



# NEWHAM CARERS COMMUNITY

## NEWSLETTER

### JANUARY 2025

## WELCOME

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Happy New Year!

As we step into the year ahead this edition shares highlights of activities carers have been engaged in over the past month, details about upcoming events and sessions, and valuable resources to support you throughout the coming weeks.

Make sure to check out the new Carers Monthly Workshop Schedule for the year—we hope to see you at one of our sessions soon.

Wishing you a wonderful start to the year ahead!

**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!

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## 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**



## CALLUM SMART CHRISTMAS PERFORMANCE

Callum Smart's Christmas performance delighted both carers and residents alike. His renditions of festive favourites and well-loved classics created a warm and joyful atmosphere, thoroughly enjoyed by all.





## QUADIENT FESTIVE SOCIAL



Residents enjoyed a festive afternoon filled with fun activities, including, lively bingo games, and engaging quizzes galore. It was a delightful event that brought smiles and festive cheer to all who attended.

Thank you Quadient!



# THINKING AHEAD FOR CARERS OF YOUNG PEOPLE WITH SEND

**THIS WORKSHOP IS AIMED AT CAREERS OR YOUNG PEOPLE FROM AGE 14**

Includes:

- Understanding Mental Capacity
- Decision making on behalf of others.
- What does Best Interest mean
- Deputyship
- The importance of having a Will
- Lasting power of attorney
- Disabled persons, trusts in Wills.
- Welfare benefits appointee
- Hospital or Healthcare Passports

Join us for a chance  
to receive a special  
gift – if you're the  
lucky 10th to join!

**TUESDAY 21ST JANUARY 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!

**ZoomDetails**

**HTTPS://US06WEB.ZOOM.US/J/86004636761**

**MEETING ID: 860 0463 6761**

**For more information contact:**

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

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

or email to: [info@newhamcarerscommunity.org.uk](mailto:info@newhamcarerscommunity.org.uk)

# Discover the Power of Aromatherapy

## Transform Your Well-being Today

Starts on Tuesday 21st  
January  
1:30 - 3:30 pm  
655 Barking Rd, E13 9EX

**JOIN US FOR A SOOTHING EXPERIENCE  
THROUGH AROMATHERAPY TECHNIQUES.**

For more information contact:  
0203 9543 143  
[info@newhamcarerscommunity.org.uk](mailto:info@newhamcarerscommunity.org.uk)

LIMITED SPACES **BOOK NOW!**



**4 Week  
Aromatherapy  
Course**





## 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>

**Newham Recovery College Open Day 8th January** - [click to see flyer](#)

**Newham Recovery College Physical Health Sessions** - [click to see flyer](#)

**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](#)

# HOURS IN A&E...

...or **MINUTES** at your  
local pharmacy

Don't wait in A&E for minor illness #RethinkA&E

## Your options this winter



### Pharmacy

Minor illnesses such as  
headaches, bites, stings  
and stomach upsets



### GP Surgery

Chronic pain, long term  
conditions, prescriptions,  
persistent symptoms



### A&E/999

Medical emergencies such  
as cardiac arrest, stroke,  
significant blood loss



### NHS 111

24/7 advice when you  
are unsure of what care  
you might need

# WEEKLY DIGITAL SUPPORT

COME ALONG AND GET HELP WITH YOUR DIGITAL NEEDS,  
WHETHER SMARTPHONE, TABLET OR LAPTOP



**6 WEEKS COURSE**

**MON 13TH JAN - MON 24TH FEB**  
**11AM - 12:30PM**

## WHAT YOU COULD LEARN OR GET HELP WITH:

- GENERAL USE AND FUNCTION OF A DEVICE
- TAKING PHOTOS OR SHARING PHOTOS WITH FAMILY
- DOWNLOADING APPS & GOOGLE MAPS, QR CODES
- ACCESS TO HEALTH SERVICES – NHS APP
- SETTING UP EMAIL ACCOUNTS & CALENDERS
- USE OF SOCIAL MEDIA APPS

Address: 655 Barking Rd, London E13 9EX

Limited spaces available, call us on: 07392362803

# 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](mailto:info@newhamcarerscommunity.org.uk)**

**Telephone: 0203 9543 143**





# SHAPING THE FUTURE



## Young Carers forum: Shape the future of Young Carers in Newham



We want to hear your thoughts on how we can shape the future of Young Carers in Newham.



