



Newham Co-Production Forum (Adults)

Group membership

Group Name	Group Lead contact	Contact details	
ASK User-led Mental Health Group 	Sandra Amoah (Chair) Joy Draggon (Secretary)	Email: askulmhg.info@gmail.com Telephone: 07944 978977 Joy Platform link: https://services.thejoyapp.com/en/listings/1421-ask-user-led-mental-health-group	<p>ASK is a membership organisation which provides information and support services to customers (18+) and their Carers, who are users, or potential users, of mental health services primarily in Newham.</p> <p>ASK holds a Forum held every 3rd Thursday of the month at Plaistow Library, North Street, Plaistow, E13 9HN from 1:30pm to 3:30pm</p> <p>ASK holds a Women's Group every Wednesday from 10:30am to 12:30pm</p>

			<p>(Women only) and a Men's Group every Friday from 2:30pm to 4:30pm (Men only). Both groups take place at Plaistow Library, North Street, Plaistow, E13 9HN.</p> <p>ASK also holds workshops and events throughout the year.</p>
<p>Autism Support Group</p> <p>No longer running</p>		<p>Please contact Autism.Commissioning@newham.gov.uk to join the Autism Resident Advisory Group</p> <p>Speak Out trish.moody@voiceability.org 07770 012 959.</p>	<p>The Autism Support Group has been replaced by the Autism Resident Advisory Group and a support service by Speak Out.</p> <p>Speak Out meet on the second Monday of every month, 1:00 – 4:00pm at The Resource Centre, 200 Chargeable Lane, Newham, E18 1EL.</p> <p>1 – 2pm is for all adults with learning disabilities 2 – 3pm is for all adults who are autistic or have a learning disability 3 – 4pm is for all adults who are autistic</p>


<p>Carers Community Mental Health Group</p>	<p>Zhenreenah Muhxinga (Chair)</p>	<p>Email: authbabs@yahoo.co.uk</p> <p>Phone: 07950123540</p> 	<p>‘Nothing about us without us’</p> <p>This is a membership organisation which provides support, information and shared experiences to carers, loved ones and potential service users of mental health services mainly within Newham.</p> <p>Meetings take place on the 2nd Wednesday of the Month (closed in August), 11:30 am to 1:30pm at Upper Room Four Square Chapel, 525 – 529 Barking Road, E13 9EZ.</p>
<p>Greenhill Cumberland Group</p>	<p>Angus McKenzie-Davie (Co-chair)</p> <p>Julian Geoghegan (Co-Chair)</p>	<p>Email:</p> <p>angus.davie@gmail.com</p> <p>geoghegan.julian@gmail.com</p>	<p>The aims of the Group shall be:</p> <ul style="list-style-type: none"> • to encourage and provide access for disabled people in Newham to engage in stimulating creative, social, leisure, educational and health-promoting activities; • to work with London Borough of Newham and other relevant bodies helping disabled people in Newham and beyond who might become isolated to enjoy creative activity and to encourage people to develop

			<p>skills so that they can engage in Co-Production to develop local (and national) legislation;</p> <ul style="list-style-type: none"> • to encourage the sharing and development of talents of disabled people, to learn new skills and provide training for members; • to seek funding for their activities in order that the group and its members can be sustained collectively and individually, helping to build resilience within the disabled community.
Healtogether	<p>Anab Abdulkadir Hoffman</p> <p>(Founder and Director)</p>	<p>Mobile: 07506764898</p> <p>Email: info@healtogether.org.uk</p> <p>Web: https://www.healtogether.org.uk</p> <p>Facebook: https://www.facebook.com/healtogethercic2020</p> <p>Instagram: https://www.instagram.com/healtogethercic/</p> <p>Twitter/X:</p>	<p>Our office is open Monday to Friday 10am to 2pm</p> <p>In house services:</p> <ul style="list-style-type: none"> • We offer a safe space to facilitate social contact • Counselling, and peer groups for loneliness and isolation, including autism awareness and support parents' group • Wraparound Support: advice, information, guidance and practical

		https://twitter.com/HealtogetherCic Address: Community Links Building, 105 Barking Road London E16 4HQ	support on housing, welfare benefits, employment, education and training <ul style="list-style-type: none"> • Enabling access to all mainstream services in health and social care • Mentoring and peer support • Referral and signposting
Newham Disability Reps Forum	Christine Dolyak (Co-chair) Sarifa Patel (Co-Chair)	Email: christinedolyak@gmail.com (emails in Plain Text format) sarifa.patel84@gmail.com	The Disability Reps Forum meet every 2 nd Tuesday of the month, at The Froud Community Centre, 1 Toronto Ave, Manor Park E12. The group was set up to create an organisation run by and for disabled people and their allies. They aim to: <ul style="list-style-type: none"> • To represent and to provide a voice for disabled people in Newham, whatever community/impairment group(s) they belong to and whatever their background situation. • To ensure that disabled people of all ages in Newham receive their statutory rights and services. • To ensure that disabled people of all ages in Newham have choice and control over their lives and the

