

PARENT CONNECT

Supporting Newham Families

15th July 2022 Edition

Holiday Activities & Food Programme (HAF)	p2	Creativity RSBC	p17
GR8 Day 2 Play	p3	Music RSBC	p18
Summer Provision: Bonny Downs 'Go Wild'	p4	Newham Parents as Partners	p19
Youth Zone Summer Programmes 2022	p5	HeadStart Coffee and Chat	p20
Newham's Summer Holiday Programme	p6	Kinship Hub	p21
Healthy Start FREE HEALTHY FOOD	p7	Children Overrepresented Pathfinder	p22
Thank You For Not Smoking Poster Competition	p8	Welcome Newham – Support for Asylum Seekers and Refugees in Newham	p23
Vaccine Information Newham Public Health	p9	New Cook and Play programme	p24
The Social Switch Project	p10	ELOP LGBTQ+ Meet Up Groups and Youth Out East	p25
Family Navigators	p11	Newham support videos	p26
Skills Enterprise Digital HUB	p12	Headstart Befriending	p27
The Renewal Programme Community Hub OPEN NOW!	p13	Safe Connections Suicide Prevention Hub and Helpline	p28
Newham Libraries Digital Offer – Basic Skills	p14	Maa Shanti – Domestic abuse service	p29
HeadStart Newham Summer Support	p15	Helplines for Mental Health and Wellbeing	p30
Cooking with Friends RSBC	p16	AAA Zone Wellbeing and Multi Sports Group	p31

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

July 2022



Newham Holiday Activities and Food Programme (HAF)

HOLIDAY ACTIVITIES AND FOOD PROGRAMME

Activities for young people in Newham

Summer Food and Fun!

Newham Council is working with a range of organisations and schools to offer free places at holiday clubs this Summer. These places are funded through the government's Holiday Activities and Food Programme.

There is something for everyone! Sports, drama, cooking, music, arts & crafts, dance, fun day trips and much more! All clubs will also provide a delicious, healthy meal each day. Parents and other family members can also get involved in food and nutrition activities.

Contact the HAF Team

We are here to help! If you have any questions, please contact us by email HAF@newham.gov.uk or telephone 020 3373 0469.



<https://www.newham.gov.uk/children-families/activities-young-people-newham/10>

GR8 Day 2 Play

This includes the booking link for the activities. Although there will be a limited number of spaces available on the day we advise to book in advance so you can enjoy all the activities you would like to take part in.

Saturday 16th July

Newham Leisure Centre

12-6pm.

<https://www.eventbrite.co.uk/e/gr8-day-2-play-tickets-373270130007>

Gr8 Day 2 Play is a free event where SEND young people up to the age of 25 and their families come together and try out some sports and leisure taster sessions. In the past we have had things such as Bollywood and Bhangra dance, indoor rowing, Pilates, wheelchair basketball, Boccia, multi-sports, table tennis, & swimming, relaxation / sensory space.

Information stalls about other services, providers and opportunities are attending on the day and its also a chance for young people to have their say about important issues that affect SEND young people in the borough. Providers we have had in the past include organisations such as Carers First, Newham Parent Forum, Newham Sensory Services, Youth Empowerment Service, Fairplay House and SEND commissioning consultation services to name a few.

Please share and circulate round your families and contacts with SEND young people.



The poster features a central graphic of three stylized figures in yellow, red, and blue, with a speech bubble containing the text 'GR8 DAY 2 PLAY'. The background is light blue with various text boxes and icons.

For SEND young people aged up to 25

Free

Saturday 16th July 12:00 - 18:00

Newham Leisure Centre 281 Prince Regent Ln E13 8SD

GR8 Day 2 Play

Ever wondered what sports & leisure activities are on offer for SEND young people in Newham?

Come and try out some sports taster sessions such as Bollywood and Bhangra dance, indoor rowing, pilates, wheelchair basketball, Boccia, multi-sports, table tennis, & swimming.

There will also be information stalls about other services, opportunities to have your say about important issues that effect SEND young people in the borough, as well as a relaxation and sensory space.

YOU TH EMPOWERMENT

BSL Interpreters are available on the day

Newham London active newham

Click on the link for more information about the day and to book places <https://tinyurl.com/GR8DAY2PLAYJULY>

Summer Provision: Bonny Downs 'Go Wild'

Please find link below for the Bonny Downs 'Go Wild' Summer Provision. Children can attend on a daily basis, or weekly, for just £5 per day.

[Bonny Downs Community Association](#)

15 June at 01:34 ·

Did you know that our super-popular GoWild! summer scheme for [#Newham](#) 8-14s is open for booking at a super-low cost of £5 a day?

