



SEASONS GREETINGS TO ALL OUR CARERS AND THEIR FAMILIES

Please see inside for all the activities leading up to Christmas and beyond together with informative articles



A BIG THANK YOU!

A big thank you to all our funders and those who have supported us, including three of our volunteers who raised funds for Memory Lane, Simone by doing a tandem skydive and Bob and Josie who did an indoor skydive.



CHRISTMAS OPENING TIMES:

FRIDAY 23RD DEC: CLOSE AT 1PM

WEDNESDAY 28TH: 9AM-11AM

MONDAY 26TH DEC: CLOSED

THURSDAY 29TH: 9AM-11AM

TUESDAY 27TH DEC: CLOSED

FRIDAY 30TH: 9AM-11AM

MONDAY 2ND JAN 2023: CLOSED

Emergency Contact Numbers

NHS: 111

Medical Emergency: 999

SANE: 0300 304 7000

Samaritans: 116 123

Adult social Care: 0208 227 2915

Children's Social Services:
0208 227 3811

COME ALONG TO OUR
**CHRISTMAS
BAZAAR**

SAT 12 NOV 2022

10am - 2pm

THE MEMORY LANE DAY CENTRE

234a PORTERS AVE

DAGENHAM RM8 2EQ



**CARERS
CHRISTMAS TRIP
TO KINGSTON
CHRISTMAS
MARKET**

SAT 3RD DECEMBER 2022

Departing Becontree Leisure Centre @ 8.30am

and then the YMCA Romford @ 9am

Leaving Kingston @ 5pm



£13.00 PER SEAT

PLEASE BOOK
YOUR PLACE BY
PHONING US ON
0208 593 4422



COME AND CELEBRATE WITH US ON
THURSDAY 15TH DECEMBER 2022

12PM-3PM

Carers Christmas Party

at

DAGENHAM & REDBRIDGE FC,

VICTORIA ROAD, RM10 7XL

Buffet Lunch/ Music/ Dancing

PLEASE CALL THE OFFICE TO BOOK YOUR PLACE:

0208 593 4422



Young Carers, Parent
Carers and their families
are invited to come to our

FAMILY CHRISTMAS PARTY

Light Buffet/DJ

Thursday 15th December 2022

5.30-8PM

Dagenham & Redbridge FC,

Victoria Road, RM10 7XL

Places are limited, so
please ring to book on

0208 593 4422

don't forget your dancing shoes!



Peer Support Groups for all our valued unpaid Carers hosted by a member of our team.

Most sessions are face to face with options to join via Zoom available. For further information or help to join please call us on: 0208 593 4422 or email carers@carerscentre.org.uk

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 Upstairs Surgery,
370 Parsloes Avenue,
Dagenham RM9 5QP.**

Time 10.00 – 11.30 am

**27th January 2023
24th February
31st March
28th April • 26th May
30th June • 28th July**

For more information speak to Sabriye on 020 8593 4422

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

**234a Porters Avenue,
Dagenham RM8 2EQ**

Time 10.00 – 12 noon

**28th Nov 2022 • 19th Dec 2022
23rd January 2023
20th February
27th March • 24th April
22nd May • 26th June**

For more information speak to Debbie on 020 8593 4422

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. **Time 10-11am**

30th Nov 2022

NO GROUP IN DECEMBER

**Wed 18th January
(earlier than usual)**

Wed 22nd February

Wed 29th March • Wed 26th April

Wed 24th May • Wed 28th June

Wed 12th July

(earlier than usual due to school holidays)

NO GROUP IN AUGUST

**You can also join via Zoom
Please contact Azra if you wish to
join via Zoom on 020 8593 4422**



zoom

DR GORIPARTHI'S SURGERY

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

Starting 13th October 2022

Arabic/BAME Support Group

This group will be held on the third Tuesday of every month between 12 noon and 2.00pm.

Please call Sahar on 020 8593 4422 to confirm meeting venue.

