



NEWHAM CARERS COMMUNITY NEWSLETTER OCTOBER 2023

WELCOME

Welcome to the second Carers newsletter, October edition 2023.

In this edition we will inform you of news, important dates and events, October's Carer and Community Staff spotlights, useful information and training opportunities including information about the upcoming **Carers Right's Day** event in November.



CARER SPOTLIGHT

Meet Hitesh Daudia

My story began in June 2014 when my dad passed away and I automatically became the primary family carer for my mum, but I didn't know it at the time. She is now going through chronic kidney disease, osteoarthritis, and early stages of dementia.

I wasn't prepared for the life challenges I'd be facing and didn't know how deep I'd be going down the rabbit hole. From juggling hospital, dental, optician, x-rays, MRI scans, memory & foot clinic, physio, hearing and doctors' appointments. From handling tantrums to short term memory loss. Following up with the chemist for delayed medication, chasing the doctors for a prescription, making sure my mum's emotional and physical wellbeing is OK on a day to day basis, grocery shopping, cooking, cleaning, filling in online forms, handling financial bills, updating siblings and the list goes on....I probably do between 50-60 hrs a week looking after my mum and managing her affairs. I'm sure you can relate to some of this. The thing is, at the time I didn't know where to look for help or information on how to cope.

I knew if I didn't create a caring system and put some strategies into place soon. I'd remain tired, unhappy and burnt out by the end of the year. I decided my mindset needed to change. I needed to think differently about my caring role. That's when I started looking for solutions, researching and a shift happened. I created my own caring system that has given me my energy and time freedom back.

For more resources (www.hiteshdaudia.com/resources)



COMMUNITY SPOTLIGHT

Meet Noreen Chaudhry, Asian Carers Specialist Support Worker

I have worked in charitable organisations for many years, having worked for over 15 years for a Domestic Violence Agency and for the last ten years as a Carers Support Adviser.

I have always tried to have the best outcomes for those I have supported both roles as a Domestic Violence Adviser as well as in my current role as the Carers Support Adviser.

I enjoy reading and have done so from childhood and currently like to read fiction, particularly psychological thrillers and non-fiction including Biographies as well as Historical novels.

I like to travel and hope to climb a mountain one day but will need to get fit first, so maybe start with a little hill first(lol)!





JOIN US FOR FREE

CARERS RIGHTS TRAINING

From 'Not a Care in the World'

THURSDAY 23RD NOVEMBER 2023

11.00AM - 12.00PM

AND AT 2.00 - 3.00PM VIA ZOOM

Come and join us for an online session to help you know the rights you have as a Carer and how to use them.

JOIN US ONLINE:

Zoom Meeting Details:

11:00 am

[https://us06web.zoom.us/j/81468876558?
pwd=mKGG2GZKPhSNFmgQ6JW3jKS1yCYWNI.1](https://us06web.zoom.us/j/81468876558?pwd=mKGG2GZKPhSNFmgQ6JW3jKS1yCYWNI.1)

Meeting ID: 814 6887 6558

Passcode: 214437

2:00 pm

[https://us06web.zoom.us/j/83879030638?
pwd=7H6egoysdx9w1INcKdCHJLsaCHjxxt.1](https://us06web.zoom.us/j/83879030638?pwd=7H6egoysdx9w1INcKdCHJLsaCHjxxt.1)

Meeting ID: 838 7903 0638

Passcode: 605604

Or contact on 020 3954 3143 for more details.



carers
RIGHTS DAY



JOIN US FOR FREE

CARERS RIGHTS In PERSON WORKSHOPS

FRIDAY 24TH NOVEMBER 2023

11.00AM - 12.30PM

AND AT 1.00 - 2.30PM

Come and join us for 2 in-person sessions to help you know the entitlements around benefits and services you can access as a Carer and how to use them.

Venue Address:

Rights & Equalities In Newham
478 Barking Rd, London E13 8QB

Directions:

Not far from Plaistow Police Station, next door to the Iceland.

Hall entrance on Cumberland Rd next to the MOT Testing.

