

NEWHAM TALKING THERAPIES NEWSLETTER

September 2024

Who are we?

Newham Talking Therapies provides free and confidential NHS psychological therapies to residents of Newham. We will help with a range of mental health challenges such as anxiety and depression by providing a range of different types of psychological support.

What's In This Month's Issue?

- Useful resources
- Upcoming events/updates around Newham
- Community workshops: what are they, and how to sign up
- benefits of staying connected to our service
- September/October workshop dates



How to refer

- Complete an [online self-referral form](#) on our website **OR**
- Call us on 0208 175 1770 **OR**
- Ask your GP to refer you

Upcoming events/updates

Special workshop topics July/August 2024

September 2024

- Women's wellbeing
- Introduction to mindfulness
- Wellness fusion: Body and Mind

October 2024:

- Dealing with grief and loss
- Dealing with chronic pain

Well Newham

For more information about events in the community please visit the websites by clicking below:

- [Well Newham](#)
- [Newham council](#)

See **page 17** for information on how to sign up for these workshops!

Useful resources

5 Ways to a Healthier Life

Please [click here](#) to access a "5 Ways to a Healthier Life" booklet produced by London Borough of Newham

Resources for Newham residents

Please click here for resources around Newham including Travel, money, employment and housing. Helpful for residents of Newham who may not know where to seek support, or for people who have just moved to the area

Broadband price hacks

Please click here for useful tips and tools on how to save money with your broadband

Council tax support

Please click here for a guide to what council tax support is available. This includes details of discounts and exemptions, how much you may be able to have discounted from your bill, and how to protect your Council Tax Support if you migrate to Universal Credit.

Upcoming events/updates



Visit the Well Newham website and in-person Hubs to find out about support available for your health and wellbeing.

✉ wellnewham@newham.gov.uk
☎ 020 8430 4841
www.wellnewham.org.uk

Well Newham Supporting you with your health and wellbeing



We all have things we could do to be healthier, e.g. being more active, stopping smoking and connecting with others.

Whatever it is, Well Newham can help connect you with services and information that will support you to be as healthy as you want to be and the things that matter to you. Well Newham offers support via the [Well Newham website](#), as well as the Well Newham Hubs.

The Hubs are based at locations around Newham, with friendly Advisors available to offer support. You can find your local Well Newham Hub [here](#).



newham.gov.uk



WE ARE NEWHAM.

Upcoming events/updates



Surviving Crying: A research led approach to coping with excessive crying

You can take part in the study by self referring, or your health care professional can contact the Newham research team:

survivingcrying.research@newham.gov.uk

Study details:

Excessive crying affects one in five babies, with peak crying often happening around five weeks of age. This is sometimes known as infant 'colic', although it often has nothing to do with digestion or any physical illness. This crying can be extremely traumatic for parents and carers. Surviving Crying is a support package designed to help parents understand and cope with prolonged crying. This includes written and online materials and a support programme provided by specially trained health visitors.

A research study is taking place in your area. It aims to find out if the Surviving Crying support package used in conjunction with standard care from your health visitor and GP is more effective in helping parents and carers cope with an excessively crying baby than standard care alone. Of course, it is more than likely that your baby will not cry excessively, but if you do feel this is something you need help with you should contact your health visitor who will be able to give you advice and make sure your baby is healthy.


Your health visitor may also discuss the possibility of taking part in the study. If you decide that this trial is of interest to you, your health visitor will ask whether you are happy for your contact details to be passed to a local member of the project team. We will then contact you to explain the study in more detail and provide more information. There is no pressure to take part, if you do decide to take part you can withdraw at any time.

Whether you take part or not, this will not affect the care you get from your health visitor, or other NHS services, which will be provided in the usual way. If you are concerned about any of the information here please contact your health visitor.

The study is funded by the National Institute of Health Research (NIHR)

The study above has been given access to NHS services to recruit participants.

Upcoming events/updates

 mind
Tower Hamlets,
Newham and
Redbridge


East London
NHS Foundation Trust

Newham Together Café

Stratford Advice Arcade 107-109 The Grove, London E15 1HPT

T: 07511075701 E: togethercafe@mindthnr.org.uk

Services include:

Art Therapy

Groups

One to one support

Opening Hours:

Monday - Friday 17:00 - 21:00

Weekends and Bank Holidays 15:00 - 21:00

Newham Together Café is more than just a drop-in centre; it's a lifeline for Newham residents aged 18+ facing mental health challenges. Open evenings and weekends, The Together Café warmly welcomes all, with no referral process required. We offer short-term support, equipping attendees with recovery strategies in partnership with ELFT.

Upcoming events/updates

Join DLR Dave & Doris on a fun-filled
treasure hunt adventure!



