

# Newsletter 2024

Supporting Families

May 2024



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## About Supporting Families

Our team is made up of members of staff who help to support you in many different ways. Supporting Families helps parents and carers with Benefit advice, form filling, emotional support and more. We also host lots of events from information sessions to wellbeing events and fun activities like Coffee Mornings and Yoga.



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## Events

After the success of our last coffee morning for parent and family carers at Centre404, we are happy to announce our upcoming coffee morning on 30th May 10-12 pm at Centre 404.

These casual get-togethers provide a relaxing environment where carers can chat, share stories, and support one another. Being a carer can be extremely demanding, so having this time to socialize with others in similar situations is invaluable.

Coffee mornings are a great opportunity to swap tips, advice, and coping strategies too. Perhaps most importantly, they allow carers to have some much-needed "me time" while giving and receiving understanding from others who truly get it. A little laughter, a supportive ear, and a warm beverage can make a world of difference!

For more information about upcoming events, email or call to be on our mailing list: [supportingfamilies@centre404.org.uk](mailto:supportingfamilies@centre404.org.uk)

02076971336



### Date for the Diary

30th May 10-12 pm

Spread the word!



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## What can we help with?

We are here to provide you and your family with advice and support related to disabilities, which can be accessed online, over the phone, or in person. Our Supporting Families department aims to provide you with information regarding self-care and caring for your loved one, including your rights as a caregiver, as well as assistance in receiving the correct benefits, direct payments, and personal budget management.

We understand that the transition from childhood to adulthood for your loved one can be challenging, and we want to support you in this process, including finding respite care. We can also connect you with other services, such as Citizens Advice, Help On Your Doorstep, your local Council, food banks, and many other organisations both in London and nationwide.

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## Connect with your community



### **Carers Offer for Islington Better Leisure Membership**

#### **Apply online or at an Islington Better Leisure Centre**

If you haven't yet taken advantage of the special Carers Active discounted membership, don't miss your chance! The offer is available until May 14th. With this membership, you'll enjoy unlimited access to a Better Leisure facility for just £30 per month, plus a set-up fee.

Your membership includes use of the gym, swimming pools, fitness classes, and the health suite.

[www.better.org.uk](http://www.better.org.uk)

### **Counselling service for carers**

#### **Mind Islington- self-referral**

20 weekly sessions of therapy, free of charge with a trained counsellor

Who can apply?:

- Anyone who looks after someone in a Carer capacity
- carers who live or have their GP registered in Islington
- Please email [bruno.conde@islingtonmind.org.uk](mailto:bruno.conde@islingtonmind.org.uk) or call 020 3301 9850
- Self-referral only



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## Blue Badge application

It is important to know that many families are eligible for a Blue Badge, which is a parking permit provided by the government that gives you more accessible parking options and the ability to use disabled parking spaces. This can make it much easier for caregivers to travel with their loved ones and make getting out and about more of a reality for those who need it.

To qualify for a Blue Badge, you should receive a higher-level DLA, PIP, or be registered blind. You can check the [Who Can Get a Blue Badge? - GOV.UK \(www.gov.uk\)](http://www.gov.uk) website for more eligibility information.

To assist you with your application, you will need to provide proof of identity, proof of address, a recent head and shoulders digital photo, your national insurance number or child's reference number if applying for a child, contact details (phone number, email, and postal address), proof of any benefits you're receiving, and the number, expiry date, and local council of your current blue badge if reapplying.

If you require assistance with your application or wish to learn more about how we can help, please contact our case workers at [Families@centre404.org.uk](mailto:Families@centre404.org.uk).

