



A NEWSLETTER CONTAINING UP TO DATE INFORMATION AND SERVICES AVAILABLE FOR NEWHAM FAMILIES

October 2022

PARENT MENTAL HEALTH MATTERS

Join us in an online workshop to find out what support is available for new mums and dads, their babies and families.

27th October 5-6pm
via MS Teams

TO REGISTER TO ATTEND:

- 📞 0208 536 2161
- 📧 elft.networkshops@nhs.net
- 🖱️ Click the icon to register OR see caption for the registration form

An illustration of a man and a woman holding a baby. The man is on the left, wearing a yellow shirt, and the woman is on the right, wearing a purple shirt. They are both smiling and looking at the baby. The baby is wearing a blue patterned onesie. The background is a light blue gradient.

ARE YOU WORRIED ABOUT ENERGY USAGE IN YOUR HOME?



**Does your home feel cold and damp?
Are your energy bills too high?
GET FREE HELP NOW**

Keep your home warm by getting free help and advice on your gas and electricity bills.
Contact Our Newham Money for urgent help 020 8430 2041.

WE ARE NEWHAM.



STRUGGLING FINANCIALLY?

If you're struggling to meet your energy and food costs or facing an emergency you can apply to Our Newham Money Emergency Support, our local welfare scheme.

You need to be:

- living in Newham
 - receiving a means tested benefit such as Universal Credit, Income Related Employment and Support Allowance, Pension Credit or Housing Benefit.

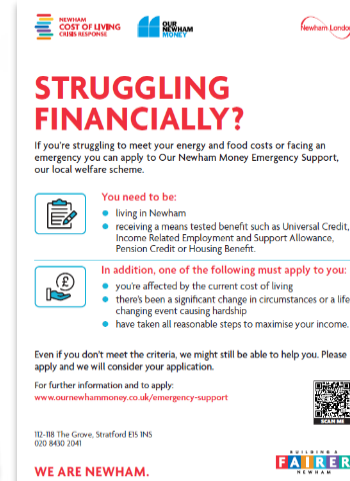
In addition, one of the following must apply to you:

 - you're affected by the current cost of living
 - there's been a significant change in circumstances or a life changing event causing hardship
 - have taken all reasonable steps to maximise your income.

Even if you don't meet the criteria, we might still be able to help you. Please apply and we will consider your application.

For further information and to apply:
www.ournewhammoney.co.uk/emergency-support

112-118 The Grove, Stratford E15 1NS
020 8430 2041



Autumn break / October Half Term Activities Programme

This Autumn School Break there is loads to do for children of all ages (including those who are vulnerable) at our Youth Zones, Libraries, Leisure Centres, Children's Centres and Parks. There are many face-to-face activities as well as online over zoom. The full programme of activities is now online, from pony rides to BMX sessions, youth dances to Black History Month movies and events, alongside youth choir singing, combat sports, badminton, Halloween parties, stories and quizzes and so much more. Most activities are free.

[Find the full programme of activities >](#)

PROGRAMME LISTINGS



INCLUSIVE ACTIVITY

A variety of free taster sessions in a range of Paralympic sports for children and young people with disabilities.

DATES:

- Monday 24 October
- Tuesday 25 October

TIME:

12pm-2pm

VENUE:

Stratford Park, West Ham Lane, Stratford E15 4PT

AGE:

8+ years



ROWING

The session is aimed at complete beginners, taking participants through land training exercises, equipment handling and on-water rowing boats.

DATES:

- Monday 24 October
- Tuesday 25 October
- Thursday 27 October
- Friday 28 October

TIME:

10am-2pm

VENUE:

Royal Docks Adventure, 1012 Dockside Rd, E16 2QT

AGE:

12-16 years



MINI ACTIVITIES

Introducing your little ones to sport can be great fun. Come along and try our Mini activity offer including: Mini Tennis, Mini Kickers and Mini Yoga!

DATES:

Monday 24 October - Friday 28 October

TIME:

11am-12pm

VENUE:

East Ham Leisure Centre, 324 Barking Road London E6 2RT

AGE:

3-5 years



To book: <https://tinyurl.com/OctoberHalf-termactivity>
For more information:
sports@activenewham.org or 07741 293506

active
newham

Newham London

WE ARE ACTIVE.

WE ARE NEWHAM.

