



### 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](mailto:info@newhamcarerscommunity.org.uk)

# September – October 2023

	Newham Carers Community
	Young Carers Sessions
	Community Activities
	One Off Session/Activities

MONDAYS			
Date/Time	Activity	Location	Info
<b>From</b> <b>Monday 11<sup>th</sup> September</b> <b>11:00am – 12:00pm</b>  <b>Then fortnightly</b>	<b>Carers Support Group</b> <b>Session Drop-in</b>  <b>Refreshments provided</b>	655 Barking Road E13 9EX	A space to talk, share and get support with fellow Carers.
<b>Monday</b> <b>25<sup>th</sup> September</b> <b>2:00pm – 4:00pm</b>	<b>Digital Session Drop In</b>  (no booking required)	655 Barking Road E13 9EX	Get skilled up to navigate through the internet, use apps, emails and more...

## MONDAYS Cont.

Date/Time	Activity	Location	Info
<b>Mondays</b> <b>11.00am – 1.00pm</b>  <b>Weekly</b>	<b>Carers Information, Advice and Guidance Support</b>  <b>By Appointment Only</b> <b>Please Book On:</b> <b>0208 548 0070</b>	49 Plashet Rd E13 0QA	Receive expert specific carers support regarding entitlements & benefits, employment, training and welfare rights.
<b>Mondays</b> <b>4:00 pm – 7:00 pm</b>  <b>Weekly</b>	<b>New Young Carers Drop-in with Arts &amp; Crafts and Mixed Sports Session</b>	East Ham Library 328 Barking Rd, E6 2RT	A place for young cares to register and get creative with arts & crafts or join a mixed sports session.
<b>From</b>  <b>Monday 25th September</b> <b>4:30 pm – 5:30 pm</b>  <b>Then weekly</b>	<b>Young Carers Maths Tuition</b>  <b>All applications to be made through:</b> <b><a href="mailto:youth@renewalprogramme.org.uk">youth@renewalprogramme.org.uk</a></b>	East Ham Library 328 Barking Rd, E6 2RT	After school maths tuition for years 5 & 6.  1-1 GCSE sessions via Zoom for ages 14-16 also available. For more details call: <b>0208 471 6954</b>

## TUESDAYS

Date/Time	Activity	Location	Info
<b>Tuesdays</b> <b>11:00 am – 12:00 pm</b>  <b>Weekly</b>	<b>Yoga</b>  <b>Call 0208 548 0070 for more information</b>	49 Plashet Rd E13 0QA	All abilities welcome.
<b>Tuesdays</b> <b>1:00pm – 3:00pm</b>  <b>Weekly</b>	<b>Carers Information, Advice and Guidance Support</b>  <b>By Appointment Only</b> <b>Please Book On:</b> <b>0208 548 0070</b>	49 Plashet Rd E13 0QA	Receive expert specific carers support regarding entitlements & benefits, employment, training and welfare rights.

## TUESDAYS Cont.

<p><b>From</b>  <b>Tuesday 26<sup>th</sup> September</b>  <b>10:30am – 12:30pm</b></p> <p><b>Then</b>  <b>Last Tuesday of the month</b></p>	<p><b>Carers Support Group</b>  <b>Session Drop-in</b></p> <p><b>Refreshments provided</b></p>	<p>49 Plashet Rd  E13 0QA</p>	<p>A space to talk, share and get support with fellow Carers.  Lunch cost £3:00</p> <p>For more information call:  <b>0208 548 0070</b></p>
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## WEDNESDAYS

Date/Time	Activity	Location	Info
<p><b>Wednesdays</b>  <b>10.30pm – 1.00pm</b></p> <p><b>Weekly</b></p>	<p><b>Carers Information, Advice and Guidance Support</b></p> <p><b>By Appointment Only</b>  <b>Please Book On:</b>  <b>0208 548 0070</b></p>	<p>49 Plashet Rd  E13 0QA</p>	<p>Receive expert specific carers support regarding entitlements &amp; benefits, employment, training and welfare rights.</p>
<p><b>Wednesdays</b>  <b>10:30am – 11:30 pm</b></p> <p><b>Weekly</b></p>	<p><b>Line Dancing</b></p> <p>(No booking required)</p>	<p>St Bartholomew's Church  292b Barking Road  E6 3BA</p>	<p>All abilities all welcome to this free, fun session.  <b>For more information call:</b>  <b>020 8470 0011</b></p>
<p><b>Wednesdays</b>  <b>11:00 am – 12:30 pm</b></p> <p><b>Weekly</b></p>	<p><b>Men's Group</b></p>	<p>49 Plashet Rd  E13 0QA</p>	<p>A space to play board games, activities and socialise.  For more information call:  <b>0208 548 0070</b></p>

THURSDAYS			
Date/Time	Activity	Location	Info
<b>Thursdays</b> 11:00 am – 1:00 pm <b>Weekly</b>	Ladies Group	49 Plashet Rd E13 0QA	Activities on offer: Sing, Song, Drum, Dance and Drama For more information call: <b>0208 548 0070</b>

FRIDAYS			
Date/Time	Activity	Location	Info
<b>Fridays</b> 2pm – 4pm <b>Every 2<sup>nd</sup> Friday</b>	Fortnightly Drop-in Session	655 Barking Road E13 9EX	An opportunity to find out about the difference services available in the borough.
<b>Friday 29<sup>th</sup> September</b> 10:00 am – 12:00 pm	<b>Techy Tea Morning</b> <b>Limited spaces</b> <b>Booking Essential</b>	NatWest Bank 250 Bishopsgate EC2M 4AA	Bring your digital device and get your digital questions answered by the NatWest team.  Traveling via public transport For more details and booking call: <b>020 3954 3143</b>

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Monday to Friday 9am – 5pm