

# NEWHAM PARENTS, CARERS AND YOUNG PEOPLE

Need some support for yourself or your family during lockdown? Not sure where to start?  
**Join us for our weekly workshops taking place every Thursday, 4pm-5pm on Zoom  
and we will inform you of the support that is available to you in Newham.**

We want to make sure that every family in Newham knows about the amazing support on offer, especially during this difficult time. This includes support for wellbeing and mental health, finances, housing, befriending and much more. **Click the link below to join our workshop!**

## Join Zoom Meeting

Phone one-tap: United Kingdom: +442034815240,  
95579486838#  
or +442039017895, 95579486838#  
Meeting URL: <https://zoom.us/j/95579486838>  
Meeting ID: **955 7948 6838**

## Join by phone

If you do not have Zoom on your phone or computer, you can still join by phone. Call the below number on your phone (if the first one does not work please try the next one along). You will be instructed to key in the 'Meeting ID' (below). Then press '#' and you will be let in to the meeting!

Dial: United Kingdom: +44 203 481 5240 or  
+44 203 901 7895 or +44 131 460 1196  
or +44 203 481 5237  
Meeting ID: 955 7948 6838

**We look forward to seeing you there!**  
[Strengthening.Families@newham.gov.uk](mailto:Strengthening.Families@newham.gov.uk)



## WORKSHOPS

**Supporting parents during the  
Coronavirus pandemic**

Thursday 28th January 2021, 4-5pm

**Supporting teenagers during the  
Coronavirus pandemic**

Thursday 4th February 2021, 4-5pm

**Supporting children during the  
Coronavirus pandemic**

Thursday 11th February 2021, 4-5pm

**Taking care of yourself during the  
Coronavirus pandemic**

Thursday 18th February 2021, 4-5pm

**Support for children and young people  
with additional needs**

Thursday 25th February 2021, 4-5pm

**Immigration support for families**

Thursday 4th March 2021, 4-5pm

**How to protect your children online**

Thursday 11th March 2021, 4-5pm

**Keeping children and young people safe  
in their community**

Thursday 18th March 2021, 4-5pm

Newham  
Together

The best place  
for Children and  
Young People

