

Group Name and Description	Venue	Contact Information
Autistic Adult Carers Group Support group for all carers or parents of adults with autism	Community Room, Morrison's, Canning Town, Silvertown Way E16 1ED	Sue Sinton Smith suesintonsmith@hotmail.com 07968424738 (Text only)
Care Heart Social Club Autistic Adult carers Group	Contact via phone or email	Ying purisimasd12@gmail.com 07466 719164 Or Loraine 07828841546 lorainefermin@outlook.com
Newham Caring Hearts Carers Support Group Provides wellness workshops, social outings and peer support to carers	Meets at Various locations including: 655 Barking Road London E13 9EX	Aurora Todisco aurora.todisco@gmail.com
Carers Community Mental Health Group Support group for those who are caring for loved ones and friends with mental well-being	Upper-Room Foursquare Chapel 525-529 Barking Rd, London E13 9EZ	Zhenreenah Muhxinga carersgroup2020@yahoo.com Tel: 07950 123 540
Newham Parent Carer Forum Support group for Parent Carers	Room 12, 218 Tollgate Road, Beckton E6 5YA	Yamou Njie 07903 476798 newhamparentscarerforum@gmail.com Info@newhamparentforum.co.uk
Disability Rep Forum - Right From the Start Campaign Support group for disabled carers including parent carers and those with disabled children	Froud Community Centre, Toronto Avenue, E12 5JF Meets every 2nd Tuesday of the month from 11am to 1pm	Sarifa Patel sarifa.patel84@gmail.com Tel: 07723 739221
Drop in Bereavement Centre A weekly/fortnightly meet up Tea and Coffee Chat Group for bereaved/non bereaved Carers. A safe space for carers to discuss their experiences of caring as well as meeting others with lived experiences of bereavement.	Drop in Bereavement Centre 187 Grange Road E13 0HA	Olive Brade Olive.brade@btinternet.com 07396016523 dropinbereavement@btinternet.com
Senior Learning Disability Group Support group for Parent Carers who care for adults with Learning Disability	Meets last Wednesday of every month in Plaistow	Prabhudas Tanna 07714334437 prabhudastanna@gmail.com

Moments of Joy Meeting for those living with dementia, their families and carers. This involves a variety of activities, yoga, group singing, cognitive stimulation activities and games.	Meets at St Mark's Community Centre, 218 Tollgate Rd, London E6 5YA. Every Tuesday between 12 noon and 3pm	Kim Supajirawatananon 07825182846 momentsofjoy2025@gmail.com kimsupajira@gmail.com
Young Carers/Young Adult Carers Group Facilitates physical activities, in particular tennis sessions, and social activities for people who are Young Carers/ Young Adult Carers	Activities take place in West Ham and Stratford parks	Khadija Farhan 07869145550 k.farhan1799@outlook.com
Carers Well-being and Empowerment Programme – The Carer Well-Being Support & Empowerment Programme for carers to enhance their physical, mental, and emotional well-being.		Amin Islam a93Islam@gmail.com 07574461735
Newham Community Renewal Programme Events carried out periodically during the year to support your young carers. Focused on celebrating the achievement of young carers and their families or on sports activities.	Newham Community Renewal Programme 395 High Street North, Manor Park, London, E12 6PG	Joseph Richards (Young Carers manager) 02084716954 joseph.richards@renewalprogramme.org.uk
Age UK East London Older Peoples Reference Group Support for carers of older people	Contact via phone or email	Grace Patient Grace.Patient@ageukeastlondon.org.uk 07384 511701
Let Us Communicate Support Group Carers of children, young adults and adults with SEND	Contact via phone or email	letuscommunicate101@gmail.com
Cerebral Palsy Network Newham	Contact via phone or email	Habbib Aziz cpn_newham@hotmail.com 07903955353
Ruby's carers support group Children with special needs	Contact via phone or email	Rubina Azam Rubinaazam@hotmail.co.uk 07947158445
Subco Trust	Contact via phone or email	Taskin admin@subcotrust.org.uk 0208 548 0070