

# PARENTCONNECT



Edition: 20 October 2022

## 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

*October 2022*

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**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

[eift.nttworkshops@nhs.net](mailto:eift.nttworkshops@nhs.net)

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

# 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](http://www.ournewhammoney.co.uk/emergency-support)

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

**WE ARE NEWHAM.**

## 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

active  
newham

Newham London

## WE ARE ACTIVE.

## WE ARE NEWHAM.

### OCTOBER HALF TERM PROGRAMME

**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)



BUILDING A FAIRER NEWHAM

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

For more information:  
[sports@activenewham.org](mailto:sports@activenewham.org) or 07741 293506

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## 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

 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

Newham Bereavement Service, Stratford Advice Arcade,  
107-109 The Grove, E15 1HP  
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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: 107976

## 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, 25 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@theaazone.com](mailto:leo@theaazone.com)  
Web: [www.theaazone.com](http://www.theaazone.com) | Twitter: @theaazone | 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.

**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@theaazone.com](mailto:leo@theaazone.com)

@theaazone.com [@theaazone.com](https://www.theaazone.com) [AmbitionAspireAchieve/](https://www.facebook.com/AmbitionAspireAchieve/)

Booking Is Essential, Contact:

Leo on 07904 882 104 /

[leo@theaazone.com](mailto:leo@theaazone.com)

Web: [www.theaazone.com](http://www.theaazone.com)

Twitter: @theaazone

Facebook:

@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@theaazone.com](mailto:leo@theaazone.com) 07904882104

Positive Transitions

is sponsored 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](mailto:Elft.nttworkshops@nhs.net)

**Book your place!**

[https://forms.office.com/pages/responsepage.aspx?id=sITDN7CF9UeyIge0jXdO4y0-YCymLt1Etaug6JpG\\_QdUNU1LM05JQIMyWIVDOEhLS0hESUtOQUJUSy4u](https://forms.office.com/pages/responsepage.aspx?id=sITDN7CF9UeyIge0jXdO4y0-YCymLt1Etaug6JpG_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 helps 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.



## 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>

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	One Hot Day's Workbit Served with Fresh Fries	(Monday) One Hot Day's Workbit Served with Fresh Fries	One Hot Day's Workbit Served with Fresh Fries	One Hot Day's Workbit Served with Fresh Fries	One Hot Day's Workbit Served with Fresh Fries
Vegetarian Choice	Jacket Potato with Toppings of Veggie Fritters & Fresh Fries	(Monday) Jacket Potato with Toppings of Veggie Fritters & Fresh Fries	Jacket Potato with Toppings of Veggie Fritters & Fresh Fries	Jacket Potato with Toppings of Veggie Fritters & Fresh Fries	Jacket Potato with Toppings of Veggie Fritters & Fresh Fries
Extra Choices	Wings & Fries	Wings & Fries	Wings & Fries	Wings & Fries	Wings & Fries
Vegan Options	Wings & Fries	Wings & Fries	Wings & Fries	Wings & Fries	Wings & Fries
Dessert of the Day	Waffles & Fresh Fruits served with Ice Cream	Waffles & Fresh Fruits served with Ice Cream	Waffles & Fresh Fruits served with Ice Cream	Waffles & Fresh Fruits served with Ice Cream	Waffles & Fresh Fruits served with Ice Cream
Daily Options	Waffles & Fresh Fruits served with Ice Cream	Waffles & Fresh Fruits served with Ice Cream	Waffles & Fresh Fruits served with Ice Cream	Waffles & Fresh Fruits served with Ice Cream	Waffles & Fresh Fruits served with Ice Cream

**GET IN TOUCH**

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

For further details speak to the school office.

