

PARENTCONNECT



Edition: 18 November 2022

A NEWSLETTER CONTAINING UP TO DATE INFORMATION AND SERVICES AVAILABLE FOR NEWHAM FAMILIES

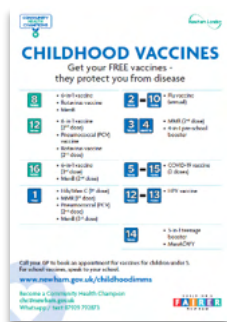
Hello Newham Parents and Carers!

Please enjoy this month's Parent Connect Newsletter
If you would like to receive this Newsletter direct to your email every month, you can sign up [here!](#)

Best wishes all,
The Early Help Partnership Team

November 2022

- Free School Meals **Page 2**
- Muslim Women's Support Groups **Page 3**
- Cost of Living Response and Newham Warm Havens **Page 4-5**
- Cost of Living Support in Newham **Page 6-7**
- Cost of Living Support Package – Help for Households **Page 8**
- Childhood Vaccines **Page 9**
- Young Minds Invite to Parents and Carers Focus Group **Page 10**
- Work4All **Page 11**
- Advantage Mentoring **Page 12**
- Training Gaming and Gambling Harms for Parents and Carers **Page 13**
- Parents in Mind **Page 14**
- Ambition Aspire Achieve SEND Youth Clubs and Positive Transitions **Page 15**
- Free School Meals in Newham for ALL Primary School Aged Children **Page 16**
- Parent Advice Phone-In with Educational Psychologist **Page 17**
- Healthy Start FREE HEALTHY FOOD and Vitamins **Page 18**



Free School Meals

We would be very grateful if you could please help us spread the word to families in Newham that their children can eat a FREE, nutritious lunch every school day which will save them £500 a year per child – now even more important due to the cost of living crisis.

Attached is a poster and leaflet on the initiative and an article below to share the news with families in newsletters etc. If you would like further information please let us know.

www.newham.gov.uk/freeschoolmeals



FREE SCHOOL MEALS

FOR PRIMARY SCHOOL CHILDREN

FREE
school meals
You could save
£500
a year
per child!



To apply for free school meals and find out more visit:
www.newham.gov.uk/freeschoolmeals

WE ARE NEWHAM.



Muslim Women's Support Groups

Contact: Sakinah Team - Kulsuma, Sahanara or Zinèbe on 07511 076874 peerservices@mithn.org.uk
020 7510 1081

MITHN's Our Voices Project presents

Sakinah...

Muslim Women's Support Groups



Peace of Mind...understanding...connection ...These are all things we crave and often feel are out of our reach. This can leave us feeling depleted and in need of a safe space... Come and join us to explore mental health and wellbeing in a warm, caring and confidential setting that celebrates the strengths of Muslim Women.

We want to hear your voices and needs, so we can work together towards individual and social change!

In Sept-Dec 2022

Join us at your convenience on the following days:

TOWER HAMLETS

MARYAM CENTRE (ELM)

45 Fieldgate Street

Whitechapel E1 1JU

TUESDAYS 10.15am – 12pm

SAMA ACADEMY

544 Roman Road

Bow E3 5ES

THURSDAYS 10.30am – 12pm

NEWHAM

DARUL ARQAM MOSQUE & MCC
17 Jutland Road (off Barking Road),
Plaistow E13 8JH
MONDAYS 10am – 12pm

REDBRIDGE

REDBRIDGE CENTRAL LIBRARY
Clements Road, Ilford IG1 1EA
THURSDAYS 11am – 12.30pm



In Partnership
with



Contact: Sakinah Team - Kulsuma, Sahanara or Zinèbe on
07511 076874 peerservices@mithn.org.uk 020 7510 1081

Cost of Living Crisis Response

Support available for Newham Residents



Newham Cost of Living Crisis Response – Taking Vital Action to Help Our Residents

