

# Newsletter 2024

Supporting Families

June 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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## Learning disability awareness week

The adult social care department in Islington is organising the annual Learning Disability Awareness Week from the 17th to 21st June.

The main event is "My Way Day" on Tuesday the **18th of June** at the Emirates Stadium. This inclusive gathering features stalls from various organisations promoting day opportunities, clubs, colleges, social services, and more. There will also be art and music sessions.

The event is open to all individuals with learning disabilities and their family carers. Last year, Centre 404 had stalls highlighting their learning and leisure, independent living, and family support services.

Mark your calendars and join the celebration of diversity and achievements during this week.

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



## Coffee Morning

### Date for the Diary

27th June 10-12 pm

Spread the word!



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# One to one budgeting session at Centre 404

**26th June, 10 am**

In these challenging times of the Cost of Living Crisis, managing finances can be a daunting task for many families.

Join us for a one-to-one budgeting session, where The Parents House will guide you through:

- Accessing food banks and other essential support services
- Learning to use an online budgeting tool for a comprehensive view of your finances
- Exploring practical money-saving strategies tailored to your situation

This interactive workshop will empower you with the knowledge and skills to take control of your finances and navigate through these difficult times with confidence.

## Free School Meals in Islington

Islington Council aims to support families by providing free school meals and uniform grants.

### **Nursery and Primary Schools:**

All nursery and primary school pupils in Islington are eligible for free school meals. However, parents/guardians need to register to receive this benefit.

### **Secondary Schools:**

Secondary school pupils can also access free school meals, but an application process is required.

For more information, application links, and registration details, please visit the council's dedicated webpage: [Free school meals and uniform grant | Islington Council](#) (if you type this into your browser the webpage will come up).



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## Carers Week - 10th to 16th June

### Self-Compassion Session via Zoom

Thursday, June 13th  
by Mind for Carers



Email [membership@carersuk.org](mailto:membership@carersuk.org) to book

- Learn self-compassion techniques from Ra-Becca Gooljar to cultivate kindness towards yourself.

### Songhaven: FREE Professional Relaxed Concert

At Holy Sepulchre Church in London

Thursday, June 13th from 12-2pm

- Familiar songs and singalongs in a relaxed atmosphere
- For carers and their families
- Refreshments provided after the concert
- To book, email [songhaven@songhaven.co.uk](mailto:songhaven@songhaven.co.uk) or visit <https://hsl.church/upcoming-events/2023/12/11/z4nj92yp64ojlgtgzdrvj5c5nf8cbh-xfnbh>



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## **DLA forms (Disability Living Allowance)**

DLA is a tax-free benefit for disabled children and adults to help with extra costs due to disability. It is only claimable for children under 16.

### **There are two components:**

- Care component (for help with personal care/supervision)
- Mobility component (for those with walking difficulties/needing help getting around)

New DLA claims have been abolished from ages 16 to state pension age. Instead, use Personal Independence Payment (PIP).

### **Existing DLA claimants will be reassessed for PIP when:**

- There is a change in circumstances
- The current award is up for review

### **Claiming DLA:**

- Contact the Department for Work and Pensions (DWP) or relevant authority in Northern Ireland
- Long, detailed application form - seek help from advisors at Centre 404 if needed

### **Effects on Other Benefits:**

May change other benefits due to disability premiums, e.g.:

- Income Support, Employment and Support Allowance
- Jobseeker's Allowance, Pension Credit
- Housing Benefit, Council Tax Support
- Working/Child Tax Credit

DLA not counted as income for these means-tested benefits

