

PARENT CONNECT

Supporting Newham Families

10th June 2022 Edition

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Hello everyone,

If you would like to receive this newsletter direct to your email you can [Sign up for Parent Connect here](#)

Parent connect is circulated on a **monthly basis**.

Have a wonderful weekend, see you next month!

Early Help Partnership

June 2022



Join the Newham Parents as Partners Network

Are you a parent living in Newham?

- Interested in becoming a Parent Champion trained by the council to signpost local parents to services?
- Do you want your voice heard and actively take part in working with the Council to improve services?
- Do you want to be kept informed of new developments and services that your family can access?
- Are you interested in joining a Parents as Partners Network?

If you have answered 'yes I am interested' to any of the questions, please click on the link to join the newly devised 'Parents as Partners Network'.

Parents that sign up will be kept abreast of upcoming consultations and engagement events that they can join to get their voices heard as part of developments. You will also be informed of Parent Champion training and volunteering opportunities as well as invitations to the termly Parents as Partners Network meetings.

Your participation is voluntary.

We look forward to hearing from you!

[Sign up here!](#)

Life-saving vaccines for School Students

Students in Year 9 are now being offered vaccines to protect against Diphtheria, Tetanus, Polio and Meningitis (DTP/MenACWY). These are serious infectious diseases which can be fatal.

Vaccination UK will be visiting Newham schools offering the DTP/MenACWY vaccine **from now until July 2022**. Parents and carers need complete the [online e-consent form](#) (one for each child) beforehand so their child can be vaccinated.

If your child misses their school clinic, you can email newham@v-uk.co.uk or call 0208 214 1393/1935 for information on catch-up clinics across the borough. For more information visit <https://www.schoolvaccination.uk/>



The poster features the Vaccination UK logo at the top left and the Newham London logo at the top right. The main title 'VACCINE PROTECTION FOR SCHOOL STUDENTS.' is prominently displayed in large, bold, red and white letters. Below the title is a photograph of three smiling school students in uniform. The text on the poster provides details about the vaccine offer for Year 9 students, the consent form process, and contact information for more details. It also includes a warning about serious infectious diseases and the borough's slogan 'WE ARE NEWHAM.' with the tagline 'People at the Heart of Everything We Do'.

Vaccination UK

Newham London

VACCINE PROTECTION

FOR SCHOOL STUDENTS.

Students in Year 9 are being offered vaccines to protect against Diphtheria, Tetanus, Polio and Meningitis (DTP/MenACWY) from now until July 2022.

When you receive a letter about these vaccines, you must complete the online e-consent form (one for each child) so your child can be vaccinated. If you need a paper consent form, please speak to your child's school.

From September, students in Year 8 will be offered the human papillomavirus vaccine (HPV).

If your child has missed their school clinic, email newham@v-uk.co.uk or call 020 8214 1393/1935 for information on catch-up clinics located throughout the borough.

These are serious infectious diseases which can be fatal.

For more information visit www.schoolvaccination.uk

WE ARE NEWHAM.

People at the Heart of Everything We Do

HeadStart Coffee and Chat

Sign up to Headstarts Coffee and Chat!

https://newham-self.achieveservice.com/service/Parenting_Support_Referral

For more information, contact
headstart.programmeteam@newham.gov.uk

JOIN US FOR A
Coffee & Chat



A warm, safe and confidential space for parents/carers to connect and learn together.

- Open and honest conversations
- Sharing lived experiences
- Tools, Tips & Advice

June 8th 10am face to face Canning Town Library

June 22nd 6pm Virtual

Theme: Parents wellbeing

July 6th 10am Stratford Library

13th July 6pm Virtual

Theme: Transitions

To sign up, please follow the link:

https://newham-self.achieveservice.com/service/Parenting_Support_Referral

For more information, please contact:

headstart.programmeteam@newham.gov.uk



@HeadStartNewham

headstartnewham.co.uk

Kinship Hub

Visit us online: www.kinshipcarershub.org

Follow our socials: [Facebook](#) [Instagram](#)
[Twitter](#) [LinkedIn](#)

Join our email subscribers list [here](#) for our monthly newsletter and notification of upcoming events.



Kinship Hub

Hub Happenings

Upcoming Events

21 May- Kinship Carers Cooking Club on Zoom
25 May- Kids Kitchen/Kinship Hub under 5s cooking class (open to general public)
28 May- Kinship Carers Cooking Club on Zoom
4 June- Kinship Carers Cooking Club in Person!
8 June- Kids Kitchen/Kinship Hub under 5s cooking class (Kinship families only)
22 June- Kids Kitchen/Kinship Hub under 5s cooking class (open to general public)
6 July- Kids Kitchen/Kinship Hub under 5s cooking class (Kinship families only)
20 July- Kids Kitchen/Kinship Hub under 5s cooking class (open to general public)
31 July- Kinship Hub summer celebration!

