



# NEWHAM CARERS COMMUNITY

## NEWSLETTER

### DECEMBER 2024



## WELCOME

---

Welcome to the Final Newsletter of the Year!

As we wrap up another year, our December edition highlights what carers have been up to, provides details about upcoming activities and sessions, and shares helpful resources to support you throughout the festive season.

Stay warm, stay safe, and enjoy the holidays!

**- 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:

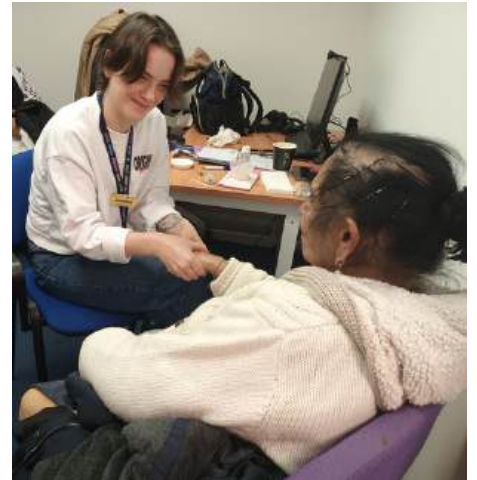
**0203 954 3143**



## CARERS RIGHTS DAY

The Carers Rights Day information drop-in session was a great success! Although space was limited at our main offices, the tremendous support and commitment from everyone more than made up for it.

A huge thank you to the stallholders, organisations, and partners for their incredible contributions in making this a truly rewarding experience!



Carer receiving a well deserved hand massage by St Joseph Hospice



Autism Resident Advisory Group stall



Carers at the NHS Gut Health and Newham Direct Payments stall

Free Will and LPA advice from Diplock Solicitors



Carers receiving service information from our NCC stall



Energy cost advice provided by Scope





## AROMATHERAPY WORKSHOPS

We've reached the end of the four-week aromatherapy course provided by the **Mary Ward Centre!**

Over the weeks, participants explored a range of enriching topics, including:

- Immune-boosting bath/foot soaks using medicinal herbs.
- Pain-relieving rollerball massage blends combined with self-help hand massage techniques.
- Healing face cream to ease nasal congestion or for everyday skincare.
- Antiseptic atomisers to refresh and combat airborne bacteria.

A big thank you to everyone who joined and made this a truly rewarding journey!



## TECHY TEA PARTY WITH UPSLIDE

The local community enjoyed tech support paired with delicious refreshments this November. A big thank you to Upslide for an amazing session! Everyone involved left feeling happy and well-supported.



# CALLUM SMART:

## Music Performance at Age UK East London



Callum Smart has developed an international reputation as one of Britain's finest young violinists. Recognised as a rising star since winning the BBC Young Musician strings category and being a top prize-winner at the Menuhin Competition.

Callum will be performing a series of sessions for us across our venues in East London. In this series, participants will be invited to vote for the songs they'd most like to hear, from a playlist of popular favourites!

*Collect a free  
gift and enjoy  
some festive  
cheer!*

**Join Us:**

**Wednesday 11th December**

**1:00 – 2.30pm**

**Barking Road NCC Office**

**655 Barking Rd, London, E13 9EX**

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

**020 3954 3143**



# ASSERTIVENESS SKILLS

Caring for someone usually involves advocating on their behalf and to be effective, it is important to have the skills to achieve a successful outcome e.g. accessing support services.



## Join Us

**Tuesday 17th December 2024**

**11:00 am - 12:30 pm**

655 Barking rd. E13 9EX

(Age UK East London Offices)

Zoom Details

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

**MEETING ID: 860 0463 6761**

## For More Information

0203 9543 143

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

## What to Expect:

- Communication skills for successful negotiation
- The difficulties with being assertive
- The difference between being assertive and being aggressive, passive, manipulative
- Boundary setting
- Essential confidence techniques.
- Outlining
- Getting 'acknowledged'
- Benefits of being assertive
- How to say NO
- How to ask for what you want -Not what you don't want





