

PARENTCONNECT



Edition: 26th April 2023

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

Hello Newham Parents and Carers!

Please enjoy this month's Parent Connect Newsletter.
If you would like to receive this Newsletter direct to your email every month, you can sign up [here!](#)

Best wishes all,
The Early Help Partnership Team

April 2023

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WE ARE FAMILY HUBS.



START FOR LIFE (0-5 YEARS) ACTIVITY TIMETABLE

April – July 2023
East Ham and Plaistow Family Hub Network

WE ARE NEWHAM.



Peer Parenting Offer

Empowering Parents, Empowering Communities (EPEC)

Delivered for Parents by Parents:
This course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

The BAP Group is a weekly space for parents to come together sharing experiences and learning tried and tested approaches that can help us improve our relationship with our children. Many parents have already benefited from this course, & we want to reach as many parents and carers as possible.

Autism Group
For parents & carers of children affected by Autism, whether diagnosed or undiagnosed.
BAP Autism is designed to:

- Promote children's development & skills
- Reduce child & family difficulties
- Improve parent confidence, skills & satisfaction
- Improve social & community connectedness.

Baby & Us
For parents & carers with a baby under 1 years old. This course will help you feel better able to:

- Process the impact of the birth experience
- Understand your baby's crying/sleeping/feeding cues & to feel more confident managing the practicalities of your baby's routine
- Communicate with your baby
- Develop friendships with other parents which are mutually supportive



FREE SCHOOL MEALS

FOR PRIMARY SCHOOL CHILDREN



To apply for free school meals and find out more visit:
www.newham.gov.uk/freeschoolmeals

WE ARE NEWHAM.

