

The Newsletter editor: Janette Chinnick

**"STRIVING TO MAKE A DIFFERENCE"**



8th – 14th June 2026

We're celebrating Carers Week  
**8th – 14th June 2026,**  
recognising and supporting the incredible  
work of carers in our community.

To celebrate Carers Week we are having:

- Flag raising – Barking Town Hall | Monday 8<sup>th</sup> June | 11am

Information stalls at:

- Dagenham Library – Tues 9 June | 10am – 2pm
- Asda Chadwell Heath – Weds 10 June | 10am – 2pm
- Barking Learning Centre – Thurs 11 June | 10am – 2pm



**PLEASE COME AND SEE US AT ANY OF OUR EVENTS AND  
SUPPORT US AT THE TOWN HALL FOR THE FLAG RAISING**

**Carers UK, in partnership with supporting charities has announced the theme for Carers Week.**

This year's campaign, backed by headline sponsor TSB Bank, will focus on building carer friendly communities – calling for better recognition and support for unpaid carers. There are 5.8 million people in the UK caring for a family member, friend or neighbour who is ill, older or disabled and many find the impact of caring on their health, finances and employment opportunities a challenge.

## YOUNG CARERS GARDEN

A big thank you to Jack Petchey for the new garden furniture. Also we must thank Lynda Bishop, Martin Sansom, Susie Hopkins and Patrick Cumberbatch for their work in the garden and our Young Carers who held a planting session in the Easter Holidays. The garden is now open to all Carers during the daytime.




**A big thank you to all our funders, volunteers & all who have supported us in 2025/26**


# Memory Lane Jumble Sale

Come along and grab a bargain!



 **Memory Lane Day Centre**  
234A Porters Avenue, RM8 2EQ

 **Saturday 16th May**

 **10:00am - 2:00pm**

✦ **What's on offer:**

- ✦ Bric-a-brac
- ✦ Toys
- ✦ Burgers & hot dogs
- ✦ And much more!



Everyone welcome - come along and have a browse!



CARERS CENTRE  
— SA LIMITED —

## FREE DAY TRIP TO BRIGHTON

We want to show carers appreciation,  
so we are offering a free day trip to Brighton.

Spaces are limited, so a £5 deposit per family is required  
which is returnable on the day.

To book please call the office on **0208 593 4422**

**SATURDAY  
13<sup>TH</sup> JUNE**

Pick up is at 9.30AM at  
Becontree Leisure Centre  
Returning at 5PM from Brighton



Come and enjoy a relaxing, free Pamper Day  
to celebrate carers.

# Pamper Day



Held at Barking & Dagenham College,  
Dagenham Road, RM7 0XU

A £5 refundable deposit is  
required to secure your booking

**Dates:** Tuesday 2nd and Thursday 4<sup>th</sup> June 2026

**Treatments include:**

- massage
- mini facial
- mini mani/pedi

**Time:** between 1pm to 3pm

**Date:** Tuesday 9th June 2026

**Hairdressing** – cut and blow dry

**Time:** 11:15 – 12:15

To book please call: 0208 593 4422



**CARERS HEALTH AND WELLBEING FORUM**

**THURSDAY 12TH NOVEMBER**

**10AM - 2PM**

**DAGENHAM AND REDBRIDGE FOOTBALL CLUB**

**SPEAKERS INCLUDE:**

REABLEMENT SERVICE

ST FRANCIS HOSPICE HOME CARE TEAM

IMMUNISATION PRESENTATION

CARER AND CARED FOR CONTRIBUTIONS (LBBD)

HEALTH CHECKS

**LUNCH AND REFRESHMENTS INCLUDED**

**PLEASE CONTACT US IF YOU WISH TO ATTEND FOR CATERING  
PURPOSES VIA PHONE OR EMAIL**


**020 8593 4422/CARERS@CARERSCENTRE.ORG.UK**


# Coping With Loss Support Group


*A safe, supportive space for carers adjusting to life after loss*

Open to any carers who have recently lost their caring role —  
whether through bereavement or a loved one moving into a care home.

You are not alone. Come and connect with others who understand.