# Newham Carers Community: Monthly Training Schedule 2024

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

<p><b>JANUARY</b></p> <p><b>BUILDING RESILIENCE AS A CARER</b></p> <p>DATE: <b>MONDAY 29TH JANUARY</b> TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>	<p><b>JULY</b></p> <p><b>THINKING AHEAD FOR CARERS OF CHILDREN/YOUNG PEOPLE/ADULTS</b></p> <p>DATE: <b>TUESDAY 16TH JULY</b> TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>
<p><b>FEBRUARY</b></p> <p><b>CARERS AND ADVOCACY</b></p> <p>DATE: <b>MONDAY 26TH FEBRUARY</b> TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>	<p><b>AUGUST</b></p> <p><b>STRESS/ANXIETY MANAGEMENT</b></p> <p>DATE: <b>TUESDAY 20TH AUGUST</b> TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>
<p><b>MARCH</b></p> <p><b>MINDFULNESS MEDITATION FOR DAILY LIVING</b></p> <p>DATE: <b>MONDAY 18TH MARCH</b> TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>EAST HAM LIBRARY, 328 BARKING RD, LONDON E6 2RT</b></p>	<p><b>SEPTEMBER</b></p> <p><b>SKILLS FOR EFFECTIVE DISPUTE RESOLUTION</b></p> <p>DATE: <b>TUESDAY 17TH SEPTEMBER</b> TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>
<p><b>APRIL</b></p> <p><b>THE RIGHTS OF CARERS: THE CARE ACT 2014</b></p> <p>DATE: <b>TUESDAY 16TH APRIL</b> TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>	<p><b>OCTOBER</b></p> <p><b>MAKING SUCCESSFUL DLA/PIP APPLICATIONS AND CHALLENGING DECISIONS</b></p> <p>DATE: <b>TUESDAY 22ND OCTOBER</b> TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>
<p><b>MAY</b></p> <p><b>POSITIVE THINKING</b></p> <p>DATE: <b>TUESDAY 21ST MAY</b> TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>	<p><b>NOVEMBER</b></p> <p><b>DEMENCIA AWARENESS FOR FAMILY CARERS</b></p> <p>DATE: <b>TUESDAY 19TH NOVEMBER</b> TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>
<p><b>JUNE</b></p> <p><b>THE RIGHTS OF CHILDREN AND YOUNG PEOPLE WITH SEND AGED 0-16</b></p> <p>DATE: <b>TUESDAY 18TH JUNE</b> TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>	<p><b>DECEMBER</b></p> <p><b>ASSERTIVENESS SKILLS</b></p> <p>DATE: <b>TUESDAY 17TH DECEMBER</b> TIME: <b>11AM - 12.30PM</b></p> <p>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**