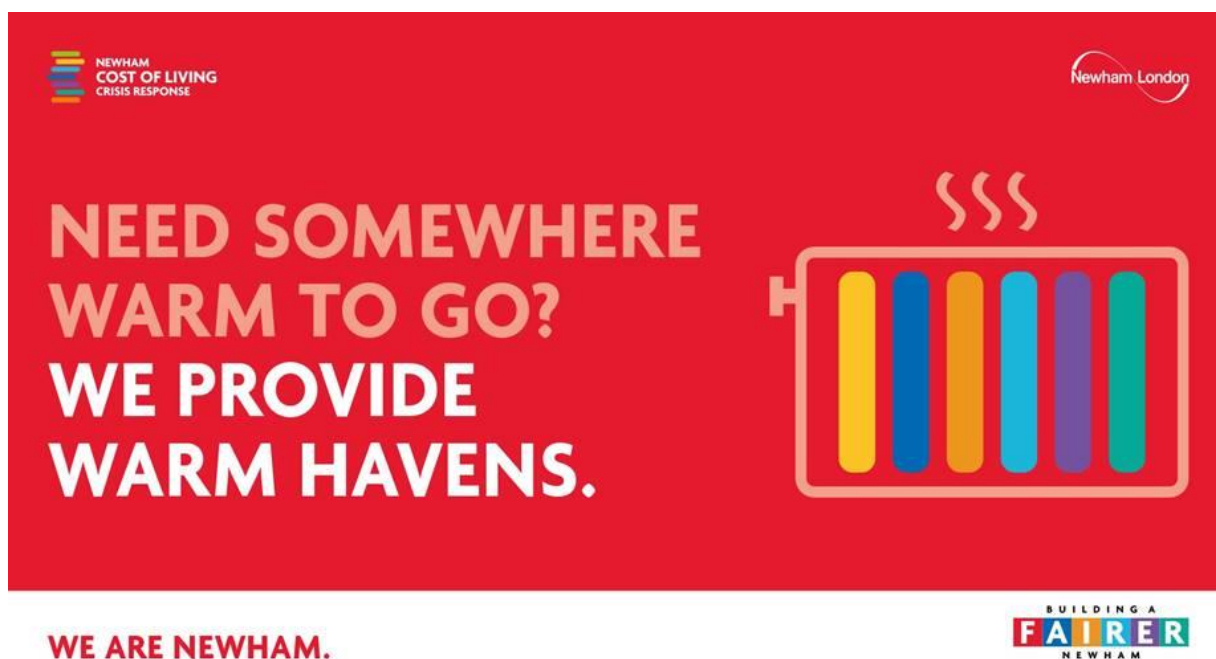
You can watch the **Cost of Living Crisis Response Summit**, find out about **support available for Newham residents** and access the **Handy Guide – Energy Usage Advice** by clicking the link below:

[Support available for Newham residents – Cost of living crisis response – Newham Council](#)

Warm Havens information on next page >

Warm Havens in Newham

Newham [Warm Havens](#)



Newham Warm Havens are safe, non-judgemental warm spaces where residents can go, free of charge, for whatever reason they like. They are part of our [response to the cost of living crisis](#).

Use the map below to search for your nearest warm haven. You can see opening hours, address and available facilities.

Mayor of Newham, Rokhsana Fiaz OBE said *“All 10 of our libraries will be open for longer hours across the coldest months of the year till March 2023. Whatever your reason for visiting the warm havens, we understand and respect that everyone’s needs might be different, so our Warm Havens will be a safe and confidential space. If you need to talk, staff and volunteers will be on hand to provide a welcome, listen and, if needed, offer guidance on information and support.”*

[View the Map](#)

Cost of Living Support in Newham

ENERGY USAGE

Does your home feel cold and damp?

Are your energy bills too high?