 **When:** Every 2nd Thursday of the month  
Starting Thursday 11th June

 **Time:** 10:30am - 12:00pm


 **Location:** 334 Heathway RM10 8NJ


*No pressure to share — just come as you are*


— *Support for You* —


## Evening Support Group for Working Carers

*A relaxed, supportive space to pause and connect*

 **Starting:** Wednesday 1st July

 **Time:** Every 1st Wednesday of the month

 **Time:** 6:30pm - 8:00pm

 **Location:** Online via Zoom

- ◆ Share experiences in a safe space
- ◆ Connect with other working carers
- ◆ Take time for yourself

**To join:**

Meeting ID: 825 2116 5992

Passcode: 441370



# NEW CARERS CONSULTATION GROUP

We are setting up a Carers Consultation Group to give Carers the opportunity to:

- Share experiences and ideas
- Help shape local services and support
- Influence decisions that affect Carers in our community
- Connect with others who understand your journey

**The first introductory meeting is:  
Thursday 17<sup>th</sup> September 2026  
12 noon to 1.30pm with lunch and refreshments  
334 Heathway, Dagenham, RM10 8NJ**

**We will also offer an online link to the meeting on Zoom for Carers who cannot attend in person. See joining link below:**

**Topic: Carers Consultation Group  
Time: 12 noon to 1.30pm  
Meeting ID: 812 1982 4182  
Passcode: 098305**

**For catering purposes those who wish to attend in person please contact Lorraine Brook on 020 8593 4422 or email: [lorraine.brook@carerscentre.org.uk](mailto:lorraine.brook@carerscentre.org.uk)**

Come and join our free Coffee Morning,  
open to all carers, on the last Friday of every month

## Carers Coffee



**Venue:** Our office at  
334 Heathway,  
Dagenham RM10 8NJ  
**Time:** 10:00 – 11:30am  
**Held by** Sabriye and Jolanta

**You can also join by **zoom****  
**Meeting ID:** 849 8953 3532  
**Passcode:** 799298

Friday 29th May 2026  
Friday 26th June 2026  
Friday 31st July 2026  
Friday 28th August 2026  
Friday 25th September 2026  
Friday 30th October 2026  
Friday 27th November 2026

# Carers Coffee Morning for Dementia Carers

A warm, welcoming space to connect and unwind



Balancing caring responsibilities can be a lot – this relaxed coffee morning is here for you to pause, connect, and feel supported.

**Location:** Memory Lane Day Centre

234a Porters Avenue  
Dagenham, RM8 2EQ

**When:** Every 4th Wednesday of the month

**Time:** 10:30am – 12:00pm

**Free to attend** – come along for a cuppa and a chat

For more information please contact Maxine on  
**0208 593 4422**

**Dates:**

- 20<sup>th</sup> May
- 24<sup>th</sup> June
- 22<sup>nd</sup> July
- No group in August
- 23<sup>rd</sup> September
- 28<sup>th</sup> October
- 25<sup>th</sup> November



Support for Parent Carers via SENDIASS staff

## Parent Advisory Group

A space to share your voice and connect with others

The Parent Advisory Group offers a supportive environment to meet others, share experiences and have your voice heard, **with a focus on SEND.**

**Location:** Carers Centre, 334 Heathway, Dagenham

**Time:** 10:00am – 11:30am

**2026 Dates:**

- 19<sup>th</sup> May
- 23<sup>rd</sup> June
- 21<sup>st</sup> July
- No group in August
- 22<sup>nd</sup> September
- 20<sup>th</sup> October
- 24<sup>th</sup> November
- No group in December



**♥ All parent carers welcome**



## IMPORTANT NEWSLETTER CHANGE



We are making an important change to how we keep in touch with you. Over the coming year we will be phasing in an electronic newsletter. This will help us share updates more quickly, reduce delays and save on postage costs and our carbon footprint so we can direct more resources into supporting carers. You will receive updates directly to your email inbox.

To make sure you don't miss out please send us your current email address to [carers@carerscentre.org.uk](mailto:carers@carerscentre.org.uk)

We understand that email isn't for everyone. If you would prefer to continue receiving a printed newsletter, please call into the office to collect, we are happy to support you.

### TULASI MEDICAL CENTRE

**For those registered at 370 Parsloes Avenue, Dagenham, RM9 5QP**

Sahar will be there fortnightly on Thursday morning between 10am and 12 noon to answer your queries.

Please call **Sahar on 020 8593 4422** for the next meeting date.

