



# NEWHAM CARERS COMMUNITY NEWSLETTER APRIL 2026

## WELCOME

Dear Carers,

As Spring brings longer days and new beginnings, we take a moment to recognise the incredible dedication of unpaid carers. Your support makes a vital difference every day.

In this edition, you'll find helpful resources, updates and small ways to support your own wellbeing. Thank you for all that you do, your care truly matters.

Wishin you a bright an refreshing spring.

NCC Team

## NEW THIS MONTH

[Carefree - Carers Breaks Page 2](#)

[Direct Payments Information Workshop  
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Brain Health](#)

# Carefree



## Change Happens Overnight

Carefree is a multi-award-winning tech charity on a mission to **bring rest and relaxation to the UK's full-time unpaid carers.**

If you're **providing 30 or more hours of care each week** and **aged 18 or over**, you may be eligible for a much-needed short break.

With Carefree, unpaid carers are entitled to **two breaks per year** (first between January and June, second between July and December), each offering a **1-2 night hotel stay with breakfast included.** A small admin fee of just **£38** applies per break. With hundreds of hotel partners across the UK, it's a chance to recharge, reflect, and return feeling refreshed.

**Getting started is easy.**

Start your self-referral via our website or scan this barcode

[www.carefreespace.org](http://www.carefreespace.org)

Registered charity number 1176459





## 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



FREE MESSAGES FOR CARERS

# Relax and Unwind

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

**FREE FOR CARERS**



Friday 27<sup>th</sup>  
April

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

Reserve your space at:

[INFO@NEWHAMCARERSCOMMUNITY.ORG.UK](mailto:INFO@NEWHAMCARERSCOMMUNITY.ORG.UK)

TEL: 0203 9543 143

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

*Newham Young Carers presents...*

# Family Fun Day!

Free easter egg for first 50 children through the door!

Join us for a fun-filled day for the whole family!


Freshments will be provided, and everyone is welcome!



## FREE Activities Including:

-  Face Painting
-  Henna
-  Family Tai Chi
-  Arts and Crafts
-  Bouncy Castle

 Friday 10th April

 11am - 2pm

 The Renewal Programme  
395 High Street North  
E12 6PG

# Free Youth Programmes

**THIS EASTER**

**FREE MEAL INCLUDED**

**8 – 11 Years**



Kensington Primary School  
Kensington Avenue,  
Manor Park E12 6NN



Monday 30<sup>th</sup> March  
Tuesday 31<sup>st</sup> March  
Wednesday 1<sup>st</sup> April  
Thursday 2<sup>nd</sup> April  
Tuesday 7<sup>th</sup> April  
Wednesday 8<sup>th</sup> April



10am - 2pm

**You must be in receipt of free school meals and receive benefits to access this programme**

## Activities:

- Arts and Crafts
- Jewellery Making
- Henna Art and Face Painting
- Smoothie Making
- Archery
- Fencing
- Non-contact Boxing
- Football and Basketball
- Knitting and Crochet

**Sign up**

To sign up, scan the QR code to the right or use the link [renewalprogramme.org.uk/haf26](https://renewalprogramme.org.uk/haf26)

SCAN ME



# 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](mailto:info@newhamcarerscommunity.org.uk)



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

# 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](mailto:info@newhamcarerscommunity.org.uk)**

**Telephone: 0203 9543 143**





## 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</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





Learn more about how Direct Payments work and how they can support you and the person you care for.

# Free Direct Payments Information Workshop

**A representative from Newham Council will be there to explain:**

- How Direct Payments can be used for you and the person you care for
- What happens to any unused payments
- Why having a detailed care plan is important
- What to expect from Adult Social Care
- And much more

**Date:** Wednesday 29<sup>th</sup> April 2026  
**Time:** 11:00 AM – 12:30 PM  
**Location:** Age UK East London 655 Barking Road E13 9EX

**Zoom Details:**

<https://us06web.zoom.us/j/86004636761>  
Meeting ID: 860 0463 6761

**Book your free space:**

020 39543143

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



Charity Number: 1144535



## GRAG MEETING DETAILS

Dear Carers,

Newham council are looking forward to seeing you at the Carers Resident Advisory Group meeting, all carers welcome to share your voice and experience to help shape services in Newham!

The Carers Resident Advisory Group is a voluntary group for carers to come together to make a difference to Newham services.

Please see the meetings details:

**Date: Wednesday 15th April 2026**

**Time: 10am-12pm**

**Location: David Shepard room, Canning Town Library**

**Online: [Click to Join Online](#)**

This is a hybrid meeting so you can either join us in-person at Canning Town library or online, we look forward to seeing you there!