FREE school meals
You could save
£500
a year
per child

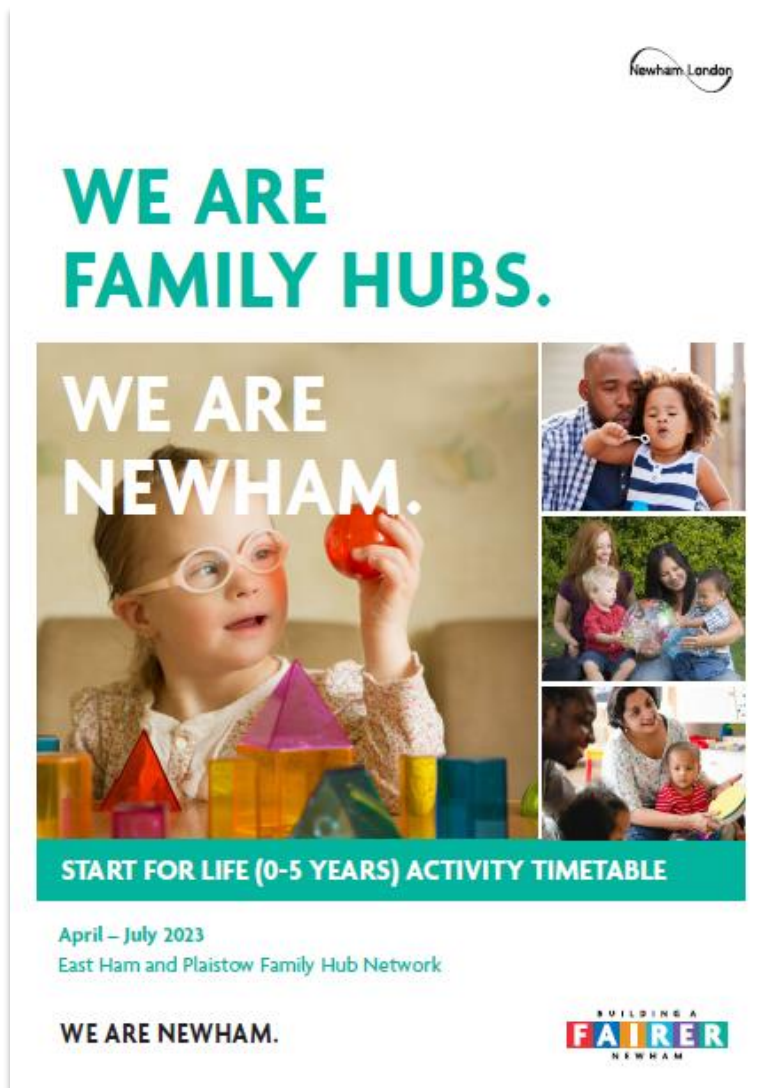


Newham Family Hubs

Family Hubs are coming to Newham to help support on a range of issues from mental health to parenting. Alongside a number of local authorities across the country, we've been chosen to trial a new type of family support centre – known as a **Family Hub**.

[Family Hubs](#) are designed to offer early support to families and young children, building upon the existing Early Help offer, and acting as a 'one stop shop' for advice and guidance. The concept is not a prescribed range of services – it is an approach that ensures services and professional work better together to provide families with easier access to services in the local community. It may include, for example, health services (antenatal, maternity, health visitor, school nurses); early years and childcare and education, youth services, parenting support, safety and relationship support.

The first pilot hub launched in April in the East Ham and Plaistow locality and offers local families a range of support and guidance. A number of hubs will be launched over the next two years and we are keen to hear what would work for you.



More Information:

[Newham Families Advice and Support | Newham Family Hub Network](#)

Activity Timetable:

[Pdf \(browsealoud.com\)](#)

Peer Parenting Offer (EPEC)

Peer Parenting Offer

Empowering Parents, Empowering Communities (EPEC)



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BAP (Being A Parent) Courses
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- Develop friendships with other parents which are mutually supportive



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



Peer Parenting Offer (EPEC)

Wednesday
26th April - 12th July
6.00pm - 8.30pm

Autism Specific

via zoom
(register to receive zoom link)

Thursday
27th April - 29th June
10.00am - 12.00pm

Baby and Us

East Ham Library
328 Barking Road, East Ham E6 2RT

Thursday
4th May - 6th July
12.45pm - 2.45pm

BAP Urdu

Kay Rowe Children's Centre
Osborne Road, Forest Gate E7 0PH

Friday
5th May - 7th July
10.00am - 12.00pm

BAP 2-16 years

Tollgate Primary School
Barclay Road, Plaistow E13 8SA

Light refreshments
provided

Courses available
every term

For Peer Parenting queries please visit
Parenting Programmes | Newham Families Advice and Support
To sign up, please scan the QR code here:

EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

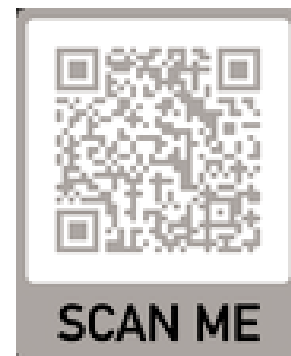
BUILDING A

FAIRER

NEWHAM

Newham London

SCAN ME



LCIS Family Support and parent/carers training offer: Summer 2023

Language, Communication & Interaction Service
LCIS@newham.gov.uk
 020-3373-3764 or 020-3373-7161



LCIS: Family Training & Support for Autism/Social Communication Summer 2023

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

Our training is divided into Early Years: for parents/carers of children in nursery & School Aged: for parents/carers of children in Reception-Year 11.

Early Years training for parents/carers of children in Nursery/Pre-school



A series of 4 online sessions for parents and friends / family members to understand their child's needs and find out strategies to support their child's communication and development on Thursdays from 1:00 – 2:00pm and Mondays 7-8pm (Term time only)

- Session 1: Developing Communication
- Session 2: How children with social communication needs think & learn
- Session 3: Understanding sensory needs and supporting emotional regulation
- Session 4: Problem solving; further support in the community; next steps

For more information about LCIS Early Years courses and to book a place please email: Kari.Askev@newham.gov.uk or Androulla.Kyriacou@newham.gov.uk

Parents can also attend Little Champions SEND Stay and play Sessions in Children's Centres with Family Support workers, LCIS Staff and Area SENCO team for further support and advice.