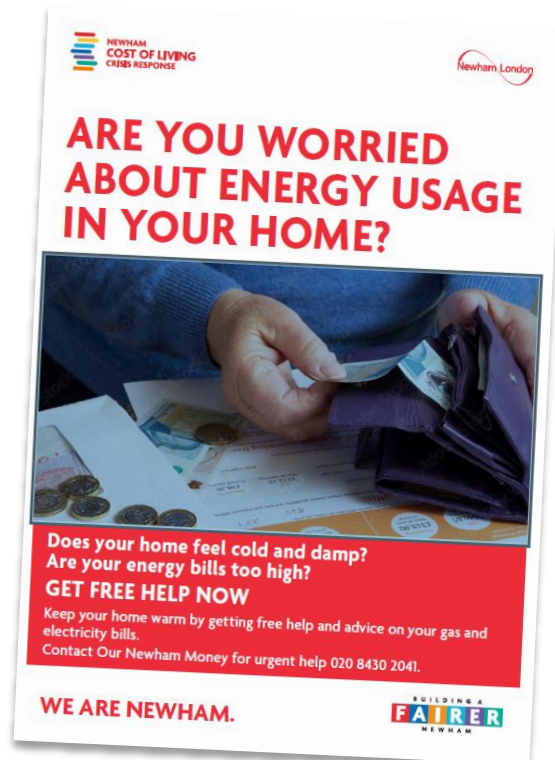
GET FREE HELP NOW

Keep your home warm by getting free help and advice on your gas and electricity bills.

Contact Our Newham Money for urgent help **020 8430 2041**.

For information on support available visit:

www.newham.gov.uk/public-health-safety/energy/2



SIGNS YOUR HOME IS NOT WARM ENOUGH

- The home feels cold, damp or draughty
- Wearing lots of clothes indoors
- Staying in bed to keep warm
- Asthma or a persistent cough
- High energy bills or in fuel debt



Save energy and keep warm by getting help and advice

Our Newham Money

Energy vouchers are provided to applicants with prepayment meters without electricity/ gas or at risk of having their fuel supply cut. Tel: **020 8430 2041**

East End Citizens Advice

Call **020 8525 6379**. Lines are open at the following times:
Tuesdays and Wednesdays: 10am-1pm

GLA Warmer Homes Programme

Get free advice and support if you are having trouble paying to keep your house warm. Services include:

- Telephone advice and home energy visits
- Help with draft excluders and similar in house support
- Support with energy bills and debts
- Grants of up to £20,000 per household to improve insulation (visit www.london.gov.uk/warmerhomes for eligibility criteria and to apply)

Call **0300 555 0195** or contact shine@islington.gov.uk

Other places to get help

Keep Warm Keep Well Scheme (ECO)

Newham Council is working with E.ON and J&J Crump on its Keep Warm Keep Well scheme to help eligible residents benefit from a range of energy-saving measures in their homes. Call J&J Crump and Son on **0800 783 3127** or visit www.jjcrump.com

Water Bills

WaterSure and WaterHelp can help make water bills lower, particularly for people who have lower income or need water for health conditions.

Find out more:

www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp

For any physical and/ or mental health concerns call 111 for information on where to get help or talk to your local pharmacist.

Warm Home Discount Scheme

Residents could get £140 off your electricity bill for winter under the Warm Home Discount Scheme. Find out more at www.gov.uk/the-warm-home-discount-scheme

Winter Fuel Payments

Residents can get between £100 and £300 tax-free to help pay your heating bills if you were born on or before 5 July 1953. Find out more at www.gov.uk/winter-fuel-payment

GLA Cost of Living Hub
www.london.gov.uk/what-we-do/communities/help-cost-living

Translated leaflets
www.nea.org.uk/get-help/advice-resources/?tag=english

Keep energy down by practising sustainable fuel saving tips

1. Turn off standby appliances
2. Install a smart thermostat
3. Turn down your thermostat
4. Buy efficient appliances
5. Install a new boiler
6. Wash clothes in at low temperatures
7. Be smarter about water
8. Invest in double glazing windows
9. Draught-proof your property
10. Insulate the roof
11. Monitor your usage
12. Switch to LED Light bulb



For information on support available visit:
www.newham.gov.uk/public-health-safety/energy/2

<p>Save around £80 a year just by remembering to turn your appliances off standby mode</p>	<p>Save about £35 a year on bills by replacing all of your old bulbs with LEDs</p>	<p>Only fill the kettle with the amount of water that you need and save around £7 a year</p>	<p>Turning down your room thermostat by just 1°C can save between £85-90 a year</p>
<p>Turn your lights off when you're not using them. This will save you around £15 on your annual energy bills</p>	<p>DIY draught-proofing of windows, doors and filling holes in floors can save up to £25-£35 a year on heating bills</p>	<p>Washing your clothes at 30°C can help you save significant amount of money on utility bills</p>	<p>When buying new appliances check the EU energy label to make sure you're buying an efficient product</p>

Cost of Living Support in Newham

STRUGGLING FINANCIALLY?

