



NEWHAM CARERS COMMUNITY NEWSLETTER CHRISTMAS 2025

WELCOME

Dear Carers,

Whether you're a new subscriber or have been with us for a while, we're so glad to have you as part of our community.

This newsletter includes festive cheer and you'll find updates on recent activities and a glimpse into the events planned for the new year.

We wish you and families a peaceful Christmas and a Happy New Year.

Best wishes,
NCC Team



CHRISTMAS OPENING TIMES

MON 22ND: NORMAL HOURS
TUES 23RD: NORMAL HOURS
WED 24TH NORMALHOURS
THURS 25TH: CLOSED
FRI 26TH : CLOSED
MON 29TH: CLOSED
TUES 30TH: CLOSED
WED 31ST: CLOSED
THURS 1ST JAN: CLOSED
FRI 2ND: NORMAL HOURS

**Back to work as normal on
Monday 5th January 2026**

**Emergency Contact Numbers on
page 28**

New Updates

[Carers Massage - Page 4](#)

[Tech Support for Carers - Page 5](#)

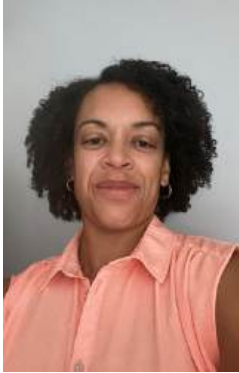
[Carers Resident Advisory Group Sign Up - Page 6](#)

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[Christmas Craft Party 20th Dec - Page 20](#)



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



Nilakshi Kanwar
Carer Hospital Project Officer



Naheed Anwar
Carers Co-ordinator



CARERS CHRISTMAS FESTIVITIES

Adult and young carers enjoyed lots of festive cheer at Christmas parties this month. It was wonderful spending time together, sharing laughter, and creating special memories with you all. We wish everyone a peaceful, joyful, and well-deserved seasonal break.





FREE MESSAGES FOR CARERS

Relax and Unwind

A £5
REFUNDABLE
DEPOSIT IS
REQUIRED TO
SECURE YOUR
BOOKING

Enjoy complimentary massages exclusively for unpaid carers. Take a moment for yourself!

FREE FOR CARERS

Friday 30th
January

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

Reserve your space

INFO@NEWHAMCARERSCOMMUNITY.ORG.UK

TEL: 0203 9543 143



TECH SUPPORT FOR CARERS

New Carer Support Pilot in North-East London

A new pilot is being run to better support unpaid carers across hospitals in North East London. This pilot is funded by the Department of Health and Social Care as part of the Accelerating Reform Fund and brings together the NHS, local councils, and carer support organisations.

What's the Pilot About?

We're testing how digital technology can help carers in their role – making caring easier, saving time and reducing stress.

The pilot focuses on carers who:

Meet the eligibility criteria

Are happy to take part

Eligible carers will be offered one of the below devices, based on their needs. These devices are limited.







Want to Get Involved?

To take part, you'll be asked to:

Complete two short surveys (before and after using the device)

Possibly join a 20-minute interview by phone

Call us on **020 3954 3143** to check your eligibility and learn more.