Location	Date and time	Contact details
Edith Kerrison Children's Centre, Sophia Road, E16 3PB	Every Monday 10am - 11:15am	Email: Cheryl.callender@edithkerrison.newham.sch.uk Telephone: 0207 473 2761
Altmore Children's Centre, Altmore Avenue, E6 2BX	Every Tuesday 1.30pm-2.30pm	Email: childrenscentre@altederation.com Telephone: 0208 8472 3555
Beckton and Royal Docks Children's Centre, Tollgate Road, E6 5UP	Every Wednesday 10:30am – 11:30am	Email: info@becktonandroyaldockschildrenscentre.org.uk Telephone: 0207 474 0654
St. Stephen's Children's Centre, Whitfield Road, E6 1AS	Every Thursday 9:30am- 10:30am	Email: wendy.campbell@st-stephens.newham.sch.uk Telephone: 0208 472 7575

Language, Communication & Interaction Service
LCIS@newham.gov.uk
 020-3373-3764 or 020-3373-7161



SCHOOL-AGED Training for parents/carers of children in Reception-Year 11



SCERTS® Parent/Carer Training

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

Course dates: Tuesdays 9.30-12.30 on 6th June, 13th June, 27th June, 4th July

Venue: Tunmarsh Centre, Tunmarsh Lane E13 9NB

Click here to book: <https://forms.office.com/e/CqwSDI38dU>

Parent/Carer Workshops



Sibling Space

Intensive Interaction:

For parents/carers to learn more about Intensive Interaction – an intervention commonly used in schools to build children's fundamental communication and interaction skills.

Course date: Weds 21st June 10-11.30am

Venue: online

Click here to book: <https://forms.office.com/e/JE9R3vCbJZ>

Core Vocabulary Boards:

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

Course date: Thurs 29th June 10-11.30am

Venue: online

Click here to book: <https://forms.office.com/e/7xJDLuT378>

An online group (2 sessions) for siblings in Year 3 to Year 7, who have a brother or sister with social communication needs or a diagnosis of Autism.

Take part in fun activities, ask questions you may have about your sibling's differences and share your own experiences with other siblings in a similar situation.

Language, Communication and Interaction Service (LCIS) and Rosetta Primary School.

Dates: Thurs 8th & 15th June 4.30-5.30pm

Venue: online

Click here to book:

<https://forms.office.com/e/HrPLPN3BJr>

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



Language, Communication & Interaction Service

2

Language, Communication & Interaction Service LCIS@newham.gov.uk 020-3373-3764 or 020-3373-7161

For more information about LCIS Early Years courses and to book a place please email:
Kari.Askey@newham.gov.uk or Androulla.Kyriacou@newham.gov.uk

Summer 2023

SCERTS Training Course for Parents/Carers **face-to-face!*

Training for parents/carers of children who:

- Are in Reception to Year 11 who have social communication needs or a diagnosis of Autism.
- Parents/carers must be Newham residents or children must attend a Newham school YR-Y11.

**Social
Communication
Emotional
Regulation
Transactional
Supports**

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

Please attend ALL 4 sessions:



Tues 6 th June 2023	9.30-12.30
Tues 13 th June 2023	9.30-12.30
Tues 27 th June 2023	9.30-12.30
Tues 4 th July 2023	9.30-12.30



**Course delivered in person at Tunmarsh
Centre, Tunmarsh Lane, E13 9NB**

**Parking is NOT available*



Click here to book a place:

<https://forms.office.com/e/CqwSDi98dU>

Language, Communication & Interaction Service



Click here to book a place: <https://forms.office.com/e/CqwSDi98dU>

Online Training for Parents/Carers Intensive Interaction

About this Course:

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

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

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

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

Click here to book a place:

<https://forms.office.com/e/iE9R3vCbJZ>

Wednesday 21st June 2023

10 am Registration

10.15-11.30 am course online

Meeting link will be sent via email nearer the date

Language,
Communication
& Interaction Service (LCIS)

Click here to book a place:

<https://forms.office.com/e/jE9R3vCbJZ>

Sibling Space

An online group for siblings of children/young people with social communication needs or a diagnosis of Autism.