### ABBEY MEDICAL CENTRE

**For those registered at the Abbey Medical Centre, 1 Harpou Road, Barking, IG11 8RJ**

Sahar will be there fortnightly on Tuesday between 10am and 12 noon to answer your queries.

Please call **Sahar on 020 8593 4422** for the next meeting date

### HIGHGROVE SURGERY

**For those registered at Highgrove Surgery, Barking Community Hospital, Upney Lane, Barking IG11 9LX**

Sahar will be there on the last Thursday of the month between 10am and 12 noon

### UPSTAIRS SURGERY, CHADWELL HEATH HEALTH CENTRE

**For those registered at the Upstairs Surgery, Chadwell Heath Medical Centre, Ashton Gardens, Romford, RM6 6RT**

Sabriye will be there on the second Friday of the month between 9.30am and 11.30am.

Please contact **Sabriye on 020 8593 4422** to make an appointment

### THAMES VIEW HEALTH CENTRE

**For those registered at the Thames View Health Centre, Bastable Avenue, Barking IG11 0LG**

Jolanta will be there on the first Friday of the month between 10am and 12 noon to answer your queries



Caring for someone can be rewarding but it can also feel isolating, especially if you're part of the LGBTQ+ community.

We're looking to create a safe, welcoming space for LGBTQ+ carers to connect, share experiences, and support one another. This will be an evening online group, designed especially for those balancing caring responsibilities with work and daily life.

To make this happen, we're looking for a carer volunteer to help facilitate the group.

We are able to offer support and guidance.

If you are interested in helping set up the group we'd love to hear from you.

Please contact Lorraine Brook at:

[lorraine.brook@carerscentre.org.uk](mailto:lorraine.brook@carerscentre.org.uk) or call 0208 593 4422

## NEED A BENEFITS CHECK?

Lots of people miss out on benefits they're entitled to - so it's worth checking what you can get. Claiming benefits also means you can get access to other financial help like cost of living payments and discounts on energy and transport.

### USE A BENEFITS CALCULATOR

Benefits calculators can tell you what benefits you might get and how much money you could get in benefits. To get a more accurate answer, you'll need information about your savings, income, pension, childcare payments and any existing benefits for you and your partner, if you have one.

### CHECK IF YOU CAN USE A CALCULATOR

None of the calculators can give you an accurate answer if you're:

- a student
- on strike
- living outside the UK
- living permanently in residential care or a nursing home

This is because it's more complex to work out what benefits you can get if you're in one of these situations.

### IF YOU WANT A DETAILED BENEFITS CHECK

You can visit the following websites: [www.betteroffcalculator.co.uk](http://www.betteroffcalculator.co.uk) or [www.entitledto.co.uk](http://www.entitledto.co.uk)

### IF YOU WANT A QUICK OVERVIEW OF WHAT HELP YOU CAN GET

You can use the Turn2us benefits calculator for a quick idea of what benefits and other financial help you might be eligible for. Please visit: [benefits-calculator.turn2us.org.uk](http://benefits-calculator.turn2us.org.uk)

### IF YOU ARE APPLYING FOR UNIVERSAL CREDIT

If you're making a new claim, you can contact Citizens Advice Help to Claim service for help with the claiming process: [www.citizensadvice.org.uk/benefits/universal-credit/claiming/contact-us-about-universal-credit/](http://www.citizensadvice.org.uk/benefits/universal-credit/claiming/contact-us-about-universal-credit/)

If you already get Universal Credit, to find your nearest Citizens Advice or talk to them online or by phone please visit: [www.citizensadvice.org.uk/about-us/contact-us/](http://www.citizensadvice.org.uk/about-us/contact-us/) and enter your postcode.

## CARERS HEALTH AND WELLBEING

Being a carer places many demands on your day and you should prioritise some self-care to prevent burnout by taking regular breaks doing something you enjoy and maintaining physical health through nutrition and sleep.

If you're feeling isolated or just want to have a chat with like-minded carers why not attend one of our carers peer support groups all groups are listed in this newsletter. Key wellbeing strategies include accepting help from friends/family, and utilising professional services.

### PHYSICAL WELLBEING

- **Prioritise Sleep:** Establish a relaxing bedtime routine to ensure at least seven hours of rest.
- **Exercise Regularly:** Incorporate 30 minutes of daily activity, such as walking or stretching, to boost mental and physical health.
- **Nutrition:** Avoid fast-food habits; ensure regular, well-balanced meals.
- **Fresh Air:** Take daily breaks outside or open windows for fresh air.