OCTOBER HALF TERM PROGRAMME

Free activities for children and young people this half-term, continuing to celebrate the 10 year anniversary of London 2012. Come and try a variety of Olympic and Paralympic Sports. Sessions include Combat Sports (Taekwondo, Judo, Karate, Boxing), Racquet Sports (Tennis, Badminton, Table Tennis) and Team Sports (Football, Basketball, Volleyball, Hockey, Handball, Rugby).

DATES:

Monday 24 October – Friday 28 October

TIMES/AGES:

12pm-2pm – 5-11 years
2pm-4pm – 12-16 years

VENUES:

- East Ham Leisure Centre, 324 Barking Road London E6 2RT
- Stratford Park, West Ham Lane, Stratford, E15 4DZ (meeting point for activities - covered MUGA area)
- Keir Hardie, Tarling Road, Canning Town, E16 1GX (meeting point for activities - old Changing Rooms)

To book: <https://tinyurl.com/OctoberHalf-termactivity>

For more information:

sports@activenewham.org or 07741 293506



BUILDING A
FAIRER
NEWHAM

To book: <https://tinyurl.com/OctoberHalf-termactivity>

For more information:

sports@activenewham.org or

07741 293506



Grief and Loss Women and Men's Groups – Green Street Masjid Newham North Islamic Association and Newham Bereavement Service



Let's talk about grief and loss Men's Group

October 2022 - 7:30PM to 8:30PM
Wednesday 5th/12th/19th/26th

Address: Green Street Mosque
88 Green St, London, E7 8JG

- Coping with loneliness.
- Why am I sad all the time?
- Safe non-judgmental space to talk about loss
- Islamic perspective on grief

Newham Bereavement Service, Stratford Advice Arcade,
107-109 The Grove, E15 1HP
Phone: 0207 510 4268
Mobile: 07511 080986 or 07378 223782

GREEN STREET MASJID
NEWHAM NORTH ISLAMIC ASSOCIATION

mind Tower Hamlets and Newham
Newham Bereavement Service
Delivered by Mind in Tower Hamlets and Newham



Let's talk about grief and loss Women's Group

October 2022 - 11:30AM to 1 PM
Tuesday 4th/11th/18th/25th

Address: Green Street Mosque
88 Green St, London, E7 8JG

- Coping with loneliness.
- Why am I sad all the time?
- Safe non-judgmental space to talk about loss
- Islamic perspective on grief

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Ambition Aspire Achieve SEND YOUTH CLUBS

SEND Youth:

This is our Youth club set in arc in the park and the age range is 9-25 years old. A staff ratio of 1 staff to 3 young people is offered within this group and we cannot take children that need 121 support. We offer sports, arts and crafts and gardening during our sessions. The sessions are great for young people to build upon their social skills and make new friends. This runs as an after school club and throughout the school holidays too.

Positive Transitions:

This is our 16-25 year old group for young people with additional needs. Works well for school leavers or those attending college that are not in full time education. The group is based around life and social skills and have broken the sessions into three categories, life skills, art and sports so the young person can choose a group that suits them best. We also have trips and work experience planned for this group. This is a 1 to 3 ratio and is during the day, term time only. It is another great way to make new friends, build up social skills and learn new skills.


 Ambition Aspire Achieve
 Charity Registration Number: 107796

SEND YOUTH CLUBS

FREE for 9 to 25 years olds
 Staff ratio - 1 staff member to 3 young people -
 Offering A Safe, Fun, Social, Interactive Environment

Weekly Timetable:
 (term time and school holidays)
Mondays 4:30pm to 7:30pm:
 Terence Brown Arc, Hermit Road Park, Bethell Ave E16 4JT
Mondays 4pm to 6pm:
 Glyn Hopkin Abbey Hub, 6 Gay Road, Stratford E15 2RN
Wednesdays 4:30pm to 6:30pm:
 St Luke's Community Centre, 85 Tarling Road, Canning Town E16 1HN
Thursdays 4:30pm to 7:30pm:
 Terence Brown Arc, Hermit Road Park, Bethell Avenue E16 4JT

Activities Include: A Variety Of Sports, Arts And Crafts, Movies, Music, Keep Fit Sessions, Table Tennis, Games And MUCH MUCH MORE!



