



LB NEWHAM - CARERS PEER TO PEER SUPPORT GROUPS

ORGANISATION AND DESCRIPTION	WHEN	VENUE	CONTACT DETAILS	Registered Charity Status
Children with Special Needs Ruby's Carer's Support Group	First and last Tuesday of the month 12.30pm – 2.30pm	Katherine Road Community Centre. 254 Katherine Road Forest Gate London E7 8PN	Leader: Rubina Azam Mobile: 07947158445 Email: Rubinaazam@hotmail.co.uk	
Carers Community Mental Health Group The group meet once a month to share information and provide support, advice and guidance for those who are caring for loved ones and friends with mental health.	Every Third Monday of the month 11.00am – 1.30pm	Stratford Advice Arcade 107 – 109 The Grove Stratford London E15 1HP	Leader: Zhenreenah Muhxinga Email: carersgroup2020@yahoo.com Mobile: 07950 123 540	
Disability Rep Forum Supports Disabled Carers including parent carers and those with disabled children	Every second Tuesday of the month 11.00am - 1.00pm	Zoom	Leader: Sarifa Patel Email : sarifa.patel@hotmail.co.uk Mobile: 07723 739221	
Newham Parent Forum	10.00am – 12.00 Date TBC Coffee mornings every second Tuesday of the month (term time only).	St Mark's community Centre Room 12 218 Tollgate Road Beckton E6 5YA	Leader: Yamoundow Njie Admin will answer enquiries on Monday to Wednesday 10am to 2pm Mobile: 07495021062 Email: info@newhamparentforum.co.uk Website: www.newhamparentforum.co.uk	
Newham Stroke Club Promotes the welfare of Stroke Survivors their families and carers	Meet every Wednesday 2.00pm - 4.00pm Monday - Health & Wellbeing 2.00pm - 5.00pm	Katherine Road Community Centre. 254 Katherine Road Forest Gate London E7 8PN	Leader: Abdul Shakoor Telephone: 020 8548 9825 Mobile: 07852 387633 Email : Newham.stroke.club@gmail.com Website : www.newhamstrokeclub.org.uk	

<p>Senior Parent Learning Disabilities Carers Group</p> <p>Support group for all carers or parents of people with learning disabilities.</p>	<p>Every last Wednesday of the month</p> <p>12.00 – 2.30pm</p>	<p>Jack Cornwell Centre Jack Cornwell Street Manor Park, London E12 5NN</p> <p>Telephone: 0203 373 3048</p>	<p>Leader: Remi Osunsanya</p> <p>Email: Sanyaosun2@yahoo.com</p> <p>Mobile: 07872 595948</p>	
<p>Cerebral Palsy Network Newham</p> <p>Work with families living with cerebral palsy</p>	<p>10.30am</p> <p>Tuesday 17 May</p> <p>Tuesday 21 June</p> <p>Tuesday 12 July</p> <p>Tuesday 20 September</p> <p>Tuesday 18 October</p> <p>Tuesday 15 November</p> <p>Tuesday 13 December</p>	<p>Katherine Road Community Centre. 254 Katherine Road Forest Gate London E7 8PN</p>	<p>Leader: Habbib Aziz Co-ordinator (CPNN)</p> <p>Email: cpn_newham@hotmail.com</p> <p>Mobile: 079039 55353</p> <p>Follow this link to join the WhatsApp group: https://chat.whatsapp.com/7Ow185THMlxD9tpSOm3Y17</p> <p>Mobile: 07969 282717</p>	
<p>The Greenhill Aphasia Group</p>	<p>Every Wednesday</p> <p>10.30am – 12.00</p>	<p>St John's Church Broadway Stratford London E15 1NG</p>	<p>Leader: Annette Daniells-Smith</p> <p>Mobile: 07931 365158</p> <p>Telephone: 0208 531 3833</p> <p>Email: rogerannette@bt.internet.com</p>	
<p>St. Joseph Hospice</p> <p>St. Joseph's Carers Group</p> <p>Do you provide unpaid care for a relative, partner or friend that has a life-limiting illness? E.g. Cancer, Heart Failure, COPD, MS, MND) then come along to meet others in a similar situation</p>	<p>Drop in group</p> <p>Every 3rd Friday of every month</p> <p>1.30pm – 3.30pm</p>	<p>St. Joseph Hospice Mare Street Hackney London E8 4SA</p>	<p>Leader: Maaria Bhatti Macmillan Live Well Information & Support Team Manager</p> <p>Telephone: 020 8525 3130</p> <p>Email: m.bhatti@stjh.org.uk</p> <p>Jo Bedford Carers Service Co-Ordinator</p> <p>Telephone: 020 8525 6026 / Email: j.bedford@stjh.org.uk</p>	<p>Registered Charity No. 1113125</p>
<p>Subco Trust</p> <p>Specialist service provider for Asian elders and their older carers.</p> <p>Services offered include day care, benefits advice, advocacy and support, befriending, drama, arts etc.</p> <p>Provides a day service for those who wish to access via. Adult Social Care or privately funded. Provide Asian meals, service based at premises on daily basis and there is a separate charge for this.</p>	<p>Drop in Sessions:</p> <p>Wednesday: 10.30am</p> <p>Older Carers Support Group (aged 50 plus) Tuesday and Thursday</p> <p>11.00am – 1.00pm</p> <p>Where we carry out activities such as arts crafts, outings, trips consultations etc.</p>	<p>Trinity Centre 49 Plashet Road Upton Park London E13 0QA</p>	<p>Leader: Naheed Anwar Holistic Operations Consultant (Qualified Social Worker & on-site Practice Educator)</p> <p>Telephone: 0208 548 0070</p> <p>Carers can be referred directly via email, we can arrange an appointment for them, please contact:</p> <p>Email: admin@subcotrust.org.uk</p> <p>Website: www.subcotrust.org.uk</p>	<p>Company Limited by guarantee No: 3031652</p> <p>Registered Charity No: 104523</p>