### MENTAL AND EMOTIONAL WELLBEING

- **Take Breaks:** ask family to step in so you can rest. Ask us about Care Free breaks where you can access a one to two night break in a hotel free. This is a company that offers underused hotel rooms specifically for informal carers contact us if you are interested
- **Connect with Others:** Join our carers peer support groups to share experiences and reduce isolation.
- **Set Boundaries:** It is not selfish to set limits on caregiving tasks to protect your own mental health.
- **Express Emotions:** Avoid bottling up feelings; talk to friends, family, or a contact the office if you feel that a counsellor may be able to help you.

### PRACTICAL SUPPORT

- **Carer's Assessment:** Request a carer's assessment from your local council to identify support needs and entitlements.
- **Organise Information:** Keep medical records, contacts, and schedules in one place to reduce stress.
- **Emergency Planning:** Create a contingency plan, such as a "Carers Emergency Card," in case you become ill. We have a supply at the office and can send you one just contact us.

## Measles cases are rising in London including Barking & Dagenham

Measles can cause pneumonia, meningitis, blindness, seizures and long-term complications.

Any child aged one and above who has not received MMR vaccine is invited to receive missed doses, by contacting your GP.

Two doses of MMR give lifelong protection. MMR/MMRV and gelatine-free vaccines are available.

Measles is very infectious, if your child is identified as being a close contact of a person with measles and they are unvaccinated they may be excluded from school for 21 days (following national guidelines).

Please see further information on benefits of MMR Vaccination <https://www.nhs.uk/conditions/measles/>

If you're unsure whether your child has had two doses of the MMR vaccine, contact **by phone 0203 343 2400 (OPT 1)** Catch-up clinics | Barking & Dagenham for school age children.

For young children age 0-5 you can book out-of-hour appointments [Booking Measles | Together First CIC](#)





# THE SHOP @ KINGSLEY HALL

Helping Communities LIVEWELL

## HOW IT WORKS

Sign up for £5 every 6 months to become a Rewards Member of 'The Shop'. Unlimited access to the shop with exclusive deals on food, toiletries and clothing. Anyone can become a member, all they need is your contact details. They work on a points system for all their products, every point equals 25p, 20 points equals £5. The minimum spend in The Shop is £5. Their products are bought at a good price so you can get an even better price!

## WHY THEY DO WHAT THEY DO

They are here to be your local SHOP, with discounts on supermarket prices with deals for EVERYONE. They are much more than just providing food, they want to take a holistic approach to help people live well.

The Shop is open Monday to Fridays 9am – 3pm

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## FOOD BANKS IN BARKING & DAGENHAM

There are a number of food banks in Barking and Dagenham that can provide emergency food parcels to help people who are temporarily unable to provide for themselves. Some of them require you to obtain a voucher in order to receive a food parcel, so check with them before you visit.

For more information please visit [www.lbbd.gov.uk/money-and-debt/foodbanks](http://www.lbbd.gov.uk/money-and-debt/foodbanks)

## HEALTHY START SCHEME

If you are more than 10 weeks pregnant or have a child under four years old and you or your family receive specific benefits (like Income Support, Universal Credit, etc.) you could get Healthy Start food vouchers to help buy milk, fruit and vegetables.

Age Restriction: If you are under 18, you can apply without being on benefits.

Income Requirement: For Universal Credit, your family's monthly take-home pay must be £408 or less.

### If you qualify you get:

- £4.65 each week of your pregnancy from the 10th week
- £9.30 each week for children from birth to 1 year old
- £4.65 each week for children between 1 and 4 years old

The money will stop when your child is 4 years old or if you no longer receive benefits.

### Eligible residents receive a card to buy:

- Milk: Plain cow's milk (fresh, frozen, UHT).
- Fruit/Veg: Fresh, frozen, or tinned fruit and vegetables.
- Pulses: Fresh, dried, or tinned pulses (lentils, beans, peas).
- Formula: Cow's milk-based infant formula.
- Vitamins: Free Healthy Start vitamins.

In addition to the card, free vitamins can be obtained locally. One key location is Five Elms Health Centre, Five Elms Road, Dagenham, RM9 5TT.

For more information please visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



# DIAL-A-RIDE

You have to become a member to use Dial-a-Ride.