ABBEY MEDICAL CENTRE

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

Starting 18th October 2022

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

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

Time 10.30 – 12.00 noon

30th November 2022 • 21st December

25th January 2023 • 22nd February

29th March • 26th April

31st May • 28th June • 26th July

CARERS RIGHTS DAY 24TH NOVEMBER 2022

Whether you are a new carer or have been caring for someone for a while, it's important that you understand your rights and are able to access the support that is available to you as soon as you need it. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. Each year, Carers Rights Day helps:

- ENSURE CARERS ARE AWARE OF THEIR RIGHTS
- LET CARERS KNOW WHERE TO GET HELP AND SUPPORT
- RAISE AWARENESS OF THE NEEDS OF CARERS.

We are holding a drop in session at **334 Heathway** between **10am and 2.00pm**. You can also contact us by phone on **020 8593 4422**.

If it is more convenient we will also be on Zoom Meeting

Meeting ID: 892 6541 0100 **Passcode:** 181788



Are you a Carer? Do you look after a friend or relative who depends on you for care and support?

Carers Centre SA Ltd
presents

Wellbeing & Money Management Forum

ON
Thursday 26th January
10AM - 2PM

(Light sandwich lunch will be provided)

AT

Dagenham & Redbridge FC,
Victoria Rd, RM10 7XL
Everyone is Welcome
Just Come Along



For more information please call **0208 593 4422**
(Please inform us of any access or dietary requirements)

NOTICE TO ATTENDEES OF TRAINING, PARTIES, COMMUNITY NETWORKING AND ANY OTHER EVENT PUT ON OR PARTICIPATED IN BY CARERS CENTRE SA LTD

Please note we shall be taking photos at any of our events and your image may be used in the following way:

- On our website
- On our Facebook, Twitter feed or Instagram
- In our newsletter
 - At an event or as part of a presentation
 - To demonstrate to our funders a successful event
 - As part of a bid for further funding

Should you not wish your image to be used for any of the above please discuss with a member of staff who will ensure your privacy is respected

TOP UP YOUR IMMUNITY THIS WINTER

Vaccines are the best protection we have against dangerous viruses like flu and COVID-19. Find out if you are eligible for these two essential vaccines now at:

- www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine
- and
- www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/how-to-get-a-coronavirus-vaccine/how-to-get-a-booster-dose/

ADULTS AGED 65 OR OVER AND THE PNEUMOCOCCAL VACCINE

If you are aged 65 or over, you should be offered a type of pneumococcal vaccine known as the pneumococcal polysaccharide vaccine (PSV). This one off vaccination is very effective at protecting you against serious forms of pneumococcal infection.

This vaccination is also available to people under 65 who are at a higher risk of developing a pneumococcal infection than the general population. This is generally the same people who are eligible for the annual flu vaccination.

URGENT REMINDER TO ALL PARENTS/CARERS

The NHS is inviting children aged 1 to 9 in your borough to receive a vaccine against polio.

Traces of the polio virus have been found in sewage in some London boroughs – the vaccine will boost your child's protection.

For some children this will be an additional booster dose if they are already up to date with their routine vaccinations, in others who are not up to date it will be a catch-up dose.

SYMPTOMS AND RISK

Polio mainly affects children under 5 years of age. However, anyone of any age who is unvaccinated can contract the disease. There is no cure for polio, it can only be prevented. Polio vaccine, given multiple times, can protect a child for life.

Polio is a highly infectious disease caused by a virus. It invades the nervous system and can cause paralysis in a matter of hours. One in 200 infections leads to irreversible paralysis (usually in the legs).

Among those paralysed, 5-10% will die when their breathing muscles become immobilised.

WHAT YOU SHOULD DO NOW

Parents are being contacted by GP practices to book an appointment.

You can also get a polio vaccine for your child now

visit <https://northeastlondon.icb.nhs.uk/your-health/polio-booster-vaccination>

to find out more

The NHS is encouraging everyone in the community to protect their children.

