



LOOK OUT FOR THE LAUNCH OF OUR NEW WEBSITE

We hope you will find it easier to navigate and a platform that offers fresh up to date information to assist you in your caring role.

We hope you will visit it regularly to find out what's on, we will update the site with any upcoming events including our carers peer support networks and joining links.



YOUNG CARERS INSTAGRAM COMING SOON

We are also developing an instagram platform for young carers where they can share information and get to see the great things our young carers project offers.



FACEBOOK FOR MEMORY LANE DAY CENTRE

We have recently set up a Facebook page for our day care provision for people living with Dementia and other pan disabilities. Carers will be able to see the fun events at the centre such as our recent Easter afternoon tea with entertainment and dancing.

We hope you enjoy our new platforms. Please offer feedback so we can continue to improve our information to you.

PRIVACY NOTICE

Dear Carers, We have updated our Privacy Notice and this can be viewed on our Website at www.carerscentre.org.uk.

Should you require a hard copy can you please contact our office on **020 8593 4422**, or write to us at 334 Heathway, Dagenham RM10 8NJ or email us at carers@carerscentre.org.uk. We will need your name and address and we will be able to send you a copy in the post.

We would like to say a big thank you to everyone who has supported the organisation over the last couple of difficult years.

CARERS WEEK STARTS ON THE 6TH JUNE.

For information on trips and events in and around that date please see the following pages.



Eid Mubarak to all our Carers



6-12 JUNE 2022

'MAKE CARING VISIBLE, VALUED & SUPPORTED'

We are holding several events on or around Carers Week. We start with:

A CELEBRATION FOR THE QUEEN'S PLATINUM JUBILEE

WEDNESDAY 1ST JUNE 2022 1.00 - 4.00PM

Join us for a light sandwich lunch and a variety of entertainment and activities for all the family to enjoy at The Farmhouse Venue, Dagenham RM7 0QX



Neatly tucked away in a quiet, serene corner of Eastbrookend Country Park, resides the Farmhouse Venue. Surrounded by one of the largest nature reserves in the greater London area, spanning over 120 acres, the stunning views in the locality are matched only by the picturesque Farmhouse itself. Grateful thanks to the Farmhouse for their support.

There will be limited capacity so booking will be essential.

To register your interest please call our Dagenham office on 020 8593 4422 or Havering Office on 01708 961111.

DAY TRIP TO BROADSTAIRS

4TH JUNE 2022

Come and join us on Saturday 4th June for a trip to Broadstairs. Explore award-winning Blue Flag sandy beaches and a delightful range of independent shops in the traditional High Street. Dine in a wide variety of restaurants and bars. Broadstairs town has everything for a delightful visit at any time of the year. Pick up at Becontree Leisure Centre at 8.30am and after at Romford YMCA at 9.00am. Leaving Broadstairs at 5.00pm.

Cost is £15 per person (including children who must have a booster seat for the coach if they usually use one)

To secure your place please visit either Carers at 334 Heathway, Dagenham RM10 8NJ or Community Reach House, 32-34 High Street, Romford RM1 1HR to pay for your place(s).

COFFEE MORNING FOR THOSE PATIENTS REGISTERED AT ABBEY MEDICAL CENTRE

7TH JUNE FROM 10AM - 12 NOON

Come along and meet Sahar for information, support and a friendly chat at Abbey Medical Centre, 1 Harpour Road, Barking IG11 8RJ

DAY TRIP TO FRINTON-ON-SEA

9TH JUNE 2022

Come and join us on Thursday 9th June for a trip to Frinton-on-Sea.

Frinton-on-Sea is a quiet family beach destination. A gently shelving sandy beach noted for its cleanliness and gentility, the area places special emphasis on relaxed family fun at the seaside. Enjoy walks along the extensive greensward or take a short walk into the town centre with its full range of shopping amenities.