Or that you can book extended hours full-day holiday care from 8am-6pm during the programme if you wish?

Give your kids a summer to remember, give yourself a break, and get booking today!

bonnydowns.org/gowild

Below is the link, for The Bonny Downs Community Centre. There are many services/activities for Families held here, including:

Benefits/Debt advice Surgery

Homework clubs

Zumba

Yoga

Gardening Club

<https://bonnydowns.org/>



bonnydowns.org/gowild

Youth Zone Summer Programmes 2022

Please see attached youth zones draft summer plans, these plans are subjected to change and for confirmation of events on the day or for pre booking where applicable, to check out the Padlet for the live availability <https://padlet.com/YESLBN/YESProgramme> which is updated on a weekly basis.

Summer Programme of Youth Zones 2022

FOREST GATE YOUTH ZONE FGYZ						
https://www.instagram.com/accounts/login/?next=/forestgateyouthzone/ln/						
Date	Monday 18th July TARGETED 5-8pm	Monday 25 th July TARGETED 5-8pm	Monday 1 st August TARGETED 5-8pm	Monday 8 th August TARGETED 5-8pm	Monday 15 th August TARGETED 5-8pm	Monday 22 nd August TARGETED 5-8pm
	Target Youth Session (Shpresa Youth) Poetry & Spoken word workshops	Target Youth Session (Shpresa Youth) Poetry & Spoken word workshops	Target Youth Session (Shpresa Youth) Poetry & Spoken word workshops	Residential - PGL 15+ YP Plus 2 Staff	Target Youth Session (Shpresa Youth) Poetry & Spoken word workshops	Residential PGL 15 YP 2 STAFF
Staff	Drama workshop Multi Sports	Drama workshop Multi Sports	Drama workshop Multi Sports		Drama workshop Multi Sports	
Date	Tuesday 19th July UNIVERSAL 1-9pm	Tuesday 26 th July UNIVERSAL Session 1-9pm	Tuesday 2 nd August UNIVERSAL Session 1-9pm	Tuesday 9 th August UNIVERSAL 1-9	Tuesday 16 th August TARGETED 1-9m	Tuesday 23 rd August TARGETED 1-9pm
	Universal Youth Session Artist Development workshop Fashion Workshop Trip 14YP 2 Staff - Food and activity	Universal Youth Session Fashion & Singing Workshop Trip: Lea Valley Water Park 14YP 2 Staff - Food and activity - 40+ young people based on attends	Universal Youth Session Fashion & Singing Workshop Trip: Escape Room Exoch/Herchard 14YP 2 Staff - Food and activity	Universal Youth Session Fashion & Singing Workshop Residential - PGL 15+ YP Plus 2 Staff - Food and activity - 40+ young People based on attends	Universal Youth Session Basic First Aid workshop with St John's Ambulance Trip: Go Karting 14YP 2 Staff - Food and activity - 40+ young People	Universal Youth Session Basic First Aid workshop with St John's Ambulance Residential PGL 15 YP 2 STAFF - Food and activity

<https://padlet.com/YESLBN/YESProgramme>

Newham's Summer Holiday Programme

www.newham.gov.uk/summeractivities

We will be providing free and fun activities for children and young people in Newham during the summer holidays. Details are here: www.newham.gov.uk/summeractivities

All children and young people under the age of 25 (including those from vulnerable groups) can participate in a range of activities across the borough.

Our local leisure centres, youth zones, parks and libraries will offer free street dance sessions, roller-skating, boxing, rowing and football coaching, as well as arts and music, creative writing, reading challenges, discussions and debates, games nights, music production, and more.

Young people aged nine to 19 years old, and up to 25 for those with Special Educational Needs and Disabilities (SEND), will have access to Newham's youth empowerment services, which will provide group support sessions, one-to-one support and outreach.

Newham Ability Camp, Resources for Autism, Bikeworks and Newham Music will also be available for young people with SEND.

Children on **benefits related [free school meals](#)** will be eligible for the free [Holiday Activities and Food programme](#).

Parent Connect



Healthy Start FREE HEALTHY FOOD

FREE HEALTHY FOOD

Pregnant? Children under 4?

You may be able to get money to help you buy fruit, vegetables and milk.

Apply online by visiting www.healthystart.nhs.uk

If you need help applying, speak to your local Children's Centre, library, midwife or health visitor.

Applying is easy and DOES NOT affect your other financial benefits.

FREE VITAMINS!

In Newham, ALL pregnant women, new mums and children under 4 years old are entitled to free vitamins. You can collect a bottle from your midwife or local children centre.

To find your nearest vitamin distribution site, visit www.newham.gov.uk/healthystart



NHS Newham London

WE ARE HEALTHY.