If you're struggling to meet your energy and food costs or facing an emergency you can apply to Our Newham Money Emergency Support, our local welfare scheme.



STRUGGLING FINANCIALLY?

If you're struggling to meet your energy and food costs or facing an emergency you can apply to Our Newham Money Emergency Support, our local welfare scheme.



You need to be:

- living in Newham
- receiving a means tested benefit such as Universal Credit, Income Related Employment and Support Allowance, Pension Credit or Housing Benefit.



In addition, one of the following must apply to you:

- you're affected by the current cost of living
- there's been a significant change in circumstances or a life changing event causing hardship
- have taken all reasonable steps to maximise your income.

Even if you don't meet the criteria, we might still be able to help you. Please apply and we will consider your application.

For further information and to apply:

www.ournewhammoney.co.uk/emergency-support



112-118 The Grove, Stratford E15 1NS
020 8430 2041

WE ARE NEWHAM.



Cost of Living Support Package - Help for Households

Millions of people on means-tested benefits will receive the first of two cost of living instalments totalling £650 from 14 July 2022, as part of a £37 billion government package to help families with cost of living pressures.

The first £326 instalment for qualifying low-income households in England, Wales, Scotland and Northern Ireland by their usual payment method from 14 July 2022, continuing to the end of the month. For those eligible, the rest will follow in a second instalment in the autumn. People receiving tax credits and no other eligible benefits will receive their first payment from HMRC in autumn and the second in winter.

In total, millions of vulnerable households will receive at least £1,200 from the Government this year to help cover rising costs. There are specific payments for those on means tested benefits, for pensioners, those on disability benefits and to help people with energy bills.

Check eligibility here: [Cost of Living Payment - GOV.UK \(www.gov.uk\)](https://www.gov.uk/cost-of-living-payment)

There is also helpful information about further support available on the [Cost Of Living campaign website](https://www.gov.uk/cost-of-living-support).

Find out more



Cost of Living Payments

If you claim some benefits, you might be eligible for an additional **£650** from the UK Government, spread over two **Cost of Living Payments**. The first payment will be for **£326**, and the second payment of **£324** will be paid later in the year.

You don't need to contact anyone; your payment is automatic.

Find out what you will get and when you will receive a payment by searching 'cost of living support'.

gov.uk/costoflivingpayments

*Eligibility criteria apply

Find out more

Childhood Vaccines

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or seen very rarely. However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again.

There are a number of vaccines that children should have. You can find a list of them below and on the NHS website. It is important that vaccines are given on time for the best protection.

All recommended vaccines are available for free from the NHS.



If you or your child missed any recommended vaccine, you can still contact your GP to catch up.

Vaccine Information from Newham Public Health Service

<https://www.newham.gov.uk/childhoodimmms>

<https://www.newham.gov.uk/polio>

Frequently Asked Questions – Childhood Immunisations – Newham Council

CHILDHOOD VACCINES


Get your FREE vaccines - they protect you from disease



8 WEEKS <ul style="list-style-type: none"> 6-in-1 vaccine Rotavirus vaccine MenB 	2 YEARS - 10 YEARS <ul style="list-style-type: none"> Flu vaccine (annual)
12 WEEKS <ul style="list-style-type: none"> 6-in-1 vaccine (2nd dose) Pneumococcal (PCV) vaccine Rotavirus vaccine (2nd dose) 	3 YEARS - 4 MONTHS <ul style="list-style-type: none"> MMR (2nd dose) 4-in-1 pre-school booster
16 WEEKS <ul style="list-style-type: none"> 6-in-1 vaccine (3rd dose) MenB (2nd dose) 	5 YEARS - 15 YEARS <ul style="list-style-type: none"> COVID-19 vaccine (2 doses)
1 YEAR <ul style="list-style-type: none"> Hib/Men C (1st dose) MMR (1st dose) Pneumococcal (PCV) (2nd dose) MenB (3rd dose) 	12 YEARS - 13 YEARS <ul style="list-style-type: none"> HPV vaccine
14 YEARS <ul style="list-style-type: none"> 3-in-1 teenage booster MenACWY 	