Pick up at Becontree Leisure Centre at 8.30am and after at Romford YMCA at 9.00am. Leaving Frinton-on-Sea at 5.00pm

Cost is £13 per person (including children who must have a booster seat for the coach if they usually use one)

To secure your place please visit either Carers at 334 Heathway, Dagenham RM10 8NJ or Community Reach House, 32-34 High Street, Romford RM1 1HR to pay for your place(s).



MEMORY LANE JUBILEE COCKNEY THEMED PARTY

On Wednesday 8th June there will be a Jubilee Celebration in true cockney style, at Memory Lane exclusively for the clients that attend.

We will be keeping it cockney themed right down to the food treating clients to pie, mash and liquor and jellied eels. We also have the Pearly King and Queen coming.

If you would like your cared for to attend please let Ann know on **020 8595 6828**.

25TH JUNE 2022 10.00AM TO 2.00PM

Memory Lane will again be hosting one of their legendary fetes at 234a Porters Avenue, Dagenham RM8 2EQ. There will be a variety of stalls selling homemade cakes, toys, books and games, nearly new stall, tombola, raffle and other items.

You can treat yourself to a burger, hot dog, a nice cup of tea or coffee and a selection of cold drinks.

For more information contact Ann on **020 8595 6828**.

PEER SUPPORT GROUPS

TEA MORNING FOR ALL CARERS

Come and join Sabriye for our free Tea Morning open to all carers on the last Friday of every month at Parsloes Surgery, 370 Parsloes Avenue, Dagenham RM9 5QP

Time 10.00 – 11.30 am. Dates:

Friday 27th May 2022

Friday 29th July 2022

Friday 30th September 2022

Friday 24th June 2022

Friday 26th August 2022

Friday 28th October 2022

For more information speak to Sabriye on 020 8593 4422

FANCY A CUPPA AND A CHAT

Come along to our free Dementia Carers Coffee Morning on the **last Wednesday** of every month at **234a Porters Avenue, Dagenham RM8 2EQ. Time 10.00 – 11.30am**

You are welcome to bring your cared for, just let us know in advance by speaking to Maxine on 020 8593 4422 or Ann on 020 8595 6828 • **Dates:**

Wednesday 25th May 2022

Wednesday 27th July 2022

Wednesday 28th Sept 2022

Wednesday 29th June 2022

Wednesday 31st August 2022

Wednesday 26th Oct 2022

ABBEY MEDICAL CENTRE

For those registered at the Abbey Medical Centre, 1 Harpou Road, Barking Sahar will be there every Tuesday between 10am and 12 noon to answer your queries

DR GORIPARTHI'S SURGERY

For those registered at 370 Parsloes Avenue, Dagenham Sahar will be there every Thursday morning between 10am and 12 noon to answer your queries

LEARNING DISABILITY GROUP

Come and join Debbie for free refreshments for those who care for someone with a learning disability on the last Monday of every month at **234a Porters Avenue, Dagenham RM8 2EQ**

Time: 10am – 12 noon. Dates:

Monday 30th May 2022

Monday 22nd August 2022

Monday 28th Nov 2022

Monday 27th June 2022

(as the following Monday is a bank holiday)

Monday 19th Dec 2022

Monday 25th July 2022

Monday 26th Sept 2022

(the last Monday before Christmas break)

Monday 31st Oct 2022

If you can't attend in person visit Zoom. Meeting ID: 45480644783 • Password: LD2021

PARENT ADVISORY GROUP

The Parent Advisory Group will be held on the last Wednesday of the month at 334 Heathway, Dagenham RM10 8NJ with Azra. Come along for tea, coffee and biscuits. You can also join via Zoom.

Zoom Meeting ID: 96524984769 • Password: CWGTZoom • Time 10.00 – 12 noon. Dates:

Wednesday 25th May 2022

Wednesday 19th Oct 2022

Wednesday 29th June 2022

(earlier date due to school half term)

Wednesday 13th July 2022

NO GROUP IN AUGUST

Wednesday 30th Nov 2022

(earlier date due to school summer holidays)

Wednesday 28th Sept 2022

NO GROUP IN DECEMBER 2022



Safe space for LGBTQ+ Carers

Are you a carer? Do you care for a relative, friend or neighbour who has a long term illness, mental health, physical or learning disability, Dementia or Alzheimer's

At Carers Centre SA we are able to support you in your caring role if you live in Barking and Dagenham & Havering

THE FOLLOWING ORGANISATIONS ALSO PROVIDE SUPPORT:

LGBT Foundation: LGBT Foundation's helpline can be contacted on **0345 330 3030**.