WE ARE NEWHAM.

£8.50 a week for babies under 1 year old

FREE Healthy Start vitamins including Vitamin D

£4.25 a week for pregnant women and children from 1 up to 4 years old

HEALTHY START FOOD AND VITAMINS

FREE HEALTHY FOOD

Pregnant? Children under 4?
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Apply online by visiting www.healthystart.nhs.uk.
If you need help applying, speak to your local Children's Centre, library, midwife or health visitor.
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People at the Heart of Everything We Do

Thank You For Not Smoking Poster Competition

[Thank You For Not Smoking Poster Competition – No Smoking Day Poster Competition – Newham Council](#)

Newham's Young Health Champions have selected the winning posters that were displayed on Newham bus stops in June 2022 as well as on council social media channels, on the Newham Council website and in local media.

We had over 100 fantastic entries from children aged 5-14 years old and it was very hard for our Young Health Champions to choose the winners and runners up!

For more information about the competition, contact publichealthenquiries@newham.gov.uk


Find out more about the Young Health Champion programme on Instagram [@younghealthchampions](https://www.instagram.com/younghealthchampions)



Vaccine Information from Newham Public Health Service

<https://www.newham.gov.uk/childhoodimmms>

<https://www.newham.gov.uk/polio>

COMMUNITY HEALTH CHAMPIONS 

CHILDHOOD VACCINES


Get your FREE vaccines - they protect you from disease

8 MONTHS	<ul style="list-style-type: none"> 6-in-1 vaccine Rotavirus vaccine MenB 	2 YEAR	10 YEAR	<ul style="list-style-type: none"> Flu vaccine (annual)
12 MONTHS	<ul style="list-style-type: none"> 6-in-1 vaccine (2nd dose) Pneumococcal (PCV) vaccine Rotavirus vaccine (2nd dose) 	3 YEAR	4 MONTHS	<ul style="list-style-type: none"> MMR (2nd dose) 4-in-1 pre-school booster
16 MONTHS	<ul style="list-style-type: none"> 6-in-1 vaccine (3rd dose) MenB (2nd dose) 	5 YEAR	15 YEAR	<ul style="list-style-type: none"> COVID-19 vaccine (2 doses)
1 YEAR	<ul style="list-style-type: none"> Hib/Men C (1st dose) MMR (1st dose) Pneumococcal (PCV) (2nd dose) MenB (3rd dose) 	12 YEAR	13 YEAR	<ul style="list-style-type: none"> HPV vaccine
		14 YEAR		<ul style="list-style-type: none"> 3-in-1 teenage booster MenACWY

Call your GP to book an appointment for vaccines for children under 5. For school vaccines, speak to your school.

www.newham.gov.uk/childhoodimmms

Become a Community Health Champion
chc@newham.gov.uk
 Whatsapp / text 07929 792873



COMMUNITY HEALTH CHAMPIONS 

VACCINES KEEP YOU SAFE

Where to get a vaccine if your school-aged child hasn't had theirs

DATE	TIME	LOCATION
Monday 25 July 2022	10.30am-2pm	Beckton Globe Library, 1 Kingsford Way, E6 5JQ
Wednesday 10 August 2022	10am-2pm	Vicarage Lane Health Centre, 10 Vicarage Lane, E15 4ES
Monday 15 August 2022	10am-2pm	The Well Community Centre, 49 Vicarage Lane, E6 6DQ

TO BOOK
 Tel: 020 8214 1393 / 020 8214 1395
 Email: newham@v-uk.co.uk

To find out more: newham.gov.uk/polio

If you child is under the age 5, please contact your GP to arrange to get your vaccines.

Become a Community Health Champion
chc@newham.gov.uk
 Whatsapp / text 07929 792873





The Social Switch Project

Our next course for **18-25 years olds** starts **Tuesday 26th July 2022** and will be based in a studio/workshop space in **Shoreditch, London**.

- 4 weeks digital skills training including: marketing, media, coding, content creation, NFT & gaming workshops
- Professional 1-2-1 tailored careers coaching, CV development and interview techniques
- Special guests (Industry professionals, online influencers, entrepreneurs, and more)
- Access to student bursary (relevant to online access, funding or careers/education progression only)

Requirements :

- Must be **NEET** – Any London Borough – age 18-25
- ALL BARRIERS TO EMPLOYMENT WELCOME FOR APPLICATION

Details:

Dates for delivery in **July/August 2022** (3 days a week):

Week 1: **Tuesday 26th, Wednesday 27th, Thursday 28th**

Week 2: **Tuesday 2nd, Wednesday 3rd, Thursday 4th**

Week 3: **Tuesday 9th, Wednesday 10th, Thursday 11th**

Week 4: **Tuesday 16th, Wednesday 17th, Thursday 18th**

Times(s): **10.30-2.30pm**

Deadline for referrals is Friday 15th July 2022. More information about the programme is attached, however if you have any questions, please feel free to contact me

To apply:

Self-referral form: <https://www.catch-22.org.uk/contact/social-switch-self-referral-form/>

Client referral form: <https://www.catch-22.org.uk/contact/social-switch-referral-form/>



THE SOCIAL SWITCH PROJECT

Aged 18-25
Living in London
Not currently in employment/education

Digital Skills & Pre-Employability Programme

Unsured of your next steps?

