



NEWHAM CARERS COMMUNITY

NEWSLETTER

MAY 2025

WELCOME

Dear Carer,

As some of you may know the government has announced there will be changes to disability and health-related benefits. If you're unsure or concerned about what it will mean for you, take a look at the news article posted by the BBC via the link below:

<https://www.bbc.co.uk/news/articles/cwyd2p7dz3vo>

Remember, whether you need advice, help with applications, or just someone to talk to, we're here for you.

Best wishes,
NCC Team

CARERS SATISFACTION SURVEY PRIZE DRAWER WINNER

A big thank you to everyone who took part in our Carers Satisfaction Survey. We're excited to announce that Winston is the lucky winner of our prize draw!

🏆 Prize:

- £50.00 voucher
- Portable clothes steamer

Well done Winston - and thank you again to all who shared their feedback.



Winston receiving prizes from Support Officer, Claudia



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



Simon Shum
Head of Community Services



TECHY TEA PARTY WITH BARCLAYS & AGE UK EAST LONDON

A big thank you to Barclays and Age UK East London volunteers for supporting carers with their digital queries.

A most enjoyable and productive morning was had at East Ham Library!



YOUNG CARER RECEIVING JACK PETCHEY AWARD



A young carer has been honored with the prestigious Jack Petchey Award in recognition of their dedication and resilience. The award celebrates outstanding contribution in balancing responsibilities at home—caring for a family member—with school and community involvement. Well done Soon!

CODY DOCK VISIT



We were invited to join Tim, Therapeutic Gardening Project Manager for an exciting tour of the amazing space and facilities at Cody Dock. It was a wonderful opportunity to explore this vibrant community space, and we finished the day by potting-on some plants! 🌱

We're excited to see how these plants are growing on our next visit—each one representing a step in our therapeutic gardening journey. Please see [flyer](#) for further details.

Free 6-Week Therapeutic Gardening at Cody Dock

Every Tuesday Starting 27 May - 1st July

11:00am - 1:00 pm

We're thrilled to offer 6-week Therapeutic Gardening sessions for anyone interested in experiencing the physical and mental benefits of gardening. These sessions will give you the chance to learn new skills, nurture your well-being, and meet like-minded individuals.



What You Can Expect:

Tour and Exploration:

Experience the beauty of Cody Dock's facilities and gardening spaces.

Hands-on Gardening:

Get your hands dirty and pot some plants that you'll get to watch grow over time.

Join Us for the Next Session!

Therapeutic Benefits:

Engage in a fun, relaxing activity that reduces stress and boosts mental clarity.

Social Connections:

Join a community of people who share your passion for gardening.

Interested in attending the 6-week Therapeutic Gardening sessions?

Please get in touch with us using the usual contact details, and we'll provide you with all the information you need to get started!





Appletree Advocates
Enable, Empower, Educate



MAKING SUCCESSFUL DLA AND PIP APPLICATIONS

This workshop covers making successful DLA (Disability Living Allowance), PIP (Personal Independence Payments) applications

Join Us:

Tuesday 20th May 10:30 am - 12:00 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

To book or for more details contact:

0203 9543 143

info@newhamcarerscommunity.org.uk

Topics include:

- Determining eligibility
- Understanding the different rates
- PIP applications – understanding the questions.
- DLA applications – understanding the questions.
- High functioning Autism and eligibility
- Mobility components and the 'Ability to walk.'
- Requesting mandatory reconsiderations and reviews
- Preparing for tribunals





Newham Carers Community: Monthly Workshop Schedule 2025

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

ZOOM DETAILS

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

MEETING ID: 860 0463 6761

JANUARY THINKING AHEAD FOR CARERS OF YOUNG PEOPLE WITH SEND DATE: TUESDAY 21TH JANUARY TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX	JULY CARERS AND ADVOCACY DATE: TUESDAY 22ND JULY TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX
FEBRUARY PERSONAL CARE AND WELL-BEING FOR CARERS DATE: TUESDAY 25TH FEBRUARY TIME: 10:30 AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX	AUGUST HEALTH CONDITIONS THAT AFFECT CARERS DATE: TUESDAY 19TH AUGUST TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX
MARCH EDUCATIONAL HEALTH AND CARE PLAN (EHCP) - AN INTRODUCTION DATE: TUESDAY 18TH MARCH TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX	SEPTEMBER EFFECTIVE SKILLS FOR MAKING COMPLAINTS DATE: TUESDAY 23RD SEPTEMBER TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX
APRIL SELF CARE FOR CARERS DATE: TUESDAY 29TH APRIL TIME: 10:30AM - 12:00PM LOCATION: 655 BARKING RD, E13 9EX	OCTOBER EFFECTIVE COMMUNICATION DATE: TUESDAY 21ST OCTOBER TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX
MAY MAKING SUCCESSFUL DLA AND PIP APPLICATIONS DATE: TUESDAY 20TH MAY TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX	NOVEMBER CARE ACT 2014 SIMPLIFIED - 10 THINGS CARERS SHOULD KNOW DATE: TUESDAY 18TH NOVEMBER TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX
JUNE UNDERSTANDING SPECIFIC HEALTH CONDITIONS DATE: TUESDAY 17TH JUNE TIME: 10:30AM - 12.30PM LOCATION: 655 BARKING RD, E13 9EX	DECEMBER MENTAL WELLNESS AND EMOTIONAL SUPPORT FOR CARERS DATE: TUESDAY 16TH DECEMBER TIME: 10:30AM - 12.00PM LOCATION: 655 BARKING RD, E13 9EX

For more information, please contact us on: 02039 543 143

or email to: info@newhamcarerscommunity.org.uk

ARE YOU A **YOUNG CARER** AGED 5-17?