Evening and weekend GP appointments

GP practices across north east London are changing the way they provide evening and weekend appointments to ensure patients can get help more easily when they need it.

From 1 October patients in north east London will be able to book routine appointments, including for things such as vaccinations, health checks, and cancer screening, on weekday evenings from 6.30pm to 8pm and on Saturdays from 9am to 5pm. These routine appointments can be booked via your GP practice in the usual way on the phone or online and will either take place at your local surgery or at a nearby NHS site in your local area.

In addition to this, GP Access Hubs will continue to offer access to urgent appointments on weekday evenings between 6.30pm and 10pm (8pm in Hackney and City of London), and on weekends and bank holidays from 8am to 8pm. You can book these urgent appointments by calling your own GP practice as usual during working hours or by calling 111 out of hours. If you live in Barking and Dagenham, Havering or Redbridge, you can also book by calling the GP hubs booking hotline on 020 3770 1888.

Find out more here:

<https://www.northeastlondonhcp.nhs.uk/elhcp-news/evening-and-weekend-appointments-across-north-east-london/621012>

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH SERVICES. INFORMATION FOR PARENTS AND CARERS

If you are worried about a child or need advice and support for coping with anything affecting your child's mental health or wellbeing, there are different ways to seek support.

There is a difference between feeling a bit low from time to time and a serious emotional health problem. If your child is feeling unhappy and low for a long period of time, or if you have any other serious concerns about your child or young person, it's time to seek more professional help.

Any professional working with children and young people should know what to do. For instance your GP, a teacher, school nurse or SENCO, health visitor or children's centre

Online sources of support

www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/

Here you can find information on anxiety and/or depression in children and young people, coping with teenage aggression, exam stress and ways of talking to your teenager to try to find out what is bothering them.

Young Minds

Young Minds offers free and confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25.

- Call the free parents helpline on **0808 802 5544** from 9.30 am – 4.00pm Monday to Friday
- emails can be sent via the website
- the charity also has information for parents and carers about mental health.

Visit www.youngminds.org.uk/parent

Learning Disabilities & Hospital Admissions/Visits

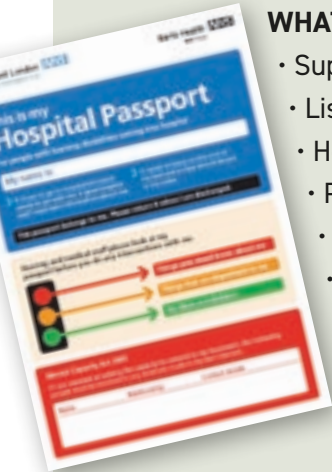
Barking, Havering and Redbridge University Hospitals NHS Trust supports patients with Learning Disabilities and/or Autism and their care networks, before, during and after their hospital visit or appointment.

THEIR AIM

To work with staff at their hospitals to support the delivery of safe and equitable healthcare for patients with learning disabilities

WHAT THEY DO

- Support patients with learning disabilities during hospital visits or stays
- Listen to, respect, and involve families and carers
- Help patients with learning disabilities understand their healthcare and treatment
- Promote the use of Hospital Passports (see below)
- Ensure learning disability alerts are in place
- Ensure hospital staff are aware of the individual needs of patients with learning disabilities
- Check consent and mental capacity issues are considered
- Check reasonable adjustments are made
- Provide learning disability awareness training to hospital staff
- Promote the use of easy-read information and Hospital Communication Books



The Hospital Passport has been designed for use with people with learning disabilities in hospital, but can be used for other people and other situations. The use of the passport is important for identifying possible problems quickly. Patient and Carers should complete the passport and share the information with the health professional. This information can then be shared with each health professional in the Hospital.