Employability Program

Last week, we had our biggest Kinship Kitchen catering job to date! Community Connections Lewisham (CCL) commissioned us to cater for 100 people for their networking event! It was all hands on deck for our current team of 3 at Kinship Kitchen- Anna-Lou, and kinship carers Sharon and Amanda who have both completed their food safety training through Kinship Hub and have been invaluable members of the team ever since. With this catering job, we've been able to not only offer flexible paid work to 2 of our kinship hub carers, but also make enough proceeds to fund 25 grocery packs for 'family of 4' meals for our Kinship Carers Cooking Club. Thank you CCL for your amazing support! If you have an event coming up, please get in contact with [Kinship Kitchen](#) to discuss your catering needs:
<https://linktr.ee/kinshipkitchen>

Contact us/ Visit us online/ Subscribe/Follow us on socials:
<https://www.kinshipcarershub.com>
 Twitter: [@kinshiphub](#)
 Facebook: [@kinshiphubLondon](#)
 Instagram: [@kinship_hub](#)
 LinkedIn: [@kinship-hub](#)
 Email: info@kinshipcarershub.com
 Subscribe to our mailing list at: <http://eepurl.com/hOaDcz>

Kids Kitchen collaboration

We've recently announced that our newest partnership/collaboration! Starting this month, we're working on a special project in collaboration with [Kids Kitchen](#) on a project very close to both of our hearts- offering online cooking classes for Kinship Families with children under 5! As part of this collaboration, there will also be cooking classes offered for the general public (check for specific dates in Upcoming Events section)

Thanks to support from the Lottery Fund for both Kids Kitchen and Kinship Carers Hub, these sessions will be offered to families free of charge, but we will need your donations and support to continue, so please consider donating if you can:
<https://www.kidskitchen.org.uk/shop/>
https://www.justgiving.com/crowdfunding/kinshipub?utm_term=YzndbEve

Bookings are being taken now at:
<https://www.kidskitchen.org.uk/online-hub/>

Kids♥Kitchen

Cook delicious food together

Kinship Carers Cooking Club

Our Cooking Club continues to grow, but there's still space for more kinship families to join us! We meet virtually via Zoom most Saturdays at 5:30pm. Our next in person meeting will be 4 June in New Cross. You can see here meals that we've made this month. Register at: www.kinshipcarershub.org/contact



Children Overrepresented Pathfinder Project

Are you a parent/guardian in Newham?

Are you from a Black, Asian, Roma and other minority ethnic background?

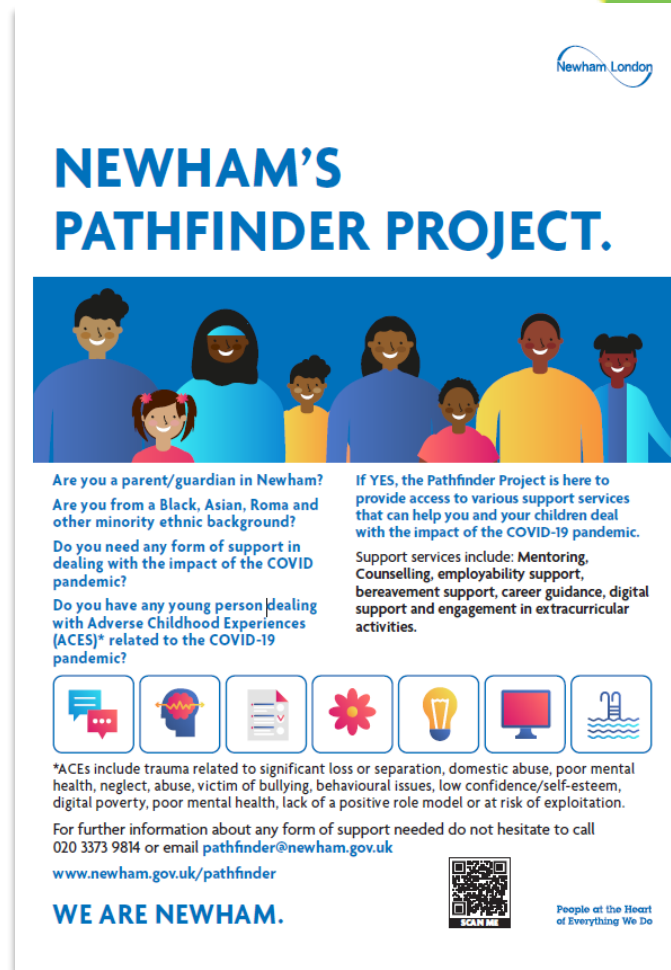
Do you need any form of support in dealing with the impact of the COVID pandemic?

Do you have any young person dealing with Adverse Childhood Experiences (ACES)* related to the COVID-19 pandemic?

If YES, the Pathfinder Project is here to provide access to various support services that can help you and your children deal with the impact of the COVID-19 pandemic.


Support services include: **Mentoring, Counselling, employability support, bereavement support, career guidance, digital support and engagement in extracurricular activities.**

(Full Leaflets are attached to the Newsletter email from Strengthening Families 13/5/22)



Newham London


NEWHAM'S PATHFINDER PROJECT.



Are you a parent/guardian in Newham?
Are you from a Black, Asian, Roma and other minority ethnic background?
Do you need any form of support in dealing with the impact of the COVID pandemic?
Do you have any young person dealing with Adverse Childhood Experiences (ACES)* related to the COVID-19 pandemic?

If YES, the Pathfinder Project is here to provide access to various support services that can help you and your children deal with the impact of the COVID-19 pandemic.


Support services include: Mentoring, Counselling, employability support, bereavement support, career guidance, digital support and engagement in extracurricular activities.