Or contact on 020 3954 3143 for more details.



LIGHT REFRESHMENTS PROVIDED



NEWS AND EVENTS

Carers Resident Advisory Group, Tuesday 14th November from 4-6pm online via ZOOM

The Carers Resident Advisory Group (CRAG) is your chance to share your views and ideas on what can be improved for carers in Newham, meet other carers and receive updates on the progress of Newham's carers strategy.

The next Carers Resident Advisory group meeting will take place on Tuesday 14th November from 4-6pm online via ZOOM. Here is the link and details to join the meeting;

Join Zoom Meeting

<https://zoom.us/j/98954454078?pwd=UUZVTnZQcmNyZGxuQks1UoREYXBoQT09>

Meeting ID: 989 5445 4078

Passcode: 701447

One tap mobile

+442034815240,,98954454078#,,,,*701447# United Kingdom

+442039017895,,98954454078#,,,,*701447# United Kingdom

Dial by your location

0203 481 5237

Meeting ID: 989 5445 4078

Passcode: 701447

Please see the attached flyer and agenda for further details.

To sign up or find out more, complete the following registration form -

<https://forms.office.com/e/Kq2anYPKdk> or contact me via email at Lukep.smith@newham.gov.uk.

Carers are invited to attend this session on a voluntary basis and will not be receiving Reward and Recognition payment from the council for doing so.



JOIN US FOR FREE

LUNCHTIME CONCERT - THE ADELPHI QUARTET

Provided by Clifford Chance Banking

THURSDAY 30TH NOVEMBER 2023

12:30 - 1:15PM

**A FREE LUNCH WILL BE PROVIDED AFTER THE
CONCERT**

MEETING POINT:

**Canning Town Jubilee
Line Station at 11:50 am.
Traveling to Canary Wharf
via Jubilee Line.**

Contact 020 3954 3143 or
info@newhamcarerscommunity.org.uk
for more details booking and dietary
requirements, spaces are limited.





NEWS AND EVENTS

Newham Warm Havens

From Monday 30th October - 31st March

All Newham libraries will be extending opening hours until 8pm for the Warm Haven programme.

Visit: <https://www.newham.gov.uk/warmhavens>

Call: 02084302000

See leaflet attached

Eat Well, Spend Less

The charity UK Harvest are offering FREE education money-saving and waste preventing resources which may be very useful to any that may be suffering from food insecurity, all funded through Tesco Community Grants-Newham.

[CLICK HERE](#) to find out about FREE online cooking sessions
(Please find a link to some of the previous recorded sessions [here](#))
Download FREE 'Eat, Well, Spend Less' guide [CLICK HERE](#)

Free booklets are available in the reception space of our office 655 Barking Rd, E13 9EX

Autistic & Learning Disability Drop-in 2nd Monday of every month

Drop-in group
Chargeable Lane Resource Centre,
200 Chargeable Lane, E13 1EL

See leaflet attached



NEWS AND EVENTS

Free Digital Session 20th November 2:00 pm - 4:00 pm

Learn and improve digital skills in this in-person group session
Bring your digital device with you.

655 Barking Rd, E13 9EX



Digital Session with tutor Kulvinder

Young Carers Drop-in with Arts & Crafts and Mixed Sports Session Mondays 4:00 pm - 7:00 pm

A place for young carers to register and get creative with arts & crafts or join a mixed sports session.

East Ham Library, 328 Barking Rd, E6 2RT

Carers Information, Advice and Guidance Support Mondays 11 am - 1:00 pm Tuesdays 1:00 pm - 3:00 pm Wednesdays 10:30 am - 1:00 pm

Receive expert specific carers support regarding entitlements & benefits, employment, training and welfare rights.

By Appointment Only
Please Book On:
0208 548 0070

49 Plashet Rd E13 0QA

Newham Carers Community

FREE



FREE ONLINE TRAINING COURSES FOR NEWHAM CARERS

**OVER 130 SOCIAL CARE COURSES VIA
GREY MATTER LEARNING**

For more information, please contact

Newham Carers Community on:

Email: info@newhamcarerscommunity.org.uk

Telephone: 0203 9543 143





NEWS AND EVENTS

Young Carers Maths Tuition Mondays 4:30 pm - 5:30 pm

After school maths tuition for years 5 & 6.