<p>Mums4mums group at Richard House Children's Hospice</p> <p>Group that meets every month at Richard House Children's Hospice. Mainly mothers with children with complex physical disabilities. They do artistic activities and have tea together. Not everyone is from Newham.</p>	<p>Every second Wednesday of the month</p> <p>11.00am – 2.00pm</p>	<p>Richard House Children's Hospice Richard House Drive London E16 3RG</p>	<p>Leader: Charlie Huddleston Care and Family Support Services</p> <p>Email: CharlieH@richardhouse.org.uk Email: care@richardhouse.org.uk Telephone: 020 7540 0243</p> <p>General enquires:</p> <p>Telephone: 020 7511 0222 Email: info@richardhouse.org.uk</p>	<p>Richard House Trust is a Registered Charity No : 1059029 and a company limited by guarantee No : 3232837 in England and Wales</p>
<p>ELFT - Working Together Group (WTG) for Carers</p> <p>Unpaid Carers living or caring for someone in: Tower Hamlets Newham City of London Hackney</p>	<p>Monthly</p>	<p>Zoom</p>	<p>Leader: Heena Patel</p> <p>Email : heena.patel20@nhs.net</p>	
<p>Older People's Reference Group Age UK (East London)</p> <p>General support group and forum for all older people issues (including carers).</p>	<p>Currently via Zoom (Subject to change)</p> <p>Bi-Monthly</p>	<p>Stratford Library 3 The Grove London E15 1EL</p>	<p>Leader: Adam Butler Older People's Involvement Project Co-ordinator</p> <p>Email: Adam.Butler@ageukeastlondon.org.uk</p> <p>Phone: 0208 981 7124 Mobile: 07384 511701</p>	<p>Registered charity number 1144535</p> <p>Company number 7687015</p> <p>CQC provider number 1-101643363</p>
<p>Chinese Carers Group</p>	<p>Group currently not running but still supporting Chinese carers in the community</p>		<p>Leader: Gill Tan</p> <p>Email : gtan4646@gmail.com</p> <p>Yvonne Yau – Secretary</p> <p>Telephone: 0207 474 7715</p> <p>Email: newham2002@hotmail.com</p> <p>Website: https://newhamchineseassociation.wordpress.com/about/</p>	<p>Company Limited by Guarantee</p> <p>Registration No. 2904608</p> <p>Registered Charity No. 1039371</p>