## Becoming a member

You must have a permanent or long-term disability which means you are unable to use public transport. You are automatically eligible for membership if you are:

- Applying under Special Rules
- A Taxicard member
- Getting the Higher Rate Mobility Component of Disability Living Allowance
- Getting the Standard or Enhanced Mobility Rate of the Personal Independence Payment (PIP)
- Registered blind or partially sighted
- Aged 85 or over
- Getting a Higher Rate Attendance Allowance
- Getting a War Pension Mobility Supplement

If none of the above apply to you, you may still be able to join Dial-a-Ride but you will have to undergo a paper-based mobility assessment to establish your eligibility for the service.

## How to apply

You can apply for Dial-a-Ride if you are a permanent or temporary resident of a London borough. If you are applying for a temporary membership, you will need to provide evidence of using a similar service at your place of residence.

You can submit your application in one of two ways:

- If you are filling it out digitally, email your form and verification documents to [membership@tfl.gov.uk](mailto:membership@tfl.gov.uk)
- If you have printed it, post the form and photocopies of your verification documents to:

**London Dial-A-Ride, PO Box 68799, London SE1P 4RD**

**You can also phone them on 0343 222 7777 (call charges may apply) to request an application form.**

## What is Taxicard?

Taxicard offers subsidised travel in licensed taxis and private hire vehicles (mini cabs) to London Residents with serious mobility impairments or who are severely sight impaired.

It enables members who have difficulty in using buses, trains and tubes to get out and about. The scheme provides trips for social purposes, for example going shopping, visiting friends and family and going out to events. It is not suitable for time critical appointments, such as hospital visits, as it is dependent on the number of drivers available to take bookings, although every effort will be made to provide a vehicle on request. Taxicard is funded by your local council and Transport for London. It is administered on their behalf by London Councils, with ComCab London providing taxis and private hire vehicles (mini cabs)

### Am I eligible for a Taxicard?

Taxicard is for people with long term mobility difficulties or severe sight impairment, which makes it difficult for them to use mainstream public transport such as tubes, buses and trains. Long term means that the effect of the difficulties has lasted or is likely to last at least 12 months.

In order to be eligible automatically you should either:

- Receive the Higher Rate Mobility component of the Disability Living Allowance
- Receive 8 points or more for Moving Around Activity Component of Personal Independence Payment
- Be registered as Severely Sight Impaired/Blind (being Partially Sighted does not allow automatic entry)
- Receive a War Pension Mobility Supplement

**Proof will be required that you are in one of the above categories.**

To apply for a Taxicard in Barking and Dagenham you must have a permanent disability that prevents the use of public transport. Download the application form from the London Councils website [www.londoncouncils.gov.uk/services/taxicard](http://www.londoncouncils.gov.uk/services/taxicard) or request one by emailing [www.mobility@lbbd.gov.uk](mailto:www.mobility@lbbd.gov.uk) or calling **020 8227 2334**. Completed forms and proofs should be sent to the London Councils address provided in the form.



**Transport  
for London**

# HOSPITAL AVOIDANCE SERVICE

The **Community Treatment Team (CTT)** provides urgent medical, nursing, and therapy support for adults experiencing an acute physical health crisis in Barking and Dagenham, Havering, and Redbridge. Their goal is to help people receive care at home and avoid unnecessary hospital admissions, especially for issues such as suspected infections, falls without injury, or flare-ups of long-term conditions like COPD.

Their **multidisciplinary team** includes doctors, nurses, healthcare assistants, occupational therapists, social workers, and physiotherapists. They work closely with primary care, community services, and hospital partners at Queen's and King George's Hospitals to deliver high-quality care in your own home whenever possible.

- Medical, nursing, and therapy interventions provided at home
- Social and functional assessments carried out in A&E at Queen's Hospital
- Support and follow-up arranged for safe discharge and ongoing care



## Who can use this service?

Adults living in Barking and Dagenham, Havering, or Redbridge who are experiencing an acute physical health crisis and could be safely treated at home.

## How to access:

Referrals can be made by anyone, including self-referral by patients or carers, as well as GPs and other healthcare professionals. All referrals are triaged by a nurse or therapist to ensure suitability and appropriate care. If the patient cannot make the referral themselves, carers or family should be present to answer questions.

**Hours of operation:** Daily, 8am - 10pm. The team aims to respond to referrals (face to face and/or by phone) within two hours.