DO YOU KNOW SOMEONE WHO IS A **YOUNG CARER**?



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

**Young Carers
Support Service
can help a Young
Carer by providing:**

- Two drop in sessions in East Ham Library between 4pm-6:30pm giving Young Carers a chance to have a break from their caring role
- Weekly youth forum, giving an opportunity to share their thoughts with other Young Carers, shaping the direction of the programme
- Information and advice, as well as accessing Young Carers Assessment
- Access to trips and activities during school holidays

Please come along to our drop in sessions held every Monday & Wednesday 4:00-6:30pm at:
East Ham Library, 328 Barking Rd, London E6 2RT. Or

leave your contact details and we will get in touch with you:

Phone: 020 3954 3143 | Email: info@newhamcarerscommunity.org.uk



Please turn over to find out more about what Young Carers do

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



SEATED EXERCISE CLASS ONLINE

Join our free gentle seated exercise class from the comfort of your home! All you need is a chair (preferably with arms) and a glass of water to stay hydrated. It's an hour of simple, low-impact movements to help you stay fit and active.

Everyone is welcome—come and keep moving with us!

E.G. CHAIR SQUATS



FREE

E.G. ARM STRETCH



2nd Monday
of each month
from 10:30AM

E.G. WRIST AND FINGER STRETCH



*Come
join
us!*

E.G. ANKLE ROLL



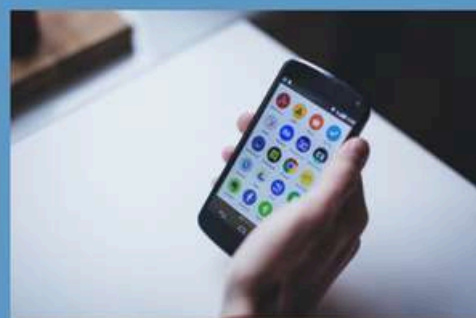
For more information, link and time of session get in touch with Emese: emese@cityconnections.org.uk or 07432736495

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****



FREE!



Drop In - 2:00pm - 4.00pm

EVERY MONDAY

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

Digital Drop in - Just turn up, first come first served basis

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
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





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

<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 12:00am - 2:30 pm	Upper-Room Foursquare Chapel 525-529 Barking Rd, London E13 9EZ	Leader: Remi Osunsanya Sanyaosun2@yahoo.com Tel: 07872 595948
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
Chinese Carers Group	Contact Group Lead for further details	Contact via phone or email only	Leader: Yvonne info@newhamchineseassoc.org.uk Tel: 0207 474 7715
St. Joseph's Carers Group Support group for those who are caring for relative, partner or friend that has a life-limiting illness	Every 3rd Friday of the month 1.30pm – 3.30pm	St. Joseph Hospice Mare Street Hackney E8 4SA	Jo Bedford - Carers Service Co-Ordinator j.bedford@stjh.org.uk Tel: 020 8525 3130

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
Let Us Communicate Support Group	Contact group email for further details	Contact via email	letuscommunicate101@gmail.com https://youtu.be/vaLsBo8NrCo?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	For more information, please contact carersautisticresidentsnewham@gmail.com	Sue Sinton Smith carersautisticresidentsnewham@gmail.com 07968424738 (Text only) Access flyer here
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

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



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](#)



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

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 \(psbl.org.uk\)](#)

FOREST GATE COMMUNITY GARDEN AND JAZZING ARTS
INVITE YOU TO CELEBRATE

V80 VE DAY

*Share Wartime Stories
Listen to Local historians
Join in Wartime Songs
Afternoon Tea and Social*

All Welcome

Thurs 8th May, 2 - 4pm

*Forest Gate Community Garden
136 Earham Grove, E7 9AD*



Forest Gate  **COMMUNITY
GARDEN**
PEOPLE PLANTS PLANET

 **Newham London**

Online Activities Schedule 2025

All FREE and Online via Zoom - all welcome

<p>MONDAY'S</p> <p>ONLINE EXERCISE</p> <p>DATE: 1ST & 3RD MONDAY OF MONTH</p> <p>TIME: 10:30AM - 11.30AM</p>	<p>Stay active and boost your wellbeing with a gentle, low-impact online exercise session from the comfort of your home.</p> 
<p>TUESDAY'S</p> <p>VIRTUAL TOURS - ARMCHAIR TRAVEL</p> <p>DATE: 1ST & 3RD TUESDAY OF MONTH</p> <p>TIME: 10:30AM - 11.30AM</p>	<p>Join us to explore the rich traditions, diverse cultures, fascinating histories, and unique lifestyles of each country we visit.</p> 
<p>TUESDAY'S</p> <p>ONLINE QUIZ SESSION</p> <p>DATE: EVERY TUESDAY</p> <p>TIME: 2:00 - 3:00PM</p>	<p>Come and test your knowledge in this fun and varied quiz session covering different topics and subjects.</p> 
<p>WEDNESDAY'S</p> <p>PLAYLIST FOR LIFE</p> <p>DATE: EVERY WEDNESDAY</p> <p>TIME: 10:00AM - 11.00AM</p>	<p>Love music? Join us for a journey through the sounds and tunes you love.</p> 
<p>WEDNESDAY'S</p> <p>THE READER GROUP</p> <p>DATE: EVERY WEDNESDAY</p> <p>TIME: 12:30PM - 1.30PM</p>	<p>Listen to stories, poems; read aloud to share your thoughts in a relaxed & friendly group setting.</p> 

For more information and how to join the sessions, please contact us on:

Stefan: 07539 434014 or **Emese:** 07432 736495



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