Concern	Technology	Purpose/benefit to carer
Falls	Acti-check 	Acti-check - easy and direct communication between cared for and carer if there is an emergency (e.g. fall). Benefit to carer is increased peace of mind when not with loved one and potentially less direct time spent with them.
Health and wellbeing monitoring	Mii Care 	Through a watch or ring the carer can receive real time updates on their loved ones activity and can set reminders (e.g. drinking, meds) to be delivered through the interactive AI. Benefit is increased peace of mind to carer whilst not with loved one and the ability to prompt behaviours remotely.
Reminders and improved communication	MyHome Helper 	Carer can provide prompts remotely to their loved one via a large screen display and can also commence a video call which is answered automatically by the device. This allows carers to check in on their loved one remotely and also be reassured that they're receiving prompts for daily activities.
Medication	Pivotell 	Carer prefills the device with medication and sets the medication schedule. The device alerts their loved one when the medication is due and only dispenses the medication for that time point. The carer is alerted if the medication has not been taken from the device. Benefit is that the carer knows whether or not medication has been taken and may not have to do direct visits for medication plus peace of mind.
Monitoring visitors to house	Ring door bell 	Carer can have oversight of who is visiting the home of a cared for (including of formal carers) for added security for their loved one and increased peace of mind for carer. Being able to converse remotely with visitors can also potentially reduce additional travel/visits.
Hands free communication, reminders, and interaction	Echo dot 	Carer can make a call to their loved one which is answered automatically by the device and allow remote wellness check without loved one having to do anything. It also provides a hands free means for the loved one to engage with media, reducing falls risk. Increased peace of mind for carer



CARER RESIDENT ADVISORY GROUP SIGN UP

Carers Residents Advisory Group (CRAG) welcomes all community voices.
If you are a carer and would like to share your experiences to help shape services in
Newham, they would love to hear from you.

To sign up, please email your contact details to:
carersqueries@newham.gov.uk

Alternatively, please contact us on **020 3954 3143** and we will pass your contact details on
to the CRAG team on your behalf.

Are you a
carer in
Newham?



Carers Emergency Card

This scheme allows carers to plan ahead and arrange alternative support for the person they care for in case they are unable to provide care due to an emergency.

Whether it's an illness, accident or other urgent situation, you can have peace of mind knowing your loved one will be supported.

- **Simple application process**
- **Free to join**

Find out more and apply now:
<https://www.newham.gov.uk/health-adult-social-care/carer-2/9>

**Be prepared for
the unexpected.**

**Don't wait for an
emergency - plan
today.**

Please contact us if you need support with accessing the form or have any questions.

Tel: 0203 9543 143

info@newhamcarerscommunity.org.uk

WHAT DO YOUNG CARERS DO?

A Young Carer will usually carry out tasks because of someone else's illness or disability. These are tasks often carried out by an adult. A Young Carer may do one or more of the following types of care;



PHYSICAL/PERSONAL

Helping someone out of bed, helping with their dressing, feeding, personal grooming, toileting, giving medication on time, interpreting

DOMESTIC

Cooking, cleaning, washing clothes, washing up, ironing, shopping, paying bills, looking after siblings alone, taking them to school, collecting prescriptions



EMOTIONAL

Talking to someone who is distressed, keeping them motivated, safe, spending time with them, keeping them company, making them feel wanted/needed



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





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
Discount for Carers discountsforcarers.com	App Only	Online registration	<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 	FREE

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





Community Hot Meals



Running over the winter period from October 2025 to March 2026, the Newham Food Alliance partners are not only offering a hot meal but support, guidance and signposting to other services including, debt and benefits, employment and mental wellbeing.

Take part in free activities designed to improve both your mental and physical well-being. Join sessions like yoga, board games, music, arts and activities for children.

Your community is here to support you! Funded by UK Government.

Key



Vegan



Vegetarian



Halal

Example dishes are included in each organisation's description.

Stratford

Sphere Support



Tuesdays and Thursdays
10am-12pm and 1-3.30pm
Fridays, 10am-12pm and 5-7pm
Unit, 2, Gerry Raffle Square, E15 1BG
Closed 25 December and 1 January

What we can help with

Help and advice about financial management (debt advice, money management), employment and CV support, pathways into education, and emotional well-being.

Hot and cold food available

Chicken and vegetable stew with brown rice, lentil and chickpea curry with wholemeal chapati, and baked salmon with roasted sweet potatoes and steamed vegetables.