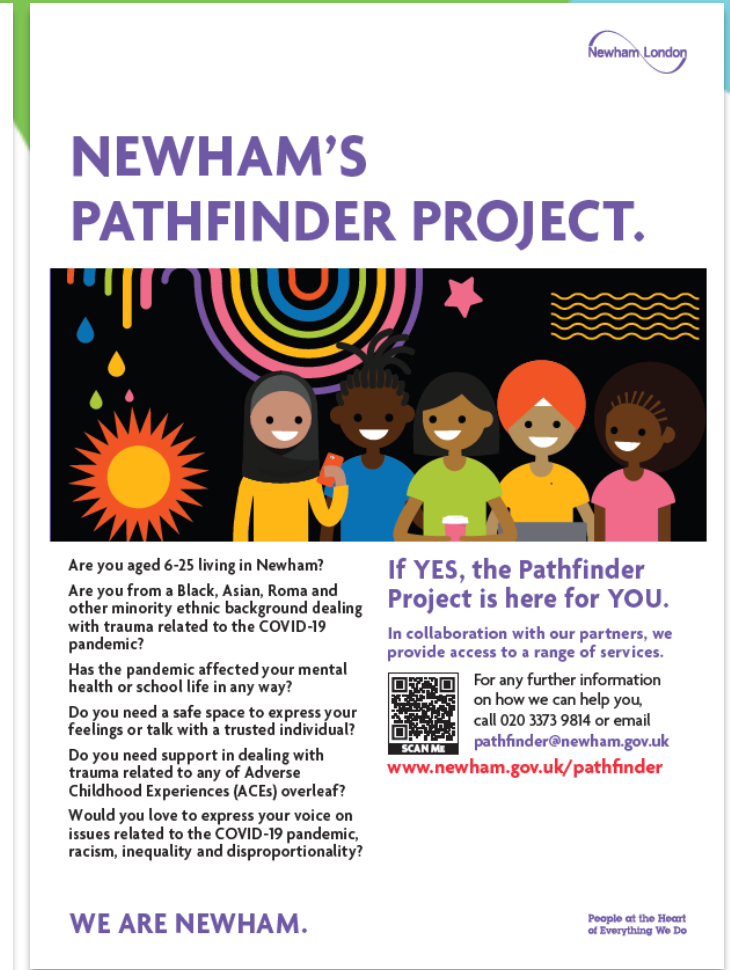
*ACES include trauma related to significant loss or separation, domestic abuse, poor mental health, neglect, abuse, victim of bullying, behavioural issues, low confidence/self-esteem, digital poverty, poor mental health, lack of a positive role model or at risk of exploitation.

For further information about any form of support needed do not hesitate to call 020 3373 9814 or email pathfinder@newham.gov.uk
www.newham.gov.uk/pathfinder

WE ARE NEWHAM.




People at the Heart of Everything We Do



Newham London


NEWHAM'S PATHFINDER PROJECT.



Are you aged 6-25 living in Newham?
Are you from a Black, Asian, Roma and other minority ethnic background dealing with trauma related to the COVID-19 pandemic?
Has the pandemic affected your mental health or school life in any way?
Do you need a safe space to express your feelings or talk with a trusted individual?
Do you need support in dealing with trauma related to any of Adverse Childhood Experiences (ACEs) overleaf?
Would you love to express your voice on issues related to the COVID-19 pandemic, racism, inequality and disproportionality?

If YES, the Pathfinder Project is here for YOU.

In collaboration with our partners, we provide access to a range of services.



For any further information on how we can help you, call 020 3373 9814 or email pathfinder@newham.gov.uk
www.newham.gov.uk/pathfinder

WE ARE NEWHAM.

People at the Heart of Everything We Do

LCIS School-Age: Family Training and Support for Autism/Social Communication

In addition to our school service offer, LCIS provides a range of courses for **families** of primary and secondary-aged children and young people in Newham who have a diagnosis of **autism or social communication difficulties**.

SCERTS® Parent/Carer Training

Course dates: Mondays 13th/ 20th/27th June & 4th July 2022 – all four sessions.

Click [HERE](#) to reserve a place

Intensive Interaction

Course date: Thurs 23rd June 2022

Click [HERE](#) to reserve a place

Core Vocabulary Boards

Course date: Thurs 30th June 2022

Click [HERE](#) to reserve a place

LCIS School-Age: Family Training & Support For Autism/Social Communication

In addition to our school service offer, LCIS provides a range of courses for **families** of primary and secondary-aged children and young people in Newham who have a diagnosis of **autism or social communication difficulties**.



SCERTS® Parent/Carer Training

This is a four part training course run over four weeks during term time for parents/carers of children with social communication difficulties from Reception to Year 11. The course gives an opportunity for parents/carers to learn more about autism/social communication through SCERTS®, an educational framework used to identify the highest priority needs for support for individuals with ASD to provide the best quality of life outcomes. It is a great opportunity to share experiences and advice with other parents and carers on a similar journey.

Course dates: Mondays 13th/ 20th/27th June & 4th July 2022 – all four sessions.
Click [HERE](#) to reserve a place

Parent/Carer Workshops

Intensive Interaction:

For parents/carers to learn more about the Intensive Interaction approach. This is an intervention commonly used in schools to build their child's fundamental communication and interaction skills.

Course date: Thurs 23rd June 2022

Click [HERE](#) to reserve a place:

Core Vocabulary Boards:

For parents/carers to learn how to use this communication system, which aims to support their child's understanding and use of words to communicate. Course runs termly.

Course date: Thurs 30th June 2022

Click [HERE](#) to reserve a place:

Session dates and booking information are also circulated to schools and uploaded to the Newham Local Offer on a termly basis.

Core Vocabulary Boards

For parents of children with social communication needs or diagnosis of Autism in Reception to Year 11

- Parents/carers must be Newham residents or child must attend a Newham school
- 1 parent/carer to register per child (but more than 1 parent/carer can attend on the same link)

Click on the link below to book onto the training.

You will be sent a Zoom link nearer the date.

<https://forms.office.com/r/9tiVmrFhm1>



Newham London

Online Training for Parents Core Vocabulary Boards

About this Course:

It will focus on what a Core Vocabulary Board is and why and how to use them at home with your child. There will be opportunities to ask questions about topics covered with the Speech and Language Therapists.

Core Vocabulary Board: CVB is a form of Augmentative and Alternative Communication (AAC). It is made up of colour-coded core words. Core words are chosen based on the earliest developing words in young children's language and the most frequently used words by adults i.e. the words children hear the most frequently.