The Passport can be downloaded by visiting:

<https://www.bhrhospitals.nhs.uk/adults-with-learning-disabilities/>

For more information email Bhrut.learningdisabilitiesteam@nhs.net or call the Learning Disability and Autism Team on **01708 435000** extension **5719**

DEMENTIA SERVICE

JOHN'S CAMPAIGN

BHR HospitalsTrust supports John's Campaign which gives carers of people with dementia the right to stay with them in hospital outside of visiting hours to offer extra support and make them feel more at ease. The flexible visiting hours can be extended to support an overnight stay. Their staff will discuss with the family/carer(s) of patients with dementia if they feel it would be beneficial to visit outside normal visiting hours to provide support and/or direct care for a loved one.

A Carer's Passport, which is a small card that identifies those family/carer(s) who are supported to visit the ward outside normal visiting times, is available. Their staff will support family/carer(s) to complete a Carer Support Plan.

Also 'This is Me' is a simple form, completed by a relative/carer for anyone receiving care in the hospital who is living with dementia. This form provides information about the person at the time the document is completed. It can help their staff to get to know the person better.

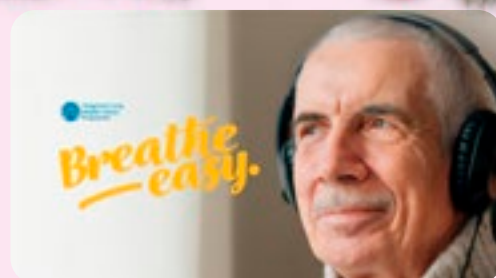
For further information contact the Dementia Team on **01708 435 000** extension **6747** or **5833** Monday to Friday 9am to 5pm, or email bhrut.pals@nhs.net





Breathe Easy – Free Lung Checks Are Coming, Look Out For Your Invitation

If you are between the ages of 55 and 74, are a smoker or have been a smoker, and live in Barking and Dagenham you will receive an invitation letter for a free check of your lungs.



WHAT IS A LUNG HEALTH CHECK?

A Lung Health Check is a free MOT of the lungs. It finds out how well your lungs are working and aims to rule out any serious conditions. Often, early problems with the lungs do not cause any symptoms; therefore, it is important to attend even if you are fit and healthy.



Most of the time nothing is found, but if there are any problems with how your lungs are working, such as cancer, finding out early can make treatment simpler and more successful. The outcome of treatment for lung cancer is much better when the cancer is diagnosed at an early stage.

A Lung Health Check also aims to promote healthier lifestyles with advice about stopping smoking

What happens at a Lung Health Check?

There are two main stages to a Lung Health Check appointment. The first is an assessment with a health professional and the second, if you are eligible, is a CT scan of the lungs.

What is involved in having a lung scan?

A computerised tomography (CT) scan uses X-rays and a computer to create detailed images of your lungs to check for the early signs of lung cancer. The appointment will last approximately 30 minutes. The CT scan will take place in a mobile unit.

WHAT HAPPENS AFTER YOUR LUNG HEALTH CHECK?

There are three possible results from your Lung Health Check and CT scan:

- No problems found– the nurse may find nothing further to investigate. If appropriate, you will be invited to another appointment in 2 years' time (if you are still between the ages of 55 and 74). We will write to you and your GP to explain this.
- Referral to your GP– if problems with your breathing or lung health are found, you might be referred to your GP. We will write to your GP (and you) so they know about the appointment and any recommended follow up that is needed.
- Further tests – if you have a CT scan and your scan results come back with signs of anything concerning, you will be contacted and referred for further tests and possible treatment. We will write to your GP so that they know about the appointment and the results.

NEED MORE INFORMATION?

After you get your invitation letter, if you have any questions that are not answered on these pages or in the patient information booklet sent with your letter, please email nelondon.lungcheck@nhs.net

Each year Asda's Charity, the Asda Foundation invests one million pounds into local communities through Green Token Giving.

The in store Green Token Giving activity is paused due to Covid restrictions but you can still vote on line. Carers Centre SA Ltd are fortunate to have been nominated by Asda Chadwell Heath with donations going towards supporting young carers. We would be most grateful if you could support us.

