing surgeries for residents, resolve general housing queries, supporting in bidding and housing applications etc.

Private tenants - Private Housing Technical Support Tel: 020 3373 1950 or Email: privatehousing@newham.gov.uk

Homelessness prevention and advice – offers advice for people under threat of homelessness, someone who is rough sleeping or Homeless from Temporary Accommodation. The fastest way to get assistance is by completing an online application or emailing: hpas@newham.gov.uk. Find out more by following this link [Homelessness prevention and advice – Newham Council](#)

Other Useful Resident Advice Services

UCL Integrated Legal Advice Clinic – see link for more details

[UCL Integrated Legal Advice Clinic \(UCL iLAC\) | LawWorks](#)

Age UK (Newham Office) – see link for details

[Turn2Us - Advice Finder](#) - [Age UK East London \(Newham office\) - London](#)

Plaistow South Big Local Money Matters – see link for more details [Money Matters – Plaistow South Big Local \(psbl.org.uk\)](#)



GET IN CONTACT

If you or a group would like to feature or contribute to future editions please feel free to email:

Newham Carers Community Team - info@newhamcarerscommunity.org.uk

IN CASE OF AN EMERGENCY

Newham Adult Social Services

•Telephone: 020 8430 2000 Option 2
Textphone: 18001 020 8430 2000

Samaritans

•116 123

Cruse Bereavement Helpline

•0808 808 1677

Victim Support

•0808 689 111

•Website:

<https://www.victimsupport.org.uk/help-and-support/get-help/supportline>

National Domestic Violence Helpline

• 0808 2000 247

•Website: <https://www.nationaldahelpline.org.uk>

UNSUBSCRIBE

If you would us to take you off our mailing list, please email: unsubscribe@ageukeastlondon.org.uk