



NEWHAM CARERS COMMUNITY

NEWSLETTER

MAY 2026

WELCOME

Dear Carer,

As we hopefully see the last of April showers and start to get into May, we take a moment to recognise the incredible dedication of unpaid carers. Your support makes a vital difference every day.

In May's Newsletter, you'll find helpful resources, updates and small ways to support your own wellbeing. It is also Dementia Action week between 18th - 24th May, so we have included events that exist to support those with dementia and the people who care for them.

Thank you for all that you do!

Wishing you a sunny May,
NCC Team

NEW THIS MONTH

Carers Satisfaction Survey Winner

The Power of Music: Living well with Dementia

Relax and Rewind - free massage

Free Pilates Classes - Women Only

Health and Care App Workshop

Singing and Yoga - Dementia Friendly

Walking Club

Online Training

Get Cycling

Family Fun Day Success - Young Carers

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



Naheed Anwar
Carers Co-ordinator

CARERS SATISFACTION SURVEY WINNER

A **huge congratulations to Lucene**, the lucky winner of this years Carers Satisfaction Survey draw.

A big, heartfelt thank you to everyone who took the time to complete the survey - we truly appreciate your effort, enthusiasm, and invaluable feedback.

Your voices make a real difference.





FREE MESSAGES FOR CARERS

Relax and Unwind

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

FREE FOR CARERS



Friday, 29th
May
10am - 5pm

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

Reserve your space at:

INFO@NEWHAMCARERSCOMMUNITY.ORG.UK

TEL: 0203 9543 143



Health & Care App Workshop

Using Digital Tools to support loved ones providing care

Join our friendly, free hands-on workshop and discover how health and care apps can make your daily responsibilities easier, more organised and less stressful.

When: Monday 18th May, 11:00 am

Where: Age UK East London, 655 Barking Rd, E13 9EX

Cost: Free

Register Now:

02039 543143

info@newhamcarerscommunity.org.uk

What you'll learn:

- How to use apps to manage appointments and medications.
- Tools for tracking health and wellbeing.
- Accessing support online.
- Tips for staying connected with healthcare professionals.
- Digital skills to save you time and effort.

What to bring:

- Your smartphone or tablet (if you have one)
- Any questions or challenges you'd like help with

PEOPLE NEED PEOPLE

WALKING CLUB

Discover new places together



Weekly Community Walks

Get Active

GetConnected

BeCreative

Thursdays 11am - 1pm
23rd April - 30th July

Meet at Stratford Library E15 1EL

Contact Bo: 0208 519 0143
studio@framesofmind.uk

master your mobile:

photography tips
nature, navigation
& health Apps

bring your travel pass

Gentle pacedwalks
all welcome 12 AM





PRIZES FOR PEDDLING!



FULL CYCLE HERITAGE QR BIKE TRAIL TOURS

DISCOVER THE SECRET
CYCLING HISTORY OF
FOREST GATE!



Rides 60 - 90 minutes
More info & sign up

SATURDAY 11th APRIL
11.00am Woodgrange Market
E7 0NQ

SUNDAY 17th MAY
11.00pm West Ham Park
(Margery Gate) E7 9JY

SATURDAY 23rd MAY
12.00pm ETTY & TYLER Motorcycle
& Bicycle Repairs E7 9PB

<https://fullcycleheritage.com>

FAMILY FRIENDLY Age 8 +



ETTY & TYLER



Living Well with Dementia: The Power of Music

Music can play a positive role in maintaining wellbeing and brain health for people living with dementia.

You are invited to a tea and cake session to learn how to create a playlist for life, remember your favourite songs and music, and get more information on how to live well with dementia.

This event is organised by Newham New Deal Partnership, who run community dementia support groups (Memory Cafes and Music for the Mind), a Memory Makers programme, and a casework service for Newham residents.



When: Friday 22nd May,
2.00-3.30 p.m.

Where: Hopkins Room,
Stratford Library

For information please contact the
Stratford Neighbourhood team
020 3373 0826 or
StratfordLibrary@newham.gov.uk

WE ARE NEWHAM.