If you have any questions, please email: [CarersQueries@newham.gov.uk](mailto:CarersQueries@newham.gov.uk)



## 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/carer-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/carer-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](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



## USEFUL INFORMATION

### **Advocacy and Benefit advice**

#### [Advocacy Services - VoiceAbility](#)

Free advocacy service for general, Care Act and other forms of advocacy. Click [here](#) for more details and make a referral  
Tel: 0300 303 1660

#### [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](mailto: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  
Tel: 020 78317079

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

1 Salway Pl, London E15 1NF  
07871 734 380  
[legaladvicecentre@uel.ac.uk](mailto: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  
Tel: 0208 9817124  
Appointment only

### **Benefit advice & form filling**

#### [Our Newham Money](#)

112-118 The Grove, Stratford E15 1NS  
Tel: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  
Tel: 07 425215599  
[support@newhamcommunityproject.org](mailto:support@newhamcommunityproject.org)



## KEEP LEARNING

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### **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](mailto: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](mailto:info@newhamcarerscommunity.org.uk) or call **020 39543143**

### **Newham Recovery College**

Newham Recovery College is an NHS service that runs FREE educational workshops and courses. These are designed and delivered by people who have lived experience of mental health challenges, together with people who work in mental health services.

<https://newhamrecoverycollege.nhs.uk/>

## 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>12:00pm - 2:30 pm</b></p>	<p>Upper-Room Foursquare Chapel 525-529 Barking Rd, London E13 9EZ</p>	<p>Leader: Prabhudas Tanna Prabhudastanna@gmail.com</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 sarifa.patel84@gmail.com 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 carersgroup2020@yahoo.com Tel: 07950 123 540</p>
<p><b>Moments of Joy</b></p> <p>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. <b>£10 per person.</b></p>	<p>Every Tuesday between <b>12pm and 3pm</b></p>	<p>Meets at St Mark's Community Centre, 218 Tollgate Rd, London E6 5YA.</p>	<p>Kim Supajirawatananon 07825182846 <a href="mailto:momentsofjoy2025@gmail.com">momentsofjoy2025@gmail.com</a> <a href="mailto:kimsupajira@gmail.com">kimsupajira@gmail.com</a></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	dropinbereavement@btinternet.com Tel: 07396 016523
<b>Carers of Autistic Adults</b> Support group for all carers or parents of autistic adults	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) <a href="#">Access flyer here</a>
<b>Care Heart Social Club</b> 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
<b>Newham Carers Corner</b> 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 <a href="mailto:k.farhan1799@outlook.com">k.farhan1799@outlook.com</a> <a href="mailto:carerscorner@hotmail.com">carerscorner@hotmail.com</a>

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
<b>Newham Together We Can Stroke Group</b>	Contact Group Lead for further details	North Woolwich Library Pier Training, 5 Pier Rd E16 2LJ	Glynis Webb  07752 483446  <a href="#">Link to webpage</a>
<b>Parkinson's UK Support Group</b>	Monthly Contact Group Lead for further details	Central Park Cafe	Karen or Oliver  <a href="mailto:newham.parkinsons@gmail.com">newham.parkinsons@gmail.com</a>
<b>Stroke Group</b> 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 <a href="mailto:newham.stroke.club@gmail.com">newham.stroke.club@gmail.com</a>  07852 387633
<b>Age UK East London Older Peoples Reference Group</b> Promotes issues for older people	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> 07384 511701
<b>Chinese Group</b>	Contact Group Lead for further details	Contact via phone or email only	Leader: Yvonne <a href="mailto:info@newhamchineseassoc.org.uk">info@newhamchineseassoc.org.uk</a>  Tel: 0207 474 7715
<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



## LOCAL SUPPORT

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Group	Meeting Time	Venue	Contact Info
<b>ASK</b> User-led Mental Health Group (Men)	Every Friday 2:30 pm - 4:30 pm	Contact via phone or email	Sandra Amoah <a href="mailto:askulmhg.info@gmail.com">askulmhg.info@gmail.com</a>  07944 978977
<b>ASK</b> User-led Mental Health Group (Women)	Every Wednesday 10:30 am - 12:30 pm	Contact via phone or email	Sandra Amoah <a href="mailto:askulmhg.info@gmail.com">askulmhg.info@gmail.com</a>  07944 978977
Ashok's Vision Youth Mental Health 11 - 18 years (up to 25 with SEND)	Every Saturday 11:00am - 3:00pm	Woodgrange Market Place	<a href="mailto:info@ashoksvision.com">info@ashoksvision.com</a>  <a href="http://ashoksvision.com">ashoksvision.com</a>  07707 247150



## 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

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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](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)