



NEWHAM CARERS COMMUNITY

NEWSLETTER

NOVEMBER 2024

WELCOME

This month, we focus on Carers Rights Day, taking place on **21st November**. This is an important day dedicated to raising awareness and ensuring that carers know their rights. We encourage all carers to learn more about the support and resources available to them.

To support you further, there will be two sessions available this month, where carers can explore their rights, access resources, and connect with others in similar roles. Details on how to join are on the following pages.

For more information about your rights as a carer, please visit the [Carers UK website](#).

Thank you for all the vital work you do.

Subco Move!

Subco Trust has officially moved to a new location in Stratford! This transition enhances their ability to serve Newham's South Asian elder community and their carers with services like day programs, dementia support, and end-of-life planning. With this new space, Subco Trust can expand its mission of reducing isolation and supporting the well-being of elders through tailored programs and community engagement.

Visit [Subco Trust](#) to learn more about their impactful work.

New address: 107-109 The Grove E15 1HP

What are your rights?

- **Your right to unpaid Carer's leave**
- **The right to request flexilbe working**
- **The right to ask you GP to identify you as a carer**
- **The right and choice to request a free flu jab**
- **Protection against discrimination of harasment**
- **Requesting a Carer's Assessment**
- **Being consulted when the person you care for is discharged from hospital**



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



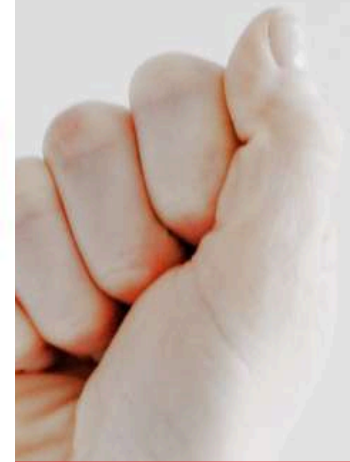
Rubina Chohan
Young Carers Support
Worker



Simon Shum
Head of Community Services



Naheed Anwar
Carers Co-ordinator



**Come Along and Join Us
for Carers Rights Day
Drop-in Information
Session**

**Book Now
Spaces are
limited!**

Thursday 21st November 2024

11:00 am - 1:30 pm

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

**Meet a variety of local organisations
who can offer support to you and those you
care for**

For more information and bookings:

0203 9543 143

info@newhamcarerscommunity.org.uk



Join Us on Zoom for Carers Rights Day Information Workshop

**Spaces are
limited
Book Now!**

Thursday 21st November 2024

7:00 pm - 8:30 pm

Zoom Details:

<https://us06web.zoom.us/j/88937174294> Meeting.

Meeting ID: 889 3717 4294

**Find out about your rights and the types of
support available to you and those you
care for**

For more information and bookings:

0203 9543 143

info@newhamcarerscommunity.org.uk

STRESS MANAGEMENT

JOIN US ON THE PATH TO INNER PEACE



Understand how stress impacts psychology and physiology, and discover healthy ways to cope with it



Learn relaxation and meditation methods to reduce tension and anxiety

**Spaces are limited,
booking required**

Thursday 14th November 11:00 am - 12:00 pm

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

0203 9543 143

info@newhamcarerscommunity.org.uk





GUT HEALTH & WELL-BEING WORKSHOP

In this workshop, residents and carers learned about the crucial role gut health plays in overall wellbeing. Delivered by the NHS Bowel Screening Programme, the session offered valuable insights into maintaining a healthy gut, the relationship between gut health and general health, and the importance of bowel screening for early detection of potential issues. Participants left with practical tips for improving gut health and a deeper understanding of how it affects long-term wellness.



TECHY TEA SOCIAL WITH KULVINDER

A chance for everyone to connect, chat, and learn digital skills in a warm and supportive environment

Next session Wednesday 20th November
2:00 pm - 4:00 pm
655 Barking Rd E13 9EX
No booking required, just turn up!





YOUNG CARERS - FORUM & DROP-IN

Some young carers participated in the Young Carers Forum held at Tollgate Primary School



Young carers enjoyed a fun biscuit decorating activity at one of the drop-in sessions held at East Ham Library.



SESSIONS

Techy Tea Party with Upslide
Wednesday 27th November 11:00 am - 1:00 pm

St Mark's Community Centre
Unit 3, 218 Tollgate Rd, London E6 5YA

Bring your tablets and smartphones to Corporate's Upslide Lavish Techy Tea Party, where digital support will be available along with some scrumptious refreshments.

Limited spaces booking required
Free Transport Provided from Age UK East London office
655 Barking Rd E13 9EX

For More Information contact:
0203 9543 143
info@newhamcarerscommunity.org.uk

FREE



DEMENTIA AWARENESS FOR FAMILY CARERS WORKSHOP

LIMITED
SPACES
Book Now

Join Us

Tuesday 19th November 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

What to Expect:

Caring for a loved one with dementia can be challenging, particularly when they begin to exhibit unfamiliar or unexplained behaviours that seem out of character. This workshop is designed to support family carers by providing them with the knowledge and skills necessary to understand and manage these changes.

Participants will be equipped with practical tools to enhance the quality of care they provide, improve their loved one's quality of life, and reduce their own stress throughout the caregiving journey. compassionate and effective way.





Newham Carers Community: Monthly Training Schedule 2024

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

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

For more information, please contact us on: **02039 543 143**
or email to: **info@newhamcarerscommunity.org.uk**

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** OR
LEARN THE BASICS WITH OUR **6 WEEK DIGITAL COURSES**



FREE!



Drop In - 10:30 am - 12:30 pm

Digital Course 2.00pm - 3:30 pm

EVERY MONDAY

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

Digital Drop in - Just turn up, first come first served basis
Please **BOOK** for 6 week Digital Course: 07 5394 33997

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
GREY MATTER LEARNING**

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

Email: 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

✉ info@newhamcarerscommunity.org.uk

REFRESHMENTS PROVIDED!



CALLUM SMART:

Music Performances 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!

Join Us:

Wednesday 11th December

1:00 – 1.30pm

**Barking Road NCC Office
655 Barking Rd, London, E13 9EX
020 3954 3143**

**SATURDAY 30TH
NOVEMBER**

12-5PM



**MAKERS
MARKET**



**FESTIVE
STALLS**

EXHIBITIONS



WORKSHOPS

GAMES



FOOD

LIVE MUSIC



MULLED WINE



Made possible with

**Heritage
Fund**

Charity No: 1141523



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 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

Telephone: 02039 543 143





TRAINING OPPORTUNITIES

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 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 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: Gill Tan gtan4646@gmail.com 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	Olive Brade Olive.brade@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/vaLsBo8NrC0?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 suesintonsmith@hotmail.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



USEFUL INFORMATION

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

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

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

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

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

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

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

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

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

Benefit Information

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

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

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

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

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

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



USEFUL INFORMATION

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

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

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

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

Other Useful Resident Advice Services

UCL Integrated Legal Advice Clinic – see link for more details

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

Age UK (Newham Office) – see link for details

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

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



GET IN CONTACT

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

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

IN CASE OF AN EMERGENCY

Newham Adult Social Services

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

Samaritans

•116 123

Cruse Bereavement Helpline

•0808 808 1677

Victim Support

•0808 689 111

•Website:

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

National Domestic Violence Helpline

• 0808 2000 247

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

UNSUBSCRIBE

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