Our FREE programme can help you work out what you want to do and how to get there.

Course materials will be included as well as a £300 bursary for participants

- ✓ Course lasts 4 weeks. Participants to attend 3 days a week
- ✓ Learn digital skills as well as core employability skills.
- ✓ CV development, interview techniques, money management
- ✓ 3 months of ongoing 1-to-1 work coaching sessions
- ✓ Travel, lunch, and all course materials will be provided.
- ✓ £300 bursary to support participants with resources

www.thesocialswitchproject.org.uk
socialswitchproject@gmail.com

4 weeks, 3 days a week (Tuesday-Thursday)
July 26th - August 18th

Redthread 22 | VRU | MAYOR OF LONDON



THE SOCIAL SWITCH PROJECT

FREE DIGITAL SKILLS TRAINING

SHOREDITCH, LONDON
26TH JULY - 18TH AUGUST

- 4-week digital skills course (Tue, Wed, Thurs)
- Travel, lunch, and material expenses all covered
- 3 months 1-2-1 work coaching
- Special guest speakers

Must not currently be in work or education

Redthread 22 | MAYOR OF LONDON | Google.org

www.thesocialswitchproject.org.uk

SocialSwitchProject@gmail.com

Family Navigators

Are you unsure how or where to access support for your family in Newham?

Come along and talk to one of our Family Navigators!

Click the link below to see where you can drop in to speak with one of our Family Navigators:

[Family Navigator Schedule \(updated weekly\)](#)

Or, Scan this QR Code!:



Here to help Families
“ফ্যামিলি নেভিগেটর্স – পরিবারগুলিকে সহায়তা করার জন্য”

“ Family Navigators – pomagamy rodzinom ”

“Orientadores familiares – Aqui para ajudar as famílias”

„ Familie navigatoare – Suntem aici pentru a ajuta familiile”

“குடும்ப நேவிகேட்டர்கள் - குடும்பங்களுக்கு உதவ இங்கே உள்ளனர்”

“Навигатори для родин — допоможіть надавати допомогу родинам”

“ خاندانی نیویگیٹر - خاندانوں کی مدد کے لیے حاضر ”

Family Navigators
Here to help Families

Here to help Families
“ফ্যামিলি নেভিগেটর্স – পরিবারগুলিকে সহায়তা করার জন্য”
“ Family Navigators – pomagamy rodzinom ”
“Orientadores familiares – Aqui para ajudar as famílias”
„ Familie navigatoare – Suntem aici pentru a ajuta familiile”
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“Навигатори для родин — допоможіть надавати допомогу родинам”
“ خاندانی نیویگیٹر - خاندانوں کی مدد کے لیے حاضر ”

Hello Newham Families

- Are you unsure about how or where to access support for your family in Newham?
- Do you need help to submit a School Application or register at a GP?
- Want to find out more about family activities and offers available in Newham but unsure where to start?
- Are you new to the borough and wondering where to get support or access services for your family?

Come along and talk to one of our Family Navigators!

Our Family Navigators will be attending Libraries, Schools' Tea and Coffee mornings as well as other events, venues and organisations in Newham, to help assist families to get access to support.

Scan the QR Code or [Click This Link](#) to find out when and where our Family Navigators will be!
Please note that this schedule is updated weekly

WE ARE NEWHAM.

BUILDING A FAIRER NEWHAM

Skills Enterprise Digital HUB

Get help from a friendly team!

Drop in service at the Digital Hub! All are welcome every Monday and Thursday 10am-12.30pm

support@skillsenterprise.co.uk

Phone numbers on flyer →

- Getting online and email support
- Jobs and skills
- Staying healthy
- Online socialising and safety
- Universal credit applications
- NHS Digital support
- Access to Devices
- Free Wifi
- Language Support
- Device Help
- Free Refreshments



STRIVING FOR A 100%
DIGITAL NEWHAM
www.skillsenterprise.co.uk

- Low digital skills?
- Never been online?
- Never used a laptop?
- Spoken English barriers
- Is age a barrier?

