



NEWHAM CARERS COMMUNITY

NEWSLETTER

MARCH 2025

WELCOME

Hello Carers!

It definitely feels like spring is in the air! The evenings are getting brighter and there's a sense of renewal everywhere. It's a great time to refresh and recharge, especially as the days get longer.

Carers Forum Update

The next forum is scheduled for **Thursday 28th March 11:30 am to 1:00 pm**, venue to be confirmed. Click the link below to view notes from the first Carers Forum meeting.

[Carers Forum Meeting Notes](#)

As always, be sure to regularly check the activities, sessions and resources on the following pages to stay informed and make the most of the available opportunities.

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!

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



MEET THE NCC TEAM



Linessa Ollivierre
Service Manager



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



KURINUKI POTTERY

Carers participating in the Kurinuki pottery course, a traditional Japanese pottery art, found the 3-week course to be a wonderful opportunity to take a break from their usual daily responsibilities. Throughout the sessions they created marvelous masterpieces which they were able to take home at the end of the course. A heartfelt thank you to the Mary Ward Centre for facilitating this enriching experience.



SCAM AWARENESS WITH BARCLAYS



Age UK East London and Barclays recently hosted another crucial scam awareness session for carers and residents of Newham. The event aimed to educate attendees about the dangers of scams and provide strategies for identifying and avoiding them.



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


AN INTRODUCTION TO EDUCATIONAL HEALTH AND CARE PLAN (EHCP)



Join Us

 **Tuesday 18th March 2025**
10:30 am - 12:00 pm

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

 Zoom Details:
[Zoom Link](#)
MEETING ID: 860 0463 6761

For More Information

 0203 9543 143
 info@newhamcarerscommunity.org.uk

What to Expect:

Many children with SEND (special educational needs and disabilities) are supported through SEN services, however, some may need extra help. EHCP's are for children and young people whose needs go beyond what mainstream schools offer.

The workshop will cover:

- The local offer
- Requesting an assessment
- The key stages of the process
- Timescales
- Contents of the plan
- Requesting a particular school
- Reviews and reassessments
- Personal budgets
- Finalising and maintaining a plan.
- Ceasing a plan
- Transport provision
- School exclusions

BOOK NOW !



YOUNG CARERS' ACTION DAY

CELEBRATION EVENT



Join us for an exciting event including...

- Table Tennis
- Non-contact Boxing
- Playstation/Nintendo
- Smoothie Making
- Arts and Crafts
- Light Refreshments
- Free Activities and Goody Bag
- Young Carers' Video
- Presentation of Jack Petchey Awards to Young Carers

This year's theme is **'Give me a break'**, and is a reminder of the importance of rest for young carers. We want to provide a healthy balance between their responsibilities of being a carer and being young!

When and where?

 Wednesday 12th March
4.30 - 6.30pm

 East Ham Library
328 Barking Rd,
London E6 2RT



This event is for young carers, parents, and guardians.



Please RSVP to 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!



Carers Forum Summary - First Meeting 20th February 2025

Venue: NCC main office, 655 Barking Rd, E13 9EX

Meeting Frequency: Meetings will be held monthly for the next three months to establish the group's purpose and structure. Afterwards meetings will switch to a quarterly schedule.

Objective: The group agreed that everyone involved should work together to achieve common objectives.

Venue Discussions: The group discussed potential venues for future meetings, including:

- East Ham Library
- The Mix
- Stratford Arcade
- St Mark's Community Centre

A central accessible venue will be identified for future meetings.

The group agreed that the Carers Forum should serve as a space where participants can share resources, experiences, and knowledge, and where voices should be heard.

The group would like to receive answers regarding Newham Council's receipt of public NHS funding and its relevance to Hidden Carers. Specifically, they are seeking clarity on how this funding is being utilised to support hidden carers and whether it is reaching the intended recipients. Some members of

the group shared their involvement with the Resident United Forum (RUF) and expressed interest in the potential for future collaboration between the Carers Forum and RUF. This collaboration could help strengthen community ties and enhance support for carers within the local area.

Next Steps: Leaders from various carers groups will bring forward ideas and suggestions from their communities to guide the forum's direction at the next meeting. It was agreed that each leader/group should bring 3 topics from their respective communities to discuss at the next meeting. These topics should help guide the forum's direction and contribute to shaping the group's objectives. **Meeting Schedule:** Future meetings will be held on Thursdays from 11:30 am to 1:00 pm,

with this timing being agreed upon as the most suitable.