Opening times: Weekdays – 9am until 9pm. Weekends - 10am until 6pm. The helpline can be e-mailed any time at **helpline@lgbt.foundation**. A full list of services can be found at **www.lgbt.foundation**

OTHER GROUPS, ORGANISATIONS & SERVICES

African Rainbow Family – support for LGBTIQ people of African Heritage

AKT - serving LGBT young people who are homeless, living in a hostile environment or in housing crisis.

Brighton & Hove Switchboard - a range of LGBT services and support

GALOP –provides support for domestic violence, sexual violence and hate crimes. Also runs National LGBT Domestic Abuse Helpline **0800 999 5428**

Hidayah - nationwide organisation for LGBTQI+ Muslims in the UK

Keshet – support for Jewish LGBT people and their families

LGBT Consortium – national infrastructure organisation of LGBT groups. The members directory links to national organisations and groups.

Mermaids – Support for gender-diverse children, young people, their families

National LGB&T Partnership - resources on LGBT Health Inequalities

Opening Doors London - services and support for older LGBT people

Pride in Ageing - launching quality assurance standard/social prescribing service to help adult social care services & housing providers support LGBT

Rainbow Migration- Supports LGBT people through the asylum and immigration system

Speak out with dementia- online peer support group for LGBTQ+ people living with a diagnosis of dementia:

Stonewall – LGBT rights charity who also have a 'What's in my Area' hub

Terrence Higgins Trust – Provides services and campaigns nationally in relation to sexual health and HIV.

Studio 3 Arts have a Be & Do group contact www.studio3arts.org.uk



SUMMER OF FESTIVALS IS BACK!

After what has been a difficult couple of years for us all, the Borough are proud to announce that this year sees the return of their fantastic Summer of Festivals programme!

This is a FREE programme of events across the borough which will include their big One Borough Festival, in partnership with and celebrating 20 years of Love Music Hate Racism. It'll also see the return of the Barking Folk Festival and of course, they will be celebrating the Queen's Platinum Jubilee with a packed four days of events over the June bank holiday weekend!

Get these dates in your diary because you won't want to miss any of them:

2-5 June	The Jubilee Weekender	Abbey Green and Abbey Ruins
2 June	Cockney Night and Beacon Lighting	Abbey Ruins
3 June	Barking Folk Festival	Abbey Green and Abbey Ruins
4 June	Jubilee Day	Abbey Green and Abbey Ruins
5 June	Youth Parade	Barking Park to Abbey Green
23-24 July	Summer of festivals Weekender	Parsloes Park
23 July	One Borough Festival	Parsloes Park
24 July	Roundhouse Music Festival	Parsloes Park
10 September	Steam and Cider Fair	Old Dagenham Park
6 November	Guy Fawkes Lantern Parade	Eastbury Manor House to Abbey Green
11-20 November	EFG London Jazz Festival	Borough Wide
3 December	Barking Mad About Christmas	Barking Town Square, Barking Market and Barking Learning Centre

STREETS APART

A brilliant new scheme is about to start across Barking, Dagenham, Havering and Redbridge that will encourage and support people over 65 to get walking. During lockdown, many of us saw our motivation and activity levels drop but as restrictions lift, now is the perfect time to set new goals and get out into the fresh air.

'Living Streets' Streets Apart project arranges weekly walks for over 65's of varying walking ability. For some, the project will simply help build the confidence to go to the local shops, while for others it will be enjoying social time while striding along, building physical resilience. Whatever level you are at, they can take you with them.



