

Newsletter 2025

Supporting Families

March 2025



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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.



March 2025

Coffee morning with CAMHS

I am pleased to announce the March families coffee morning with Islington CAMHS!

Anna Warburton will be visiting us at Centre 404 on the 12th of March 10.30- 12.00 pm.

Here is a message from Anna, explaining how she can help on the day:

'I'm from the NDT (neurodevelopmental team) in Islington CAMHS. I'm a lived experience Parent worker, not a clinician, so I don't do the assessments myself, but support parents who may struggle to access our service, and link the team with the community.'

The team provides an assessment and diagnostic service for children with Neurodevelopmental needs. E.g. Autism and ADHD, and as part of this we also screen for any other conditions that may relate to this.'

Please see and use the link to their webpage below (NCL waiting room): <https://www.nclwaitingroom.nhs.uk/icamhs-ndt>

If you are struggling to access the CAHMS service or have any questions for Anna then please do attend! We will be doing a Q & A on the day.

Islington Community



For children, young people, parents, carers and families



Health workshops at Elfrida

Health Workshops for Adults with Learning Disabilities
Informal workshops helping adults with learning disabilities and additional needs learn about health and accessing support.

What They Offer

- Monthly workshops on physical, emotional, and social health
- Led by Health Facilitator Jules and other health professionals
- Advice on finding services, making referrals, and knowing your rights
- Easy-read materials and Q&A sessions






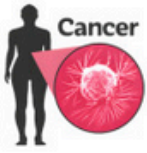
Who Can Attend

- Adults 18+ with learning disabilities, learning difficulties, or autism
- Support staff, family members, and carers welcome
- Drop-in format, but advance notification requested

Contact

Call 07495 918724 or email jules.debellis@elfrida.com

<p>What time? 11am - 12pm</p>	<p>Where? 34 Islington Park St. Islington N1 1PX</p>	<p>Will there be tea and coffee? Yes!</p>
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		<p>Health checks What are they and why are they important?</p>
		<p>Understanding emotions What do different emotions feel like and how can we manage them?</p>
		<p>Cancer screening What types of cancers can I be checked for and how do I ask for this?</p>



Community Information



ISLINGTON

Clerkenwell Ward Partnership Saturday, March 15th | 1pm - 3pm

Join for a community day featuring:

- Health checks
- Support from Minds Matter Islington
- Delicious free food prepared by a Migrateful Chef
- Fun kids' crafts activities

Meet your local Clerkenwell councillors while enjoying various services including Bright Start, community safety information, public health services, and complimentary tea and coffee.

Location: The Peel Three Corners Centre,
Northampton Road, EC1R 0HU

Free warm space for Women

Mondays: 3PM-6PM | Tuesdays: 10AM-1PM

Calling all women living in Islington!

Join weekly for:

- A light meal
- Social activities
- Interpretation support
- Free welfare advice



Location: Arachne Women's Support, 13-15

Hercules Street, N7 6AT



March 2025

'Carers for Carers' Monthly Meet-up
Tuesday, March 11, 2025 | 10:30AM-12:00PM

Take a well-deserved break and connect with fellow Islington carers over tea or coffee in a comfortable setting.

- Drop in anytime between 10:30AM and 12:00PM
- To book, please email info@islingtoncarershub.org

Location: Duke of Cambridge, 30 St Peter's St,
London, N1 8JT



New Head of Service

We are pleased to share an important leadership update within the Supporting Families Department.

We warmly welcome Anamaria Vrkic as the new Director of Children, Young People, Families and Engagement. Anamaria previously led our Learning and Leisure services and brings a wealth of experience in family support and engagement.

We want to reassure you that all existing support services, coffee mornings, and casework will continue as usual. If you have any questions or would like to get in touch, please don't hesitate to reach out.

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

02076971336



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