# 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



# Subco Events & Activities September – December 2024 (subject to change)



SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Advice, Advocacy & Information Support available daily To book an appointment contact Subco: 0208 548 0070 Cody Dock Open Day	Advice, Advocacy & Information Support available daily To book an appointment contact Subco: 0208 548 0070	Advice, Advocacy & Information Support available daily To book an appointment contact Subco: 0208 548 0070	Advice, Advocacy & Information Support available daily To book an appointment contact Subco: 0208 548 0070
11c South Crescent, E16 4TL Saturday 21st September 11am-2pm	Ageing Well Festival Saturday 5th October 10am – 4pm at Forest Gate School Forest Lane E7 9BB	Diwali Celebrations Thursday 8th November At Aston Mansfield (formerly known Froud Centre) 10.30am -12.30pm	Health & Wellbeing Home & Heritage Celebrations 1pm – 3pm Thursday 19th December at Wisteria – 229 Romford Road London E7 9HL
Healthwatch Newham Community Event 'The Value of Listening Day' 1st October (Canning Town Library) 10am -1.00pm	Dementia Prevention Reminiscence Group Every Wednesday at Subco Trust 10.30am -11.30am	Newham Connected Lives Event at Manor Park Library 685 Romford Road, E12 5BS Tuesday 13th November 11am to 1pm	Thursday Group (every week) at Subco Trust 11am – 1pm Exercise, Dhol, Dance, Drama, Discussions, Songs & Poetry, Consultations Digital Tech sessions
McMillan’s Open Day and Coffee Morning Celebrating 15 years 26th September - 11am – 3pm at Newham University Hospital	Thursday Group (every week) at Subco Trust 11am – 1pm	Newham Festival Stories Chai Tales 20th November 6.30pm -8pm At Plaistow library	Health & Wellbeing, Home Heritage Advisory Group at Subco Trust 11am-12pm
Thursday Group (every week) at Subco Trust 11am – 1pm	Exercise, Dhol, Dance, Drama, Discussions, Songs & Poetry, Consultations Digital Tech sessions	Carers Rights Day information Drop in “Recognising Your Rights” Booking needed 0203 954 3143 21st November 11am -1.30pm	Arts & Crafts, Digital Tech sessions Every Monday & Thursday at Subco Trust 10am-11pm
Memories of Green Street 18th September at Subco Trust 10.45 – 12.15	Recipes & Memories of Green Street At Green Street Library	At 655 Barking Road, E13 9EX Dementia Prevention Reminiscence Group Every Wednesday at Subco Trust 10.30am -11.30am	Carers Group Every 3rd Tuesday of the month at Subco Trust 11am-1pm
Dementia Prevention Reminiscence Group Every Wednesday at Subco Trust 10.30am -11.30am	Carers Group Every 3rd Tuesday of the month at Subco Trust 11am-1pm Arts & Crafts, Digital Tech sessions Every Monday & Thursday at Subco Trust 10am-11pm	Thursday Group (every week) At Subco Trust 11am – 1pm	Subco Annual General Meeting Christmas Party & Health, Wellbeing Home & Heritage Project (Newham PPP) Celebration On Thursday 19th December at The Wisteria, 229 Romford Road E7 9HL 10.30am to 2pm
Arts & Crafts, Digital Tech sessions Every Monday & Thursday At Subco Trust 10am-11pm	Health & Wellbeing, Home Heritage Advisory Group at Subco Trust 16th October - 11am-12pm	Exercise, Dhol, Dance, Drama, Discussions, Songs & Poetry, Consultations, Digital Tech sessions	Christmas break 24th December 2024 Re-opens 2nd January 2025
Health & Wellbeing, Home Heritage Advisory Group at Subco Trust 11th September - 11am-12pm		Recipes & Memories of Green Street At Green Street library 28th November 10am -12 noon	
Carers Group Every 3rd Tuesday of the month at Subco Trust 11am-1pm		Carers Group Every 3rd Tuesday of the month at Subco Trust 11am-1pm	

Contact: Subco Trust 0208 548 0070

107-109 The Grove, London, E15 1HP. Email: info@subcotrust.org.uk



Arts & Crafts, Digital Tech sessions  
Every

Monday & Thursday

at Subco Trust

10am-11pm

Theatre Exchange Cabaret- Free  
Autumn show

27th November

The Swift Centre - Memorial  
Community Church

389-395 Barking Road

London E13 8AL

1pm-3pm

Health & Wellbeing, Home Heritage

Advisory Group

at Subco Trust

9th November - 11am-12pm



## 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.



# Newham Carers Community

**FREE**



## **FREE ONLINE TRAINING COURSES FOR NEWHAM CARERS**

**OVER 130 SOCIAL CARE COURSES VIA  
GREY MATTER LEARNING**

**For more information, please contact  
Newham Carers Community on:**

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

**Telephone: 0203 9543 143**







# 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!**





## YOUNG CARERS - DRAMA AND COOKING SESSIONS OCTOBER HALF-TERM HIGHLIGHTS

The aim of our three-day drama project was to provide a fun and inclusive experience, helping participants develop their drama skills, build confidence, and enhance communication and teamwork. For most, this was a completely new experience, and they embraced it enthusiastically, thriving in the creative environment. To celebrate, participants will enjoy a trip to see Mrs. Doubtfire: The Musical at the Shaftesbury Theatre in the West End!