Each walk is about an hour and takes advantage of the green areas in each borough – but it is also flexible to discover new places, rather than fixed in the same location (as the group members wish).

FEATURES OF THEIR WALKING GROUPS ARE:

- Limit of 8 participants
- Running in neighbourhoods near where members live
- Focus on forging social contact and friendships, with cafe time at the end
- Led by trained walk leaders who are often over 65 too

For more information contact Tracey Chitnis on **07566 789456** or email tracey.chitnis@livingstreets.org.uk

You can also access them on Facebook: **Streets Apart Walking With Over 65's in Essex**

VOLUNTEER MINIBUS DRIVERS REQUIRED

DO YOU HAVE SOME TIME TO SPARE AND FEEL THAT YOU WOULD LIKE TO VOLUNTEER TO HELP OTHERS? Then please consider giving your time to us and join our team to provide a fabulous transport service for our clients with dementia/alzheimers.

The minibus service is completely dependent on the availability of volunteers and is a free service that is provided where possible for all those clients that attend Memory Lane Resource Centre In Porters Avenue.

To be a driver of the minibus you will need a D1 licence but all further training will be provided. Also minibus escorts are required.

Please call **020 8593 4422** and ask for Debbie Robinson or email debbie.robinson@carerscentre.org.uk



We are also seeking to recruit volunteers to support all services within the organisation



The severe disability premium (SDP) can be awarded in addition to any other premium that may be payable. To qualify: You must receive one of the following qualifying benefits which are:

ATTENDANCE ALLOWANCE (or Constant attendance allowance paid with industrial injuries disablement benefit or war pension);

DISABILITY LIVING ALLOWANCE care component at middle or high care rate;

PERSONAL INDEPENDENCE PAYMENT daily living component; or armed forces independence payment; and no one gets Carers Allowance for looking after you and you technically count as living alone.

COUPLES: You can qualify for SDP if: you and your partner get a qualifying benefit; and you technically count as living alone and no one gets Carers Allowance for looking after either of you; or someone gets Carers Allowance for looking after just one of you.

If your partner is certified by a consultant ophthalmologist as severely sight impaired or blind (or has ceased to be so certified in the past 28 weeks), you can still qualify for the SDP even if they do not get a qualifying benefit. You are treated as if you were a single person.

If you both get a qualifying benefit and no one gets Carers Allowance for looking after either you or your partner, your SDP will be £ 134.60 per week.

If you both get a qualifying benefit, and one person gets Carers Allowance for looking after you (or your partner) your SDP will be £67.30 per week.

If two people get Carer's Allowance for looking after you and your partner, you won't qualify for any SDP.

If Carers Allowance is not actually paid to your carer because of the 'overlapping benefits' rule you may be entitled to the SDP. In this case, your carer may also qualify for the carer premium.

If your carer stops being paid carer's allowance, but it is some time before the office administering your means-tested benefit becomes aware of the fact, arrears of the SDP can be paid from the date that the carer's allowance stopped.

ENERGY BILLS

Households across England are being urged to set up Direct Debits with their local council to receive a £150 council tax rebate that will help millions of families manage the rising cost of living.

People who pay council tax by direct debit, which is a safe, simple and quick way to pay will see the cash go directly into their bank accounts from April. Those who do not pay by direct debit will be contacted by their council and invited to make a claim.

Around 20 million households in council tax bands A to D- including 95% of rented properties are set to benefit from the £3 billion council tax rebate, which does not have to be repaid.

In October 2022 all households will receive a one-off repayable £200 discount off their energy bills, but then pay the discount back by £40 a year over five years from 2023.

An extra £144 million will also be given to councils to provide discretionary support to vulnerable households who may not qualify for the £150 council tax rebate. This includes people on low incomes in council tax bands E to H.

Councillors announced the launch of the first tranche of Community Hubs, to be rolled out across the borough to support residents and provide the help they need nearer to where they live, as Barking and Dagenham Council approved its budget proposals for 2022/23 at a full council meeting on Wednesday, 2 March.