This training is appropriate for parents/carers of children and young people where a Core Vocabulary Board (CVB) is being used in school or has been recommended by a professional

- For parents of children with social communication needs or diagnosis of Autism in Reception to Year 11
- Parents/carers must be Newham residents or child must attend a Newham school
- 1 parent/carer to register per child (but more than 1 parent/carer can attend on the same link)

Click on the link below to book onto the training.

You will be sent a Zoom link nearer the date.

<https://forms.office.com/r/9tiVmrFhm1>

Thursday 30th June 2022

10 am Registration

10.15-11.30 Course (delivered on Zoom)

Language,
Communication
& Interaction Service (LCIS)

Intensive Interaction

For parents of children Reception to Year 11 who have social communication needs or a diagnosis of Autism;

☑ Parents/carers must be Newham residents or children must attend a

Newham school;

☑ 1 parent/carer to register per child (but more than 1 parent can attend on the same link).

Click on the link below to book onto the training.

You will be sent the Zoom link nearer the date:

<https://forms.office.com/r/XC4kkQjgdQ>

Thurs 23rd June 2022

10 am Registration

10.15-11.30 am course delivered via Zoom



Online Training for Parents Intensive Interaction

About this Course:

Intensive Interaction is an approach which involves following your child's lead and facilitating motivating interactions in order to develop the early fundamental skills of communication e.g. joint attention, turn-taking, increased vocalisations and the development of meaningful eye contact.

We will cover what 'Intensive Interaction' is, how it can help your child and how you can use the key strategies at home.

There will be opportunities to ask questions about topics covered with the Speech and Language Therapists/Specialist Teachers delivering the course.

- For parents of children Reception to Year 11 who have social communication needs or a diagnosis of Autism;
- Parents/carers must be Newham residents or children must attend a Newham school;
- 1 parent/carer to register per child (but more than 1 parent can attend on the same link).

Click on the link below to book onto the training.

You will be sent the Zoom link nearer the date:

<https://forms.office.com/r/XC4kkQjgdQ>

Thurs 23rd June 2022

10 am Registration

10.15-11.30 am course delivered via Zoom

Language,
Communication
& Interaction Service (LCIS)

Online SCERTS Training Course for Parents/Carers

Learn about Autism and strategies to support your child's communication and ability to stay focused, calm and engaged.

Training for parents/carers of children who:

- ☑ Are Reception to Year 11 who have social communication needs **or** a diagnosis of Autism.
- ☑ Parents/carers must be Newham residents or children must attend a Newham school.

Social

Communication

Emotional

Regulation

Transactional

Supports

To book a place parents to complete the following online form:

<https://forms.office.com/r/V0S2AGC22B>

Parents will receive a **Zoom link** for the training sessions on Wednesday 8th June.

Summer 2022

Online SCERTS Training Course for Parents/Carers

Training for parents/carers of children who:

- Are Reception to Year 11 who have social communication needs **or** a diagnosis of Autism.
- Parents/carers must be Newham residents or children must attend a Newham school.

Social
Communication
Emotional
Regulation
Transactional
Supports

Learn about Autism and strategies to support your child's communication and ability to stay focused, calm and engaged.

Please attend ALL 4 sessions:

Monday 13 th June 2022	10-11.30am
Monday 20 th June 2022	10-11.30am
Monday 27 th June 2022	10-11.30am
Monday 4 th July 2022	10-11.30am



Course delivered via online platform Zoom – parents will require internet access.

To **book** a place parents to complete the following online form:

<https://forms.office.com/r/V0S2AGC22B>

Parents will receive a **Zoom link** for the training sessions on Wednesday 8th June.

Services, Groups and Activities

Welcome Newham

<https://www.newham.gov.uk/council/newham-council-offers-support-ukrainian-population>

There is also the **Welcome Newham Helpline** which is for anyone in Newham who is an asylum seeker or refugee, family, friends or host. The helpline can provide free advice, support and answer questions on how to get help for health, money, food, jobs and housing.

Email: Welcome.Newham@newham.gov.uk

Free phone: **0800 916 8757** Monday – Friday 10am–5pm We have also created an information group so people can receive regular information update can join the information group by emailing WelcomeNewhamChampions@newham.gov.uk

HELP WITH HOUSING

Finding a place to live in Newham

- Through Homes for Ukraine visa scheme or Ukrainian Family visa scheme
- If you have NOT come through Homes for Ukraine visa scheme or Ukrainian Family visa scheme

Getting to your host family

- In the 48 hours you can have one free journey on train, bus or coach free of charge to your destination anywhere in England, Scotland and Wales.
- You need to show your Ukrainian passport and boarding pass or ticket from the past 48 hours

Staying with your host family

- Your host family will have information about how to help you when you arrive
- Preventing people from being homeless
- If you think the home you're in might not work (eg it's very crowded), please email dutytofer@newham.gov.uk
- If the arrangement is not working immediately and your family is at immediate risk of homelessness, please email TL.Dutytofer@newham.gov.uk with UKRAINIAN in the subject line
- Please don't use the TL.Dutytofer@newham.gov.uk email for cases that aren't immediate as it makes it hard to help those most at risk immediate housing.