Please visit www.asda.com/green-tokens and choose the Chadwell Heath store to cast your vote.



HELPING HAND FOR FOOD POVERTY

MORRISONS

Kids can eat for Free at Morrison Cafes – they must be under 16 years old and the parent must buy a meal worth £4.99 or more to get this. The kid's meal will come with a piece of fruit and a Tropicana drink – orange, apple juice or a bottle of water. The free kid's meal must be one from the kid's menu.

ICELAND

This store has announced a number of help schemes for struggling shoppers:

In September it was running the free £30 vouchers for pensioners but this is now closed at present. Look out for further offers.

They are also offering a food loan up to £75 which will allow a person to get this amount of food with the agreement that the money will be paid back at a minimum rate of £10 weekly.

This is operated by charity owned lender Fair For You. These loans can be accessed through the Iceland Food Club.

If you join their website they are offering different support on a weekly basis and one of these is to purchase 3 items for £10. Visit <https://www.iceland.co.uk>

ASDA

This supermarket has launched its essential range which is to help people on a budget. It has over 300 products in this range. The products are to keep grocery bills low but also provide healthy and nutritious food. All essential food items are identified in yellow and white packing and the money that can be saved on a weekly shop can be nearly two thirds of the cost. They do however have restrictions on the number of each item of a product you can purchase and this is 3.

OTHER SUPERMARKETS OFFERING SIMILAR TO THIS ARE:

Morrisons – Saver range • Sainsbury's - Basic range • Tesco's – Value Range

TOO GOOD TO GO

This is a downloading app through either **Google Play** or **App Store**. Visit toogoodtogo.co.uk. It tells you of shops and restaurants that have food available at discount prices that will be no good for their next day usage and therefore they offer this at discounted costs – these include Greggs, Harvester and many more.

KARMA

This is another food app through either Google Play or App Store that enables users to rescue fresh food from restaurants, bakeries, cafes and even wholesalers that would otherwise be thrown away. This app allows you to see what food is available rather than just getting a surprise selection.

COMMUNITY FOOD CLUBS

For a payment of £10 per month or £3.50 every time you go to the Club you can actually get £20 worth of groceries each week. Membership for this is limited to one person per household and it allows a person to go there once a week. This scheme also offers 'Seed to Plate' which allows you to take part in free gardening to grow your own and cooking workshops. You must live in the following wards to access this service: Heath and Eastbrook, Chadwell Heath, Whalebone and Alibon. Further information can be found on our website. www.carerscentre.org.uk

FOOD BANKS

For the most up to date information on Food Banks please look at our website: www.carerscentre.org.uk Or call **0208 593 4422** – some of these will need us to refer a person to them to get the food parcel.



DEBT ADVICE AND GRANTS

that may be able to help with bills and costs

BRITISH GAS ENERGY TRUST provides grants to households in need, no matter which energy company they are with. It's worth noting that many utility suppliers have funds or independent trusts to help their customers, so it is always worth checking what is available to you.

FRIENDS OF THE ELDERLY provides support to older people living on lower incomes. Funding is available towards utility bills, household essentials, funeral costs, essential living costs and more. Please note this fund requires the individual to apply through a referral agent such as housing associations, charities', social workers and others.

THE SMALLWOOD TRUST makes grants for women in need in the UK. Support can be given to housing related debt such as rent or mortgage arrears, council tax arrears, utility arrears (e.g. gas, electric, water) and heating fuel.

YOUNG LIVES VS CANCER provides financial support to families of young people with cancer for a range of needs including help with increasing household bills and essential items, food, travel to hospital and so on. The charity has also been providing grants through its winter emergency grant scheme in response to the cost of living crisis. This scheme offers emergency payments towards the cost of energy bills, heating costs, clothes and so on.