For more information:

✉ info@spheresupport.org.uk
☎ 07961 510055

Carpenters and Docklands



Monday-Friday, 9.30-11.30am
Tuesday and Thursdays are for rough sleepers only
98 Gibbins Road, E15 2HU
Closed 20 December to 4 January

What we can help with

- Help and advice about health and wellbeing, including mental health, loneliness, homelessness, and family support.
- Access to showers, clean towels, clothing, and a charging station for devices such as laptops and mobile phones. Laptops available for anyone to use in the café.

Hot and cold food available

Breakfast – porridge, cereals, toasted brown bread, egg rolls, fruit
Lunch - sandwiches, pasta, lentil curries, soup, rice and more.

For more information:

✉ samantha.white@docklandsettlements.org

☎ 020 8534 4121

Subco Trust



Monday, 11am-1pm

Tuesday, 3-5pm

Wednesday, 11am-1pm

Thursday, 3-5pm

107-109 The Grove, E15 1HP

Closed 23 December to 4 January

What we can help with

- Help and advice about welfare rights, housing, and adult social care, plus form-filling support.
- Access to exercise, drama, music, arts and crafts.

Hot and cold food available

Rice with lentils and salad, vegetable pasta salad with fruit, rice with chicken or fish, and yoghurt.

To sign up

✉ admin@subcotrust.org.uk

☎ 020 8548 0070

East Ham/Beckton

Bonny Downs Community Association



Tuesday, 11am-12.30pm

Wednesday, 11am-1pm

Thursday, 10.30am-12.30pm

The WELLcome Hub, 35 Vicarage Lane, E6 6DQ

Closed 18 December to 5 January

What we can help with

- Help and advice about debt, benefits, housing, and immigration.
- Access to ESOL classes, budgeting workshops, domestic violence support, family navigation, energy advice, clothes bank, gardening, toddler groups, and exercise classes.

Hot and cold food available

Falafel with couscous and yoghurt, warm panini sandwiches, pasta bake, jacket potatoes with beans or tuna, chickpea or lentil curry with rice, and chilli with brown rice or wraps. Fresh salad and fruit always available.

To sign up

✉ support@bonnydowns.org

Nutrition Kitchen



Tuesday, 9.30am-2.30pm

East Ham Leisure Centre, 324 Barking Road, E6 2RT

What we can help with

- Help and advice about weight management, healthy eating, physical activity, money advice, breastfeeding support, and family navigation.
- Access to a kitchen to cook on site when booked, food bank.

Hot food available

Butternut squash and chickpea curry with rice, mixed bean chilli, dhal and rice, biryani, vegetable stew, paneer curry, and spicy lentil soup. Fresh fruit and hot drinks provided.

For more information:

☎ 07526 580621 or 020 3793 5049



The 5es Development



Tuesday and Friday

10.30am-1.30pm

Beckton Community Centre,

14 East Ham Manor Way, E6 5NG

Closed 25 December to 4 January

What we can help with

- Help and advice about wellbeing, employment, digital and financial skills.
- Access to wellness sessions such as art therapy, themed cooking classes, energy advice, and training opportunities.

Hot food available

Vegetable biryani with seasoned chicken drumsticks, injera with spiced lentils and optional chicken stew, and winter vegetable soup with wholemeal rolls. Fresh salad, fruit, and warm drinks available.

For more information:

✉ the5esdevelopment@gmail.com

☎ 07949 304336 (text or Whatsapp)

NEWway



Please contact organisation for opening days and times

Bobby Moore Sports Pavilion,

118 Napier Road, E6 2SG

Closed 25 December to 1 January

What we can help with

We can only support single adults with local connection to Newham who are rough sleeping.

To sign up

✉ admin@newwayproject.org

☎ 0300 1024479

E6 Sisters



Term time: Fridays, 3-6pm

School holidays: Fridays, 9am-12pm

Central Park Primary School Hub,

Thackeray Road, E6 3DW

What we can help with

- Help and advice about wellbeing, digital skills, and family support.
- Access to parenting workshops, health checks, and a family friendly environment.