Help with accommodation for people who are not on one of the above visa schemes

- Get legal advice to find out your status and what is available from Ukrainian Advice Project projectu@diaper.com or their website which has Ukrainian, Russian and Polish translation
- If you have children under the age of 18, refer to MASH. MASH can provide emergency accommodation and assist with any claim for asylum. Call 020 3373 4600 during office hours (Mon-Fri, 9am-5pm or Fri 9am-5pm) 020 480 2000 at any other time
- If you are pregnant and need immediate help if they are adults with no children but an adult is pregnant, they should be referred to Access to Asylum Social Care Team access@newham.gov.uk
- If they are adults with children (single or couples) or adults with adult children, assistance with accommodation will only be provided if members of the household are either: clinically or physically vulnerable; Email Access.to.Asylum@newham.gov.uk for further assessment under the Care Act

Questions? Welcome Newham Helpline
welcome.newham@newham.gov.uk
 Free phone 0800 916 8757 Mon-Fri 9am-5.30pm
 No specific immigration status advice or case work

Regular updates and information?
 Welcome Newham Champions
welcome.newhamchampions@newham.gov.uk
 Whatsapp 07977 156899

HELP WITH FOOD

How to get help

- Newham Food Alliance provides food to Newham residents unable to afford food
- Fill out referral form https://newham.wellbeingcare.org/service/NFA_Referral OR call 07796 975 086 Mon-Fri 9am-5pm OR frontdoor@newhamfoodalliance.org
- Once you make contact, the team will be in touch as soon as they can to find the best support

Who can get help
 Anyone who is staying in Newham.

What you need to get help

- You will need your contact details and address
- If you are phoning or emailing leave a contact number so that the team can call you back

Questions? Welcome Newham Helpline
welcome.newham@newham.gov.uk
 Free phone 0800 916 8757 Mon-Fri 9am-5.30pm
 No specific immigration status advice or case work

Regular updates and information?
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 Whatsapp 07977 156899

COMING TO NEWHAM

Get immigration advice

- To request legal advice email projectu@diaper.com
- Advice Ukraine.co.uk and www.briefingsonline.org
- Specific advice from UK government www.gov.uk/guidance/support-for-family-members-of-british-nationals-in-ukraine-and-ukrainian-nationals-in-ukraine-and-the-uk

Help with housing

- Immediate risk of homelessness or families
- Risk of housing breaking down sometime soon
- dutytofer@newham.gov.uk

Help with money

- Our Newham Money 020 3373 1101
- ournewhamwork@newham.gov.uk

Help with food

- Newham Food Alliance 07796 975 086
- frontdoor@newhamfoodalliance.org

Help with work

- Our Newham Work 020 3373 1101
- ournewhamwork@newham.gov.uk

Register for Doctor (GP)

- One free journey on train or bus to anywhere in England, Scotland and Wales
- Only need to show their Ukrainian passport and boarding pass or ticket showing arrival into the country within the last 48 hours

Register for school / nursery

- Our Newham Work 020 3373 1101
- ournewhamwork@newham.gov.uk

Help with money

- Our Newham Money 020 3373 1101
- ournewhamwork@newham.gov.uk

Help with food

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- frontdoor@newhamfoodalliance.org

Help with work

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 Free phone 0800 916 8757 Mon-Fri 9am-5.30pm
 No specific immigration status advice or case work

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welcome.newhamchampions@newham.gov.uk
 Whatsapp 07977 156899

ARRIVING IN NEWHAM

Help getting to your sponsor or family

- One free journey on train or bus to anywhere in England, Scotland and Wales
- Only need to show their Ukrainian passport and boarding pass or ticket showing arrival into the country within the last 48 hours

Help with money

- Our Newham Money 020 3373 1101
- ournewhamwork@newham.gov.uk

Help with work

- Our Newham Work 020 3373 1101
- ournewhamwork@newham.gov.uk

Help with food

- Newham Food Alliance 07796 975 086
- frontdoor@newhamfoodalliance.org

Help with housing

- Immediate risk of homelessness or families
- Risk of housing breaking down sometime soon
- dutytofer@newham.gov.uk

Help with work

- Our Newham Work 020 3373 1101
- ournewhamwork@newham.gov.uk

Register for Doctor (GP)

- One free journey on train or bus to anywhere in England, Scotland and Wales
- Only need to show their Ukrainian passport and boarding pass or ticket showing arrival into the country within the last 48 hours

Register for school / nursery

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Help with money

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Help with food

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Help with work

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 Whatsapp 07977 156899

GETTING FREE SCHOOL MEALS FOR SECONDARY SCHOOL

Who is eligible?

- Children of Zambiano carers
- Children of families with no recourse to public funds with a right to remain in the UK
- Children of families receiving support under Section 17 of the Children Act 1989 who are also subject to a no recourse to public funds restriction
- Children of a subset of failed asylum seekers supported under Section 4 of the Immigration and Asylum Act 1999
- Children who are receiving Section 95 asylum support

How to apply

- Complete Free School Meals application form at www.newham.gov.uk/schools-education/free-school-meals/
- Please include evidence required at the time of submission
- Form is sent to Pupil Services
- Newham Officers complete check
- School and parent/carer and young people are notified as soon as possible

What happens next?

- School and parent/carer and young people are notified as soon as possible

Questions?

- Please direct any questions to free.school.meals@newham.gov.uk

Questions? Welcome Newham Helpline
welcome.newham@newham.gov.uk
 Free phone 0800 916 8757 Mon-Fri 9am-5.30pm
 No specific immigration status advice or case work

Regular updates and information?
 Welcome Newham Champions
welcome.newhamchampions@newham.gov.uk
 Whatsapp 07977 156899

HELP WITH EMOTIONAL HEALTH

Support for people 18 years and older

Who can get help

- Anyone in Newham who can get help.

