

# Newsletter 2025

**Supporting Families**

June 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.



June 2025

# Coffee Morning with CAMHS Wednesday

**June 3<sup>rd</sup> | 10:00AM-12:00PM Location: Centre 404**

Join us for a Q&A session with Anna Warburton from the Neurodevelopmental Team (NDT) in Islington CAMHS.

Anna shares:

*"As a lived experience Parent Worker, I support parents who may struggle to access our service and connect the team with the community. While I don't conduct assessments myself, our team provides assessment and diagnostic services for children with neurodevelopmental needs such as Autism and ADHD, while also screening for related conditions."*

If you're experiencing challenges accessing CAMHS services or have questions for Anna, please attend!

For more information: [NCL Waiting Room](#)

**Islington Community**



For children, young people, parents, carers and families



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June 2025



# Meet with Carers Champion Councillor Janet Burgess MBE

**9th June at 2 PM at Centre 404**

Exclusive Opportunity: One-on-One Conversations with Islington's Dedicated Carers' Champion

Are you a carer looking to be heard? Have your questions, concerns, and ideas addressed directly by someone who can make a real difference?

Join us for a special drop-in session with Councillor Janet Burgess MBE - Junction Ward's Labour Councillor and Islington Council's Carers' Champion on Sunday, 9th June at 2 PM at Centre 404.

Why attend?

- Share your experiences directly with a councillor who champions your cause
- Get answers to your pressing questions about available support
- Influence positive change in carer policies and resources
- Connect with someone who understands the challenges you face

Spaces are limited for these valuable one-to-one conversations. Email [SophieHN@Centre404.org.uk](mailto:SophieHN@Centre404.org.uk) to secure your opportunity to speak with Councillor Burgess and help shape the future of carer support in Islington.



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June 2025

# Family Afternoon Tea

**11th June at 2:00-4:00PM at Centre 404**

Join us for afternoon tea in the garden at Centre 404. Meet with other families and with Centre 404 managers from Adult Services and Supporting Families teams.

This is a relaxed opportunity for parents and family carers to catch up with one another and get to know each other.

**Celebrating Carers Week 2025**

**CENTRE404**

## Family Afternoon Tea

Join us for afternoon tea in the garden at Centre 404. Meet with other families and with Centre 404 managers from the Adult Services and Supporting Families teams. A relaxed chance for parents and family carers to catch up with others and get to know one another.

RSVP to Catherine or Sophie –  
catherinew@centre404.org.uk / sophiehn@centre404.org.uk  
020 7697 1327

**Wednesday 11 June  
2.00 – 4.00pm  
The Garden at  
Centre 404**



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# Minds Matter Islington!

**Wednesday 18<sup>th</sup> June 10.30-3.30pm at Highbury Field N5**

As a part of LD week sports day at Highbury Fields on the 18<sup>th</sup> June, Mind Matters offers workshops and activities to improve wellbeing for young people and their parents and carers.

Mind Matters often bases these around the Five Ways to Wellbeing and include takeaway skills and tip sheets which will be provided on the day.

At the Learning Disability Sports Day come see Mind Matters at their stall to make a DIY bead fidget gadget, and learn some gentle mindful breathing techniques, and tips around dealing with stress.



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

**02076971336**



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