Hot and cold food available

Chicken and vegetable stir-fry with brown rice, lentil and sweet potato curry with wholegrain rice, baked salmon with roasted vegetables and new potatoes, fresh fruit and salad.

To sign up

✉ E6Sisters@gmail.com

🏠 e6sisters.co.uk

Forest Gate

Hope 4 Humanity



Hot Meals Take Away

Saturday, 2-4pm

372 Katherine Road E7 8NW

Indoor seated hot meals

Sunday, 1.30-3.30pm

Katherine Road Community Centre,

254 Katherine Road, E7 8PW

Closed 28 December and 4 January

What we can help with

- Help and advice about benefits, debt, housing and homelessness, domestic violence, mental health, and family or immigration law.
- Access to digital literacy workshops, wellbeing and parenting sessions, and health checks.

Hot and cold food available

Chicken and vegetable curry with brown rice, lentil shepherd's pie with steamed vegetables, grilled fish with couscous and salad, plus fresh fruit platters.

To sign up

🏠 hope4humanity.org.uk/warmhavens

☎ 020 8127 6290

Custom House

Ascension Community Trust



Tuesday, 12-2pm

Thursday, 11am-1pm

Ascension Church Centre, Baxter Road, E16 3HJ

Closed 17 December to 5 January

What we can help with

Help and advice with ESOL, debt, housing and benefits, plus creative and wellbeing activities including art groups, board games, and a sensory space.

Hot and cold food available

Lentil and vegetable stew with brown rice and green salad, fresh fruit salad. Chickpea and spinach curry with chapatti or brown rice, vegetable raita, melon with ginger. Quorn mince shepherd's pie.

To sign up

✉ kate@ascensioncommunitytrust.org

☎ 07518 511877



Silvertown

West Silvertown Foundation

Please contact organisation for days and times

Britannia Village Hall, 65 Evelyn Road, E16 1TU

Closed 22 December to 4 January

What we can help with

- This is a cook yourself programme where residents can cook their own meals. You must sign up in advance.
- Help and advice with form filling, debt, housing and benefits.
- Access to ESOL classes, energy vouchers, SIM cards, digital help with forms and applications, and monthly social events.

Hot and cold food available

Residents can sign up to cook their own meals and choose their own ingredients.

To sign up

✉ natalie@wsfroyaldocks.org

☎ 07743 927218 (Whatsapp)

Manor Park

Revival House



Saturday, 12-2pm

Starts 13 December

500 High Street North, E12 6QN

Closed 27 December and 3 January

What we can help with

- Help and advice about housing, benefits, health, and women's wellbeing.
- Access to digital and form filling support.

Hot and cold food available English breakfast with eggs, beans, toast, and grilled vegetables, lentil and vegetable curry with brown rice, Mediterranean chickpea soup with bread rolls, salad, fruit.

For more information:

✉ joycem@reviveinitiatives.uk

☎ 07386 216525

The Renewal Programme



Wednesday, 12-1pm Sunday, 6-7pm

395 High Street North, E12 6PG

Closed 24, 28 and 31 December

What we can help with

- Help and advice about immigration, carers, young carers, and youth. Multilingual staff available.
- Access to ESOL and IT classes, referrals to food bank and pantry, chess club, gardening, and wellbeing activities.

Hot and cold food available

Warm potato salad with pesto and vegetables, wholewheat vegetarian pasta, vegetarian pizza, chicken curry, plus mixed salads and seasonal fruit.

For more information:

✉ info@renewalprogramme.org.uk

☎ 020 8471 6954

Malayalee Association of the UK



Friday, 6-9pm

Kerala House, 671 Romford Road, E12 5AD

Closed 26 December and 2 January

What we can help with

- Help and advice with wellbeing, ESOL and digital inclusion.
- Access to yoga and mindfulness sessions, cultural activities, and digital literacy classes with free access to laptops and the Internet.