As people face the biggest cost of living crisis in years, the new Hubs will provide a range of targeted support including money, benefits and debt advice, access to food and support, jobs and training, family and parenting support and help to support residents health and wellbeing.

The first three Community Hubs have opened at Marks Gate, William Bellamy and Sue Bramley, with more to follow, providing a network of hubs across the borough later this year.

PLANNING FOR TOMORROW FORUM



Two Forums were held at Dagenham and Redbridge Football Club and YMCA. We had guest speakers from Mullis & Peake, West & Coe, LBBD Housing, DWP and end of life care facilitator. The forums were funded by Carers Trust, The Hicks Charitable Trust and Porta Pia Foundation. Cadent Gas also supported those events and carers were given information on the benefits of joining the priority register with their energy suppliers. This is a free service which offers a free annual gas safety check, priority in the event of a power cut if you need power for medical equipment and many more supports.

A Big Thank You to all those who made this day a success.

VOLUNTEERING IS GOOD FOR YOUR HEALTH!

Volunteering can improve your self-esteem, reduce heart rates and blood pressure, enhance your immune system and buffer the impact of stress.

Parents of children with SEN often need someone to offer support at meetings with school or other educational professionals, someone to take notes, talk through things before and after a meeting. This helps them to take on board the important things they need to know about their child's education as well as get their own views across.

Our Independent Advice Support Service (IASS) need a volunteer who has some spare time, an interest in education and to be good at listening and seeing things through.

There is no regular time commitment - you get to decide how much time you can offer. Training is provided and some expenses paid - you won't be thrown in at the deep end or be out of pocket.

If you are interested or have any questions please call Dawn or Azra. We would be pleased to speak with you.

For more information, phone Carers Centre SA Ltd IASS on 020 8593 4422



The UK government has ended free coronavirus testing in England from April 1 as part of its “Living with Covid” plan.

Responding to the announcement, Carers Trust’s Executive Director of Policy and External Affairs, Joe Levenson, said:

“Carers Trust will be raising with the UK government the concerns we’re hearing from unpaid carers about the impact removing free Lateral Flow Tests (LFTs) will have on them and their families. Coronavirus hasn’t gone away, and as a society we still need to protect each other as we live with the virus.

Many unpaid carers support someone who was recognised as Clinically Extremely Vulnerable, and so need to test regularly. Unpaid carers also understandably want to know that people like paid care support workers who may need to come into their homes are testing negative too.

A Carers Trust survey highlighted the severe financial issues many unpaid carers are already facing, all as a result of being an unpaid carer. Piling the cost of LFTs on to the additional costs unpaid carers already face, simply isn’t fair on them, especially when their precarious financial position is being exacerbated by the cost of living crisis.”

Kirsty McHugh, Chief Executive of Carers Trust said:

“The end of free Covid testing from Friday will be devastating for millions of unpaid carers, who will now be concerned that they won’t be able to keep their family members and friends safe. Even before the growing cost of living crisis, many unpaid carers were having to cut back on food and borrow money to make ends meet, so paying for Covid tests simply won’t be an option for them. That’s why we are calling on the Government to urgently rethink and extend free Covid testing to unpaid carers, in line with the offer to health and care staff.”

Findings published in February 2022 from a Carers Trust survey of over 1,550 unpaid carers across the UK provide alarming evidence of a deep-rooted failure by successive governments to understand and meet the basic support needs of millions of people struggling to provide unpaid care for a family member or friend.

Headline findings include:

- 91% of unpaid family carers feel ignored by the Government.
- 84% of survey respondents disagreed, or disagreed strongly, with the statement ‘I have confidence in the Government’s ability to improve the lives of unpaid carers.’
- 49% of survey respondents said they’d had to use their personal savings because of their caring role.
- 51% of survey respondents said they’d had to give up on hobbies or personal interests because of their caring role.

HAVE YOU CHANGED ANY OF YOUR DETAILS?

Please can you let us know if you have changed your telephone number, your address if this has been forwarded on to you, your surname or any other details so we can keep our database up to date.