Call your GP to book an appointment for vaccines for children under 5. For school vaccines, speak to your school.

www.newham.gov.uk/childhoodimmms

Become a Community Health Champion
chc@newham.gov.uk
 Whatsapp / text 07929 792873



VACCINES KEEP YOU SAFE

Protecting yourself from polio (and other diseases)

Get a vaccine for 6 diseases including polio when your child is

8 WEEKS + 12 WEEKS + 16 WEEKS

Then... get a vaccine for 4 diseases including polio when your child is

3 YEARS - 4 MONTHS

Then... get a vaccine for 3 diseases including polio when your child is

14 YEARS

You must have all of these vaccines to be fully protected.

How do I know if my child has had their vaccines that protect against polio?

Your child's Red Book will include records of all your child's vaccinations


If you don't have your Red Book, your GP will be able to tell if your child has received all their vaccines

Can people over 14 get vaccinated against polio?

Yes – if you've not had a polio vaccine you can get a vaccine for FREE

Speak to your GP if you have questions or to book a vaccine
www.newham.gov.uk/polio

Become a Community Health Champion
chc@newham.gov.uk
 Whatsapp / text 07929 792873



Young Minds

Invite to Parents and Carers

Contact: Deborah.McLeanThorne@youngminds.org.uk to take part! Attendees of the focus group will receive £10 voucher as a thank you.



Invitation to Parents and Carers

We are inviting parents and carers of children and young people under 25 to tell us what they would like to see from services that support young people's mental health and wellbeing, so that we can improve our Parent's Helpline Services.

YoungMinds is the UK's leading charity fighting for children and young people's mental health. Our Parent's Helpline is a free service, with telephone, webchat and email options for parents and carers concerned about their child's mental health. We offer detailed advice, emotional support and signposting about a child or young person up to the age of 25. You can call us for free on 0808 802 5544 from 9:30am - 4pm, Monday - Friday.

Your insights will help us learn more about how we can best meet the needs of more parents and carers from communities across the UK. We would like to significantly scale our helpline so that we can support as many parents and carers possible, especially given the drastic increase in young people's mental health problems and the incredible difficulty in accessing support. We want to ensure that we maintain a high quality service, and reach Black and Minoritised communities with our support channels.

We are keen to hear about what you think is needed to support your child's mental health and what makes for a good service. The questions we are asking include:

1. Who would you contact first if you were concerned about your child's mental health?
2. What would stop you from seeking help for your child's mental health?
3. How do you feel about reaching out to statutory services such as GP, CAMHS (Child and Adolescent Mental Health Service), the police, social services, school?
4. How can we make our Parent's Helpline safer and easier to access?
5. How can we make parents and carers aware of our service?

We will be offering a £10 voucher as a thank-you for each participant. All discussion will remain anonymous.

If you would be interested in taking part please let us know which of the following you would prefer:

- To take part in a focus group (of up to 10 participants)
- A one to one phone call with a member of our helpline team
- Face to face meeting with a member of our helpline team

Alternatively, you can share your thoughts with us via email. Please contact Deborah.McLeanThorne@youngminds.org.uk by 25th November 2022 to take part, receive more information or send in your thoughts. Thank you in advance!

Work 4 All

Work4All

Start your journey towards finding a job that works for you!

Work4All provides free 1:1 support suited to your situation, wherever you are on your journey

1. Mapping

Work with your advisor to explore what job options are suitable for you, either now or in the future. Understand your options based on your individual circumstance

Meet our advisors



Lorraine: 07889 755 505 or
lorraine.rose@groundwork.org.uk



Lucy: 07889 756 138 or
lucy.mpofu@groundwork.org.uk

Do you live in the South of Newham?

- Are you unsure what job options are open to you?
- How to get closer to your job goals?
- Need help with getting the right job?