Dates: July 28th - September 8th 2024

Join the DLR summer treasure hunt with DLR mascots Dave and Doris! Help them find the treasure hidden around London's Docklands starting at Tower Gateway DLR station. Once you've completed the hunt, you can head to London City Airport Information Centre to collect your medal. The hunt will take place from July 28th-September 8th 2024.

To join the hunt, you will need to download the **Actionbound App** on your smartphone and then search for "**DLR Treasure Hunt**".

It's completely free to join!!!

Upcoming events/updates



Train as a Volunteer Breastfeeding Peer Supporter

Newham Nurture supports refugees or women seeking asylum who are pregnant or within two years after birth, living in Newham and facing persistent barriers and disadvantages.

Did you breastfeed your baby?

Are you friendly, patient and non-judgemental?

Would you like to learn new skills and make a difference?

In return for a 3 hour per week commitment (on Mondays and/or Wednesdays) for a minimum of 6 months, we are offering free accredited training.

We especially welcome multilingual applicants.

As a Breastfeeding Peer Supporter, you will provide emotional support and give mothers the relevant information they need to initiate and maintain breastfeeding. Research shows that 8 out of 10 mothers stop breastfeeding before they want to, and many more want trusted information to make informed choices.



Training is weekly for **7 weeks, starting in September 2024**, with Zoom and face-to-face sessions (online assistance can be provided).



Royal Docks Trust

For further information please email:

newham.nurture@nct.org.uk or call: **07707 171 698**

Upcoming events/updates

Newham London

Save the date! Ageing Well Festival

Everything is free!

Saturday 5 October, 10am-4pm
Forest Gate Community School, Forest Lane, E7 9BB

On the day you can expect:

- Health MOTs and vaccination clinics
- Information from AskSARA, BT and EE, Dementia Support Service, Frames of Mind, Our Newham Money, Newham Volunteers and Transport for London
- One-to-one clinics, including on concessionary travel, parking and Pension Credit
- Archery
- Bikeworks
- Dance and exercise tasters, including Bollywood dance, chair-based exercise and Zumba
- Glass Painting
- Virtual Reality Headsets
- Music
- International Food Court (Afro-Caribbean, Chinese, Eastern European, South Asian and Pie & Mash)

For more information, email AgeingWell@newham.gov.uk or call 020 3373 0730 (weekdays, 10am-4pm)

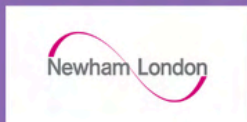
newham.gov.uk/AgeingWellFestival

WE ARE NEWHAM.

Upcoming events/updates

Delivered by ANKH Place CIC | Financially Supported by LBN

ANKH Place CIC presents



Mindful Dining

A Warm Haven for Newham Residents



Every Sunday
Starting January 2024
(excluding 21st Jan)
12pm - 4pm

Join us each week for a warm space, a meal and a hot drink!

Experience fun and interactive sessions including yoga, arts, health coaching, mindfulness techniques, fitness sessions, zumba, art workshops, games, music, vision board sessions & more!



Venue:
Plaistow Fire Station
45 Prince Regent Lane
London, E13 8RY



Upcoming events/updates

The Botanical Brothers (BB)

The Botanical Brothers (BB) Project aims to improve the emotional health and wellbeing of fathers and male carers from ethnically diverse background in the London Borough of Newham.

BB project will offer a safe non-judgemental space for fathers to:

- build social networks and connect with each other to create a sense of belonging, ownership, self-worth, creativity
- learn/develop gardening and culinary skills, embracing diversity in culture and food, saving money and budgeting
- it aims to improve family relationships and build community capacity

There are 2 strands to the BB project (see pages below)

Upcoming events/updates

Theory session: Open to All fathers and male carers

[Click here to book](#)

BOTANICAL BROTHERS



HOW DOES YOUR GARDEN GROW?

BOTANICAL BROTHERS THEORY SESSIONS:

- BENEFITS OF GARDENING.
- SEED SOWING.
- GARDEN LAYOUT AND DESIGN WITH LIMITED SPACE.
- ORGANIC VS NON-ORGANIC FOOD TASTING SESSION.
- OPPORTUNITY TO LEARN HOW TO GROW FOOD FOR BETTER HEALTH.

SEASONED GARDENER OR COMPLETE NOVICE?

JOIN US AT:

EAST HAM LIBRARY: 328 BARKING ROAD E6 2RT
3RD THURSDAY OF EVERY MONTH
6PM - 8PM

Upcoming events/updates

Practical session: For fathers and male carers from ethnically diverse backgrounds

[Click here to book](#)

BOTANICAL BROTHERS GARDENING PROJECT- VOLUNTEERING



Dear Gents,
Available and willing to volunteer in our Botanical Brothers Gardening project?