Leave your tech fears behind
NO PROBLEM

Drop in service - All are welcome
Every Monday & Thursday, 10am - 12:30pm

Venue - Skills Enterprise
Trinity Centre, Room 1, East Avenue, Manor Park, London E12 6SD
Directions - From East Ham (District Line) turn right out of the station and take the second turning on the right. Approximately 5 minutes walk.
Tube - East Ham (District Line). **Bus** - 105, 104, 238, 300, 376, 147

Get help from a friendly team

Getting online & email support • Jobs & Skills • Staying healthy
Online Socialising & Safety • Universal credit applications
NHS digital support • Access to devices • Free Wifi
Language support • Device help • Free refreshments

+44 (0) 20 8470 9838 | +44 (0)7483 305 683
support@skillsenterprise.co.uk



The Renewal Programme Community Hub OPEN NOW!

Open to the whole community, providing a relaxing space for people to drop-in and get digital skills support from our friendly volunteers.

Our Food bank and Community Hub can also be accessed.

Phone number on flyer →

www.renewalprogramme.org.uk

THE RENEWAL PROGRAMME COMMUNITY HUB OPEN NOW!

 The Renewal Programme

 **020 8471 6954**

DIGITAL SUPPORT **HOT DRINKS**

FOOD BANK **FREE INTERNET**

FREE IT DROP-IN SPACE WITH LAPTOPS AND FREE WIFI

Open to the whole community, providing a relaxing space for people to drop-in and get digital skills support from our friendly volunteers. Our Food Bank and Community Hub can also be accessed.

WE CAN HELP WITH:

- Getting online
- Setting up e-mails
- Help with job searching
- Social media support
- Device help
- 1-2-1 support

POP ALONG, OPEN TO ALL

When: Tuesdays & Fridays 11am-2pm
Where: 395 High St. N., E12 6PG, Manor Park

www.renewalprogramme.org.uk
@therenewalprogramme

Newham Libraries Digital Offer – Basic Skills

Everyone can take part in courses and workshop at any library in Newham to give them the skills needed to access the digital world.

They will feel confident and comfortable:

- Communicating online
- Handling information and content
- Transacting
- Problem solving
- Being safe and legal online

These will achieve the outcomes of the Essential Digital Skills Framework:

<https://www.gov.uk/government/publications/essential-digital-skills-framework/essential-digital-skills-framework>



Newham Libraries: Digital Offer Basic Skills

Everyone can take part in courses and workshop at any library in Newham to give them the skills needed to access the digital world.

They will feel confident and comfortable:

- Communicating online
- Handling information and content
- Transacting
- Problem Solving
- Being safe and legal online

These will achieve the outcomes of the [Essential Digital Skills Framework](#).

Every Library will have:

 <p>Weekly drop in 2 hour group sessions Using Learn My Way a self-led learning platform with staff on hand to support and advise.</p>	 <p>Bookable 1:1 support For support with specific enquiries or to help gain confidence to join the group sessions.</p>	 <p>Themed 1 hour sessions Rolling basis on specific topics e.g. Council services, Online shopping, staying in touch</p>
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WE ARE NEWHAM.

People at the Heart of Everything We Do

HeadStart Newham Summer Support

We are pleased that throughout the summer break, young people and families can still access support from HeadStart Newham. Please see the attached flyers for more information.

The information also includes what is available for the start of the new academic year.

Please do get in touch if you have any questions: Headstart Programme Team Headstart.ProgrammeTeam@newham.gov.uk

HeadStart Newham
PROMOTING POSITIVE WELLBEING IN FAMILIES

PARENTING OFFER
A confidential, nonjudgmental space by parents for parents/carers creating supportive relationships and learning strategies and techniques during difficult times. We offer termly Being a Parent courses, Parenting Befriending service and monthly coffee & chat sessions.

YOUR TIME
A free, confidential and tailored programme, delivered collaboratively by HeadStart and School Health. Available to young people aged 5-18 years, extending to 25 years for young people with SEND. Designed to provide bespoke support, connections and guide young people in areas they wish to cover, building positive wellbeing and resilience. Your Time is also available to support young people new to the country and/or following resettlement.

YOUTH PANEL
Meeting fortnightly in a community setting, HeadStart youth panel allows young people to discuss important topics and produce podcasts, get involved in exciting projects, have their say in important decisions in the borough and build positive relationships with peers.

WELLBEING ROADSHOW
Working as a partnership group, HeadStart, Newham's Mental Health Support Team, Kooth, The Overrepresented Pathfinder Project and Newham Talking therapies are bringing activities and strategies designed to challenge thinking and encourage conversations amongst young people and families around mental health and wellbeing, whether at school, in a community hub or a faith setting.

