Carer-Friendly Newham
Seen. Heard. Connected. Supported

Newham London

Newham Carer Peer To Peer Support Groups

Local groups for carers, run by carers. For more information, visit www.newham.gov.uk/carers

Group Name and Description	Venue	Contact Information
Autistic Adult Carers Group Support group for all carers or parents of adults with autism Drop in - First Monday of every month 11am-1pm	Central Park Café East Ham, E6 Meet on first Monday of every month 11am-1pm	Sue Sinton Smith suesintonsmith@hotmail.com 07968424738 (Text only) carersautisticresidentsnewham@gmail.com
Caring Hearts Social Club Autistic Adult Carers Group	Contact via phone or email	Ying purisimasd12@gmail.com 07466 719164 Or Loraine 07828841546 lorainefermin@outlook.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 Meets every 3rd Wednesday of the Month from 11:30am to 1:30pm	Zhenreenah Muxinga CCMHG42@yahoo.com Tel: 07950 123 540
Newham Parent Carer Forum Support group for Parent Carers	Room 12, St Mark's Community Centre, 218 Tollgate Road, Beckton E6 5YA	Yamou Njie 07903 476798 Info@newhamparentforum.co.uk
Disability Rep Forum 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	dropinbereavement@btinternet.com 07396016523
Senior Parent Learning Disability Group Support group for Parent Carers who care for adults with Learning Disability	Upper-Room Foursquare Chapel 525-529 Barking Rd, London E13 9EZ Meets last Wednesday of every month from 12 noon to 2:30pm	Prabhudas Tanna 07714334437 prabhudastanna@gmail.com

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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.	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 carerscorner@hotmail.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.	Contact via phone or email	Amin Islam a93Islam@gmail.com 07574461735
Ruby's carers support group Children with special needs	Contact via phone or email	Rubina Azam Rubinaazam@hotmail.co.uk 07947158445
The Scrappers A creative wellbeing group for carers, offering a space to relax, connect with others, and create meaningful scrapbooks	Every Thursday from 1 – 4pm Plaistow Library, 198/208 Plaistow Road, London E13 0AL	Zhenreenah renezhen54@gmail.com 07950 123 540
Lemonade Days Social Club For residents living with Dementia and their carers. Involves a variety of activities, yoga, group singing, cognitive stimulation activities and games. A cooked meal is provided. **£10 per person.**	St Mark's Centre, 218 Tollgate Road, Beckton E6 5YA Every Tuesday 11 – 2.30pm	Brenda Marius Hello@lemonadedays.co.uk