If you wish to be removed from our database/ mailing list please also let us know.

To contact us please call **020 8593 4422** or email **carers@carerscentre.org.uk**

SEND REVIEW GREEN PAPER CONSULTATIONS



The Department for Education (DfE) published the SEND and alternative provision green paper on Tuesday 29 March 2022. It sets out proposals for a system that offers children and young people the opportunity to thrive, with access to the right support, in the right place, and at the right time, so they can fulfil their potential and lead happy, healthy and productive adult lives.

IT PROPOSES TO DO THIS BY:

- creating a single, national SEND and alternative provision system
- providing excellent provision from early years to adulthood
- introducing a reformed and integrated role for alternative provision, for children who can't attend mainstream school, whether for behavioural, health or other needs
- reforming system roles, funding and accountability
- Digitising EHC Plans to reduce bureaucracy and support for parents to make informed choices via a list of appropriate placements tailored to their child's needs, meaning less time spent researching the right school

Consultation events are taking place to enable you to have your say on these proposals.

THESE CONSULTATION EVENTS WILL INCLUDE:

- A short overview of what the proposals in the SEND and AP green paper are
- An opportunity to ask DfE officials for points of clarification
- Workshops with parents, those working in education, health and care, and charities to discuss the consultation questions.

THE EVENT FOR LONDON IS TO BE HELD ON

Thursday 12 May 2022 – 10.00am to 3.30pm

Venue: Central location in London TBC

Or

Monday 23 May 2022 – 10.00am to 3.30pm – Virtual Zoom

To get more information about this and to register for the event go to

sendreview.campaign.gov.uk

You can also use this website to give your views at any other time convenient to you.

The deadline for the public consultation is 1st July 2022



Are you caring for someone living with Motor Neurone Disease?

How can the MND Association help you:

Helpline: MND Connect (Mon – Fri 9-5 and 7pm-10.30pm)

The MND Connect team offers information and support on all aspects of motor neurone disease (MND), including symptom control, practical management, improving quality of life, clinical research and signposting to other organisations. Calls can be from people with MND, their loved ones or anyone who may be looking for advice or guidance re MND. Call **0808 802 6262** or email **mndconnect@mndassociation.org**. If you need an interpreter to speak to them they can arrange this.

BENEFIT AND FINANCIAL ADVISORS

They can give you information on benefits and financial guidance. They also have skilled advisers who will give you independent advice and support and understand about MND. You can call them direct (0808 801 0620 Mon to Fri 9am to 5pm), email or contact via an online chat. If you need an interpreter to speak to them, this can be arranged.

SUPPORT GROUPS

- They have a number of support groups across London (mostly via zoom) including:
- carers only groups one in the evening and one in the day time both on zoom
- monthly group for people who are recently diagnosed
- Group for people affected by MND and carers in various parts of London.

Their groups are informal and friendly to give people an opportunity to meet others in a similar situation and share ideas.

Their website has a whole range of resources for people with MND including living with MND, speech and communication, eating and drinking; relationships and family, emotions, thinking and behaviour; mobility and financial support. If there is something specific you want to know, please feel free to call the MND Connect number. They can also post you information in different languages.

FINANCIAL GRANTS

They have a number of grants for people with a confirmed diagnosis of MND and their families. They are also looking for volunteers to support people living with MND and their family carers.

If you would like more information on their services, the links to their groups or volunteering please contact: **Alli Anthony (she/her)**

Area Support Coordinator for East and North London, Motor Neurone Disease Association

Tel: **01604 800612** • **alli.anthony@mndassociation.org** • **www.mndassociation.org**

THANK YOU!

Barking & Dagenham Young Carers would like to thank the following Schools & Organisations for their support:

Carers Trust
Jack Petchey Foundation
London Borough of Barking & Dagenham
LanKelly Chase
Museum of London Archaeology (MOLA)
Valence House Museum
St Lukes Primary School
Jo Richardson Community School



O.S.H

O.S.H. (which stands for Our Second Home) is our Young Carers Sub Group and they are the decision makers of the project. If you want to get involved please get in touch for details of the monthly meetings.

