



Who are Newham Carers Community?

We are a newly commissioned service which is delivered in a partnership of *Age UK East London* as Lead, with *Subco Trust and The Renewal Programme* to provide support to carers and young carers across the borough of Newham.

We offer free and confidential advice, information, activities and support to unpaid carers living or caring for someone living in Newham.

We look forward to seeing you soon.

With thanks, the Newham Carers Community Team

Contact the team on: **020 3954 3143** or email: info@newhamcarerscommunity.org.uk

	Newham Carers Community
	Cruse Bereavement Support
	Young Carers Session
	One off /Special Events

MONDAYS			
Date/Time	Activity	Location	Info
From Monday 5th June – Friday 9th June 2023	Vodafone SIM Card Giveaway to Carers for Carers Week	Age UK East London 655 Barking Road E13 9EX	Carers can receive a preloaded 20 GB data sim card valid for 6 months from activation. For more details, please contact: 020 3954 3143
From Monday 5th June 10.00am – 11.00am Then Weekly	Virtual Music Hour	Join Zoom Meeting: https://pwa.zoom.us/jc/ Meeting ID: 838 2745 7162 Passcode: 918600	Come and join us in this friendly group to select and listen to your favourite songs in this music appreciation group

MONDAYS Cont.

Date/Time	Activity	Location	Info
Mondays 11.00 – 1.00pm Weekly	Carers Information, Advice and Guidance Support Drop In By Appointment Only Please Book On: 0208 548 0070	Sub Co Trust 49 Plashet Rd E13 0QA	Receive expert specific Carers support in regard to entitlements & benefits, employment and training and welfare rights.
Starts Monday 19th June 2.00 – 3.00pm Then Weekly	Walking Group	Meeting Point: Central Park Cafe Bartle Ave, London, E6 3AJ @2pm	Join in on this friendly social walking group with fellow Carers and get fitter at the same time.

TUESDAYS

Date/Time	Activity	Location	Info
10:00pm – 2:00pm Weekly	Carers Information, Advice and Guidance Support Drop In By Appointment Only Please Book On: 0208 548 0070	Sub Co Trust 49 Plashet Rd E13 0QA	Receive expert specific Carers support in regard to entitlements & benefits, employment and training and welfare rights.
From Tuesday 9th May 11am – 1pm Then Every 2nd Tuesday of the month	Carers Support Group Session Drop-in	Sub Co Trust 49 Plashet Rd E13 0QA	A space to talk, share and get support with fellow Carers.

WEDNESDAYS

Date/Time	Activity	Location	Info
Wednesday 1.00pm – 2.00pm Weekly	Carers Information, Advice and Guidance Support Drop In	Sub Co Trust 49 Plashet Rd E13 0QA	Receive specific Carers support in regard to entitlements & benefits, employment and training and welfare rights.

<p>From Wednesday 31st May 2:00 pm - 3:30 pm</p> <p>Then Weekly</p>	<p>Virtual Digital Drop -in</p>	<p>Join Zoom Meeting: https://pwa.zoom.us/jc/</p> <p>Meeting ID: 880 8501 8352 Passcode: 566379</p>	<p>Join us for some digital help and advice in this online drop in for people who may need some help or have a question regarding digital mobiles, tablets or computers.</p>
<p>Wednesday 17th May</p> <p>1:00pm – 3:00pm</p> <p>Then Weekly From 14th June 1:00 pm – 3:00pm</p>	<p>Multi Activity Drop-in Session</p> <p>*No session 14th June*</p>	<p>St Bartholomew's Church 292b Barking Road E6 3BA</p>	<p>A place to socialise, exercise and get support and advice with fellow carers.</p>

WEDNESDAY Cont.			
Date/Time	Activity	Location	Info
<p>Wednesday 31st May</p> <p>11.00am – 1.00pm</p> <p>Then the Last Wednesday of the month</p>	<p>Carers Support Group Session Drop-in</p>	<p>Sub Co Trust 49 Plashet Rd E13 0QA</p>	<p>A space to talk, share experiences and get support with other Carers.</p>
<p>Wednesday 31st May</p> <p>3:00pm – 6:00pm</p>	<p>Young Carers Event</p>	<p>East Ham Library 328 Barking Road E6 2RT</p>	<p>Presentation by Joseph Richards to include an overview of the programme, activities on offer, trips available, volunteering and training opportunities.</p> <ul style="list-style-type: none"> • <i>Smoothie making</i> • <i>Arts and Crafts</i> • <i>Archery, Table Tennis, Non-Contact Boxing</i> <p>Refreshments provided</p>

THURSDAY			
Date/Time	Activity	Location	Info
From Thursday 18th May 11:00am – 1:00pm Then Weekly	Community Grief Hub	Manor Park Library 685-693 Romford Rd, Aldersbrook, London E12 5BS	Weekly drop in where you will be able to share a cup of tea and be signposted to new support within your community.
Thursday 4th May and Thursday 29th June 3pm – 4:30pm Then Every 4th Thursday of the month	Finding Carers Information Online	Age UK East London 655 Barking Road E13 9EX	Get skilled up to navigate through the internet; to find out what online services can benefit you and your needs.
Thursday 15th June 12:30pm – 2:30pm	Newham Older People's Reference Group (OPRG) Meeting	St Johns Church Broadway, Stratford E15 1NG	An opportunity to have your say about services in the borough.

FRIDAY			
Date/Time	Activity	Location	Info
From Friday 19th May 2pm – 4pm Then every 2nd Friday	Fortnightly Drop-in Session	Age UK East London 655 Barking Road E13 9EX	An opportunity to find out about the difference services available in the borough

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