Please contact us by email: Botanicalbrothers@newham.gov.uk

Garden Sites:

St Mark Community Centre,
218 Tollgate Rd, London E6 5YA

Community Links

105 Barking Rd, London E16 4HQ

WE ARE NEWHAM.

newham.gov.uk

"Time with dad" workshop

New parenthood may be exciting but may also be overwhelming. This workshop can help by giving you the knowledge and practical skills needed

[Click here to register](#)

Summer activities in Newham

For summer holiday activities /clubs around Newham [click here](#). It also includes free/low cost activities for families eligible for Holiday Activities Food (HAF) programme



Upcoming events/updates

Are you an Unpaid Carer and live in Newham?



We can offer you:

- Support with your Carer rights & getting your entitlements
- A full activity schedule of Carer specific group sessions and activities
- Tailored support on an individual basis in locations across the borough
- Support with obtaining a statutory Carers Assessment

For more info, please call us on:
020 3954 3143 or email us on:
info@newhamcarerscommunity.org.uk
Our hours of service are:
Monday to Friday 9am–5pm
655 Barking Road, Newham, E13 9EX



Upcoming events/updates



▶ Are you a parent or carer?

Could you spare 2 hours a week for 6 weeks?

Great opportunity to gain skills and become a peer to peer supporter in Newham for Dads

The training is accredited and equivalent to GCSE

Enjoyable and informative, you can make a huge difference to Dads' lives in your community by attending this course – your contribution is invaluable!

The training is a well recognised certificate but more importantly it's about the positive impact we have on people's lives

Supporting dads is something that's important to us all

Starting January 2024 for 6 sessions – 2 hours each session

If you have any questions please feel free to WhatsApp or call me

Imran Ali (Project Manager)

Mobile: 07542 127813 Email: Imran.ali@nct.org.uk

For more information scan the QR code



dsr4003

Upcoming events/updates

Cost of Living Support



**Visit East London NHS
Foundation Trust website for
advice, hacks and tips to help you
reduce household bills and food
costs, and for information about
support in your local area.**

[www.eleft.nhs.uk/
service-users-and-
carers/cost-living](http://www.eleft.nhs.uk/service-users-and-carers/cost-living)

Cost of Living



Upcoming events/updates

Support for bereavement by suicide - Suicide and Co

Suicide&Co is a national charity with the purpose to support those bereaved by suicide and open-up the conversation around suicide-related grief. Their main aims are to remind everyone that they always have company, and permission to grieve. Their website (www.suicideandco.org) is always the best place to get the most up-to-date information about their services and other exciting projects.

For more information please visit:

www.suicideandco.org

Suicide Prevention and Mental Health workshops

Please find workshops topics ran by MIND below on suicide, self-harm and self-care:

- September 19th, 1-2pm - Suicide Prevention
- September 24th, 1-2pm - Self-Harm Awareness
- September 26th, 1-2pm - Self-Care and Boundaries

Anyone can email safeconnections@mindthnr.org.uk to book onto a workshop or for more information. Teams links and invites are sent the week before each session.

Community Workshops

What are community workshops?

Our free one-off community workshops and recorded webinars are a great way to learn more about wellbeing and how to look after it! You can join our live workshops via your mobile, laptop, tablet, or PC or watch the webinar recordings at anytime and anywhere you feel comfortable. We also run some face-to-face workshops in different locations within Newham.

Topics we cover

- Building Confidence
- Dealing with worries and anxiety
- Improving sleep
- Managing irritability
- Managing low mood
- Managing stress
- Staying well after therapy

We also cover special topics which differ month to month - make sure to check the workshop calendar on our website so you don't miss out!

Who can attend?

- Anyone who works, lives or studies in Newham and not already getting support from Newham Talking Therapies
- Staff of local businesses and organisations

How to sign up - in 2 easy steps!

- 1 Decide which workshop you would like to attend by viewing the workshops calendar on our website
- 2 Fill out our workshop registration form online!

Other ways to sign up:

- Email the name and date of the workshop you would like to attend to: elft.nttworkshops@nhs.net
- Call us on **0208 175 1770**
- OR **Scan the QR code** below!

Follow us on social media!