Museum of London Archaeology

The Young Carers are often offered an activity that they had never thought of doing before.

In the past they have been up in a glider plane, this time they were given the chance to get involved with a local archaeological dig at Valence House Museum.

Over 3 days, 16 young people took part, supervised by some of the amazing staff at MOLA who took time to explain to them what was going on and the importance of finding artefacts.

They visited the museum to see some things that had been found in the borough, before having a go themselves to see if they could find anything of interest.

Although this was just a taster, a spark seems to have been ignited in some of the young people who took part.

How to Contact Us

Phone: 020 8593 4422 / 07951 790058
Email: carers@carerscentre.org.uk
Website: www.youngcarerscentre.org.uk
Facebook: BD YC Young Carers
Twitter: @BandDCarers

Boredom Busters

Here are a few websites to visit if you are looking to try something new:

Jack Petchey Foundation, aged 11+
Studio 3 Arts
Greenshoes Arts

Young Adult Carers (YAC) Social Group—15+

We are excited to let you know that this group have been given funding from the Jack Petchey Foundation's -Reignite Fund.

This will allow us to offer more activities for this age group and give you more freedom to plan the sessions.

This group meets on the last Friday of the month and we are looking for more of you to get involved and do something fun!

In February, we went to the National Gallery in Trafalgar Square, this is open late on Fridays and despite trouble on the underground was a very enjoyable trip. They have some of the most well know art work for example—Van Gogh's Sunflowers & Monet's Water Lilies.



We want to be able to do things that you are interested in, start a new hobby or provide you with skills & interests that could lead on to bigger & better things!!

This will not happen if you don't get involved—this will all be advertised on the activity form so give it a go, what have you got to lose?

WE ARE LOOKING FOR VOLUNTEERS....

Covid has had a HUGE impact on Young Carers Mental Health & we need your HELP to get them back out having fun and the break they deserve

- * Are you 18+, reliable, fun and willing to help in your community? *
- Do you want to get some experience of working with children aged 8-19? *Do you want to be a role model to young people? *
- *Are you free after school, weekends & school holidays? *
- *Would you like to help out with a local charity? *
- *Are you a driver/car owner? *

If the answer is YES to these questions then we need you to get in touch so that we can tell you more....Please contact Carron on 07951790058 or carron.cumberbatch@carerscentre.org.uk

We run lots of fun activities to give our Young Carers a break from their everyday lives.

Full training given, car mileage & business insurance will be covered

Eco Garden

St Lukes Primary School in Canning Town kindly allowed the Young Carers to pay a visit to their Eco Garden.

The pupils are learning all about recycling, looking after the wildlife which in turn helps to keep the garden thriving.

During the visit they had a go at building a shelter which was tested with a shower of water, built some mini beast shelters and helped to get the beds ready for planting.

Ideas have been collected to try out in the Young Carers space at the office!



Upcoming Activities

We hope that you have had a chance to join in with an activity and if we are not doing things that appeal to you, remember that we want to hear your suggestions and ideas.

With that in mind, these are some of the activities we are hoping to do:

**PROM PARTY
WEST END THEATRE
STUBBERS ACTIVITY DAYS**

Looking forward to making more memories!

Lankelly Chase Funding

In June 2021 we were given some funding for the Young Carers to plan the kind of activities that they would like do. They had to take the lead on this and complete as much as possible with a little help from the adults.

This was definitely a job for our Sub Group (O.S.H) who grabbed the chance to be in charge! From the start the plan was that they would like to go on a residential. Lambourne End or Stubbers were a couple of the places that they considered but in the end they settled on Kingswood in Kent.

Decision made they worked out the best date and how many Young Carers would be able to benefit from a night away.

During the Easter holidays 44 young people took off for 2 fun filled days. They enjoyed zip wire, mini Olympics and all sorts of exciting activities, and best of all the weather was wonderfully sunny & warm!!