Our cooking session was equally engaging, with carers creating their own pizza bases and adding a variety of delicious toppings. They also prepared apple or pineapple crumbles to take home, adding a sweet touch to their day. A big thank you to everyone who joined us for these memorable sessions!





## YOUNG CARERS - OCTOBER HALF-TERM

### Young Carers Enjoying Outdoor Fun



During our half-term activities, young carers had a fantastic time in our outdoor space, enjoying a variety of games and sports. They played giant chess, table tennis, Connect Four, archery, and football, making the most of the opportunity to relax and have fun.

It was wonderful to see them engaged, active, and enjoying themselves!

## YOUNG CARERS - FORUM AT CHOBHAM ACADEMY

During our forum at Chobham Academy, we engaged in meaningful discussions with young carers about their responsibilities and how these impact them emotionally.

Together, we explored the types of activities and support they would like to see offered.

This was a valuable opportunity to hear their voices and better understand how we can support them moving forward.





## 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 Home and Garden Women's Fashion 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





# WINTER UPDATES

**From 4 November 2024, 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>

## **Sphere Holiday Hub (Christmas)**

A great indoor and out door activity

Free for children aged 5-12

See their website for details

<https://eequ.org/experience/6737>





## KEEP LEARNING

---

### **Want to learn something new?**

Grey Matter 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 for further details.

[info@newhamcarerscommunity.org.uk](mailto: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/>

# Whats on Next week!



Newham  
Recovery College

## 2nd - 6th December - 2024

**Understanding anger** Dates: Tuesday 25th November 10:00am - 12:00pm **Location:** Stratford Advice Arcade, 107-109 The Grove, London E15 1HP / Online **Tutors:** Kirstin

**Healthy boundaries: how to respectfully say no** Dates: Tuesday 3rd December at 11:00am - 12:00pm. **Location:** Stratford Advice Arcade, 107-109 The Grove, E15 1HP / Online **Tutors:** Kirstin and Heena (@StallionMinds)

**Thriving with ADHD** Dates: Tuesday 1st October or Tuesday 5th November or Tuesday 3rd December 12:00pm - 1:00pm **Location:** Stratford Advice Arcade, 107-109 The Grove, London E15 1HP / Online **Tutors:** Kirstin and Olive (Empowered Learning)

**Thriving with dyslexia** Dates: Tuesday 22nd October 12:00pm - 1:00pm **Location:** Stratford Advice Arcade, 107-109 The Grove, London E15 1HP / Online **Tutors:** Kirstin and Olive (Empowered Learning)

### Talking Therapies - Weekly introduction sessions

**Dealing with worries and anxiety:** Dates: Thursday 5th December - 10:30am - 11:30am face to face

**The power of words** Dates: Thursday 5th December 2:00pm - 4:00pm **Location:** Stratford Advice Arcade, 107-109 The Grove, London E15 1HP / Online **Tutors:** Sabrina and Kirstin

**Music appreciation for recovery** Dates: Friday 6th December 11:30am - 12:30pm **Location:** Stratford Advice Arcade, 107-109 The Grove, London E15 1HP Face to face **Tutors:** Ed

**Communication skills** Dates: Friday 8th November to 6th December 1:30pm 3:00pm  
**Location:** Stratford Advice Arcade, 107-109 The Grove, London E15 1HP / Online **Tutors:** Kirstin, Aurora and Angela

<https://forms.office.com/e/qeJgtP12mit>

Or call 07823 900600

Or email

[elft.newhamrecoverycollege@nhs.net](mailto:elft.newhamrecoverycollege@nhs.net)