What is it? Siblings will have an opportunity to take part in fun activities, ask questions they may have about their brother or sister's differences and share their own experiences with other siblings in a similar situation.

Who is it for? Siblings in Years 3-7 who live in Newham or attend a Newham school. They must be able to access group learning online.

Who will be running the online group? Staff members (speech and language therapist and specialist teacher/SENCo) from the Language, Communication and Interaction Service (LCIS) and Rosetta Primary School.

When? Part 1: **Thurs 8th June** and Part 2: **Thurs 15th June 2023**, both at 4.30-5.30pm. The sessions will be online on Microsoft Teams.

How can I book a place? Click on the link below to complete the online booking form:

<https://forms.office.com/e/HrPLNSBJr>

Who should I contact if I have more questions? Email your questions to lcis@newham.gov.uk with 'siblings' in the email subject.



Language, Communication and Interaction Service
Specialist Education Support Service
0 – 26 SEND
Education & Skills, CYPB
London Borough of Newham



Rosetta Primary School
Sophia Road
Custom House
London
E16 3PB

<https://forms.office.com/e/HrPLNSBJr>

Who should I contact if I have more questions? Email your questions to lcis@newham.gov.uk with 'siblings' in the email subject.



Newham London

Online Training for Parents/Carers: Core Vocabulary Boards (CVB)

About this Course:

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

Core Vocabulary Board: CVB is a form of Augmentative and Alternative Communication (AAC). It is made up of colour-coded core words and aims to support the understanding and use of words to communicate.

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

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

Click here to book a place:

<https://forms.office.com/e/7xJDLuT378>

Thurs 29th June 2023

10 am Registration

10.15-11.30 am course online

Meeting link will be sent via email nearer the date

Language,
Communication
& Interaction Service (LCIS)

**Click here to
book a place:**

<https://forms.office.com/e/7xJDLuT378>

GR8 Day 2 Play! Saturday 3rd June 2023



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 dance, pilates, cricket, rowing, multi-sports, tennis, & swimming.

There will 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.



Click on the link for more information about the day and to book places
<https://tinyurl.com/GR8DAY2PLAYJUNE>



Book your place!

<https://www.eventbrite.co.uk/e/gr8-day-2-play-youth-send-taster-activity-tickets-517772490457>

Independent Parental Special Education Advice (IPSEA)



Home	About us	How we help	Training	Get involved	La
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Who we are

We offer free and independent legally based information, advice and support to help get the right education for children and young people with special educational needs and disabilities (SEND) in England

[Read more](#)

Provides legally based advice to help families get the right education for children and young people with special educational needs and disabilities (SEND).

You can book an appointment with their [Advice Line](#) or [Tribunal Helpline](#).

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

Cost of Living

<https://www.newham.gov.uk/council/cost-living-response>

[Help Is Here Map](#)



FREE HELP WITH LIVING COSTS



Free help with money

- Our Newham Money: ☎ 020 8430 2041 ✉ ournewhammoney@newham.gov.uk
🌐 www.ournewhammoney.co.uk
- Money A+E: money advice & education for Newham residents.
☎ 020 8616 3750 🌐 www.moneyaande.co.uk
- Community Links: for housing, debt, consumer and employment advice, free legal services from FreeLaw. ☎ 020 7473 2270 🌐 www.community-links.org
- Bonny Downs: welfare and welfare benefit checks for over 65s ☎ 020 8586 7070