2. Journey

Build your skills and knowledge to help you get closer to the job you want. Understand what jobs require; develop confidence through volunteering, or employer visits.

3. Destination

Supported & individualised job search to find suitable vacancies, complete applications, interview preparation and help in your transition into work.

The supported pathway

Groundwork.org.uk

When you join Work4All you will be assigned a personal adviser who will complete an initial needs assessment with you. They will ensure the advice and support is tailored to your particular situation. Work4All provides support across three main areas, summarised in the stages below. You may choose to access one, two or all three stages.

1

Starting Off

For those who are not yet ready to work but want to start planning for the future.

- Explore factors that impact your work choices, i.e. your availability, responsibilities, restrictions, financial needs
- Identify which employment opportunities are realistic for your situation, now or for the future
- Make sure you have the right documents to start work
- Receive money mentoring advice and support

On your Way

For those ready to start activities to get them closer to their job goals.

- Create a step-by-step plan to progress toward your goals
- Map your skills, identify your strengths and how to best promote them
- Develop your work experience, and identify relevant opportunities
- Identify and apply for vocational training, volunteering or work placements suitable to your goals

3

Arriving

For those ready to make the next step, to find and apply for work.

- Develop effective job applications that will impress employers
- Undertake a "Better Off" calculation so you can make informed decisions about realistic salary needs
- Develop your interview skills & confidence
- Receive support to help you stay in work or plan for future progression

Eligibility

To access this free service you must have Right to Work in the UK & not be in any paid work.

Funded by



European Union
European Social Fund



Meet our advisors

Lorraine: 07889 755 505 or
lorraine.rose@groundwork.org.uk
Lucy: 07889 756 138 or
lucy.mpofu@groundwork.org.uk



Advantage is a free one-to-one wellbeing mentoring programme for 14-21 year olds, delivered at your local football club.

We're here to help you make the most of your opportunities

How does it work?

Our mentoring sessions are led by you and what you want to talk about. You have a 1-hour individual session with your mentor once per week. You can stay in the programme for up to six months, or less than that if you feel you're ready to move on – it's up to you!

The mentoring session is an informal space to chat and connect. You might have specific goals that you want support with, or you might want to take some time to get to know your mentor and figure out some goals together. Your goals can be personal, educational, social, employment, or wellbeing related, or maybe something else! It's completely up to you.

<https://www.advantagementoring.co.uk/>

CPD Training on Gaming and Gambling Harms

CPD Training on Gaming & Gambling Harms

As part of our commitment to Safeguarding and ongoing CPD, we have partnered with YGAM, an award-winning charity that provides free, assured training to a range of professionals about gaming and gambling harms amongst children and young people.

The September 2021 Public Health England report on gambling-related harms found that the prevalence of gambling among children and young people is higher than using e-cigarettes, smoking tobacco, or taking illegal drugs.

The report also highlights the link between mental health and gaming, becoming an increasingly important issue in healthcare. YGAM will be delivering a service of free training workshops tailored specifically toward a range of professionals, inc. Teachers, Healthcare professionals, Foster carers, Social Workers, Parents, Faith Leaders and others who work with Children and Young People

23rd November:

- **LAC (Looked After Children) @ 11am (3 hours)** https://parents.ygam.org/ bespoke-workshop-booking/?crb_workshop=23.11.2022%20OL%20Bespoke%20LAC.%20Tower%20Hamlets
- **Parents @ 7pm (1.25 hours)**
https://parents.ygam.org/ bespoke-parents-workshop/?crb_workshop=23.11.2022%20OL%20Bespoke%20Parent%20Awareness.%20Tower%20Hamlets

Kind regards,
Social Care Academy

Parents in Mind

Are you a pregnant or new mum and feeling low, anxious, alone?

A friendly, non-judgemental space to talk, seek information and gain support. Offering group and 1 to 1 peer support walk and talk and by telephone or online – Support is also available in different languages.

For more information please contact: 07525 403673 or email parentsinmind.newham@nct.org.uk



Visit our Padlet!