Supported By London Borough of Newham

Booking Is Essential, Contact:
 Leo on 07904 882 104 / leo@theaaazone.com
 Web: www.theaaazone.com | Twitter: [@theaaazone](https://twitter.com/theaaazone) | Facebook @ AmbitionAspireAchieve/


 Ambition Aspire Achieve

Positive Transitions



FREE LIFE SKILLS support
for young people
aged between
16-24 with
additional needs

Sessions will include:
 Life skills such as household activities, social interaction, personal development and confidence building.
 Creative sessions including art and photography, gardening and growing, cookery, music as well as taking part in the Arts Award.
 Multi sports and health sessions where young people can try a number of activities and learn about healthy choices.
 We will also be holding day trips and work experience guidance throughout the year.

At the Terence Brown Arc in the Park, Bethell Road E16 4JT

Weekly sessions helping to build confidence and develop new skills for young people with additional needs that are transitioning into adulthood
Monday 2-4pm
 Life skills
Tuesday 1.30pm - 3.30pm
 Multi sports and exercise
Thursday 2-4pm
 Creative sessions and workshops

Booking is essential
 For more information or to book a place please contact Leo Featherman
 07904882104 leo@theaaazone.com

theaaazone.com | [@theaaazone](https://twitter.com/theaaazone) | [AmbitionAspireAchieve](https://www.facebook.com/AmbitionAspireAchieve/)

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 Leo on 07904 882 104 /
leo@theaaazone.com
 Web: www.theaaazone.com
 Twitter: [@theaaazone](https://twitter.com/theaaazone)
 Facebook:
[@AmbitionAspireAchieve/](https://www.facebook.com/AmbitionAspireAchieve/)


 Ambition Aspire Achieve

Positive Transitions

The Terence Arc in the Park, Bethell Avenue, 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 around COVID 19, we have introduced a number of measures to ensure that 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

Booking is essential
 For more information please contact Leo
leo@theaaazone.com 07904882104

Positive Transitions is supported by:


ELFT Parent Mental Health Matters Support Workshop

We understand how having a new baby can be a huge life changing event. Parenthood can be an incredible source of joy and fulfilment but it's also important to recognise the challenges that come with it. With this in mind, we plan to run an online workshop to provide a space for new parents to reflect on their wellbeing and learn some day-to-day strategies that can help them look after their mental health.

If you'd like to attend but may feel uncomfortable in sharing your experiences, please know this isn't a therapy group and you are not required to disclose personal information. Join in ways that make you feel the most comfortable (whether this includes joining without a video or simply listening to the information being provided).

Elft.nttworkshops@nhs.net

Book your place!

https://forms.office.com/pages/responsepage.aspx?id=sITDN7CF9Ueylge0jXdO4y0-YCymLt1Etag6JpG_QdUNU1LM05JQIMyWIVDOEhLS0hESUtOQUJUSy4u

***A note about the registration forms:** As a service, we are required to monitor access to Newham Talking Therapies. The forms are collected as evidence to show to commissioners the work we are doing as an NHS service and ensures we are able to continue to provide these workshops for free. The first part of the form will ask you to provide personal details. Please know that you should only **disclose information that you feel comfortable sharing**. For example, you can write down 'N/A' in sections where you don't want to share personal information. The second half of the form is a series of questions related to your mental health & wellbeing. This help us to screen for individuals who might need additional support – if your responses indicate that you might benefit additional support, you will receive a call from us as a 'check-in' and think together about your wellbeing and how we can support you.

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via MS Teams**

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0208 536 2161

elft.nttworkshops@nhs.net

Click the icon to register
OR see caption for the
registration form

Free School Meals for all Primary Children in Newham

Lunchtime hot and cold meals are available at all of the primary and secondary schools in Newham. There has never been a better time for your child to stay in school for a healthy lunch. All schools have good dining facilities and menus follow the standards laid down by the Department for Education's School Food in England Standards March 2019.

Free school meals in primary schools

Every primary school aged child attending school in Newham still has the opportunity to have a free school lunch even if their parents/carers are not in receipt of one of the qualifying benefits for free school meals.

<https://www.newham.gov.uk/schools-education/free-school-meals/1>

A healthy school lunch contains two of the recommended 5 a day portions of fruit and veg.

School lunches help re-energise pupils for a busy afternoon of work and play. Help your child get the best from school and take advantage of the free meal eligibility.

