

Newsletter 2025

Supporting Families

May 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.



May 2025

Coffee morning with Bright Futures

23rd of May 10.30-12.00 pm at Centre 404

Bright Futures Islington are running a Family Support Surgery at Centre 404 (404 Camden Road, London, N7 0SJ).

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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May 2025

Transition to Adulthood Workshop

15th May 10.00-13.30 pm at Centre 404

Are you caring for someone with Learning Disabilities or Autism who's approaching the end of their school years or transitioning to adulthood? Join us for an insightful workshop designed to prepare you for the journey ahead.

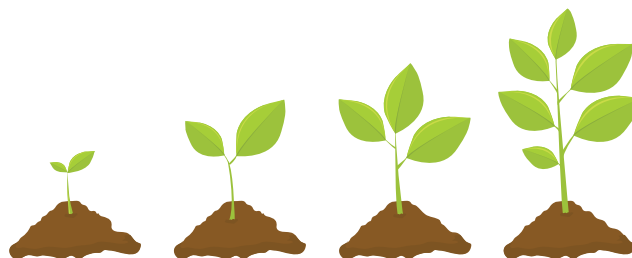
What to expect:

- Hear real stories from experienced family carers who've navigated the transition to adult services
- Get a clear roadmap of the steps you need to take as your loved one enters adulthood
- Learn about the key changes and opportunities that come with this new life stage

This workshop offers valuable knowledge, practical advice, and a supportive community to help you confidently guide your loved one into their adult years. Don't miss this chance to empower yourself and ensure a smoother transition for your family member!

This is an invaluable opportunity to get advice from those in the community.

I look forward to seeing you there.



May 2025

Elfrida Society LD Sports Day


























18th June 10.30-15.30 at Highbury Fields N5

To Celebrate Learning Disability Awareness Week 2025 with Elfrida's Inclusive Sports Day. An inspiring and fun day of visibility, inclusion, and unity through sport, where everyone is recognised, valued, and celebrated.

Further details:

Nikki Chivers, The Elfrida Society: 07841 033248 or nikki.chivers@elfrida.com



	  	Football with Elfrida FC on the hard pitch 
	  	Multi-sports on the field 
	  	Lunch (bring a picnic) and or 'walk and talk' with The Mason Foundation 
	  	Tennis on court 8 and 9 
	  	Cricket with Middlesex in the Community on the field 



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May 2025

Fundraising Quiz Evening

Friday 13th June 2025 7pm – 10pm at St Luke's Church

Join us for a night of fun, facts, and friendly competition as we honour the legacy of Centre 404's beloved president, Jean Willson.

Win fantastic RAFFLE prizes!

Form a team or join one on the night!

Winners will receive the Jean Willson Memorial Cup

Delicious dinner: chicken or vegetable curry, rice, raita and naan

All proceeds will help Centre 404 in their work supporting family carers. Your participation will enable us to continue to provide advice and advocacy to family carers at this challenging time.

St Luke's Church Hillmarton Rd, London N7 9JE

Ticket: £15 includes dinner

Centre 404's quiz masters Derek Weist and Paul Formosa will once again be hosting the quiz evening

For more details contact: anamariav@centre404.org.uk

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

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