[Friendly & non-judgemental mum to mum support \(padlet.com\)](https://padlet.com/Parentsinmind/Newham)

Ambition Aspire Achieve SEND YOUTH CLUBS

SEND Youth:

This is our Youth club set in arc in the park and the age range is 9-25 years old. A staff ratio of 1 staff to 3 young people is offered within this group and we cannot take children that need 121 support. We offer sports, arts and crafts and gardening during our sessions. The sessions are great for young people to build upon their social skills and make new friends. This runs as an after school club and throughout the school holidays too.

Positive Transitions:

This is our 16-25 year old group for young people with additional needs. Works well for school leavers or those attending college that are not in full time education. The group is based around life and social skills and have broken the sessions into three categories, life skills, art and sports so the young person can choose a group that suits them best. We also have trips and work experience planned for this group. This is a 1 to 3 ratio and is during the day, term time only. It is another great way to make new friends, build up social skills and learn new skills.


 Ambition Aspire Achieve
Charity Registration Number 187816

SEND YOUTH CLUBS

FREE for 9 to 25 years olds
 Staff ratio - 1 staff member to 3 young people -
 Offering A Safe, Fun, Social, Interactive Environment

Weekly Timetable:
(term time and school holidays)
Mondays 4:30pm to 7:30pm:
 Terence Brown Arc, Hermit Road Park, Bethell Ave E16 4JT
Mondays 4pm to 6pm:
 Glyn Hopkin Abbey Hub, 6 Gay Road, Stratford E15 2RN
Wednesdays 4:30pm to 6:30pm:
 St Luke's Community Centre, 85 Tarling Road, Canning Town E16 1HN
Thursdays 4:30pm to 7:30pm:
 Terence Brown Arc, Hermit Road Park, Bethell Avenue E16 4JT

Activities Include: A Variety Of Sports, Arts And Crafts, Movies, Music, Keep Fit Sessions, Table Tennis, Games And MUCH MUCH MORE!



Supported By London Borough of Newham
 Booking Is Essential, Contact:
 Leo on 07904 882 104 / leo@theaaazone.com
 Web: www.theaaazone.com | Twitter: [@theaaazone](https://twitter.com/theaaazone) | Facebook @ AmbitionAspireAchieve/


 Ambition Aspire Achieve

Positive Transitions



FREE LIFE SKILLS support
for young people
aged between
16-24 with
additional needs

Sessions will include:
 Life skills such as household activities, social interaction, personal development and confidence building.
 Creative sessions including art and photography, gardening and growing, cookery, music as well as taking part in the Arts Award.
 Multi sports and health sessions where young people can try a number of activities and learn about healthy choices.
 We will also be holding day trips and work experience guidance throughout the year.

At the Terence Brown Arc in the Park, Bethell Road E16 4JT


Weekly sessions helping to build confidence and develop new skills for young people with additional needs that are transitioning into adulthood

Monday 2-4pm
 Life skills
Tuesday 1.30pm - 3.30pm
 Multi sports and exercise
Thursday 2-4pm
 Creative sessions and workshops

Booking is essential
 For more information or to book a place please contact Leo Featherman
 07904882104 leo@theaaazone.com

theaaazone.com [@theaaazone](https://twitter.com/theaaazone) [AmbitionAspireAchieve/](https://www.facebook.com/AmbitionAspireAchieve/)

Booking Is Essential, Contact:
 Leo on 07904 882 104 /
leo@theaaazone.com
 Web: www.theaaazone.com
 Twitter: [@theaaazone](https://twitter.com/theaaazone)
 Facebook:
[@AmbitionAspireAchieve/](https://www.facebook.com/AmbitionAspireAchieve/)


 Ambition Aspire Achieve

Positive Transitions

The Terence Arc in the Park, Bethell Avenue, E16 4JT


Additional Information

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance around COVID 19, we have introduced a number of measures to ensure that our clubs and activities are delivered safely at all times

Safety measures will include:

- Pre-booking introduced for all sessions with places allocated on a first come, first served basis
- Additional controls in place to access Arc in the Park, including non-invasive temperature checks
- Reduced group sizes on site at any one time
- Extra hygiene and cleaning measures, before, during and after all sessions
- Maintaining social distancing measures

Booking is essential
 For more information please contact Leo
leo@theaaazone.com 07904882104

Positive Transitions is supported by


Free School Meals for all Primary Children in Newham

Lunchtime hot and cold meals are available at all of the primary and secondary schools in Newham. There has never been a better time for your child to stay in school for a healthy lunch. All schools have good dining facilities and menus follow the standards laid down by the Department for Education's School Food in England Standards March 2019.