Monday 20th January 2025  
4:30 - 5:30pm



East Ham Library  
328 Barking Rd,  
East Ham E6 2RT

Join us for:

- Light Refreshment/food
- Games
- Arts and Craft
- £10 voucher as a thank you for attendance

For more information:

[joseph@newhamcarerscommunity.org.uk](mailto: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](http://renewalprogramme.org.uk)

✉ [info@newhamcarerscommunity.org.uk](mailto:info@newhamcarerscommunity.org.uk)

**REFRESHMENTS PROVIDED!**





## NATIONAL CARERS DISCOUNT CARD COMPARISON CHART



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



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

**Telephone:** 02039 543 143





## KEEP LEARNING

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### **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](mailto: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](mailto:info@newhamcarerscommunity.org.uk) or call **020 39543143**

### **Newham Recovery College**

<https://linktr.ee/newhamrecoverycollege>

## VOLUNTEERING OPPORTUNITIES

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**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/>

# New Year New You!

<u>Free Chair based Pilates class</u>	<u>Mindful Dining</u>	<u>The Line: Wellbeing walks</u>
<p>Dates</p> <p><b>01 January 2025</b>  <b>08 January 2025</b>  <b>15 January 2025</b>  <b>22 January 2025</b>  <b>29 January 2025</b></p>	<p>Dates</p> <p><b>05 January 2025</b>  <b>12 January 2025</b>  <b>19 January 2025</b>  <b>26 January 2025</b>  <b>02 February 2025</b></p>	<p>Dates</p> <p><b>02 January 2025</b>  <b>09 January 2025</b>  <b>16 January 2025</b>  <b>23 January 2025</b>  <b>30 January 2025</b></p>
<p>Location</p> <p><b>Beckton Globe library, 1 Kingsford Way, London E6 5JQ</b></p>	<p>Location</p> <p><b>Plaistow Fire Station 45 Prince Regent Lane London, E13 8RY</b></p>	<p>Location</p> <p><b>Jim &amp; Tonic at The Print House, 133 High Street, E15 2RB</b></p>
<p>Time</p> <p><b>11am-12pm</b></p>	<p>Time</p> <p><b>12pm - 4pm</b></p>	<p>Time</p> <p><b>11am-12pm</b></p>

**All sessions are free.**

**No booking required just turn up.**

**Click on the headings for further details or visit the Well Newham website [www.wellnewham.org.uk](http://www.wellnewham.org.uk)**



# IFS Cloud Cable Car Purple Week

## Free wellbeing activities in January 2025

**20 Mon**  
10:00-12:00

### Brew and Paint

Indulge in your creativity as you unleash your inner artist with our guided painting sessions, creating a masterpiece to take home.

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**21 Tue**  
10:00-12:00

### Pottery Painting

Let your artistic side shine as you decorate your own pottery piece - pick from a choice of a mug, side plate or bowl.

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**22 Wed**  
10:30-12:40

### Wellbeing Walk x The Line

The Line, East London's public art walk, is collaborating with IFS Cloud Cable Car to host a free wellbeing walk around the Greenwich Peninsula including 6 monumental sculptures

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**23 Thu**  
10:00-12:00

### Arts and Crafts session

Have fun creating your own bracelet using beads and charms or turning a plain tote bag into your personal masterpiece.

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**24 Fri**  
10:30-12:00

### Pilates session - Sunday Studios

Master the Essentials- Perfect for beginners and anyone looking to deepen their understanding of Reformer Pilates.

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Scan for more  
information & to book



## Carers Peer Support Group

### CARING FOR AN AUTISTIC ADULT BRINGS UNIQUE CHALLENGES

Join our friendly group to share the highs and lows and take part in fun activities. Find out about events near you and have the opportunity to take part in research projects, to change lives of autistic people for the better.

**Date: First Wednesday of each month**

**Time: 11.00am - 1.00pm**

**Where: Community Room, Morrison's, Canning Town,  
Silvertown Way, London E16 1ED**

**Parking below the store**

For more information or to confirm your attendance, please contact:

**Sue Sinton Smith** [carersautisticresidentsnewham@gmail.com](mailto:carersautisticresidentsnewham@gmail.com)

**07968424738 (text only)** To find Morrison's: cross the road from

Canning Town Station

and go straight ahead, past cafés. Morrison's is on the left after Superdrug. The Community Room is on the right, after the flower stall.

Coffee and tea provided.



# RESIDENT CARER SUPPORT GROUPS

Group	Meeting Time	Venue	Contact Info
<p><b>Senior Parent Learning Disabilities Carers Group</b></p> <p>Support group for all carers or parents of people with learning disabilities</p>	<p>Every last Wednesday of the month <b>12:00am - 2:30 pm</b></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><b>Disability Rep Forum</b></p> <p>Support group for disabled carers including parent carers and those with disabled children</p>	<p>Every 2nd Tuesday of the month <b>11.00am - 1.00pm</b></p>	<p>Froud Community Centre, Toronto Avenue, E12 5JF</p>	<p>Leader: Sarifa Patel sarifa.patel84@gmail.com Tel: 07723 739221</p>
<p><b>Carers Community Mental Health Group</b></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 <b>11:30 pm - 1:30 pm</b></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><b>Chinese Carers Group</b></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><b>St. Joseph's Carers Group</b></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 <b>1.30pm – 3.30pm</b></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
<b>Drop in bereavement centre</b>	Contact Group Lead for further details	Contact via phone or email	dropinbereavement@btinternet.com Tel: 07396 016523
<b>Let Us Communicate Support Group</b>	Contact group email for further details	Contact via email	letuscommunicate101@gmail.com <a href="https://youtu.be/vaLsBo8NrCo?feature=shared">https://youtu.be/vaLsBo8NrCo?feature=shared</a>
<b>Care Heart Social Club</b> 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
<b>Age UK East London Older Peoples Reference Group</b>	Contact Group Lead for further details	Contact via phone or email	Grace Patient Grace.Patient@ageukeastlondon.org.uk 07384 511701
<b>Subco Trust</b>	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
<b>Cerebral palsy network Newham</b>	Contact Group Lead for further details	Contact via phone or email	Habbib Aziz cpn_newham@hotmail.com 07903955353
<b>Children with special needs - Ruby's carers support group</b>	Contact Group Lead for further details		Rubina Azam Rubinaazam@hotmail.co.uk 07947158445
<b>Autistic Adult Carers Group</b> 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.