# 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 <a href="mailto:Sanyaosun2@yahoo.com">Sanyaosun2@yahoo.com</a> 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 <a href="mailto:sarifa.patel84@gmail.com">sarifa.patel84@gmail.com</a> 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 <a href="mailto:carersgroup2020@yahoo.com">carersgroup2020@yahoo.com</a> 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: Gill Tan <a href="mailto:gtan4646@gmail.com">gtan4646@gmail.com</a> 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 <a href="mailto:j.bedford@stjh.org.uk">j.bedford@stjh.org.uk</a> 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	Olive Brade <a href="mailto:Olive.brade@btinternet.com">Olive.brade@btinternet.com</a> 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/vaLsBo8NrC0?feature=shared">https://youtu.be/vaLsBo8NrC0?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 <a href="mailto:purisimasd12@gmail.com">purisimasd12@gmail.com</a> 07466 719164 or Loraine 07828841546 <a href="mailto:lorainefermin@outlook.com">lorainefermin@outlook.com</a>
<b>Age UK East London Older Peoples Reference Group</b>	Contact Group Lead for further details	Contact via phone or email	Grace Patient <a href="mailto:Grace.Patient@ageukeastlondon.org.uk">Grace.Patient@ageukeastlondon.org.uk</a> 07384 511701
<b>Subco Trust</b>	Contact Group Lead for further details	Contact via phone or email	Taskin <a href="mailto:admin@subcotrust.org.uk">admin@subcotrust.org.uk</a> 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 <a href="mailto:cpn_newham@hotmail.com">cpn_newham@hotmail.com</a> 07903955353
<b>Children with special needs - Ruby's carers support group</b>	Contact Group Lead for further details		Rubina Azam <a href="mailto:Rubinaazam@hotmail.co.uk">Rubinaazam@hotmail.co.uk</a> 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 <a href="mailto:suesintonsmith@hotmail.com">suesintonsmith@hotmail.com</a> 07968424738 (Text only)

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

Free Parent, Carer and Caregiver

# Healthy Cooking

Workshops

Join Nutrition  
Kitchen and the  
Newham Family  
Hubs Parent and  
Caregiver Panel

and cook a different recipe  
every week!

Please bring a food container with  
you so you can take the food you  
make home with you

12 spaces available each week,  
**please book your place to avoid  
disappointment!**

To book a place on one these free  
workshops please email  
[annadevi.nagtalon@newham.gov.uk](mailto:annadevi.nagtalon@newham.gov.uk)  
or text or WhatsApp on  
0792 978 1742



## Workshop details:

Wednesday's starting on  
29th January 2025 to  
19th March 2025

11:30am - 12:45am

at Shipman Youth Zone

340 Prince Regent Lane, E16 3JH

No workshop during February half term week







ANKH Place CIC invites you to attend



# ANKH Place CIC Mindful Dining

## Mindful Dining Food Club & Perinatal event



Join your community for a warm meal, conversations and fun, interactive community activities!

**1st December 2024 and  
29th December 2024**

### What to expect:

- A Hot Meal
- Decoration Making
- Art & Music
- Santa plus more!



## FREE ENTRY

Meals cost £1.00 per person

Register online here:

<https://bit.ly/3AMCoKG>

**1PM - 4PM**

Venue: Plaistow Fire  
Station, 145 Prince  
Regents Lane, E13 8RY



Sponsored by ANKH Place CIC / Supported by She Inspired Her CIC



# MANOR PARK COMMUNITY GARDEN

1ST DECEMBER 2024

12.30 PM to 2.30 PM

You are invited to our

# Winter Festival

Delightful pizzas from Ancient Lights Bakery in Forest Gate  
Cozy mulled cider (non-alcoholic), soft drinks, and nibbles

Bulb planting

Sales of house plants and enchanting bulbs

Yearning to immerse yourself in the garden's magic? We seek enthusiastic volunteers to join our flourishing activities! There are myriad ways to contribute—gardening, crafting planters, engaging in arts and crafts, becoming a trustee, and so much more!

Manor Park Road  
London E12 5AT

[manorparkcommunitygarden.co.uk](http://manorparkcommunitygarden.co.uk)



*Let's Celebrate Together!*

Newham London



Loop Labs

Ancient  
Lights  
Bakery

Sel Florist





# 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





## 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

---

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

---

### **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](mailto:unsubscribe@ageukeastlondon.org.uk)