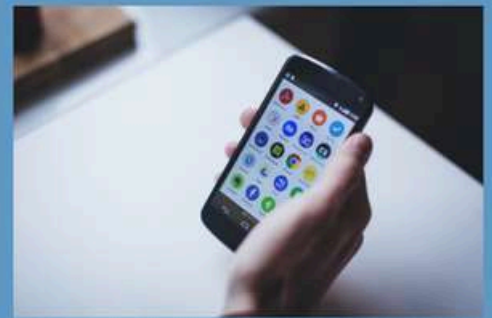
Next Meeting: The next forum is scheduled for Thursday **28th March 11:30 am to 1:00 pm**, with the venue to be confirmed.

DIGITAL DROP IN SUPPORT AND DIGITAL COURSES FOR NEWHAM CARERS & 50+

**COME ALONG AND GET HELP WITH YOUR DIGITAL NEEDS, WHETHER
SMARTPHONE, TABLET OR LAPTOP IN OUR **DIGITAL DROP IN****



FREE!



Drop In - 2:00pm - 4.00pm

EVERY MONDAY

**at Age UK East London, 655 Barking Rd,
London, E13 9EX**

Digital Drop in - Just turn up, first come first served basis

WHAT YOU COULD LEARN OR GET HELP WITH:

- GENERAL USE AND FUNCTION OF A DEVICE
- TAKING PHOTOS OR SHARING PHOTOS WITH FAMILY
- ONLINE PLATFORMS/DOWNLOADING APPS
- ACCESS TO HEALTH SERVICES – NHS APP
- SETTING UP EMAIL ACCOUNTS
- USE OF SOCIAL MEDIA APPS

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



Warm Home Discount winter 2024-2025

Eligible households have one week left to apply for this winter's Warm Home Discount, deadline 28th February.

One-off discount of £150 applied to your electricity bill by end of March, subject to eligibility.

Pre-payment meter households get the discount given as top-up voucher. If you are a dual-fuel customer, you can ask your energy supplier for the discount to be applied to your gas bill instead. Applications by 28th February.

Eligibility

You may have already received a letter by post to say you are getting the discount. If you haven't received a letter and believe you're eligible, you can apply. You must meet all of the eligibility criteria in this list.

- Your energy supplier must be signed up to the discount scheme. Check online:
<https://www.gov.uk/the-warm-home-discount-scheme/energy-suppliers>
- You or your partner named on electricity bill
- You or your partner receive one of the following benefits for low income household:
 - > Guarantee Credit or Savings Credit element of Pension Credit
 - > Means-tested benefits - Housing Benefit, Universal Credit, JSA, ESA, Income Support
 - > Your annual household income is below a certain amount and you get Child Tax Credit or Working Tax Credit
- Your accommodation has a high energy cost score, meaning it has been identified as being expensive to heat. If you live in a new-build property you are unlikely to be eligible as they have been built to be well insulated.

Use this online eligibility checker:

<https://www.gov.uk/check-if-youre-eligible-for-warm-home-discount>

Application

Contact the Warm Home Discount scheme helpline 0800 030 9322

Or write to them at Warm Home Discount Scheme, PO Box 14127, Selkirk, TD7 9AH. But time is running out to send a letter.

Park Home residents

Apply through the Charis Park Homes Warm Home Discount scheme.

Online application: <https://charisgrants.com/partners/park-homes/>

Contact the helpline 01733 797543



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.



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



BENEFITS 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](#)

WORKING CARERS RIGHTS

Your Rights In Work - [Click here for factsheet](#)

Requesting Flexible Working - [Click here details](#)

Taking Time Off When Needed - [Click here for details](#)

Support In Work - [Click here for details](#)

Thinking of Leaving Work - [Click here for details](#)

Thinking of Returning To Work - [Click here for details](#)

Boosting Your Skills - [Click here for details](#)

The Carers Leave Act 2023 - [Click here for details](#)

The Flexible Leave Act 2023 - [Click here for details](#)

PARKINSON'S^{UK}

Newham and East London Support group



We are a friendly group based in East Ham. We meet monthly for coffee at the Central Park Cafe (which has the best cakes in East London).