FOOD PUPILS LOVE

QUALITY FOOD FRESH INGREDIENTS

SAMPLE MENU
April 2022 - October 2022

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	New Year Day's Menu: Corned Beef & Soda	Spaghetti Bolognese	Roast Chicken with Potatoes & Gravy	Lasagne	Chicken & Rice
Vegetarian Choice	Vegetarian Curry	Vegetarian Curry	Vegetarian Curry	Vegetarian Curry	Vegetarian Curry
Extra Choice	Extra Choice	Extra Choice	Extra Choice	Extra Choice	Extra Choice
Vegetarian Dessert	Vegetarian Dessert	Vegetarian Dessert	Vegetarian Dessert	Vegetarian Dessert	Vegetarian Dessert
Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

GET IN TOUCH
Address: The Old Town Hall, 29 Broadway, Stratford, London E15 4BQ
Email: admin@juniperventures.co.uk
Web: www.juniperventures.co.uk

FOLLOW US and keep up to date with the latest news
Facebook, Instagram, Twitter, YouTube

DINEin AND DISCOVER

For further details speak to the school office.

Newham London

DINEin AND DISCOVER

JUNIPER CATERING
Bringing more to the table

THERE IS SUCH A THING AS A FREE LUNCH

THE BANK
Pay Parent / Guardian
Four hundred and forty four pounds and sixty pence
£444.60

You could save £444.60 a year by your child enjoying a hot, healthy and nutritious lunch every school day

ALL Primary children in Newham are eligible

Click here for more information

Newham London

Cost of Living Support in Newham

ENERGY USAGE

Does your home feel cold and damp?

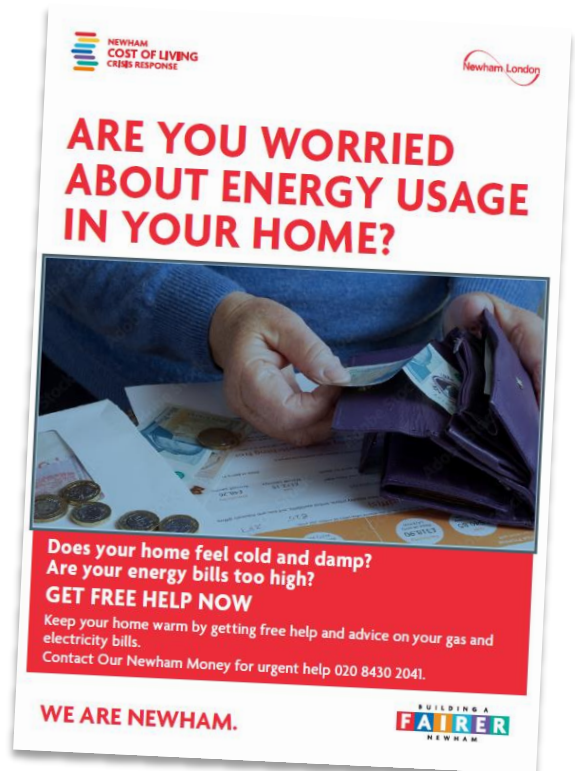
Are your energy bills too high?

GET FREE HELP NOW

Keep your home warm by getting free help and advice on your gas and electricity bills. Contact Our Newham Money for urgent help **020 8430 2041**.

For information on support available visit:

www.newham.gov.uk/public-health-safety/energy/2



SIGNS YOUR HOME IS NOT WARM ENOUGH

- The home feels cold, damp or draughty
- Wearing lots of clothes indoors
- Staying in bed to keep warm
- Asthma or a persistent cough
- High energy bills or in fuel debt



Save energy and keep warm by getting help and advice

Our Newham Money

Energy vouchers are provided to applicants with prepayment meters without electricity/ gas or at risk of having their fuel supply cut. Tel: **020 8430 2041**

East End Citizens Advice

Call **020 8525 6379**. Lines are open at the following times: Tuesdays and Wednesdays: 10am-1pm

GLA Warmer Homes Programme

Get free advice and support if you are having trouble paying to keep your house warm. Services include:

- Telephone advice and home energy visits
- Help with draft excluders and similar in house support
- Support with energy bills and debts
- Grants of up to £20,000 per household to improve insulation (visit www.london.gov.uk/warmerhomes for eligibility criteria and to apply)

Call **0300 555 0195** or contact shine@islington.gov.uk

Other places to get help

Keep Warm Keep Well Scheme (ECO)

Newham Council is working with E.ON and J&J Crump on its Keep Warm Keep Well scheme to help eligible residents benefit from a range of energy-saving measures in their homes. Call J&J Crump and Son on **0800 783 3127** or visit www.jjcrump.com

Water Bills

WaterSure and WaterHelp can help make water bills lower, particularly for people who have lower income or need water for health conditions.