[www.facebook.com/Newham Talking Therapies](https://www.facebook.com/NewhamTalkingTherapies)



[@NewhamTT](https://www.instagram.com/NewhamTT)



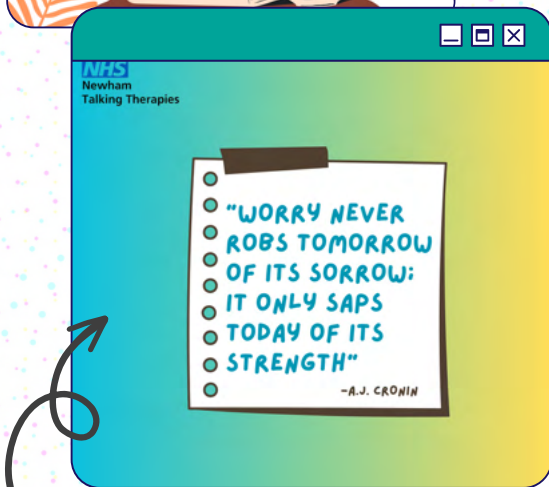
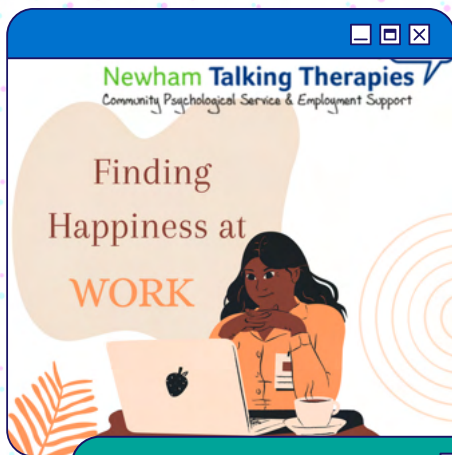
Elft.nttworkshops@nhs.net



[@NewhamIAPT](https://twitter.com/NewhamIAPT)



Stay connected!



Previews of the content we post!

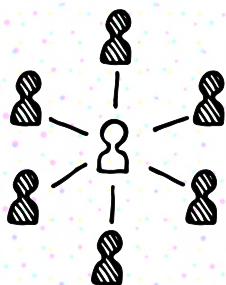
Ways you can stay connected with Newham Talking Therapies

- Instagram: @newhamtt
- Facebook: Newham Talking Therapies
- Twitter: @NewhamIAPT
- Join our mailing list by emailing: elft.nttworkshops@nhs.net

Feel free to forward this newsletter to anyone who may find it helpful!

WHY STAY CONNECTED?

- Keep up to date on future events happening around Newham
- We post tips on our social media to help you to manage your wellbeing
- Motivational Mondays! - we post quotes every Monday to inspire your week
- Receive our monthly newsletter! (if you join our mailing list)



Community Workshops Calendar

What are community workshops?

We run one-off, educational workshops covering a variety of health and wellbeing topics.

Most of the workshops are usually delivered in English, online via MS Teams and last an hour (unless stated otherwise below).

They are free, confidential and run by our friendly staff members.

Who can attend?

Any adults living, working, or studying in Newham are welcome to attend one workshop a month

How to sign up

- Email us on elft.nttworkshops@nhs.net
- Call us on 0208 175 1770
- [Click here](#) OR scan the QR code to complete the registration form



Scan me to sign up!

Workshops this September:

BUILDING CONFIDENCE | 4th @ 6PM

DEALING WITH WORRIES AND ANXIETY | 18th @ 4:30PM

IMPROVING SLEEP | 4th @ 12PM

COPING WITH FRUSTRATION | 13th @ 1PM

MANAGING LOW MOOD | 19th @ 1PM

MANAGING STRESS | 24th @ 12PM

STAYING WELL (AFTER THERAPY) | 13th @ 2PM

LIVING WELL WITH A LONG TERM CONDITION | 19th @ 12PM

Special topics this month:

WOMEN'S WELLBEING | 3rd @ 2PM

INTRODUCTION TO MINDFULNESS | 17th @ 1PM

WELLNESS FUSION: MIND AND BODY | 17th @ 1PM

October 2024

Community Workshops Calendar

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Scan me to sign up!

Workshops this October:

- BUILDING CONFIDENCE | 2nd @ 6PM**
- DEALING WITH WORRIES AND ANXIETY | 16th @ 4:30PM**
- IMPROVING SLEEP | 2nd @ 12PM**
- COPING WITH FRUSTRATION | 11th @ 1PM**
- MANAGING LOW MOOD | 17th @ 1PM**
- MANAGING STRESS | 22nd @ 12PM**
- STAYING WELL (AFTER THERAPY) | 11th @ 2PM**
- LIVING WELL WITH A LONG TERM CONDITION | 17th @ 12PM**

Special topics this month:

- DEALING WITH GRIEF AND LOSS | 3rd @ 1PM**
- DEALING WITH CHRONIC PAIN | 8th @ 12PM**
- WELLNESS FUSION: MIND AND BODY | 15th @ 1PM**