

Newsletter 2025

Supporting Families

February 2025



Contents

[Support Surgery coffee morning](#)

[Employment opportunities for your LD family member](#)

[Community Information](#)

[Free Legal advice with CityCLAC](#)

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.



February 2025

Support Surgery coffee morning

Bright Futures is a support service in Islington that works with families with children aged 5 to 19 (or 25 if a young person has additional needs).

The workshop will run from **10.30 to 12 p.m. on February 14th at Centre 404.**

Our Support Surgery and Coffee Morning for Parents and Family Carers in Islington is in collaboration with Bright Futures and IMAX!

Practitioners can assist with a multitude of things, some of these include:

- Advice on child behaviour, routines, and parenting
- Filling out forms
- Contacting housing departments
- Meeting with your child's school
- Connect you with activities in the community
- Advice on benefits

Practitioners can assist with anything from filling in forms, signposting you to other services, engaging you with activities in the community, contacting housing departments and repairs teams, and even having meetings with your child's school to set goals to improve your child's experience.

If you need advice, help, or someone to talk to, please come along!



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February 2025

Employment opportunities for your LD family member

Hello Islington parents!

Do you know someone with a learning disability who is interested in learning more about working in hospitality and catering, customer service, or horticulture?

Open Days to learn more about employment opportunities are:

- Mill Lane Garden Centre in Hampstead: Saturday 8th February, 10 am-3 pm
- Lisson Grove Café in Westminster: Thursday 13th February, 1.30pm-3.30pm (please prebook a slot)

To book your place at our open days please contact Suzanne Thomson, Learning and Skills Manager at:
Suzanne.Thomson@unityworks.org.uk or on 07814 875 544

For more information about upcoming events, email or call to be on our mailing list: **supportingfamilies@centre404.org.uk**
02076971336



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Community Information

Mens Wellbeing Workshops:

Thursday 06th February 11am-1pm

For more details, or to book a place, contact Khadidja Dzanouni, Activities & Project Worker on 07519 588576 or email

khadidja@manorgardenscentre.org

Where: Manor Gardens Centre, N7 6LA



Free course in Counselling Skills/Mental Health and Understanding Autism.

You can easily sign up on the website at www.wefindanylearner.com/book-online/ or by contacting 01226 958 888.



Worries and Parenting workshop

MONDAY 3rd MARCH 2025 13:00-15:00

Many parents with young children find themselves worrying a lot. Sometimes this worry can feel difficult to manage. Meet other parents to learn about some practical strategies on how to manage parental worry. Click the link below to book tickets

<https://www.eventbrite.co.uk/e/worries-and-parenting-tickets-1111671241609?aff=oddtcreator>



Free Legal advice with CityCLAC

Free legal advice - CityCLAC is a University-based legal advice service run by The City Law School have open appointments in the next few weeks on:

- Employment law
- Consumer/Small Claims matters
- Initial Immigration advice
- School Exclusions, and
- PIP Form Filling

<https://city.tfaforms.net/f/CLAC>

Who They Are:

They partner with large law firms to provide free legal advice to clients, who are assisted by passionate volunteer law students. They also offer casework and representation in school exclusion hearings.

Areas of Expertise Include:

- Family law – Child contact, divorce.
- Employment law – Unfair dismissal, unpaid wages, discrimination, bullying at work.
- General Civil Litigation – Contractual disputes, consumer matters, and small claims.
- Social Housing Disrepair – a complaints service for tenants in social housing facing disrepair issues
- Immigration - Securing and maintaining permission to enter and remain in the UK; verifying immigration status; Guiding on applications for recourse to public funds
- Small business – Formation of a company, data protection, partnership disputes, etc.
- Personal Injury – Accidents at work & in public places, road traffic accidents, and defective product claims.
- Personal Independence Payment – Form filling service.
- City School Exclusion Service – Supporting families to challenge permanent school exclusions at London state schools.