Find out more: www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp

For any physical and/ or mental health concerns call 111 for information on where to get help or talk to your local pharmacist.

Warm Home Discount Scheme

Residents could get £140 off your electricity bill for winter under the Warm Home Discount Scheme. Find out more at www.gov.uk/the-warm-home-discount-scheme

Winter Fuel Payments

Residents can get between £100 and £300 tax-free to help pay your heating bills if you were born on or before 5 July 1953. Find out more at www.gov.uk/winter-fuel-payment

GLA Cost of Living Hub www.london.gov.uk/what-we-do/communities/help-cost-living

Translated leaflets www.nea.org.uk/get-help/advice-resources/?tag=english

Keep energy down by practising sustainable fuel saving tips

1. Turn off standby appliances
2. Install a smart thermostat
3. Turn down your thermostat
4. Buy efficient appliances
5. Install a new boiler
6. Wash clothes in at low temperatures
7. Be smarter about water
8. Invest in double glazing windows
9. Draught-proof your property
10. Insulate the roof
11. Monitor your usage
12. Switch to LED Light bulb



For information on support available visit: www.newham.gov.uk/public-health-safety/energy/2

<p>Save around £80 a year just by remembering to turn your appliances off standby mode</p>	<p>Save about £35 a year on bills by replacing all of your old bulbs with LEDs</p>	<p>Only fill the kettle with the amount of water that you need and save around £7 a year</p>	<p>Turning down your room thermostat by just 1°C can save between £85-90 a year</p>
<p>Turn your lights off when you're not using them. This will save you around £15 on your annual energy bills</p>	<p>DIY draught-proofing of windows, doors and filling holes in floors can save up to £25-£35 a year on heating bills</p>	<p>Washing your clothes at 30°C can help you save significant amount of money on utility bills</p>	<p>When buying new appliances check the EU energy label to make sure you're buying an efficient product</p>

Cost of Living Support in Newham

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For further information and to apply:

www.ournewhammoney.co.uk/emergency-support



112-118 The Grove, Stratford E15 1NS
020 8430 2041

WE ARE NEWHAM.



Cost of Living Support Package - Help for Households

Millions of people on means-tested benefits will receive the first of two cost of living instalments totalling £650 from 14 July 2022, as part of a £37 billion government package to help families with cost of living pressures.

The first £326 instalment for qualifying low-income households in England, Wales, Scotland and Northern Ireland by their usual payment method from 14 July 2022, continuing to the end of the month. For those eligible, the rest will follow in a second instalment in the autumn. People receiving tax credits and no other eligible benefits will receive their first payment from HMRC in autumn and the second in winter.

In total, millions of vulnerable households will receive at least £1,200 from the Government this year to help cover rising costs. There are specific payments for those on means tested benefits, for pensioners, those on disability benefits and to help people with energy bills.

Check eligibility here: [Cost of Living Payment - GOV.UK \(www.gov.uk\)](https://www.gov.uk/cost-of-living-payment)

There is also helpful information about further support available on the [Cost Of Living campaign website](https://www.gov.uk/cost-of-living-support).

Find out more



Cost of Living Payments

If you claim some benefits, you might be eligible for an additional **£650** from the UK Government, spread over two **Cost of Living Payments**. The first payment will be for **£326**, and the second payment of **£324** will be paid later in the year.

You don't need to contact anyone; your payment is automatic.

Find out what you will get and when you will receive a payment by searching 'cost of living support'.

gov.uk/costoflivingpayments

*Eligibility criteria apply

Find out more

Parent Advice Phone-In with Educational Psychologist

Please find attached a leaflet for the Parent Advice Drop In service run monthly by the EP Service. Parents can contact an EP to discuss any concerns they may have, e.g. managing anxiety at home, supporting CYP with learning, supporting positive relationships at home and in school, etc. They are allocated a 40 minute session over the phone for this.