BOUNCE BACK ONLINE
Many young people face challenges that are sometimes difficult to deal with. This is what Bounce Back Online is all about. It's a fun, online programme designed to help you about the challenges you face and finding ways to deal with them.

ONLINE COUNSELLING
Free, safe and anonymous online support with professional counsellors, read articles written by young people and get support from the Kooth community and young people just like you.

TO FIND OUT MORE, EMAIL US AT HEADSTART.PROGRAMMETEAM@NEWHAM.GOV.UK

YOUR TIME
A SAFE AND SUPPORTIVE SPACE FOR YOUNG PEOPLE

This programme is delivered by trained professionals within the School Health and HeadStart team. Our support is free, confidential and tailored to your needs. Using a model called 'Outcome Star' we support you to achieve your goals and reach your capabilities.
(please note 5-10 yrs is delivered slightly differently due to the age group)

WHO CAN ACCESS YOUR TIME
All children and young people living or studying in London Borough of Newham aged 5 - 25 years.

5-10 YRS Delivered by School Health	10-18 YRS Delivered by HeadStart
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UP TO 25 for SEND
Delivered by HeadStart

www.headstartnewham.co.uk

Self Reliance
Learning
Believing
Accepting Help
Stuck

SCAN ME

Cooking with Friends

RSBC



Royal Society for Blind Children

Throughout the Summer Programme our popular **Cook-a-Long x Supper Squad Sessions** will continue with some special one off events! Come and practice your cooking skills, try new recipes, and meet new people!

To sign-up email connections@rsbc.org.uk

or give us a call on [020 3198 0225](tel:02031980225)

or visit our website here: <https://www.rsbc.org.uk/>

connections@rsbc.org.uk



Cooking with Friends

Throughout the Summer Programme our popular **Cook-a-Long x Supper Squad Sessions** will continue with some special one off events! Come and practice your cooking skills, try new recipes, and meet new people!

To sign-up email connections@rsbc.org.uk or give us a call on [020 3198 0225](tel:02031980225) or visit our website here: <https://www.rsbc.org.uk/>

Cook-a-Long & Supper Squad Summer Special

Thursday 28th of July, 12pm - 2pm
8 - 25yrs, Life Without Limits Centre

Cook - a Long Chef Guest

Saturday 6th of August, 12pm - 3pm
8 - 25yrs, Life Without Limits Centre

Murder Mystery Dinner Party

Thursday 11th of August, 4pm - 6pm
16 - 25yrs, Life Without Limits Centre



Cook - a - Long x Sisterhood Special

Thursday 18th of August, 3pm - 5pm
16 - 25yrs, Life Without Limits Centre

Cook a Long & Supper Squad Event

Thursday 1st of September, 12pm - 2pm
8 - 25yrs, Zoom

Address

Royal Society for Blind Children
RSBC, Life Without Limits Centre, 10 Lower Thames Street,
London, EC3R 6EN

Email: connections@rsbc.org.uk

Phone: 020 3198 0225

Creativity RSBC



Royal Society for Blind Children

Get creative this summer with trips to the theatre or getting stuck into pottery! We have lots of different sessions to express yourself. To sign-up email

connections@rsbc.org.uk

or give us a call on [020 3198 0225](tel:02031980225)

or visit our website here:
<https://www.rsbc.org.uk/>

(Link to Theatre Trip: Jack Absolute Flies Again, Touch tour and audio-described performance Friday 5th of August, 5.30pm Start 16 - 25yrs, Olivier Theatre
<https://www.nationaltheatre.org.uk/shows/jack-absolute-flies-again>)



Royal Society for Blind Children

Creativity

Get creative this summer with trips to the theatre or getting stuck into pottery! We have lots of different sessions to express yourself. To sign-up email connections@rsbc.org.uk or give us a call on [020 3198 0225](tel:02031980225) or visit our website here:

<https://www.rsbc.org.uk/>

Podcast Workshop

July 29th and September 1st, 11am – 3pm
8 – 25yrs, Life Without Limits Centre

Art Gallery Visit, Dulwich Gallery Visit, Audio Described Tour

Thursday 4th of August, 11am - 2pm
16 – 25yrs, Location TBC

Theatre Trip: Jack Absolute Flies Again, Touch tour and audio-described performance

Friday 5th of August, 5.30pm Start
16 - 25yrs, Olivier Theatre

<https://www.nationaltheatre.org.uk/shows/jack-absolute-flies-again>



Royal Society for Blind Children

Pottery Workshop

Monday 8th (Part 1) and 13th of August (Part 2), 11am – 2pm
8 – 25yrs, Life Without Limits Centre