Hot food available

Kerala-style meals: wholegrain rice with fish curry, boiled tapioca, vegetable thoran and moru curry, chapathi with spinach and lentil curry and beetroot raitha. Fresh fruit and salads.

To sign up

✉ info@mauk.org
☎ **07960 212334**

Canning Town

Our Community Cares



Wednesday, 6-8pm

Friday, 11am-2pm

Memorial Community Church, 395 Barking Rd, E13 8AL

Closed 19 December to 6 January

What we can help with

Help and advice about health and wellbeing, welfare, digital skills.

Hot food available

Chickpea and vegetable curry with brown rice, baked salmon with steamed vegetables and potatoes, wholemeal chicken wraps with salad and fruit, lentil and vegetable stew with wholemeal bread, jollof rice with grilled chicken, and vegetable stir-fry with tofu and noodles.

For more information:

- ✉ Rosea@ourcommunitycares.info
- ✉ Ranie.goolcharan@originhousing.org.uk
- ✉ Isatousesay60@outlook.com

Newham Community Project



Monday and Wednesday, 1-6pm

Ascot Community Centre, Star Lane, E16 4PR

Closed 22 December to 5 January

What we can help with

- Help and advice about mental wellbeing, debt, benefits, housing, and employment. Bilingual facilitators available.
- Access to wellbeing and listening spaces, ESOL, and digital skills micro-sessions.

Hot food available

Grilled chicken with brown rice and mixed vegetables, lentil soup, baked salmon with couscous and salad, jollof rice with chicken or kidney bean stew, plus fresh fruit and yoghurt.

For more information:

- ✉ projects@newhamcommunityproject.org
- ☎ **07535 652755**

JOIN US FOR OUR

THE CRAFTED
CORNER

Gift Shop & Makers Space

CHRISTMAS CRAFT PARTY

GIFT BOX MAKING – SIP & PAINT BY NUMBERS

UPCYCLING CHRISTMAS JUMPERS – SNACKS

HOT DRINKS – JOYFUL TUNES

LOCAL STALLHOLDERS

20
DEC

11 AM – 6 PM

CRAFTED CORNER

27 Silvertown Way, E16 1DH

For More Information Visit Our Website

WWW.CRAFTEDCORNER.CO.UK

 thecraftedcorneruk

SIGN UP HERE:





USEFUL INFORMATION

Carers Assessment

A carer's assessment is a free evaluation offered by local authorities to anyone who provides unpaid care for a friend or family member. It looks at how caring affects the carer's life and wellbeing and what support they might need-such as help with respite, finances or emotional support. The aim is to ensure carers get the assistance they need to continue their role without harming their own health or quality of life.

Use the link for more information and how to request an assessment.

<https://www.newham.gov.uk/health-adult-social-care/carers-2/4>

Carers Emergency Card

This scheme allows carers to prepare alternative support arrangements for the person that they care for. To be used when they are not able to carry out their caring responsibilities due to an emergency.

Use the link for more information and to make an application.

<https://www.newham.gov.uk/health-adult-social-care/carers-2/9>

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](#)



USEFUL INFORMATION

Advocacy and Benefit advice

[Speak Out Newham](#)

A voice for people with learning disabilities and autistic people in Newham.

Voiceability acts as a voice for people with a learning disability and autistic people and supports people to have their say. Please visit their webpage [here](#) or email speakoutnewham@voiceability.org for further details.

[Mary Ward Legal Centre](#)

Free legal independent advice to access legal rights and entitlements
275-285 High Street, Stratford, E15 2TF
020 78317079

[UEL Legal Advice Centre University of East London](#)

1 Salway Pl, London E15 1NF
07871 734 380
legaladvicecentre@uel.ac.uk
Open for appointments
Booked appointments take place Monday to Friday 9:30am - 2:30 pm with additional walk-ins on Wednesdays between 12:00 -2:00pm

[Age UK East London](#)

655 Barking Rd, E13 9EX
0208 9817124
Appointment only

Benefit advice & form filling

[Our Newham Money](#)

112-118 The Grove, Stratford E15 1NS
020 8430 2041

[Family Support](#) (includes housing options & welfare benefits)

Stratford Advice Arcade
107-109 The Grove, London E15 1HP

[Newham Community Project](#)

Mondays & Wednesdays 1pm to 4pm
Ascot Community Centre, Star Lane, Canning Town, E16 4PR
07 425215599
support@newhamcommunityproject.org



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

Free courses available click the link below for details.

