



# NEWHAM CARERS COMMUNITY NEWSLETTER

JULY 2024

## WELCOME

Welcome to the NCC Carers newsletter, July edition 2024.

In this edition we will inform you of news, important dates, events, useful information and training opportunities.

## CARERS WEEK 2024 IN PICTURES



Clacton-on-Sea



Carers workshop



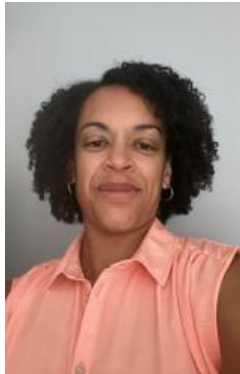
# CARERS WEEK 2024 PRIZE WINNERS







## 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



**Rubina Chohan**  
Young Carers Support  
Worker



**Simon Shum**  
Head of Community Services



**Naheed Anwar**  
Carers Co-ordinator



# Are you a young carer?

Young carers are 5 - 17 year olds that support their family without payment to manage day-to-day tasks such as

**Physical**

**Emotional**

**Domestic**

We can provide FREE support, advice, activities and updates to support young carers

Use the checklist overleaf to find out if you are a young carer.



Renewal  
Programme  
CONNECTION. GROWTH. INSPIRATION.







# You are a young carer if you:

- Help look after a family member (your mum, dad, brother, sister or a grandparent)
- Help them with daily tasks such as getting dressed or getting out of bed
- Help them with getting medicine or going with them to the doctors or hospital
- Help with housework, shopping or making meals for them
- Helping them speak with or translate to others
- Managing the family budget

Tick here!

For more information on our Newham Young Carers project scan the QR code or visit [renewalprogramme.org.uk/newham-young-carers-project/](http://renewalprogramme.org.uk/newham-young-carers-project/)  
If you have any questions or would like to speak to a Carers Support Worker before making a referral, please contact the team.

Telephone: 020 3954 3143

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






# Free Youth Programmes

**THIS SUMMER**

**8 – 11 Years**

 Kensington Primary School  
Kensington Avenue,  
Manor Park E12 6NN

 Mon 22nd July -  
Fri 2nd August

 10am - 2pm

## Activities:

- Arts and crafts
- Mixed sports and more
- Henna Art and face painting
- Karaoke
- Cake decorating
- Smoothie Making

**Sign up**

SCAN ME



To sign up, scan the QR code or click the link below.

[renewalprogramme.org.uk/haf24/](https://renewalprogramme.org.uk/haf24/)

Please note that there are also spaces available for children who are not on benefit related free school meals - Pupil Premium

All activities are subject to change depending on workshops and trips



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Renewal  
Programme  
CONNECTION. GROWTH. PROGRESS

Newham London






# Young Carers Programme

## Who is a Young Carer?

A young carer is a young person aged 5+ who cares, unpaid, for a person who has any type of physical or mental illness, physical and/or mental disability or misuses substances such as alcohol or drugs.

## 5-17 years

 Renewal Programme  
395 High Street North  
E12 6PG

 Mon 5th August -  
Fri 23rd August

 11am - 3pm\*

## Activities:

- Accredited first aid
- Baking
- Cookery
- Skiing/ Snowboarding
- Fairplay House Trip
- Bowling trip
- Mixed Sports

## Sign up

SCAN ME



To sign up, scan the QR code or click the link below.

[renewalprogramme.org.uk/haf24/](https://renewalprogramme.org.uk/haf24/)



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Renewal Programme  
CONNECTION. GROWTH. PROGRESS

Newham London



## TRAINING OPPORTUNITIES

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### **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**

### **Free Digital Sessions**

655 Barking Rd, E13 9EX

Brush up on your digital skills, just bring your digital device.

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

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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/>





# 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>Newham carers peer counselling network</b>	Contact Group Lead for further details	Upper-Room Foursquare Chapel 525-529 Barking Rd, London E13 9EZ	Catherine Isles <a href="mailto:ncpcn@mail.com">ncpcn@mail.com</a> <a href="tel:07507353329">07507353329</a>
<b>Newham Caring Hearts Carer Support Group</b>	Contact Group Lead for further details	Contact via phone or email	Aurora Todisco <a href="mailto:aurora.todisco@gmail.com">aurora.todisco@gmail.com</a> 07574165468
<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> <a href="tel:07384.511701">07384.511701</a>
<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
<b>The Greenhill Aphasia Group</b>	Contact Group Lead for further details	Contact via phone or email	Annette Daniells-Smith <a href="mailto:rogerannette@btinternet.com">rogerannette@btinternet.com</a> 07931365158

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>Carers Peer Support 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.



# 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>DEMMENTIA 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**



# THINKING AHEAD FOR CARERS OF CHILDREN/YOUNG PEOPLE/ADULTS

## About the workshop

This workshop enables parents/carers to make plans for the future. This includes planning for themselves as well as those they care for. Sometimes, parents/carers of children and young people are not aware that when the child turns 18, they legally become adults in their own rights, whether they are disabled or not.