While most of the OSH group were happy to attend the residential, some of them did not want to be away from home. It was decided that another activity would be planned so that those who had given their time to plan the residential would also be able to benefit from this funding.

In November, 18 Young Carers, which included most of the OSH group, travelled to Basildon to take part in 3 different Escape Room adventures. Once completed they were then able to get together and celebrate their achievements with an all you can eat buffet.

This has been an amazing experience for the group, they have learned to listen to each other and work together to make sure that everyone gets their say.



Don't forget about our tutoring sessions!
Look out for the dates on the activity form.

Boost Your Brain
10 Ways we can HELP

CARERS'HUB

1. Includes educating/support by an experienced fully trained teacher - this would cost around £50 per hour if you purchased it yourself! 🙋
2. Support with completing home work that you find difficult/or just want a quiet place 🙋
3. Help with completing course work ✍️
4. Debates - on topics of young peoples choice, this can include current events, social media, films, music, books - the list is endless. 🗣️
5. Educational quizzes to get you thinking on how to solve problems 📖
6. Reading - silent or discussing a great book 📖
7. Talk to us if you or your child needs a specific area of help, we can tailor it to give them the support they require. 🙋
8. Referring to other agencies to assist you to become your best self 🙋
9. Help with school meetings to ensure young carers are identified and offered all the help they need in school to achieve in the same way as their non caring peers. 🙋
10. REWARDS - we want to celebrate your successes with you. If Boost Your Brain helps you, let us help you show it off on our new Wall of Winners - for those who try their hardest to become their best selves you get your names on the wall and a priority invite to the next top activity 🙋

♥️ **Voucher rewards for those that attend regularly** ♥️

WALL OF WINNERS PIC•COLLAGE

It's Good to Talk

Along with one to one support from the Young Carers Team you can also use the following links to discuss how you are feeling, in a confidential way.



Kooth is free, safe and anonymous online support for young people - www.kooth.com



You can contact Childline online - www.childline.org.uk by phone - 0800 1111

JACK PETCHEY AWARDS

DON'T FORGET you can nominate a Young Carer or member of staff for a Jack Petchey Award by filling in the section on your evaluation form after an activity.

Alternatively, you can nominate at the next O.S.H session!

When another young carer makes you feel important & valued, we want to hear about it.

Young Carers are young people who live in a family where someone is affected by a long term illness, disability, mental health condition, alcohol or substance misuse or HIV. The Young Carers Service supports young carers aged 8–19

Barking & Dagenham

Young Carers Newsletter



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Young Carers Action Day

Wednesday 16th March saw the annual Young Carers Action Day where Young Carers around the country take action to raise awareness of issues that are important to them and to help identify hidden Young Carers. Two of the Young Carers in Jo Richardson 6th Form along with some of their classmates chose the organisation for their work with the First Give charity which inspires young people to make a positive impact in their area. As a result YCAD saw the culmination of all their hard work. A tombola was set up to raise funds which were kindly donated to the Young Carers Project, also information was available to support any of the pupils who might be one of those hidden Young Carers. A big Thank You to all the pupils & staff who helped to make this happen.

While all this was going on a visit was made to Henry Green Primary School where all the pupils attended special assemblies to find out more about being a Young Carer. The staff had been selling yellow ribbons leading up to the day and the parents at the coffee morning also had a chance to ask questions and to find out more about the support on offer.

Staff in the organisation also played their part to raise awareness by wearing something yellow!



Youth Parade

The eighth annual Youth Parade celebrating inspirational young people in Barking & Dagenham will take place as part of the Jubilee weekend celebrations in June and is something that the Young Carers look forward to attending.

The Young Carers have participated in the parade every year and have enjoyed getting involved with the fun, free activities that are on offer once the parade has been completed.

This year the parade will be from Barking Park to Abbey Green where the activities will take place along with entertainment from some of the other groups who have taken part in the parade.

This is always a good opportunity to connect with other youth groups and to find out about other great activities on offer in the borough.

Join us for this extra special celebration!