Sessions will operate monthly on:
25 Oct 29 Nov 20 Dec 2022

To book a session between 10am
and 12 email or phone

sarah.parkinson@newham.gov.uk
07976 733536

Newham Educational Psychology Service



Parent Advice Phone-In with an Educational Psychologist (EP)

The EPS Parent Advice sessions are offered to any Newham parent or carer who would like to discuss concerns about their child with an educational psychologist (examples may include: your child's emotional well-being, challenging behaviours, learning progress, your relationship with your child or some of your own worries). The sessions aim to be supportive, confidential, and informal. Each session is 40 minutes.

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




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?
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.

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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



People at the Heart of Everything We Do

Childhood Vaccines

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or seen very rarely. However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again.

There are a number of vaccines that children should have. You can find a list of them below and on the NHS website. It is important that vaccines are given on time for the best protection.

All recommended vaccines are available for free from the NHS.



If you or your child missed any recommended vaccine, you can still contact your GP to catch up.

Vaccine Information from Newham Public Health Service

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

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

Frequently Asked Questions – Childhood Immunisations – Newham Council

CHILDHOOD VACCINES


Get your **FREE** vaccines - they protect you from disease



8 WEEKS <ul style="list-style-type: none"> 6-in-1 vaccine Rotavirus vaccine MenB 	2 YEARS - 10 YEARS <ul style="list-style-type: none"> Flu vaccine (annual)
12 WEEKS <ul style="list-style-type: none"> 6-in-1 vaccine (2nd dose) Pneumococcal (PCV) vaccine Rotavirus vaccine (2nd dose) 	3 YEARS - 4 MONTHS <ul style="list-style-type: none"> MMR (2nd dose) 4-in-1 pre-school booster
16 WEEKS <ul style="list-style-type: none"> 6-in-1 vaccine (3rd dose) MenB (2nd dose) 	5 YEARS - 15 YEARS <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 YEARS - 13 YEARS <ul style="list-style-type: none"> HPV vaccine
14 YEARS <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/childhoodimms

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



VACCINES KEEP YOU SAFE

Protecting yourself from polio (and other diseases)

Get a vaccine for 6 diseases including polio when your child is

8 WEEKS + 12 WEEKS + 16 WEEKS

Then... get a vaccine for 4 diseases including polio when your child is

3 YEARS - 4 MONTHS

Then... get a vaccine for 3 diseases including polio when your child is

14 YEARS

You must have all of these vaccines to be fully protected.

How do I know if my child has had their vaccines that protect against polio?

Your child's Red Book will include records of all your child's vaccinations


If you don't have your Red Book, your GP will be able to tell if your child has received all their vaccines

Can people over 14 get vaccinated against polio?

Yes - if you've not had a polio vaccine you can get a vaccine for FREE

Speak to your GP if you have questions or to book a vaccine
www.newham.gov.uk/polio

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



Renewal Programme Community Hub

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 below!

www.renewalprogramme.org.uk



The flyer is a vertical rectangle with a dark blue background. At the top, a light blue rounded rectangle contains the text 'THE RENEWAL PROGRAMME COMMUNITY HUB' in bold black letters, with 'OPEN NOW!' in bold orange letters below it. Below this, there are two white rounded rectangles: the left one contains the 'The Renewal Programme' logo (a stylized network of dots) and the name, and the right one contains a telephone icon and the number '020 8471 6954'. Below these are four orange rounded rectangles arranged in a 2x2 grid, each containing white text: 'DIGITAL SUPPORT', 'HOT DRINKS', 'FOOD BANK', and 'FREE INTERNET'.

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

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

www.renewalprogramme.org.uk
@therenewalprogramme

Family Navigators

FAMILY NAVIGATORS WILL ASSIST YOU BY

- Signposting** you and your family to services, offers and opportunities
- Connecting** you to support you need, when you need it
- Supporting** you to feel confident in accessing services
- Translation** - all of our Navigators speak a second language, we also have connections to language translation and interpreter services
- Having a regular presence** in key community settings

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



WE ARE SUPPORTING.



WE ARE NEWHAM.

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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



Family Navigators Schedule

Here to help Families

“ফ্যামিলি নেভিগেটরস – 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”

Please note: This is not a referral service, instead Navigators will regularly attend existing organisations, events and sessions out in the community such as Food Hubs, Schools, GPs, and Libraries locally in Newham and will assist families that they meet at these organisations to connect them to the appropriate support.



Family Navigators Schedule



Here to help Families

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