What is available and how can you get it

- Newham Talking Therapies:** free and confidential psychological support to help you manage your emotional difficulties and feel better www.newhamtalkingtherapies.nhs.uk
- A translator can be arranged for your communication needs. Speak to your doctor or refer yourself by filling in a short form www.newham.gov.uk/talkingtherapiesreferral or call: 020 8475 8880 Mon-Fri 9am-5pm
- Newham Together Cafe:** A safe community space for people over 18 struggling to cope with any changes in their life. Open evenings and weekends, the Together Cafe is free with no appointment needed (just turn up). Interpreters can be provided if needed. Robley Centre, Robley Community Hub, 63 Robley Street, London E3 3LS 08081 968 710 n2togethercafe.nhs.uk
- Newham Bereavement Service:** For adults living in Newham who have experienced grief, loss and bereavement at anytime, either recently or years ago. Refer yourself by completing the online referral form, www.newham.gov.uk/02033734268 or nhs.uk
- Newham 24 Hour Mental Health Crisis Helpline:** Free support is available if your mental health is getting worse or you are in distress and need support from a qualified mental health professional 0800 073 0066
- East London Asylum Seekers & Refugee Support Service:** A free support to refugees, asylum seekers, and undocumented immigrants for emotional health, jobs and training. adomts@eastlondon.gov.uk 020 8594 1034

Questions? Welcome Newham Helpline
welcome.newham@newham.gov.uk
 Free phone 0800 916 8757 Mon-Fri 9am-5.30pm
 No specific immigration status advice or case work

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 Whatsapp 07977 156899

HELP WITH EMOTIONAL AND MENTAL HEALTH

Support for children and young people under 18

Who can get help

- Anyone who is under 18 can get help.

How to get help?

- Talk to your doctor or the school about what help is available and best for your child or school health support 020 3373 9983
- www.newham.gov.uk/schoolhealth
- ChatHealth:** is a 24-hour confidential text messaging service that enables children and young people (aged 11-19) to contact their doctor or school nurse for confidential advice and support chathealth.nhs.uk
- CMAMS:** is a specialist mental health service for children and young people. Your doctor, school or school nurse can make a referral. There are lots of useful resources and workshops for families on the website www.eft.nhs.uk/cmams
- Child Bereavement UK:** Child Bereavement UK helps children who have suffered a loss or death of someone they love at any time. To access this support www.childbereavementuk.org
- London Support:** childbereavementuk.org Helpline 0800 02 888 40
- 999:** for emergencies where you can't get to a hospital
- 111:** for a specialist mental health service for children or young people. Your doctor, school or school nurse can make a referral. There are lots of useful resources and workshops for families on the website www.eft.nhs.uk/cmams
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What is available?

- Kooth:** is a free, safe and anonymous online counselling service for young people aged 10-16 in Newham. You can reach qualified counsellors through mobile, tablet and computer just by signing in. www.kooth.com
- ChatHealth:** is a 24-hour confidential text messaging service that enables children and young people (aged 11-19) to contact their doctor or school nurse for confidential advice and support chathealth.nhs.uk
- CMAMS:** is a specialist mental health service for children and young people. Your doctor, school or school nurse can make a referral. There are lots of useful resources and workshops for families on the website www.eft.nhs.uk/cmams
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Questions? Welcome Newham Helpline
welcome.newham@newham.gov.uk
 Free phone 0800 916 8757 Mon-Fri 9am-5.30pm
 No specific immigration status advice or case work

Regular updates and information?
 Welcome Newham Champions
welcome.newhamchampions@newham.gov.uk
 Whatsapp 07977 156899

GETTING HELP WITH YOUR HEALTH

Health care in the UK is FREE when you need it. In some cases you will need a referral.

Where to go

- You can get help for physical and mental health from all of these services:
- Pharmacies:** for minor illness and to get prescriptions
- 111:** phone number that can provide advice and information including when your doctor is closed
- Doctors (GPs):** all basic medical care including examinations, flu, stress, anxiety, low mood etc. Referrals to specialist services
- Hospital:** specialist services – usually needs referral from the GP
- Urgent Care/Accident and Emergency:** for emergencies when you need help 999 every
- 999:** for emergencies where you can't get to a hospital

Who can help?

- Transitional practice Newham, 30 Charch Road, E3 6AQ 020 7909 6900
- info.trat@nhs.uk
- Citizens Advice: 020 3855 4472 (Mon-Fri Monday to Friday)
- www.citizensadvice.org.uk/health
- Healthwatch: 020 3864 2165 (Mon-Fri Monday to Friday)
- info@healthwatchnewham.co.uk
- www.nhs.uk/nhs-services/gp/how-to-register-with-a-gp-surgery
- You can ask for translators at all NHS services and they should provide them

Register for a GP (doctor)

- You can register as soon as you apply
- You don't need any specific information
- Go to the nearest GP practice (doctors office) and ask for a registration form

Who can help?

- Transitional practice Newham, 30 Charch Road, E3 6AQ 020 7909 6900
- info.trat@nhs.uk
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New Cook and Play programme to help families across Newham to be healthier

[Nutrition Kitchen](#) is helping Newham Council to deliver a new 10-week cooking and play programme in schools and children centres around the borough. Families will cook and eat tasty meals, learn healthy recipes, play activities and receive information on many topics such as: cooking on a budget, label reading and healthy swaps.

If you, or a family you know would like to join the programme, please contact Sandeep Floré at Nutrition Kitchen on Sandeep@nutrition-kitchen.co.uk or call 07526 580 621. All primary schools in Newham are also encouraged to get in touch with Sandeep Floré if they would like to host a Cook and Play programme.



ELOP LGBTQ+ Meet Up Groups and Youth Out East

If a young person/adult wants to get involved with any of the above they can email youth@elop.org or call 07908 553744.

They can self-refer or you can refer on their behalf. If you want to follow us on Social Media and share any posts that may be useful for your young people that would be much appreciated.