**Cost:** This is a free NHS service for eligible residents.

**Categories:** Services for older people

Service access criteria: Over the age of 18 years, living within the 3 BHR boroughs, experiencing an acute physical or social care crisis

## Additional needs catered for:

- Vision impairment friendly
- Hearing impairment friendly
- Learning difficulty friendly
- Physical disability friendly
- Dementia friendly
- Takes place in the client's home
- Non English speaking friendly

## Contact Details:

**Community Treatment Team: 0300 300 1660**

**Email: [ctt@nelft.nhs.uk](mailto:ctt@nelft.nhs.uk)**

**Website: <https://www.nelft.nhs.uk/services-bdhvrb-community-treatment-team/>**

# BARKING & DAGENHAM HANDYPERSON SCHEME

A handyman service to reduce hazards and prevent falls in the home

**If you are, or know someone who is:**

- aged 65 and over, or
- vulnerable or has a disability, or
- being discharged or has recently been discharged from hospital, or
- at high risk of falling due to a medical condition

**Then you, or they, may qualify for this FREE service**

**The service covers a wide range of minor repairs in and around the home, for example:**

- fitting grab rails
- making loose carpets and trailing wires safe
- changing light fittings or bulbs
- making your front path safer
- any other small jobs to make your home free from trip hazards



**For further information about the Handyman Scheme please contact:**

Phone: **020 8526 8200**

Website: **[www.harmonyhousedagenham.org.uk](http://www.harmonyhousedagenham.org.uk)**

Email: **[enquiries@harmonyhousedagenham.org.uk](mailto:enquiries@harmonyhousedagenham.org.uk)**

In person : **Harmony House, Baden Powell Close, RM9 6XN**

The project is funded by the Better Care Fund, supported by Barking and Dagenham Council and the Clinical Commissioning Group.



## FINANCIAL MANAGEMENT SERVICE

The Independent Living Agency provides a Corporate Appointeeship service to individuals that need help managing their personal benefits. This is normally following a referral from the local authority social work team or from the Department of Works and Pensions (DWP).

### What is an Appointee

An appointee is an organisation or person who has been appointed by the DWP or a local authority to receive welfare benefits on behalf of someone who is unable to manage their financial affairs. This includes people that do not have the capacity to manage their daily finances, people that are at risk of financial abuse among many other reasons. The appointee is fully responsible for acting on behalf of the person for whom they are appointed in all dealings with the DWP. This includes:

- Linking in carer/PA's to ensure all utility bills are up to date
- Completing and signing claim forms and providing additional evidence if required
- Making renewal claims when they are due
- Collecting benefits and managing the money in the person's best interests
- Reporting changes in the person's circumstances
- A constant reassurance to the appointee that all finances are in order and they have enough money in their budget for all daily expenses, plus any extras including holidays and financial unforeseen circumstances

**An appointee cannot be used simply because it is more convenient**

Independent Living Agency, Unit 15 Dagenham Business Centre, 123 Rainham Road North, Dagenham RM10 7FD

Direct Line : 020 3196 6794

Office: 020 8593 6677

# Memory Lane Resource Centre

234A Porters Avenue, Dagenham, Essex RM8 2EQ

## It's been Party after Party here at Memory Lane

Thank you to everyone that came to our Christmas fete, we raised £1,700

We had lots of fun during the festive season.



Thank you to Dagenham Rhythms Community Choir who came and joined us for an afternoon of carols and mince pies. Service users, family and friends came together to enjoy food and dancing at our Christmas party and afternoons in December were spent making Christmas cards and gifts.



We celebrated St Patrick's day with a pint of Guinness (alcohol free of course) whilst singing/listening to Irish songs and decorating hats.

Although we did not have an Easter Party this year the atmosphere was amazing, we made easter cards and gifts for family and friends, and every one received an Easter Egg kindly donated by ILA.



We would also like to say a big THANK YOU to all the volunteers that help at Memory Lane

# Memory Lane Centre

**It's okay to need a break. We're here to help**



Scan me for  
our website



Scan me to  
make a referral

# NEWSLETTER SPRING 2026

Barking & Dagenham's Special Educational Needs and Disability  
Information Advice and Support Service Newsletter



## SEND Reform & White Paper Information



In February 2026 the UK Government published its schools white paper, **Every Child Achieving and Thriving**, alongside a detailed consultation on reforming the Special Educational Needs and Disabilities (SEND) system in England. These reforms aim to transform how support is delivered to children with SEND, focusing on earlier, joined-up help and stronger inclusion in mainstream schools backed by new standards and training for staff.