We also offer a monthly yoga class especially adapted for people with Parkinson's, to help maintain balance and flexibility. If these are up your street come and join us.

For more information contact Karen and Oliver at newham.parkinsons@gmail.com



PCCN & SOCIAL SWITCH ONLINE HARMS WORKSHOP

In partnership with the Social Switch Project, we are offering free training to parents and carers to support their young people in dealing with harmful online behaviour and the real-life violence which can escalate as a result.

TUESDAY 11 MARCH 2025

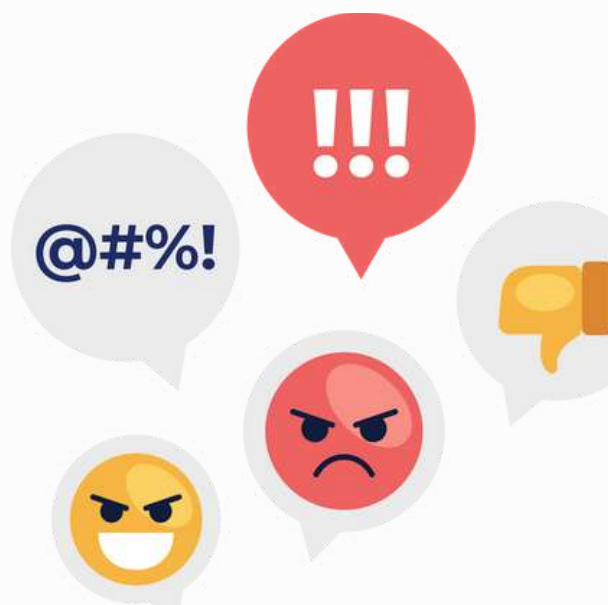
10:30 AM - 1:30 PM

**THE MIX CENTRE,
1A CUMBERLAND RD, E13 8LH**



TRAINING COVERS

- ✓ Over-usage of phone
- ✓ Online grooming
- ✓ Inappropriate content
(e.g. sexting and sending nudes)
Violence against women and girls
- ✓



FOR ENQUIRIES OR MORE INFORMATION:



NADINA@REIN.UK.COM
PRITY@REIN.UK.COM
VANESSA@REIN.UK.COM



02074735349 or
07871812751

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



Newham and East London Parkinsons Group

St Bart's Church, 292b Barking Road, E6 3BA
Second Friday of every month at 11am

Join us for a chat and free chair-based yoga class, no mat or experience needed. Enhance your balance and mobility.

Contact Karen and Oliver at newham.parkinsons@gmail.com



ANKH PLACE CIC PRESENTS...



BLACK MEN'S LEADERSHIP & ENGAGEMENT PROGRAMME (MENTAL HEALTH & WELLBEING)

ANKH Place CIC have launched Phase 2 of the Black Men's Programme's participation sessions. A programme to support black men aged 18-30 years, who live, work or study in Newham.

Commencing on Saturday 8th February 2025, at Crafted Corner - 27 Silvertown Way, London E16 1DH from 4.30pm, with an introduction to the programme, team and a chance to make any amendments, PLUS a free barbering and male grooming experience.

Up to 40 men will participate and test the programme co-created in Phase 1 and contribute to its review and upgrade, including reaching into other Health, Care and Community Services. Most sessions will again run from The Mix, 1a Cumberland Rd E13 8LH, Saturdays 4.30 to 7pm, with a few sessions at other venues across Newham, TBC.

Participation gift vouchers, food & refreshments are available. Certificate will be presented at the Celebratory Award Ceremony in July 2025

To register please click and complete the form here:

<https://forms.gle/zYnbtrTW3jWPdyn79>



For queries please contact Mavis on +44 7931712508 or ankhplace@gmail.com

Commissioned by London Borough of Newham Public Health Service



Newham
Recovery College

*Register
Now*



What's on?

Course	Date	Time
Finding Your Neurodiverse Strength	Tues 4th March	12 noon
Time To Talk; Relationships	Tues 4th March	2pm
Drumming for Wellbeing	Weds 5th March	3pm
Making Medication Work For You	Thursday 6th March	10.30am
Next Steps After Change	Thursday 6th March	11am
Weaving for meaning	Friday 7th March	2pm



**Week
Commencing
3rd March
2025**



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.



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>

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