

E-newsletter Newham



May 2023

Dear Newham Residents,

The Older People's Reference Group is a space to voice your experiences of living in City & Hackney, to share your insight and meet others that want to do the same.

You will hear from key speakers from your community about the work they are doing and how your feedback can positively contribute to decision making in key areas.

We can support you by offering information about services in the area and signpost you in the right direction.

We understand that issues around cost of living, energy, transport, healthcare and digitalisation (and more) cause worry and frustration, so come with your insight and experiences to help us tackle these issues. In the background, We're working with partner organisations in the community and the council to support Newham residents.

The next Open Meeting will be on Thursday 15th June 2023.

Time: 12:30-2:30pm

Address: St Johns Church, Broadway, London, E15 1NG.

Our new Age UK East London CEO Mary-Ann Foxwell will also be attending, come and say hello!

Best wishes and keep safe, Grace.

People participation at Newham Hospital

Recently, I spoke with Anna Sandiford, People Participation Lead, Barts Health NHS Lead and Mbemba Bojang, Medicine and clinical support services.

People Participation offer support and training for Newham Hospital service users and carers who wish to be actively involved in Barts Health continuous improvement agenda. We want our service users and carers to get the very best services. We can only do this by listening to you and working with you to make sure we deliver what you want. That's why your voice is so important. Your time and experience is valuable and as such you are entitled to be paid for your time and claim expenses according to rewards and recognition policy.

"Working with People Participation has improved my self esteem immensely and given me life purpose again."

They will be attending the June Open Meeting to explain more about how you can get involved.

Support: True Ambassadors

True Ambassadors are respected officials acting as representatives to nations. Christians are God's ambassadors, approved by God and entrusted with the gospel of salvation. They are sent out to nations to reconcile men back to God.

We are an independent charitable organisation that champions community participation by developing groups, supporting active ambassadors and building cohesive communities. We create a heightened awareness in our community, helping combat various issues. Our hope is not to just be, but to ensure that those who really needed help are reached.

Telephone number: 0800 321 3273

Email: enquiries@trueambassadors.org.uk

Address: The Greenhouse Trampery Republic Import Building, 2 Clove Crescent, London, E14 2BE.

Ask about them in your local library.

New: Carers Project in Newham

An exciting new project run by Age UK East London alongside the Renewal Project and Subco Trust.

Many carers often put their own lives on hold to provide care and support to someone close to them, this may impact their:

- Health and wellbeing
- Relationships
- Employment opportunities
- Finances
- Social and leisure activities

The project will provide support to Carers in Newham with the above.

Co-Production Event - Join us to celebrate

National Co-production Week is back for an eighth year, from 03 July 2023. It celebrates the benefits of co-production, share good practice and promote the contribution of people who use services and carers in developing better public services.

There will be an event on Wednesday 5th July which everyone is welcome to attend. I will have more information about this soon.

Activities happening in Newham

Highways Vineyard Church

Address: 88A Romford Road, London E15 4EH.

Date and Time: Every Wednesday from 1.30-3.30pm.

Activity: Friends and Neighbours Group for retired members in the community.

Royal Docks Learning & Activity Centre

Address: Albert Road, London E16 2JB

Contact: 020 7476 1666

Activity: Senior Programme, over 50's social club.

Evergreen Social, Forest Gate Community Garden

Hosted by Fiona Leckenby:

Address: Meeting at the Gate Library - Woodgrange Road, London E7 0QH and then at Forest Gate Community Garden 136 Earlham Grove, London E7 9AR.

Date and Time: Every Thursday morning at The Gate Library from 10:30-11:30 and Forest Gate Community Garden from 11:30-12:30.

Activity: Crafts, gardening and workshops.

Give me (Grace) a call on 07375051243 if you're interested.

Manor Park Community Centre

Address: 524 High Street North, London E12 6QN.

Date and Time: Every Wednesday 11-4pm.

Activity: Retired Group.

Bart's Café is based in St Bartholomew's Church and Centre

Address: 292b Barking Road, London E6 3BA.

Date and Time: Tuesday to Friday 11 am - 2pm.

Activities:

- Tuesdays (11 am - 2pm) - Stitch with Chris. Bring your own project or use one of ours!
- Tuesdays (10.45am to 12.15pm) - Newham Super Choir. Over 50's community choir. No audition required - just come along. 1st session free!

- Wednesdays (10:30am - 11.30am) - Line Dancing. Come and join us for a hoe-down. All abilities all welcome to this free, fun session.
- Thursdays (11 am - 2pm) - Knit and Natter. Again, bring your own project or use one of ours!
- Fridays - (12 pm - 2pm) - Scrabble Group. Whether you're a beginner or a master, you're more than welcome to join us.
- Every 1st Friday of the month (11 am - 2pm) - East Edge Sisters WI Coffee Morning. Come and join the Women's Institute for a coffee and a chat, whether you're a member or not. All are welcome!

Community Links

Address: 105 Barking Road, London E16 4HQ.

Date and Time: Classes are every Tuesday and Thursday 10.30am – 2.00pm for 6 weeks.

Activity: If you are 50+ join us to learn digital skills, make new friends and discover services in your community with our free programme!

Support in Newham (Finance and Housing)

Our Newham Money contact if you're not able to afford heating, food or other essentials.

Email: www.ournewhammoney.co.uk

Telephone number: 020 8430 2041

The Newham Food Alliance can help with food.

Email: frontdoor@newhamfoodalliance.co.uk

Telephone number: 07790 975086

Home heating and safety - it is important to warm your home safely and reduce any risks.

Email: www.london-fire.gov.uk/safety/thehome

Private landlord or letting agency problems

Email: privatehousing@newham.gov.uk

Telephone number: 020 3373 1950

Money A+E - Money advice & education for Newham residents.

Telephone number: 020 8616 3750

Community Links - For housing, debt, consumer and employment advice, free legal services from FreeLaw.

Email: www.community-links.org

Telephone number: 020 7473 2270

Bonny Downs - Welfare and welfare benefit checks for over 65s.

Telephone number: 020 8586 7070

Stefanie Bonfield – PHD Student

Stefanie Bonfield is doing some health inequalities research as part of her PhD at Queen Mary University of London and wants to understand what individuals aged 50+ who are experiencing deprivation think about tests for cancer (no previous experience with tests required) - it involves a 60 minute 1:1 discussion, either over the phone or in person, and a **£25 voucher as a thank you** for your time.

If you'd like to take part please email grace.patient@ageukeastlondon.org.uk

Age UK East London Information & Advice Service



During the cost of living crisis our Information & Advice Service is focusing on welfare benefits/income maximisation. Unfortunately we cannot provide form filling for blue badges, dial-a-ride, taxi card etc. We are looking into other options for this. The service has up to 6 weeks wait for non-urgent referrals.

If you need urgent support, please get in touch.

Email: info@ageukeastlondon.org.uk

Telephone number: 020 89817124