1-1 GCSE sessions via Zoom for ages 14-16 also available. For more details call: 0208 471 6954

All applications to be made through:

youth@renewalprogramme.org.uk

East Ham Library, 328 Barking Rd, E6 2RT



USEFUL INFORMATION

Carers Assessment

Use the link for more information

<https://www.newham.gov.uk/health-adult-social-care/carers-assessments/1>

Carers Emergency Card

Use the link for more information

<https://www.newham.gov.uk/health-adult-social-care/emergency-care-arrangements/2>

Form Filling Support

- Your Community Neighbourhoods (Libraries) offer PC access and basic support and guidance in every library across the borough. See Newham library services – Newham Council for more details;
- Community Links offer a free form filling service (105 Barking Road - please contact advice@community-links.org or on **0207 473 9681** to book an appointment)
- Ascension Community Trust - offer free advice and form filling support. Please contact admin@ascensioncommunitytrust.org Tel: **020 7511 1232** to make an appointment).
- Stratford Advice Arcade offer free form filling service for Welfare benefits such as DLA (PIP) forms, renewals appeals. Attendance Allowance, Carers allowance and Employment Support Allowance (by appointment only Wednesdays **020 8221 1995**; 105-109 The Grove)
- Community Links: Chandos East Community Hub - Open for drop-in appointments on Monday between 12.30pm and 3pm. For further information, call **020 8555 0850** (90 Chandos Road, Stratford, E15 1TT)

Correspondence Support

- Voicebaility support for those most vulnerable commissioned by Newham newham@voiceability.org
- Community Links – Please contact advice@community-links.org, Tel: 0207 473 9681, or visit 105 Barking Road, London, E16 4HQ, for an appointment



USEFUL INFORMATION

Benefits and Debt – [Our Newham Money](#) support with

Debt & benefit advice - Helping residents to understand the options that are available to them, supporting them to set up repayment plans with their creditors. Undertaking a benefits assessment to establish entitlements and ensuring residents are claiming all entitlements. Support with completing forms related to benefits.

Budgeting /money management advice - Free, impartial, confidential.

Energy advice line - identifying and applying for discounts, referring to priority service registers, switching advice, supplier dispute advice, referring for wider services (fire safety checks, taxi card etc.)

Hardship Support Scheme – support with food and energy costs and other items can be considered in exceptional circumstances.

Home energy visits - arrange free home visiting service to install free small measures such as energy saving bulbs, draught excluders, radflex and more to reduce usage, as well as behavioural advice and controls advice.

Repayment plans - negotiating and agreeing Council Tax & Housing Benefit Overpayments

Emergency support - interest free loans for basic essential furniture, rent deposits and energy.

Affordable loans - loans up to £1,500 for essential purchases, household items, white goods and debt consolidation.



USEFUL INFORMATION

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

Other Useful Resident Advice Services

UCL Integrated Legal Advice Clinic – see link for more details

[UCL Integrated Legal Advice Clinic \(UCL iLAC\) | LawWorks](#)

Age UK (Newham Office) – see link for details

[Turn2Us - Advice Finder](#) - [Age UK East London \(Newham office\) - London](#)

Plaistow South Big Local Money Matters – see link for more details [Money Matters – Plaistow South Big Local \(psbl.org.uk\)](#)



TRAINING OPPORTUNITIES

Want to learn something new?

Grey Matter 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**

Free IT Sessions

655 Barking Rd, E13 9EX

Brush up on your digital skills, just bring your device to the monthly session. For details of future sessions please contact us:

info@newhamcarerscommunity.org.uk or call **020 39543143**

QUESTION TIME

In future editions this space is where you have the opportunity to get the answers to your Carer related questions.

Please send your questions to info@newhamcarerscommunity.org.uk with the subject line **Question Time**





GET IN CONTACT

If you would like to feature in the Carer Spotlight 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