**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](http://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

#### 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](http://www.london.gov.uk/warmerhomes) for eligibility criteria and to apply)

Call 0300 555 0195 or contact [shine@islington.gov.uk](mailto: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](http://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](http://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](http://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](http://www.gov.uk/winter-fuel-payment)

GLA Cost of Living Hub  
[www.london.gov.uk/what-we-do/communities/help-cost-living](http://www.london.gov.uk/what-we-do/communities/help-cost-living)

Translated leaflets  
[www.nea.org.uk/get-help/advice-resources/?tag=english](http://www.nea.org.uk/get-help/advice-resources/?tag=english)

#### Keep energy down by practising sustainable fuel saving tips

- Turn off standby appliances
- Install a smart thermostat
- Turn down your thermostat
- Buy efficient appliances
- Install a new boiler
- Wash clothes in at low temperatures
- Be smarter about water
- Invest in double glazing windows
- Draught-proof your property
- Insulate the roof
- Monitor your usage
- Switch to LED light bulb



For information on support available visit: [www.newham.gov.uk/public-health-safety-energy/2](http://www.newham.gov.uk/public-health-safety-energy/2)

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

## 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.



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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](http://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/costoflivingpayments)

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

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](https://www.gov.uk/costoflivingpayments)

\*Eligibility criteria apply



## 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](mailto: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](http://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](http://www.newham.gov.uk/healthystart)



## WE ARE HEALTHY.

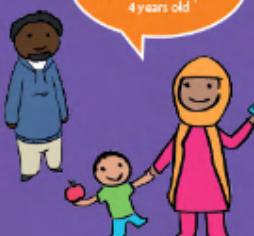
## WE ARE NEWHAM.



£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

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You can collect a bottle from your midwife or local children centre.

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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

<b>8 WEEKS</b>	• 6-in-1 vaccine • Rotavirus vaccine • MenB	<b>2 - 10 YEARS</b>	• Flu vaccine (annual)
<b>12 WEEKS</b>	• 6-in-1 vaccine (2 <sup>nd</sup> dose) • Pneumococcal (PCV) vaccine • Rotavirus vaccine (2 <sup>nd</sup> dose)	<b>3 MONTHS</b>	• MMR (2 <sup>nd</sup> dose) • 4-in-1 pre-school booster
<b>16 WEEKS</b>	• 6-in-1 vaccine (3 <sup>rd</sup> dose) • MenB (2 <sup>nd</sup> dose)	<b>5 - 15 YEARS</b>	• COVID-19 vaccine (2 doses)
<b>1 YEAR</b>	• Hib/Men C (1 <sup>st</sup> dose) • MMR (1 <sup>st</sup> dose) • Pneumococcal (PCV) (2 <sup>nd</sup> dose) • MenB (3 <sup>rd</sup> dose)	<b>12 - 13 YEARS</b>	• HPV vaccine
<b>14 YEARS</b>	• 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](https://www.newham.gov.uk/childhoodimms)

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

**BUILDING A FAIRER NEWHAM**




## VACCINES KEEP YOU SAFE

Protecting yourself from polio (and other diseases)

<b>8 WEEKS + 12 WEEKS + 16 WEEKS</b>	Get a vaccine for 6 diseases including polio when your child is	How do I know if my child has had their vaccines that protect against polio?
<b>3 MONTHS</b>	Then... get a vaccine for 4 diseases including polio when your child is	Your child's Red Book will include records of all your child's vaccinations
<b>5 - 15 YEARS</b>	Then... get a vaccine for 3 diseases including polio when your child is	If you don't have your Red Book, your GP will be able to tell if your child has received all their vaccines
<b>14 YEARS</b>	Then... get a vaccine for 3 diseases including polio when your child is	Can people over 14 get vaccinated against polio?
	You must have all of these vaccines to be fully protected.	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](https://www.newham.gov.uk/polio)

**BUILDING A FAIRER NEWHAM**

## 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](http://www.renewalprogramme.org.uk)



**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](http://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 \(updated weekly\)](#)

#### Family Navigators Schedule



## WE ARE SUPPORTING.



### 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

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



**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 நைவிகேட்டர்கள் - குடும்பங்களுக்கு உதவ இங்கே உள்ளனர்"  
 "Навігатори для родин — допоможуть надавати допомогу родинам"

5 مارس، 2024 - 10:00 AM - 10:00 PM



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.

### Here to help Families

“ফ্যামিলি নেভিগেটর্স – পরিবারগুলিকে সহায়তা করার জন্য”  
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 “Навігатори для родин — допоможуть надавати допомогу родинам”  
 "خاندانی نیویگیٹر - خاندانوں کی مدد کے لیے حاضر"