Leviti Pilates

Move better, feel stronger, and live with more confidence through the transformative power of Reformer Pilates.

Free sessions for women, led by expert instructors. They will help you build confidence and connection while experiencing continuous progress.

Available dates:

Tuesday 5th May-2nd Jun 10:00am
Thursday 7th May-4th June 10:00am
Saturday 9th May-6th June 1:00pm

Location

8A Brushfield St, 1st Floor.
E1 6AN, London

www.levitipilates.uk

www.instagram.com/levitipilates_london/

For more information contact our Navigators
on 0207 510 1081

or email connecting.communities@mindthnr.org.uk



Leviti
Mind and body connection



bonnydowns.org



Sing & Stretch for joy!

Join our **FREE joyful dementia-friendly afternoon of singing & chair-based yoga** for people living with dementia and their carers

Tuesdays weekly at The WELLcome Hub
35 Vicarage Lane, London E6 6DQ
Starting 14 April 2026

1:30 - 2:30 pm: **Sing for Joy**
2:30 - 2:45 pm: **Tea Break**
2:45 - 3:30 pm: **Chair Based Yoga**

For more information, email michelle.farrell@bonnydowns.org
Our staff are Dementia Friends who can signpost to relevant support services

This project is funded by



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

Registered charity number 1176459



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



Are you a Young Carer?

A Young Carer is a young person aged 5-17 yrs who helps to look after someone because of:

Drug or alcohol misuse

Disability

Illness

Long-term physical illness

At the Young Carers Project, we provide FREE support, advice and activities to support young carers

- Providing young carers with a break through weekly drop-in sessions at East Ham Library every Monday and Wednesday from 4-6:30pm
- Youth forums, allowing young carers to share their thoughts
- Information and advice
- Access to trips and activities

Find out more

Email or phone us at:

info@newhamcarerscommunity.org.uk
020 3954 3143

Scan the QR code or head to the link:

renewalprogramme.org.uk/new-youth-services-page/



You are a young carer if you:

Help look after a family member (your mum, dad, brother, sister or a grandparent)

Help them with daily tasks such as getting dressed or getting out of bed

Help them with getting medicine or going with them to the doctors or hospital

Help with housework, shopping or making meals for them

Helping them speak with or translate to others

Managing the family budget



FAMILY FUN AT THE RENEWAL PROGRAMME

In April the Renewal Programme hosted a Family Fun Day to raise awareness of young carers. With bouncy castles and face painting, it was an opportunity for young carers and their families to have fun and enjoy themselves.

We also saw a session for young carers at East Ham library. Newham Academy of music and Flotsam Orchestra attended along with young carers and their parents to look at working together on a music project.



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 CAREERS 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</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





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	Every 3 months. Contact Group Lead for further details	Highway Vineyard Church	Elliott Hills info@ageukeastlondon.org.uk 0208 981 7124
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



LOCAL SUPPORT

Group	Meeting Time	Venue	Contact Info
ASK User-led Mental Health Group (Men)	Every Friday 2:30 pm - 4:30 pm	Contact via phone or email	Sandra Amoah askulmhg.info@gmail.com 07944 978977
ASK User-led Mental Health Group (Women)	Every Wednesday 10:30 am - 12:30 pm	Contact via phone or email	Sandra Amoah askulmhg.info@gmail.com 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	info@ashoksvision.com ashoksvision.com 07707 247150



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 12:00pm - 2:30 pm</p>	<p>Upper-Room Foursquare Chapel 525-529 Barking Rd, London E13 9EZ</p>	<p>Leader: Prabhudas Tanna Prabhudastanna@gmail.com</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>Moments of Joy</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. £10 per person.</p>	<p>Every Tuesday between 12pm and 3pm</p>	<p>Meets at St Mark's Community Centre, 218 Tollgate Rd, London E6 5YA.</p>	<p>Kim Supajirawatananon 07825182846 momentsofjoy2025@gmail.com kimsupajira@gmail.com</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	dropinbereavement@btinternet.com Tel: 07396 016523
Carers of Autistic Adults 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) 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.



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

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

[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 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

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



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

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

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/>



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>

UNSUBSCRIBE

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