Our twitter handle is:

https://twitter.com/ELOP_LGBT and Facebook:
<https://www.facebook.com/elop.LGBT>

Info and sign up by emailing: youth@elop.org



LGBTQ+
18-25s
meet up group

online meet-up ~ twice a month
every 2nd & 4th Monday

7-8:30pm

A welcoming, relaxed & inclusive space to meet with others, enjoy activities & talk all things LGBTQ+

elop
LGBT mental health and wellbeing
ELOP is a Registered Charity 1067474

INFO & SIGN UP
EMAIL
youth@elop.org



An online LGBTQ+ safe and inclusive space to be you

YOUTH OUT EAST

Meet-up online, make friends, enjoy activities and share experiences with other LGBTQ+ young people

TUESDAYS ONLINE

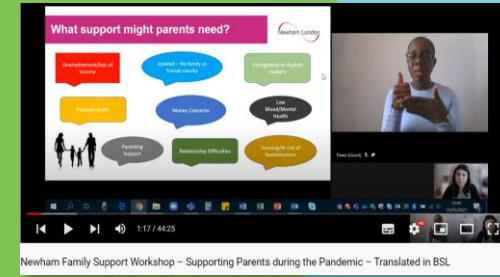
5-6.30pm for 12-15s **7-8.30pm for 15-18s**

CONTACT → **YOUTH@ELOP.ORG**

elop
LGBT mental health and wellbeing

ELOP is a Registered Charity 1067474 & Company Limited by Guarantee 3355423

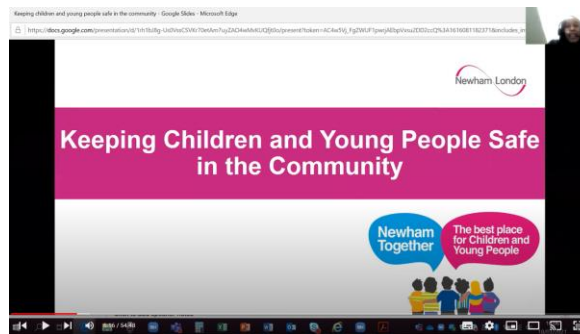
Services, Groups and Activities



Romanian	BSL	Punjabi
<u>Supporting Parents</u>	<u>Supporting Parents</u>	<u>Keeping Safe Online</u>
<u>Supporting Children</u>	<u>Supporting Children</u>	<u>Immigration Support</u>
<u>Supporting Teenagers</u>	<u>Supporting Teenagers</u>	<u>Keeping Safe in the Community</u>
<u>Supporting Children and YP with Additional Needs</u>	<u>Supporting Children and YP with Additional Needs</u>	<u>Supporting Children and YP with Additional Needs</u>
<u>Taking Care of Yourself</u>	<u>Taking Care of Yourself</u>	
<u>Immigration Support</u>	<u>Immigration Support</u>	
<u>Keeping Safe in the Community</u>	<u>Keeping Safe in the Community</u>	
<u>Keeping Safe Online</u>	<u>Keeping Safe Online</u>	

Full Playlist:

https://youtube.com/playlist?list=PLfBuvuA_uMZxIS5U9HlxG0QqjwEJ98zQ



[Taking Care of Yourself During the Pandemic](#)

[Keeping Children and Young People Safe in the Community](#)



Parent Befriending (Strengthening Families):

A bespoke parenting befriending service for parents/carers of children and young people aged 0-16 years who need a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

To request a service for you or someone you know, please email strengthening.families@newham.gov.uk.

Your Time (Befriending for young people)

Your Time was set up in response to Covid as we were concerned about young people's wellbeing. It is available for children or young people aged 10-18 (up to 25 for SEND and Care Leavers). It is a safe and friendly one-to-one space to chat about the things that matter to them most with a trusted professional. The weekly contact will promote self-care tips and tools as they work together through the 'All About Me' wellbeing journal, which will be sent in a welcome pack.

Please see the link for an online referral form:

https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals

Safe Connections Suicide Prevention Hub and Helpline

Safe Connections Community Hub

Safe Connections Community Hub aims to support people who are experiencing suicidal thoughts to access the right service at the right time.

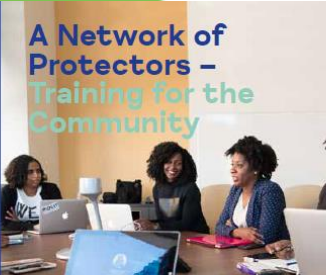
We offer a safe space for people to talk about their feelings and concerns and explore the underlying reasons as to why someone may feel suicidal. Our connectors provide a mixture of emotional and practical support and tailored signposting to help meet the individual's needs.

Anyone wanting support can call the free helpline number: **0300 561 0115** and speak to one of our Connectors.


We understand that for some people making the first call can be difficult, and so alternatively, people can email: safeconnections@mithn.org.uk to request a call at a convenient time for them.

Ways you can access the Safe Connections Community hub:


- Self-refer
- Live in Barking and Dagenham, Hackney, City and Waltham Forest, Havering, Newham, Redbridge or Tower Hamlets
- Are concerned about or having thoughts of suicide
- Aged 18+
- Our telephone lines are open from 9.30am – 4.30pm, Monday – Friday



A Network of Protectors – Training for the Community





You are not alone. We're here to talk.



- Safe Connections App
- Safe Connections Community Hub
- Safe Connections Grief In Pieces Suicide Bereavement Services
- Safe Connections Community Protectors

If you are concerned you can speak to someone or you can access the Safe Connections App using the QR code.