Barking & Dagenham SENDIASS have been working with IASSN, the Local Authority and in partnership with Just Say Parent Carer Forum and Sycamore Trust to aid parents / carers, young people and professional views into the consultation which closes on the **18<sup>th</sup> May 2026**. If you would like to access easy to read information please get in touch with us and follow our Facebook page for up to date news and information over the coming months.

## A Poem to Make You Smile

### Smiling Is Infectious

Smiling is infectious, you catch it like the flu. When someone smiled at me today, I started smiling too.

I walked around the corner, and someone saw my grin. When he smiled I realised I'd passed it on to him.

I thought about that smile, and realised its worth. A single smile, just like mine could travel round the earth.

So if you feel a smile begin, don't leave it undetected. Let's start an epidemic, and get the world infected!

by Spike Milligan

## New Needs Assessment Information Sessions

Due to the current high demand, SENDIASS will be trialling some group sessions targeted to Parents / Carers who wish to find out more information about the EHC Plan process and when a needs assessment may or may not be needed.

If you are interested in attending an information session please make a referral directly to SENDIASS, by scanning the above QR code or visiting [www.carerscentre.org.uk/iassinfo](http://www.carerscentre.org.uk/iassinfo).

# Applications Now Open to Join the IASSN Children & Young People's Steering Group!

Are you aged 16-25? Want to make a real difference and have your voice heard? This is your chance! The IASSN Children and Young People's Steering Group is made up of young people who work together to help improve services for children and young people with SEND. Members meet every two months online, shape priorities, and collaborate on meaningful projects. Members also receive a £50 voucher per session attended. Interested in applying? Follow the link for more information: <https://councilfordisabledchildren.org.uk/about-us-0/networks/information-advice-and-support-services-network/iassn-children-and-young-0>

## SENDIASS Facebook Page

The Barking & Dagenham SENDIASS Facebook page is now well established and should be your one stop shop for all things SEND education, along with other useful information like local events and training opportunities, free activities for all the family and the latest news on the SEND reforms and white paper.

Make sure you are following the page by scanning the QR Code.



## Upcoming Events

- SENDIASS & Ab Phab Young People's Voice Partnership visit, 10<sup>th</sup> June 2026
- Parent Carer Face to Face training, 22<sup>nd</sup>, 24<sup>th</sup> 29<sup>th</sup> September and 1<sup>st</sup> October 2026
- Monthly Parent Advisory Group sessions, 10-11.30am:
  - 20<sup>th</sup> May 2026
  - 24<sup>th</sup> June 2026
  - 15<sup>th</sup> July 2026
  - 23<sup>rd</sup> September 2026
  - 21<sup>st</sup> October 2026
  - 25<sup>th</sup> November 2026

## Quote of the Season

Lets look at SEND differently!

**S** - Super

**E** - Engaging

**N** - Nice

**D** - Delightful - YOU!

## Connect with us



334 Heathway  
Dagenham  
RM10 8NJ



020 8593 4422



[www.carerscentre.org.uk/iassinfo](http://www.carerscentre.org.uk/iassinfo)  
Email: [carers@carerscentre.org.uk](mailto:carers@carerscentre.org.uk)



Barking & Dagenham  
Sendiass



QR Code



Scan me

# FACE TO FACE TRAINING

Carers Centre SA Ltd are offering free training via our **FACE TO FACE** course which is specially geared towards Parent Carers of disabled children and those coming to terms with a diagnosis in their child.

This is a four day training course which will be held on the 22<sup>nd</sup>, 24<sup>th</sup>, 29<sup>th</sup> September and 1<sup>st</sup> October 2026, during schools times - 9.30am - 2.15pm.

Breakfast pastries and a buffet lunch will also be provided on each of the training days.

Please note that all dates MUST be attended.

**FACE TO FACE** training focuses on:

- Coming to terms with your child's diagnosis
- Disability issues
- Stress Management
- Sharing experiences
- Raising self esteem
- Facing the future
- Personal development
- Assertiveness
- The grieving process
- Counselling skills



To book a space on this course or to find out more information please contact the office on 020 8593 4422 and ask to speak to either Azra or Hannah.