<p>Let Us Communicate (LUC)</p> <p>Founded in Oct 2013, we are an independent support group for parents / carers of children, young people and adults with complex long-term special educational needs and disabilities (SEND). Our aim is to raise awareness and acceptance of SEND. We have 486 members and run workshops, family fun days and training.</p>	<p>Monthly Thursday 10.00am – 12.00</p>	<p>Currently meeting by Zoom – venue is subject to change</p> <p>St Mark's Community Centre 218 Tollgate Road Beckton, London E6 5YA</p>	<p>Leader: Sadia Nakimera</p> <p>Telephone: 07943920821</p> <p>E-mail: letuscommunicate101@gmail.com</p> <p>Social Media:</p> <p>Facebook: https://www.facebook.com/LUC.SEND Twitter: https://twitter.com/LUC_autism Instagram: https://www.instagram.com/letuscommunicate/ WhatsApp: For registered members only</p> <p>Membership Application: https://goo.gl/forms/0OZkotFZh7pApB8p2</p>	
<p>Carers First</p> <p>YAC Chill and Chat</p> <p>Social Group for Young Adult Carers aged 18 - 25</p>	<p>1st Tuesday of the month 6.00pm to 7.00pm</p> <p>or</p> <p>3rd Monday of the month 7.00pm to 8.00pm</p>	<p>Zoom</p> <p>(London, Lincs, Medway and Essex Carers)</p>	<p>To book a place Contact:</p> <p>Jenny Goodson</p> <p>Email : Jenny.Goodson@carersfirst.org.uk</p>	<p>Registered as a Charity in England and Wales – No 1085430</p>
<p>Carers First</p> <p>Parent's Talk Time</p> <p>Peer Support, chance for parent carers to talk, share useful information and support each other in a safe environment</p>	<p>3rd Thursday of the month 10.00am – 11.00am</p>	<p>Zoom</p> <p>Newham, Hackney, Waltham Forest & Haringey</p>	<p>To book a place:</p> <p>https://www.eventbrite.co.uk/e/carers-first-parents-talk-time-peer-support-group-tickets-244553745837</p> <p>Email : hello@carersfirst.org.uk</p> <p>Telephone: 0300 303 1555</p>	<p>Registered as a Charity in England and Wales – No 1085430</p>
<p>Carers First</p> <p>Food for Thought</p> <p>Peer Support, come along and share a love of food, diverse flavours, recipes, techniques and cooking creations</p>	<p>3rd Monday of the month 6.00pm – 7.00pm</p>	<p>Zoom</p> <p>Newham, Hackney, Waltham Forest & Haringey</p>	<p>To book a place:</p> <p>https://www.eventbrite.co.uk/x/carers-first-food-for-thought-peer-support-group-tickets-244567637387</p> <p>Email : hello@carersfirst.org.uk</p> <p>Telephone: 0300 303 1555</p>	<p>Registered as a Charity in England and Wales –No 1085430</p>
<p>Carers First</p> <p>Powerful Poetry</p> <p>Peer Support, a chance for carers to come and share a poem that you've have found or written with creative flair. This group is for you and other carers to connect so come along and be involved in using poetry to reflect</p>	<p>4th Wednesday of the month 12.00 – 1.00pm</p>	<p>Zoom</p> <p>Newham, Hackney, Waltham Forest & Haringey</p>	<p>To book a place:</p> <p>https://www.eventbrite.co.uk/e/carers-first-powerful-poetry-creative-writing-peer-support-group-tickets-244529633717</p> <p>Email : hello@carersfirst.org.uk</p> <p>Telephone: 0300 303 1555</p>	<p>Registered as a Charity in England and Wales –No 1085430</p>

<p>Carers First</p> <p>Lifestyle for Carers</p> <p>Peer Support, a chance for carers to connect and cherish their health and wellbeing which supports us to value ourselves, feel empowered and enrich our lives</p>	<p>1st Thursday of the month</p> <p>2.30pm - 3.30pm</p>	<p>Zoom</p> <p>Newham, Hackney, Waltham Forest & Haringey</p>	<p>To book a place:</p> <p>https://www.eventbrite.co.uk/e/carers-first-lifestyle-for-carers-peer-support-group-tickets-244560465937</p> <p>Email : hello@carersfirst.org.uk</p> <p>Telephone: 0300 303 1555</p>	<p>Registered as a Charity in England and Wales – No 1085430</p>
<p>Carers First</p> <p>Working Wednesday</p> <p>Working Wednesday is a monthly supportive online group for carers registered with Carers First who have either part time or full time work. Carers can dip in and out of the group to suit you.</p>	<p>Last Wednesday of the Month</p> <p>7.00pm – 8.00pm</p>	<p>Zoom</p> <p>Newham, Hackney, Waltham Forest & Haringey</p>	<p>To book a place:</p> <p>Email : hello@carersfirst.org.uk</p> <p>Telephone: 0300 303 1555</p>	<p>Registered as a Charity in England and Wales – No 1085430</p>
<p>Carers First</p> <p>Asian Women’s Group</p> <p>A space for carers to connect in a friendly and inviting environment. Carers can share their cultures and traditions with others who may be able to relate, make new friends and socialise in ways that are comfortable and familiar to their communities.</p>	<p>1st Thursday of the Month</p> <p>10.30am – 11.30am</p>	<p>Zoom</p> <p>Newham, Hackney, Waltham Forest & Haringey</p>	<p>To book a place:</p> <p>Carers First Asian Women's Group Tickets, Thu 6 Jan 2022 at 10:30 Eventbrite</p> <p>Email : hello@carersfirst.org.uk</p> <p>Telephone: 0300 303 1555</p>	<p>Registered as a Charity in England and Wales – No 1085430</p>
<p>Carers First</p> <p>This is a virtual peer support group for former carers called the Moving On Staying Together Group.</p> <p>This group is for all former carers registered with Carers First and will be held on the last Monday of the month.</p>	<p>Last Monday of the Month</p> <p>11.00am – 12.00</p>	<p>Zoom</p> <p>Newham, Hackney, Waltham Forest & Haringey</p>	<p>To book a place:</p> <p>Email : hello@carersfirst.org.uk</p> <p>Telephone: 0300 303 1555</p>	<p>Registered as a Charity in England and Wales – No 1085430</p>