# 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](mailto: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](mailto: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](mailto:newham@voiceability.org)
- Community Links – Please contact [advice@community-links.org](mailto:advice@community-links.org), Tel: 0207 473 9681, or visit 105 Barking Road, London, E16 4HQ, for an appointment



<b>DAYS</b>	<b>9:15am-10:15am</b>	<b>10:15am-12 Noon</b> <b>ACTIVITIES</b>	<b>12 Noon</b> <b>12:45pm</b>	<b>1pm-2pm</b> <b>ACTIVITIES</b>	<b>Advice and Information sessions</b>
MON	<b>Service Open</b>	Teatime Digital Tech Arts and crafts Exercise session Board Games/puzzles	Lunch	Board games Colouring/Painting Dementia: Reminiscence session Board Games/Puzzles Dementia:	Advice and information available daily
TUE	<b>Service Open</b>	Teatime Yoga session Gardening project Board Games/puzzles Social stimulation chat	Lunch	Reminiscence session. Board games/Puzzles Painting/ Colouring Massage session	Advice and information available daily
WED	<b>Service Open</b>	Teatime Exercise session Board Games/Puzzles, Painting/ Colouring Men's Group - Social stimulating chats	Lunch	Board Games/Puzzles Arts, Crafts, Dementia: Reminiscence session Mini Massage Sessions	Advice and information available daily
THURS		Teatime Exercise session Dhol, Dance, Drama, Discussions, Songs & Poetry Consultations/Research Digital Tech sessions	Lunch	Socialising and Chit-Chat	Advice and information available daily





## Events & Activities January – March 2025

January	February	March
<p>Theatre Exchange Mapping session – Important places in Newham 29th January At Subco - 11pm - 1pm</p>	<p>Stomach Bugs Community Engagement Sessions 10th to 21st February At Subco: 10.30am-1pm</p>	<p>Gardening Session 11am -12.30pm Every Tuesday at Cody Dock</p>
<p>Warm Havens Hot Food, Advice &amp; Information Monday – Thursday At Subco - 11pm - 2pm &amp; Thursday Evening 5.30pm- 7pm</p>	<p>Valentines’ Day Celebration Thursday 13th February At Subco 11am -1pm</p>	<p>International Women &amp; Mother’s Day Celebrations 27th March - At Subco 11am – 1pm</p>
<p>Arts &amp; Crafts, &amp; Digital Sessions Every Monday &amp; Thursday At Subco - 10am-11pm</p>	<p>Arts &amp; Crafts, &amp; Digital Sessions Every Monday &amp; Thursday At Subco 10am-11pm</p>	<p>Warm Havens Hot Food, Advice &amp; Information Monday – Thursday at Subco - 11pm - 1pm &amp; Thursday Evenings 5.30pm-7pm</p>
<p>Carers Group Every 3rd Tuesday of the month at Subco - 11am-1pm</p>	<p>Warm Havens Hot Food, Advice &amp; Information Monday – Thursday At Subco - 11pm -2pm Also Thursday evening 5.30pm- 7pm</p>	<p>Arts &amp; Crafts, Digital Sessions Every Monday &amp; Thursday at Subco - 10am-11pm</p>
<p>Thursday Group (every week) At Subco - 11am – 1pm Exercise, Dhol, Dance, Drama, Discussions, Songs &amp; Poetry, Consultations, Digital Tech sessions</p>	<p>Carers Group Every 3rd Tuesday of the month at Subco Trust 11am-1pm</p>	<p>Carers Group Every 3rd Tuesday of the month at Subco Trust - 11am-1pm</p>
<p>V&amp;A sessions TBC Vaccine Awareness TBC</p>	<p>Thursday Group (every week) At Subco - 11am – 1pm Exercise, Dhol, Dance, Drama, Discussions, Songs &amp; Poetry, Consultations, Digital Tech sessions</p>	<p>Thursday Group (every week) At Subco - 11am – 1pm Exercise, Dhol, Dance, Drama, Discussions, Songs &amp; Poetry, Consultations, Digital Tech sessions</p>



## 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](mailto: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](mailto: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

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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](mailto:info@newhamcarerscommunity.org.uk)

## IN CASE OF AN EMERGENCY

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### **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

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