Sight & Sound Workshop

Monday 15th of August, 1pm – 3pm
All ages and Families, Life Without Limits Centre

Paint & Sound

Wednesday 31st of August, 11am – 1pm
8 – 25yrs, Life Without Limits Centre

Address

RSBC, Life Without Limits Centre, 10 Lower Thames Street,
London, EC3R 6EN

Email: connections@rsbc.org.uk

Phone: 020 3198 0225

Music RSBC



Are you a budding musician or would you like to learn a new instrument? We have lots of musical sessions for blind and partially sighted young people with a whole creative suite filled with instruments and music recording equipment! To sign-up email connections@rsbc.org.uk

or give us a call on

[020 3198 0225](tel:02031980225)

or visit our website here:
<https://www.rsbc.org.uk/>



Music

Are you a budding musician or would you like to learn a new instrument? We have lots of musical sessions for blind and partially sighted young people with a whole creative suite filled with instruments and music recording equipment! To sign-up email connections@rsbc.org.uk or give us a call on [020 3198 0225](tel:02031980225) or visit our website here: <https://www.rsbc.org.uk/>

Instrumental Tuition

July 27th, August 10th, 22nd, 30th and September 2nd
2pm – 4pm
8 – 25 yrs, Life Without Limits Centre

Handel & Hendrix Musical Workshop (3 parts)

August 23rd – 25th, Time TBC
8 – 25yrs, Life Without Limits Centre

New Virtual Song Workshop

August 30th and September 3rd, 10am – 1pm
8 – 25yrs, Life Without Limits Centre & Zoom



Music Tech with Guest Sound Engineer

Saturday 3rd, 10am – 1pm
8 – 25yrs, Life Without Limits Centre

Address

RSBC, Life Without Limits Centre, 10 Lower Thames Street,
London, EC3R 6EN

Email: connections@rsbc.org.uk

Phone: 020 3198 0225

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!](#)

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

HEAD START
NEWHAM

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

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

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/h0aDcz>

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.** pathfinder@newham.gov.uk

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

Welcome Newham – Support for Asylum Seekers and Refugees in 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

The image displays a grid of 12 informational leaflets from Newham Council, each with a yellow and blue header and a white body with icons and text. The leaflets cover various topics:

- HELP WITH HOUSING:** Finding a place to live in Newham, Help with accommodation for people who are homeless, and Help with housing.
- HELP WITH FOOD:** How to get help, Who can get help, and What you need to get help.
- COMING TO NEWHAM:** Get immigration advice, Help with food, Register for Doctor (GPs), Register for school (GPs), Help with money, Help with work, and Help with food.
- ARRIVING IN NEWHAM:** Help getting to your spouse or family, Register for Doctor (GPs), Register for school (GPs), Help with money, Help with work, and Help with food.
- GETTING FREE SCHOOL MEALS FOR SECONDARY SCHOOL:** Who is eligible?, How to apply, What happens next?, and Questions?
- HELP WITH EMOTIONAL HEALTH:** Who can get help?, What is available and how to get help?, and Health Help Line.
- HELP WITH EMOTIONAL AND MENTAL HEALTH:** Who can get help?, How to get help?, What is available?, and What you need to get help?
- GETTING HELP WITH YOUR HEALTH:** Who can get help?, How to get help?, What is available?, and What you need to get help?