Tuesday 16th July 11:00 am - 12:30 pm

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

ZOOM

[HTTPS://US06WEB.ZOOM.US/J/86004  
636761](https://us06web.zoom.us/j/86004636761)

MEETING ID: 860 0463 6761





Newham Community

# HEALTH FAIR

a free event for  
community organisations

- ▶ networking
- ▶ information stalls
- ▶ guest speakers
- ▶ refreshments

Sign-up



[BIT.LY/  
NEWHAM-HEALTH-FAIR](https://bit.ly/newham-health-fair)

**Wednesday 17th July**  
**11am-3pm**

**Old Town Hall, 29 Broadway,  
Stratford, E15 4BQ**





## NEWS AND EVENTS

### A new autism school in Newham

#### Email from Ambitious about Autism

Hello,

I hope this email finds you well.

Ambitious about Autism is interested in applying to open the new autism-specific school in Newham and I'm looking to speak to others in the autism/disability community about your experience of what the local community needs.

We are the national charity for autistic children and young people and aim to offer a range of support and opportunities, including delivering excellent education through our multi-academy trust. Our mission is to stand with autistic children and young people, champion their rights and create opportunities - we hope opening a school in Newham will do exactly that!

We believe all autistic young people have a right to the best education that meets their needs and enables them to learn, thrive and achieve. We're very proud of our modest number of schools and colleges which are rated Outstanding or Good by Ofsted. The schools in our trust follow the national curriculum as well as a social curriculum whilst receiving a range of supportive therapies such as Speech and Language, Occupational Health, music and art therapy, mindfulness and yoga.

As is the case in all the communities we work in, we endeavour to work closely with local autism/disability groups and value our role supporting the wider network of families and carers. I'd love to hear about your experience working within the autism/disability community in Newham.

Would someone be available at any of the following times for a brief virtual chat:

- **Tuesday 25th June after 3pm**
- **Thursday 4th July before 3.30pm**
- **Friday 5th July anytime**
- **Monday 8th July after 11am**
- 

Alternatively, might we ask you and your team to fill out our short survey (less than 5mins to complete): <https://www.surveymonkey.com/r/tell-us-your-views-autism-school-newham>



## NEWS AND EVENTS

### Newham Community Fund - Grants of £500

Please see attached information on the Newham community fund as well as the link to the online application form

Please use QR code or link to apply - Summer Round deadline 5th July.

Got a question or want to chat: Email [info@onenewham.org.uk](mailto:info@onenewham.org.uk)

[Apply Here](#)



Grants of £500 are available:

- To purchase an essential piece of equipment that will enable the organisation to deliver more service - e.g. towards furniture, play equipment, IT kit, safety equipment
- To develop the organisation's governance - e.g. develop policies, support formal registration as a charity, strategic plan development, create a health and safety policy
- To grow the organisation's social media or digital presence, including websites - with the opportunity to hold an information sharing/fundraising desk in the Westfield Stratford City shopping centre
- To support biodiversity projects and / or sustainability initiatives which reduce the organisation's carbon emissions

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



### Free Will writing service

St Joseph's Hospice have teamed up with local solicitors to help you put your affairs in order FREE OF CHARGE.

Click the link below for further details

<https://www.stjh.org.uk/support-us/gifts-in-wills/will-writing/#workshops>



## NEWS AND EVENTS

### Neighbourhood Small Grants Programme 2024/25

The Neighbourhood Small Grants programme is open to any not-for-profit organisation including voluntary, community and faith organisations working in Newham that support local projects and activities addressing community needs. The programme is designed to empower and make positive changes in local neighbourhoods with a key focus on supporting small, emerging and local community groups who have not been successful with larger grant programmes.

Organisations can apply for between **£500** and **£1000** per application.

This grant programme is now live. Running from **Friday 14 June 2024 closing on Sunday 28 July 2024 at 11pm.**

[Apply here!](#)

### Carers Information, Advice and Guidance Support

**Mondays 10:30 am - 1:00 pm**

**Tuesdays 1:00 pm - 3:00 pm**

**Wednesdays 10:30 am - 1:00 pm**

Receive expert specific carers support regarding entitlements & benefits, employment, training and welfare rights.

By Appointment Only

Please Book On: 07718 922033

49 Plashet Rd E13 0QA

### Carers Activities

**Monday: 10am - 12pm** - Digital Tech session and arts and crafts

**Tuesday: 11am -12pm** - Yoga session

**Last Tuesday of the month: 11am - 1pm** - Carers Group Drop in

**Thursday Group: 11am - 1.30pm** – Drums, Poetry, Dance and Social Chit Chat

For details please call: 07718 922033

Address: 49 Plashet Rd E13 0QA





## 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 for 1st year (then £2.99 per year after)</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



# 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**







# 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.



## 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 would like to feature in the Carer Spotlight 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)