			<p>services they need to support independent living.</p> <ul style="list-style-type: none"> • To ensure that disabled people of all ages in Newham receive services which are personalised for and appropriate to their individual needs. • To create a Centre for Independent Living (CIL) in Newham. • To create a representative body to ensure that disabled people of all ages in Newham have their interests and concerns met by public and private service providers. • To campaign for the full human rights of all disabled people as stated in the UN Convention of The Rights of Disabled People. • To campaign against the social, attitudinal and environmental barriers which prevent disabled people of all ages from participating in society on a full and equal basis. • To carry out all activities in accordance with the social model of disability.
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<p>Newham Parents Forum</p> 	<p>Yamou Njie (Chair)</p>	<p>Phone: 07495021062</p> <p>Email: info@newhamparentforum.co.uk</p> <p>Website: www.newhamparentforum.co.uk</p> <p>Facebook: Newham Parent Forum</p> <p>Twitter: @NPF_SEND_Parent</p> <p>Address: St Marks Community Centre, Office Room 12, 218 Tollgate Road, Beckton, E6 5YA</p>	<p>Newham Parent Forum (NPF) is a voluntary group of parents and carers of children and young people (0-25) with special/additional needs and disabilities (SEND) living in Newham.</p> <p>The group works closely with Newham Council and Newham NHS and Clinical Commissioning Groups and also work in partnership with other local support groups so that collectively, they can make a real difference.</p> <p>The forum also provides a range of information and signposting services as well as a platform for Newham parents/carers to:</p> <ul style="list-style-type: none"> • Express their views • Meet other parent/carers • Influence current and future services <p>If there's a service or subject that you would like the forum to cover in a coffee morning, please contact us.</p>
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			Monthly coffee morning every 2 nd Tuesday or the month (term time)
Newham Older Peoples Reference Group	<p>Violet White (Chair)</p> <p>Hazel Watson (Deputy Chair)</p> <p>Grace Patient (OPRG Coordinator, Age UK East London)</p>	<p>Grace.Patient@ageukeastlondon.org.uk</p> <p>07375051243</p> 	<p>The aim of the Newham Older People's Reference Group (OPRG) is to ensure that the quality of life of the Borough's older folk is in the forefront of any policy making.</p> <p>This is open to all interested residents aged 50 and over regardless of race, religion, sexual orientation and disability. We do our best to encompass the needs of disabled members so that attending regular meetings and other activities is as easy as is possible.</p> <p>Membership is on a voluntary basis. Any member already involved in other groups and where there is a shared agenda, is encouraged to act as a go-between so that information, ideas and decisions can be usefully exchanged and disseminated.</p> <p>Meetings take every 6 weeks at St John's Church, Broadway, London E15 1NG.</p>

Senior Learning Disability Group	Prabhudas Tanna (Co-Chair) Remi Osunsanya (Co-Chair)	Email: prabhudastanna@gmail.com sanyaosun2@yahoo.com	<p>The Senior Learning Disability Group represents the views of adults who care for adults with Learning Disabilities.</p> <p>The group meets monthly, Upper Room, Four Square Chapel, 525 Barking Road, London E13 9EZ (next to Tesco)</p>
Subco Trust	Naheed Anwar(Holistic Services Director) Taskin Saleem (Chief Executive)	Email: naheed@subcotrust.org.uk taskin@subcotrust.org.uk Phone: 02085480070 Website: www.subcotrust.org.uk Joy platform link: https://services.thejoyapp.com/en/listings/5558-services-for-asian-elders-and-carers-in-newham	<p>Subco was founded in Newham in 1993 to address the unmet needs of vulnerable Asian elders in Newham, one of the poorest areas of the UK. Since that date, we have pioneered innovative, culturally, and linguistically appropriate services to meet their mental health and wellbeing needs and putting them at the centre of services and at the heart of our organisation.</p> <p>We offer a range of stimulating activities, services and support which respect dignity and promote individual choice. Core values which underpin all our work are to ensure services are provided in a safe and welcoming environment; are friendly, flexible, and tailored to meet</p>

			individual needs and wishes; are inclusive and empower Asian elders and Carers.
The Powerhouse for Women	Tae Catford (Cordinator) Sarah Ruiz (Chair)	<p>Website: info@thepowerhouse.org.uk</p> <p>Phone number: 0207 366 6338 / 07930 162 505</p> <p>Address: St Luke's Community Centre, 85 Tarling Road, London E16 1HN</p> <p>Website: www.thepowerhouse.org.uk</p>	<p>The Powerhouse For Women (The Powerhouse) was established in 1985 to provide a place of safety and independent living support for women with learning disabilities, particularly those who had experienced abuse, sexual, financial and neglect. The current organization emerged from the successful work to establish the Beverley Lewis House for women with learning disabilities, which still exists today.</p> <p>For over a decade Powerhouse has continued to co-produce a range of services for women with learning disabilities, particularly those with low to moderate needs, to live their lives in the ways that they choose. Powerhouse provides a range of activities that support independence, enables peer support and strengthens the voice of women with learning disabilities in the development of services.</p>

Additional group members and stakeholders of the Newham Co-Production Forum (Adults)

<p>Healthwatch Newham</p> 	<p>Email: info@healthwatchnewham.co.uk</p> <p>Phone: 020 3866 2969</p> <p>Website: www.healthwatchnewham.co.uk</p>
<p>Change, Grow, Live (CGL)</p> <p>Valentina Castellana</p> 	<p>They are an integrated service delivering a range of interventions designed to support Newham residents that suffer with drug and alcohol related issues.</p> <p>Phone: 0800 652 3879 / 07778913991</p> <p>Email: valentina.castellana@cgl.org.uk</p> <p>Website: www.changegrowlive.org</p> <p>Joy Platform: https://services.thejoyapp.com/en/listings/4644-drugs-and-alcohol-support-service</p>

For any further details please contact: co-productionteam@newham.gov.uk