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



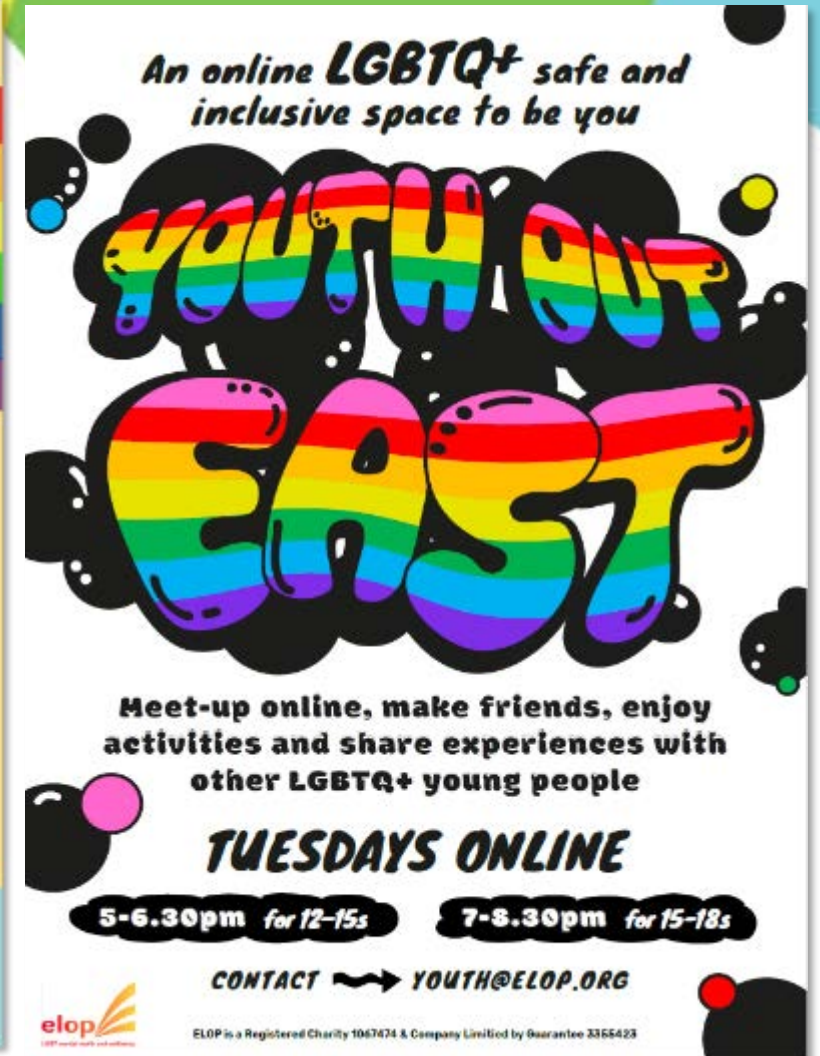
LGBTQ+
18-25s
meet up group

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 1067424

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 1067424 & Company Limited by Guarantee 2365423

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_uMZxIS5U9HlxG0QpjwEJ98zQ



[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-ref
- Local Minding and Dementia, Muckley, City and Washam Forest, Havering, Newham, Redbridge or Tower Hamlets
- Are concerned about or having thoughts of suicide
- Aged 10+
- Our telephone lines are open from 9.00am – 4.30pm, Monday – Friday

A Network of Protectors – Training for the Community

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



- Suicide Awareness and Intervention Training – bespoke to North East London community audiences
- Raise suicide awareness and understanding among voluntary and community sectors, community-based projects, and self-help initiatives, in particular, amongst vulnerable groups and in high-risk areas.
- Gatekeeper training for people who have contact with those at elevated risk of suicide – clergy, emergency services personnel, teachers, first responders, pharmacists, nurses, people employed in schools.
- Identification of signs and symptoms of suicidal ideation
- How to intervene in a mental health crisis
- How to spot, help, and signpost into appropriate services
- A Safe Space Community Resource

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@mindschwf.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

Maa Shanti – Domestic abuse service

Maa Shanti supports South Asian mothers who are affected by domestic abuse.

They run activities such as yoga, arts & crafts, support groups, vocab group, mindfulness, cooking club and social events.

You can refer them via their website <https://www.maashanti.org/>



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
Multi Sports Club
TERENCE BROWN ARC in the PARK
Hermit Road Park, Bethnal 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 access - places must be pre-booked
- Additional controls in place to access premises 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 - 07432 024002 / 0207 511 4253 paula@theaaazone.com
We accept no payment on site - all payments are made online.

Ambition Aspire Achieve
Multi Sports Club
TERENCE BROWN ARC in the PARK
Hermit Road Park, Bethnal Avenue, Canning Town E16 4JT
EVERY SUNDAY from 12.30pm to 2.30pm
Opportunity to meet and socialise for SEND+young people aged 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

Pre-booking essential

For further details contact Paula
07432 024002 / 0207 511 4253 paula@theaaazone.com
PRE-BOOKING ESSENTIAL

Ambition Aspire Achieve
Wellbeing Group
At The Terence Brown Arc in the Park, Bethnal 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: Physical Development Workshops, Mindfulness Sessions, Sports and Power-up Games, Arts and Crafts, Games and Music, Drawing and Cardmaking, and Learning Opportunities, Skills of Learning Resilience Scheme, Try Trips and Experiences, and much much more!

Term 1 (Jan to Feb)
Activities open to 10-15 children and young people aged 8 to 16, 1 session per week on Tuesdays (9am to 11am) (1st to 15th)

Term 2 (Mar to Apr) Sessions (1st term to 6th term)

Daily from 10:30 - 12:00 (1st to 15th) Sessions (1st term to 6th term)

For further details contact Paula Blake on 07432 024002 / 0207 511 4253 or by email paula@theaaazone.com

Ambition Aspire Achieve
Wellbeing Group
The Terence Brown Arc in the Park Bethnal 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