Free help with housing

- If you're having problems with a private landlord or letting agency, contact:
☎ 020 3373 1950 ✉ privatehousing@newham.gov.uk
- If you're homeless, you can get support from our Homelessness Prevention service at:
🌐 www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice
- If you're threatened with homelessness, contact: ✉ hpas@newham.gov.uk
- Emergency help for families with children: MASH ☎ 020 3373 4600 during office hours (Mon-Thu, 9am-5.15pm or Fri 9am-5pm) ☎ 020 8430 2000 at any other time
- If you're pregnant and need immediate help or you're clinically or physically vulnerable.
✉ Accesssto.AdultsSocialCareTeam@newham.gov.uk



Free help with food

- Newham Food Alliance ☎ 07790 975 086 ✉ frontdoor@newhamfoodalliance.org
🌐 www.newham.gov.uk/newhamfoodalliance



Free help with energy bills

- Our Newham Money: ☎ 020 8430 2041
- East End Citizens Advice: ☎ 020 8525 6379 Tuesdays & Wednesdays 10am-1pm
- Mayor of London Warmer Homes Programme: ☎ 0300 555 0195 ✉ shine@islington.gov.uk



Free help with work

- Our Newham Work: ☎ 020 3373 1101 ✉ ournewhamwork.engagementteam@newham.gov.uk
🌐 www.ournewhamwork.co.uk
- Employment Rights Hub for free confidential support and advice if someone is having problems at work ☎ 020 3373 6494
- Work Rights Centre for help with employment rights, CV building and benefits
☎ 030 0400 0100 (EN) 07437 110951 ✉ contact@workrightscentre.org



Free help with stress and emotional pressure

- Free and confidential psychological support for adults:
☎ 020 8175 1770 🌐 www.newhamtalkingtherapies.nhs.uk
- For children (under 18): Talk to your doctor or the school.
- For school health support ☎ 020 3373 9983 🌐 www.newham.gov.uk/schoolhealth
- Mental health crisis line for anyone: ☎ 0800 073 0066 anytime

costoflivingresponse@newham.gov.uk
www.newham.gov.uk/council/cost-living-response

WE ARE NEWHAM.



Cost of Living – Our Newham Money

The screenshot shows the header of the 'Our Newham Money' website. The header is dark blue with the 'OUR NEWHAM MONEY' logo on the left and navigation links 'HOME', 'WHAT WE DO', 'OUR SERVICES', and 'CONTACT US' in the center. The 'Newham London' logo is on the right. Below the header are three circular service cards: 'DEBT ADVICE' (green), 'BENEFITS AND INCOME' (grey), and 'HARDSHIP SUPPORT' (dark blue). Each card contains a brief description of the service.

OUR NEWHAM MONEY

[HOME](#) [WHAT WE DO](#) [OUR SERVICES](#) [CONTACT US](#)

Newham London

DEBT ADVICE
Get free advice on how to get out and stay out of debt. Find out how best to prioritise any debts you may already have.

BENEFITS AND INCOME
Find out if you are entitled to benefits whether you are in or out of work.

HARDSHIP SUPPORT
We offer help with expenses in an emergency or if you are vulnerable and experiencing severe hardship.

www.ournewhammoney.co.uk

CONTACT US

Our Newham Money
112 - 118 The Grove
London
E15 1NS

Monday to Friday 9am-5pm

Tel: 020 8430 2041

Email: ournewhammoney@newham.gov.uk

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 and halogens 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

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.



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

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

Find out more

*Eligibility criteria apply

Free School Meals

We would be very grateful if you could please help us spread the word to families in Newham that their children can eat a FREE, nutritious lunch every school day which will save them £500 a year per child – now even more important due to the cost of living crisis.