<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
Senior Parent Learning Disabilities Carers Group Support group for all carers or parents of people with learning disabilities	Every last Wednesday of the month 12:00pm - 2:30 pm	Upper-Room Foursquare Chapel 525-529 Barking Rd, London E13 9EZ	Leader: Prabhudas Tanna Prabhudastanna@gmail.com
Disability Rep Forum Support group for disabled carers including parent carers and those with disabled children	Every 2nd Tuesday of the month 11.00am - 1.00pm	Froud Community Centre, Toronto Avenue, E12 5JF	Leader: Sarifa Patel sarifa.patel84@gmail.com Tel: 07723 739221
Carers Community Mental Health Group Support group for those who are caring for loved ones and friends with mental well-being	Every 3rd Wednesday of the month 11:30 pm - 1:30 pm	Upper-Room Foursquare Chapel 525-529 Barking Rd, London E13 9EZ	Leader: Zhenreenah Muhxinga carersgroup2020@yahoo.com Tel: 07950 123 540
Moments of Joy Support Hub for those living with dementia, their families and carers. This involves a variety of activities, yoga, group singing, cognitive stimulation activities and games. In addition, carers can receive support, advocacy and advice. A cooked meal is provided. £10 per person.	Every Tuesday between 12pm and 3pm	Meets at St Mark's Community Centre, 218 Tollgate Rd, London E6 5YA.	Kim Supajirawatananon 07825182846 momentsofjoy2025@gmail.com kimsupajira@gmail.com

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
Autistic Adult Carers Group Support group for all carers or parents of adults with autism	First Monday of the month 11:00 am - 12:30 pm	Central Park Café, inside the Park, near Bartle Avenue E6	Sue Sinton Smith carersautisticresidentsnewham@gmail.com 07968424738 (Text only) Access flyer here
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
Newham Carers Corner Facilitates physical activities, in particular tennis sessions, and social activities for people who are Young Carers/ Young Adult Carers	Weekly or fortnightly on Saturdays and weekdays during summer holidays	Activities take place in West Ham and Stratford parks	Khadija Farhan 07869145550 k.farhan1799@outlook.com carerscorner@hotmail.com

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



LOCAL SUPPORT

Group	Meeting Time	Venue	Contact Info
Newham Together We Can Stroke Group	Contact Group Lead for further details	North Woolwich Library Pier Training, 5 Pier Rd E16 2LJ	Glynis Webb 07752 483446 Link to webpage
Parkinson's UK Support Group	Monthly Contact Group Lead for further details	Central Park Cafe	Karen or Oliver newham.parkinsons@gmail.com
Stroke Group Promotes the welfare of Stroke Survivors their families and carers	Every Wednesday 1:00 pm - 2:00 pm	Katherine Road Community Centre, 254 Katherine Road, E7 8PN	Abdul Shakoor newham.stroke.club@gmail.com 07852 387633
Age UK East London Older Peoples Reference Group Promotes issues for older people	Contact Group Lead for further details	Contact via phone or email	Grace Patient Grace.Patient@ageukeastlondon.org.uk 07384 511701
Chinese Group	Contact Group Lead for further details	Contact via phone or email only	Leader: Yvonne info@newhamchineseassoc.org.uk Tel: 0207 474 7715
Cerebral palsy network Newham	Contact Group Lead for further details	Contact via phone or email	Habbib Aziz cpn_newham@hotmail.com 07903955353



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](#)



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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