

# Newsletter 2025

Supporting Families

April 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.



April 2025

# Coffee morning with Bright Futures

Bright Futures Islington are running a Family Support Surgery at Centre 404 (404 Camden Road, London, N7 0SJ) on the 4<sup>th</sup> of April 10.30-12 pm.

We will also have IMAX attending who can help with your financial questions including disability and benefit support.

Bright Futures is a support service in Islington working with families with children from 5 years old up to 19 (or 25 if a young person has additional needs).

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

Bright Futures also has several drop-ins in Islington, no appointment is necessary. Please see the link for more information:

<https://directory.islington.gov.uk/kb5/islington/directory/service.page?id=txWgdPi-Gz0&localofferchannelnew=3>

This is a wonderful opportunity to get professional help and advice and meet other parents in the community!



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# SEND Friends at The Parent House

Are you an Islington parent of SEND children who want to train to support other parents?

Parents of children with Special Educational Needs and Disability (SEND):

Would you like to share your experiences to support other parents of SEND children?

The Parents House are recruiting for SEND Parent Volunteers. The Parent House offers 5 weeks of FREE training to SEND parents who want to become SEND Parent Buddies. You will then support another parent for 5 weeks.

## The course

When: Starting 23rd of April, every Wednesday for 5 weeks

Where: The Parent House, 55 Calshot Street, N1 9AS

Time: 12.45pm to 2.45pm, Wednesday afternoons

## The volunteering

- From 4th of June to July 23rd 2025
- Meeting and supporting another SEND parent once a week for 5 weeks
- Fortnightly peer support sessions
- Support and supervision from a Parent House Parent Support Worker

Those who complete the term will gain a Parent House Working With Parents Level 3 certificate.

To book or find out more contact [gina@theparenthouse.co.uk](mailto:gina@theparenthouse.co.uk) or call us on 020 7837 1383



# Community Information

## Spring Walk

April 26, 2025

10:30-12:00

Islington carers hub

Tottenham Hale Train Station, N17 9FD

A longer, more energetic walk along the River Lea from Tottenham Hale to Hackney Wick – a 4.2-mile route. It's a great opportunity to meet other carers.

**Meet at Tottenham Hale train station, N17 9FD**

Note: they will wait a maximum 10 minutes before setting off for the walk.

To book: [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org)



## The Bridge Service Sexual health for the LD and Autistic community in Islington. With Jeremy Woods.

When? April 29<sup>th</sup>

What time? 10.30AM - 12PM

Where? 34 Islington Park St. Islington N1 1PX

tea and coffee provided

Will there be tea and coffee? Yes!



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## Free Women's only English classes

If interested, Please Call: 07724212497

Or Email [zahra@kmewo.com](mailto:zahra@kmewo.com)

Address: CAXTON HOUSE 129 ST. JOHN'S WAY,  
LONDON, N19 3RQ

Classes every Friday from 2nd of May until 20th of  
June 2025 10:00am-13:00 pm

**Registrations on Friday 25<sup>th</sup> of April 2025**



## Benefits calculator – Online Money Helper

If you're struggling to make ends meet or you've had a change in circumstance and aren't sure of the support you are entitled to now, the benefits calculator may be useful. Information you put into the calculator is confidential, it isn't stored or shared with anyone else

Link: [MoneyHelper](https://www.moneyhelper.org/en)

<https://www.moneyhelper.org/en>

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