Attached is a poster and leaflet on the initiative and an article below to share the news with families in newsletters etc. If you would like further information please let us know.

www.newham.gov.uk/freeschoolmeals



FREE SCHOOL MEALS

FOR PRIMARY SCHOOL CHILDREN

FREE
school meals
You could save
£500
a year
per child!



To apply for free school meals and find out more visit:
www.newham.gov.uk/freeschoolmeals

WE ARE NEWHAM.



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



Work 4 All

Groundwork.org.uk

Work4All

Start your journey towards finding a job that works for you!

Work4All provides free 1:1 support suited to your situation, wherever you are on your journey

1. Mapping

Work with your advisor to explore what job options are suitable for you, either now or in the future. Understand your options based on your individual circumstance

Meet our advisors



Lorraine: 07889 755 505 or
lorraine.rose@groundwork.org.uk



Lucy: 07889 756 138 or
lucy.mpofu@groundwork.org.uk

Do you live in the South of Newham?

- Are you unsure what job options are open to you?
- How to get closer to your job goals?
- Need help with getting the right job?

2. Journey

Build your skills and knowledge to help you get closer to the job you want. Understand what jobs require; develop confidence through volunteering, or employer visits.

3. Destination

Supported & individualised job search to find suitable vacancies, complete applications, interview preparation and help in your transition into work.

The supported pathway

When you join Work4All you will be assigned a personal adviser who will complete an initial needs assessment with you. They will ensure the advice and support is tailored to your particular situation. Work4All provides support across three main areas, summarised in the stages below. You may choose to access one, two or all three stages.

1

Starting Off

For those who are not yet ready to work but want to start planning for the future.

- Explore factors that impact your work choices, i.e. your availability, responsibilities, restrictions, financial needs
- Identify which employment opportunities are realistic for your situation, now or for the future
- Make sure you have the right documents to start work
- Receive money mentoring advice and support

On your Way

For those ready to start activities to get them closer to their job goals.

- Create a step-by-step plan to progress toward your goals
- Map your skills, identify your strengths and how to best promote them
- Develop your work experience, and identify relevant opportunities
- Identify and apply for vocational training, volunteering or work placements suitable to your goals

3

Arriving

For those ready to make the next step, to find and apply for work.

- Develop effective job applications that will impress employers
- Undertake a "Better Off" calculation so you can make informed decisions about realistic salary needs
- Develop your interview skills & confidence
- Receive support to help you stay in work or plan for future progression

Eligibility

To access this free service you must have Right to Work in the UK & not be in any paid work.

Funded by



European Union
European
Social Fund



Meet our advisors

Lorraine: 07889 755 505 or
lorraine.rose@groundwork.org.uk
Lucy: 07889 756 138 or
lucy.mpofu@groundwork.org.uk



Advantage is a free one-to-one wellbeing mentoring programme for 14-21 year olds, delivered at your local football club.

We're here to help you make the most of your opportunities

How does it work?

Our mentoring sessions are led by you and what you want to talk about. You have a 1-hour individual session with your mentor once per week. You can stay in the programme for up to six months, or less than that if you feel you're ready to move on – it's up to you!

The mentoring session is an informal space to chat and connect. You might have specific goals that you want support with, or you might want to take some time to get to know your mentor and figure out some goals together. Your goals can be personal, educational, social, employment, or wellbeing related, or maybe something else! It's completely up to you.

<https://www.advantagementoring.co.uk/>

Parents in Mind

Are you a pregnant or new mum and feeling low, anxious, alone?

A friendly, non-judgemental space to talk, seek information and gain support. Offering group and 1 to 1 peer support walk and talk and by telephone or online – Support is also available in different languages.

For more information please contact:
07525 403673 or email
parentsinmind.newham@nct.org.uk



Visit our Padlet!

[Friendly & non-judgemental mum to mum support \(padlet.com\)](https://padlet.com/Parentsinmind/Newham)

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: 107616

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/](https://www.facebook.com/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.

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

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

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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 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:



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



People at the Heart of Everything We Do