

Support available for carers in Newham

- **Newham Carers Community (NCC)** provide support to carers and young carers across the borough of Newham. They offer free and confidential advice, information, activities and support to unpaid carers living or caring for someone in Newham, find more here: <https://www.ageuk.org.uk/eastlondon/our-services/newham-carers-community>. To get in touch please email info@newhamcarerscommunity.org.uk or call 020 3954 3143
- **Carers Emergency Card Scheme** allows carers to prepare for alternative support arrangements for the person they care for, if they are not available in an emergency. To register for this scheme, please complete the form found on <https://www.newham.gov.uk/health-adult-social-care/emergency-care-arrangements/2>
- **Carers Discount Cards** are nationally recognised and give discounts to carers for a range of services, including high street shops and activities, for more information and to apply for a range of these cards please visit <https://www.ageuk.org.uk/bp-assets/globalassets/east-london/original-blocks/our-services/newham-carers-community/ncc/national-carers-discount-card-comparison-chart-1.pdf>
- **Well Newham** is a comprehensive website that brings everything together in one place to help you connect with a wide range of health and wellbeing services and activities in Newham. Our goal is to support you in achieving your desired level of health and wellbeing, focusing on what matters most to you. Please visit www.wellnewham.org.uk for a range of all services or www.wellnewham.org.uk/advice/support-carers
- **Our Newham** provide a range of support which can include benefit and income maximisation, learning and skills development and support to find and retain employment. For more information please visit <https://www.newham.gov.uk/ournewham>
- **Carers Resident Advisory Group** this is a voluntary opportunity to join a group of local carers of all ages living in Newham. It is a space to share your thoughts on how we can make improvements to carers service. You will receive updates on the progress being made to support Carers and meetings will be held quarterly. For more information and to sign up please email carersqueries@newham.gov.uk or visit the webpage <https://www.newham.gov.uk/health-adult-social-care/carers-2/4>
- **Newham Council's website** www.newham.gov.uk/Adultsocialcare provides a wide range of information about support services available locally and how you can access them. If you do not have access to the Internet, you can use the facilities available in libraries across the borough Customer Services Advisors are on hand to provide support, if required.
- **Our Newham Money** <https://www.newham.gov.uk/ournewhammoney> is a free confidential service and can help you to secure your financial wellbeing.