

Newsletter 2025

Supporting Families

November 2025



Contents

- [Migration to UC workshop with DWP](#)
- [Coffee morning with Bright Future and IMAX](#)
- [Councillor Surgeries](#)
- [FCAG Meeting](#)
- [CYP and Family Winter Party](#)
- [Big Give Challenge 2025](#)
- [Community Information](#)

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.



Migration to Universal Credit Workshop with DWP

Important information about a change in benefits.

If you are an appointee for your family member, please note:

If your family member receives Housing Benefit or ESA, they will need to move over to Universal Credit.

Some family carers have already received a "migration letter" about this. Others will be receiving a letter soon.

We are holding a special workshop with **Barbara Elliott, Disability Employment Advisor from the DWP**, to explain how this works and what you will need to do.

We will be looking at

- Filling in the forms online
- Where to get help if you can't online or need help to fill in the form
- What information you will need to submit
- Timescales from previous benefits to the new claims
- Bank accounts and any changes of payments
- Advice for the new benefit change

This session will be hosted at Centre 404, 404 Camden Road, 404 Camden Road, N7 0SJ

Monday 17th November

11:00 am-13:30pm

For more information please email Family@Centre404.org.uk



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Coffee morning with Bright Futures and IMAX

I am pleased to announce that Families Coffee Mornings are back!

We will be starting off the first return with Bright Futures and IMAX.

Sophie Izzard from Bright Futures and Ese Akarovwe from IMAX will be visiting us at Centre 404, 404 Camden Rd, London N7 0SJ on Friday 28th November at 10:00am-11:30am

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 which include:

- Advice on child behaviour, routines, and parenting
- Filling out forms, such as a Change in Circumstances or Medical Form for housing
- Meeting with your child's school (following referral into our service)
- Connect you and your child with activities and services in the community
- Inform you of education, employment and training opportunities for anyone 16+
- Signpost you to our parenting programmes, wellbeing support, and the income maximisation service

Please note, Bright Futures staff are unable to write supporting letters challenging decisions made by the housing department, such as allocation of housing points but can signpost you to legal advice or provide you with details on how to contact your local MP.

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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November 2025



Councillor Surgery: Meet with Councillor Dr Sara Hyde

Wednesday 12th November 1-3pm
Centre 404, 404 Camden Road, N7 0SJ

Exclusive Opportunity: One-on-One Conversations with Islington's Councillors.

Are you a carer of someone 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 Dr Sara Hyde, Executive Member for Adult health and social care - on Wednesday 14th November at 1PM at Centre 404. Please note the councillor sessions with Councillor Dr Sara Hyde are recommended for family carers of individuals who are aged 18 and over.

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 [**Family@Centre404.org.uk**](mailto:Family@Centre404.org.uk) to secure your opportunity to speak with Councillor Hyde and help shape the future of carer support in Islington.



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FCAG Meeting

For the parents and families of learning disabled adults in Islington.

An invitation to the next FCAG meeting, this is a chance to meet others and to have your say on:

- Fulfilling lives/activities
- Staff training
- Healthcare services
- Housing
- Personal budgets
- Education and employment
- Benefits
- Transition to adult services
- Social Services care management



We meet four times a year, usually on Wednesdays 12-2.30pm at Centre 404 (lunch provided).

We also consult regularly with Council Officers and Social Service managers.

For the next meeting we have invited Council officers to come and talk to us about their current **review of day/weekend/evening opportunities for learning disabled adults**. It would be good to hear from family carers about what you think is working and/or what you feel is needed.

Our next meeting will be on:

Wednesday 3rd December 2025

12:00pm-2:30pm

Centre 404, 404 Camden Road, N7 0SJ

For more information, please contact Family@Centre404.org.uk



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Children, Young People and Families Winter Party

Celebrate the festive season with us at Centre 404 for our Children and Families Winter Party!

We warmly invite all Children, Young People and Families service users to join us for an afternoon filled with winter cheer and joyful activities.

Enjoy a magical time with, festive children's activities, gifts from Santa, cookie decorating, games and lots of fun!



Date: Thursday 11th December 2025

Time: 4pm-6pm

Location: Centre 404, 404 Camden Rd,
N7 0SJ

For more information please email Family@Centre404.org.uk



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Big Give Challenge 2025

Share your story - Help us make a difference!

This year we're doing the Big Give Christmas Challenge again and raising money for Family Carers and Young Carers Clubs!

Every day, parent carers and young carers show incredible strength, love, and resilience. Your story matters - and it can inspire others to take action.

This month we're inviting all parent carers to 'share your experiences on social media' to help raise awareness and vital funds for Centre 404 Families department. Whether it's a snapshot of your day, a moment of triumph, or a reflection on your journey - your voice can help us reach more people who care.

Here's how you can get involved:

📸 Take a picture or a video - to create a post for us to put on Facebook, X(Twitter), Instagram or Youtube.

🗣️ Tell your story - what being a parent carer means to you.

Every story shared helps and every donation helps us to provide more support for families like yours.

Thank you for being part of our community and for using your voice to make a difference. Together, we can reach more hearts and build a stronger network of care and understanding.

If this is something you would be interested in or would like to enquire more about, please email **Family@Centre404.org.uk**



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Community Information

Carers Rights Day

Thurs November 20th, 2025 | 10:30AM-14:45PM

Carers Rights Day is an annual campaign to celebrate the contribution of unpaid carers. Each year, Carers Rights Day brings organisations across the UK together to help carers in their local community find out how to get the help and support they are entitled to.

Location: Upper Holloway Baptist Church, 11 Tollington Way, N7 6RG

'Carers for Carers' Monthly Meet-up

Tuesday November 25th, 2025 | 10:30AM-12:00PM

Come along, take a breather and have a chat with other Islington carers over a cup of tea or coffee.

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

Location: St Luke's Community Centre, 90 Central Street, EC1V 8AJ

For more information about upcoming events, email or call to be on our mailing list:

family@centre404.org.uk

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Community Information

Dandelion Collective - Inclusive Creative Dance



Dandelion Collective is an inclusive platform, aiming to empower the individual and encourage an inclusive society through cultural activities.

It focuses on working with individuals and communities that would normally not have access to the arts.

Dandelion Collective was established in March 2013, and currently operates in London Boroughs of Islington, Bexley, Greenwich, and Southwark.

We are passionate about making our activities accessible to all, thus thriving on diversity, individuality and collectiveness.

Website: www.dandelion-collective.org

Email: info.dandelioncollective@gmail.com

Time/Date: Monday 5-6pm excluding bank holidays

Costs: First session free/£5 per session until February 2026

For more information about upcoming events, email or call to be on our mailing list:

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