# BARKING & DAGENHAM YOUNG CARERS NEWSLETTER

## Young Carers Action Day

Every year one day in March is dedicated to raising awareness and celebrating all that Young Carers do.

This year we were able to have a celebration due to funding from the London Borough of Barking & Dagenham, Equality & Diversity Fund. There was food, party games and dance offs, all facilitated by the amazing workers and our 'resident' DJ Adam!!

We also had a chillout zone for when the dancing got too much for some where they tried out temporary tattoos or did some relaxing colouring while they had a chat with a friend.

A big 'Thank You' to the London Borough of Barking & Dagenham for making this happen.



## Barking & Dagenham Young Mayor

The new Young Mayor, chosen by the members of the BaD Youth Forum has started his year in office with a bang!

He was officially introduced at the opening of the new youth provision in Chadwell Heath - The Rising Generation (TRG) attended by special guest KSI where, he announced that his chosen charity for the year will be the Young Carers Project!

Over the year there will be lots of fundraising events which the Young Carers will be encouraged to support to help raise awareness as well as funds! Look out for more information coming soon!

# Young Carers Catch Up

Here are some of the things that the Young Carers have been up to since the last newsletter!

BOOST YOUR BRAIN!



Adventure  
Island



LONDON ZOO



STUBBERS

bowling



## Young Carer Outreach School Worker

Hi I'm Jay. The newest addition to the Young Carers project as the schools outreach worker for Barking and Dagenham. Focusing on strengthening support for students in secondary school as they balance their education with caring responsibilities at home.

This initiative introduces tailored mentoring, learning options, and dedicated wellbeing support to help young carers stay engaged in their studies and build confidence. By working closely with teachers and pastoral staff, the project ensures that each student's needs are understood and accommodated.

I'm passionate on providing support and guidance on future pathways, helping young carers successfully transition from school into further education, training and supporting them throughout their journey into adulthood.

Some of you may have already met me on an activity and I am looking forward to meeting more of you.

I love the activities we provide at the project and seeing laughter, smiles and the bonds they make with each other whilst doing various activities.

In my spare time I love spending time with my family and friends and having a laugh!

I also enjoy music, travelling, reading a good book and going to the theatre.





# A big Thank You from the Young Carers!



The Jack Petchey Foundation not only makes it possible for us to recognise Young Carers through the Achievement Awards, we are also able to provide the more exciting and costly activities that we are unable to do on a regular basis. The awards are young people led so, remember that you can nominate each other for an award. If someone has made you feel welcome or gone out of their way to make sure that you are doing well please let a member of staff know, all staff have nomination forms at each activity and you can also find them in the meeting room when you are there for an activity!

Merlin's Magic Wand charity have been supporting the project for a couple of years. Thanks to their generosity we have been able to visit some of the big London attractions along with last years residential to Alton Towers! Planned for this year are trips to, Madam Tussauds, Lego Land and of course we couldn't forget the London Eye! Lots of exciting trips coming your way, keep an eye for the activity forms and your chance to book a place!!



Early February UK Youth funded a day at Stubbers for a group of Young Carers. We were able to take 24 young people along to enjoy a full day of activities. The group enjoyed the team challenge, Archery , Leap of Faith (not for the faint hearted!!) and everyones favourite - Bell boats. Lunch was also included so all the young people needed was a towel, change of clothes and a refillable bottle! We are not able to provide many Stubbers days and are very much appreciate that UK Youth are able to continue supporting young people to access Youth Work Programmes.

**JOIN OUR YOUNG CARERS FORUM!**

**What is our Young Carers Forum?**

- Our Young Carers Forum members are the decision makers for the Young Carers Project.
- We discuss current topics, activity ideas, raise awareness and discuss ideas to improve the project for all of the Young Carers who are supported by us.

**Commitment & Rewards:**

- Members must commit to our monthly meeting.
- Snacks provided at each meeting.
- Regular attendees will be invited to an annual end of year treat.

Up coming activities and trips

Chessington World of Adventures  
 Madam Tussauds  
 London Scavenger Hunt  
 Activities with BaD Youth Forum and the Young Mayor  
 Boxing & fitness session

## Connect with us

334 Heathway  
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[www.youngcarerscentre.org.uk](http://www.youngcarerscentre.org.uk)  
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youngcarers

BD YC Young Carers

BandDCarers