0300 561 0115 

For more info, contact suicidepreventiontraining@mindchwf.org.uk

Safe Connections Suicide Prevention Helpline:
0300 561 0115 safeconnections@mithn.org.uk

Other helplines:
 Samaritans: 116 123 - jo@samaritans.org
 Suicide Prevention Helpline:
 0800 689 5652





Thoughts of suicide can be frightening and confusing. The Community Hub provides you with a safe space to talk and someone to guide you to support services in your local area.



If you are concerned you can speak to someone or you can access the **Safe Connections App** using the QR code.

0300 561 0115




CAMHS Wellbeing Workshops

Need someone to listen? Feeling overwhelmed?

You can **text SHOUT to 85258** for free, any time, to speak to a trained volunteer. They will listen and guide you to a calm and safe place.

Visit <http://giveusashout.org> for more info

Resources: <https://giveusashout.org/get-help/resources/>



A-Z of Helplines can also be found here: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Newham Talking Therapies

Community Psychological & Employment Support

<https://newhamtalkingtherapies.nhs.uk/>

[Newham | Hestia](#) | [Newham Together Cafe | Hestia](#)

Samaritans Phone: 116 123 Email: jo@samaritans.org Website: www.samaritans.org.uk Confidential support for people experiencing feelings of distress or despair. (free 24-hour helpline)

PAPYRUS Phone: HOPElineUK 0800 068 4141 Website: www.papyrus-uk.org Young suicide prevention society. (9am to midnight, every day of the year)

CALM Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: www.thecalmzone.net Campaign Against Living Miserably helpline and webchat

Men's Health Forum Website: www.menshealthforum.org.uk 24/7 stress support for men by text, chat and email.

[Mental Health, Wellbeing and Support in Newham Webinar](#)

More on Wellbeing Support in this Newsletter on Pages 13 and 14 (**HeadStart YourTime Befriending and Safe Connections Suicide Prevention Hub and Helpline**)

AAA Zone Wellbeing and Multi Sports Group

To find out more: please contact Paula Blake on 07432 024002 / 0207 5114253 or by email paula@theaaazone.com

[What's On - Welcome to Ambition Aspire Achieve \(theaaazone.com\)](http://theaaazone.com)

For further details contact **Paula**
07432 024002 / 0207 511 4253
paula@theaaazone.com

PRE-BOOKING ESSENTIAL

Ambition Aspire Achieve
Charity Registration Number: 102766

Multi Sports Club

TERENCE BROWN ARC in the PARK
Hermit Road Park, Bethell Avenue, E16 4JT

COVID-19 Additional Information

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance surrounding COVID-19, we have introduced a number of measures to ensure our clubs and activities are delivered safely at all times

Safety measures will include:

- Limited spaces - places must be pre-booked
- Additional controls in place to access playschemes including non-invasive temperature checks
- Reduced group sizes at any one time
- Extra hygiene/cleaning measures, before/during/after sessions
- Maintaining social distancing measures
- Adapted activities that are fun and engaging

Contact us now for further details:
Paula on 0207 511 4253 / 07432 024002 / paula@theaaazone.com
Web: www.theaaazone.com | Twitter: [theaaazone](https://twitter.com/theaaazone) | Facebook: [AmbitionAspireAchieve/](https://www.facebook.com/AmbitionAspireAchieve/)

Ambition Aspire Achieve
Charity Registration Number: 102766

Multi Sports Club

TERENCE BROWN ARC in the PARK
Hermit Road Park, Bethell Avenue, Canning Town E16 4JT

EVERY SUNDAY from 12.30pm to 2:30pm
Opportunities and activities for SEND Young people ages from 5 to 16

Activities include: Football • Skateboarding • Cricket • Tennis • Rounders • Basketball • Hockey and much more

- ★ Staff Ratio 1 Adult to 4 Young People ★
- ★ Sports will vary each week ★

All activities will be outside



For further details contact Paula
07432 024002 / 0207 511 4253 paula@theaaazone.com
PRE-BOOKING ESSENTIAL
The Terence Brown Arc in the Park is a COVID-19 safe environment

Ambition Aspire Achieve

Wellbeing Group

At The Terence Brown Arc in the Park Bethell Avenue, London E16 4JT



Feeling alone or anxious? Come and make new friends and have a great time at our weekly wellbeing sessions for young people (ages 8 to 16)

- ★ Free to attend
- ★ Safe, supportive and friendly environment

Activities include: Personal Development Workshops, Mindfulness Sessions, Sports and Exercise Sessions, Arts and Crafts, Drama and Music, Growing and Gardening, Volunteering Opportunities, Duke of Edinburgh Awards Scheme, Day Trips and Experiences, and much much more!

Timings (term time):
Juniors (ages 8 to 11) Tuesdays and Fridays 4pm to 6pm, Saturdays 12pm to 2pm
Seniors (ages 12 to 16) Tuesday 6pm to 8pm
Timings (holidays):
Daily Mon to Fri - Juniors (10am to 2pm) Seniors (2:30pm to 6:30pm)

To find out more please contact Paula Blake on 07432 024002 / 0207 5114253 or by email paula@theaaazone.com

Delivered by fully trained DBS checked staff

Ambition Aspire Achieve

Wellbeing Group

The Terence Brown Arc in the Park Bethell Avenue, London E16 4JT

Additional Information

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance surrounding COVID-19, we have introduced a number of measures to ensure our clubs and activities are delivered safely at all times

Safety measures will include:

- Pre-booking introduced for all sessions with places allocated on a first come first served basis
- Additional controls in place to access Arc in the Park, including non-invasive temperature checks
- Reduced group sizes on site at any one time
- Extra hygiene and cleaning measures, before, during and after all sessions
- Maintaining social distancing measures
- Adapted activities that are fun and engaging

For further details, please feel free to contact
Paula - paula@theaaazone.com 07432 024002