Free school meals in primary schools

Every primary school aged child attending school in Newham still has the opportunity to have a free school lunch even if their parents/carers are not in receipt of one of the qualifying benefits for free school meals.

<https://www.newham.gov.uk/schools-education/free-school-meals/1>

A healthy school lunch contains two of the recommended 5 a day portions of fruit and veg.

School lunches help re-energise pupils for a busy afternoon of work and play. Help your child get the best from school and take advantage of the free meal eligibility.

FOOD PUPILS LOVE

QUALITY FOOD FRESH INGREDIENTS

SAMPLE MENU
April 2022 - October 2022

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	New Year Day's Menu Lentil & Sweet Potato	Spaghetti Baked & Beef & Peas	Beef & Chilli with Lentils & Sweet Potato	Beef & Chilli with Lentils & Sweet Potato	Beef & Chilli with Lentils & Sweet Potato
Vegetarian Choice	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato
Extra Choice	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato
Vegetarian Dessert	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato	Spaghetti Lentil & Sweet Potato

GET IN TOUCH
Address: The Old Town Hall, 29 Broadway, Stratford, London E15 4B1
Email: admin@juniperventures.co.uk
Web: www.juniperventures.co.uk

FOLLOW US and keep up to date with the latest news
Facebook, Instagram, Twitter, YouTube

DINEin AND DISCOVER

For further details speak to the school office.

Newham London

DINEin AND DISCOVER

JUNIPER CATERING
Bringing more to the table

THERE IS SUCH A THING AS A FREE LUNCH

THE BANK
Pay Parent / Guardian
Four hundred and forty four pounds and sixty pence
£444.60

You could save £444.60 a year by your child enjoying a hot, healthy and nutritious lunch every school day

ALL Primary children in Newham are eligible

Click here for more information

Newham London

Parent Advice Phone-In with Educational Psychologist

Please find attached a leaflet for the Parent Advice Drop In service run monthly by the EP Service. Parents can contact an EP to discuss any concerns they may have, e.g. managing anxiety at home, supporting CYP with learning, supporting positive relationships at home and in school, etc. They are allocated a 40 minute session over the phone for this.

Sessions will operate monthly on:

25 Oct 29 Nov 20 Dec 2022

To book a session between 10am
and 12 email or phone

sarah.parkinson@newham.gov.uk

07976 733536

Newham Educational Psychology Service



Parent Advice Phone-In with an Educational Psychologist (EP)

The EPS Parent Advice sessions are offered to any Newham parent or carer who would like to discuss concerns about their child with an educational psychologist (examples may include: your child's emotional well-being, challenging behaviours, learning progress, your relationship with your child or some of your own worries). The sessions aim to be supportive, confidential, and informal. Each session is 40 minutes.

Healthy Start FREE HEALTHY FOOD

FREE HEALTHY FOOD

Pregnant? Children under 4?

You may be able to get money to help you buy fruit, vegetables and milk.

Apply online by visiting www.healthystart.nhs.uk

If you need help applying, speak to your local Children's Centre, library, midwife or health visitor.

Applying is easy and DOES NOT affect your other financial benefits.



FREE VITAMINS!

In Newham, ALL pregnant women, new mums and children under 4 years old are entitled to free vitamins. You can collect a bottle from your midwife or local children centre.

To find your nearest vitamin distribution site, visit www.newham.gov.uk/healthystart

WE ARE HEALTHY.

WE ARE NEWHAM.

£8.50 a week
for babies under 1 year old

FREE
Healthy Start vitamins including Vitamin D

£4.25 a week
for pregnant women and children from 1 up to 4 years old

HEALTHY START FOOD AND VITAMINS

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People at the Heart of Everything We Do