LOCAL WELFARE ASSISTANCE. Your local council may be able to provide financial or other types of support if you are experiencing a crisis.

Many local councils also offer emergency grants or payments for residents experiencing a crisis. The type of support will vary depending on where you live, and different councils will call their schemes different things.

STEP CHANGE. Step Change Charity helps millions deal with debts. When you go to their website you can take their 60-second debt test. Visit www.stepchange.org.uk or call **0800 138 1111**.

NATIONAL DEBTLINE offers free debt advice online through its digital advice tool and its web guides, fact sheets and sample letters. Visit www.tools.nationaldebtline.org/dat-reg

MONEY ADVISER NETWORK. The Money Adviser Network offers free debt advice backed by MoneyHelper. Provide your contact details in confidence and they will connect you with a qualified and regulated money advice provider so you can get back on track. Visit <https://adviser.moneyhelper.org.uk>

PAYPLAN. PayPlan's online debt solution tool, PlanFinder, can give you a personalised debt solution in as little as 15 minutes. They also offer free live chat and email support for immediate help. Their online advice tool has helped over 1.7m people. Create a budget and get a personal action plan with practical next steps. Get free help from the UK's leading debt charity. Visit www.payplan.com or call **0800 280 2816**.

YOUTH LEGAL AND RESOURCE CENTRE. Visit <https://www.youthlegal.org.uk> or call **020 3195 1906**

FINANCIAL WELLNESS GROUP. Financial Wellness Group provides free advice and solutions for people struggling with money, debt and budgeting. We have 27+ years experience supporting people to find a route to become debt free. Visit www.financialwellnessgroup.co.uk or call **0161 804 5464**

DEBT ADVICE FOUNDATION. Debt Advice Foundation is a national debt advice and education charity offering free, confidential support and advice to anyone worried about debt. Visit www.debtadvicefoundation.org or call **0800 043 4050**





JUST SAY BARKING & DAGENHAM

It has been a busy time for us on the Just Say Parent Carer Forum's Steering Group (SG). We are now in partnership with the Sycamore Trust UK, who help us manage our finances. Here are Donna and Jaime (Just Say Co-chairs) either side of Chris Gillbanks CEO of Sycamore Trust.

We have been updating our Constitution and policies as well as creating a new website - so please do visit it at **www.justsayforum.online**

We have continued having our monthly meetings with the council's Head of SEND Nadia McGarry who updates us with all the structural and organisational changes in her department and lets us know about new staff coming into post.

We have been participating in the **Autism in Schools** project funded by health which aims to support our children & young people with autism in schools through learning and sharing good practice across the borough. We are part of a network of other London Forums. We will be sharing details of this work with you later in the year.

Our Conference back in March at the Football Club was a huge success and it was great to see our forum members and stakeholders come together again. One parent told us **"It was wonderful to meet again after a 2-year gap- it is important to take on board everyone's point of view and get their answers. There needs to be collaboration."**

We couldn't agree more! We are restarting our regular open forum meetings (first one last month in October). We would love to hear what is important to you for your family, that way we can talk to our colleagues about how to improve things.

And we will start planning for our March 2023 JUST SAY Conference. All dates will be posted on our **FACEBOOK** group and on the website. If you join us as a member you will get a text messages too. Contact us on **07936 851198** or email **justsaybdforum@gmail.com**

We would love to hear from you. Warm wishes Donna, Jaime, Rebecca, Emma & Mmatz (JUST SAY SG).



VOLUNTEERING MATTERS

Getting Together Matters

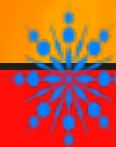
AUTUMN SOCIAL ACTIVITIES FOR THE OVER 50'S

Getting Together matters are offering online, phone and post activities for the over 50's. They offer quizzes, various exercise regimes, bridge, singing, stories, cooking and creative writing.

All activities are free. If you would like to get onto classes via video link (zoom) but don't know where to start, get in touch with their team to book places, get links or numbers for the activities.

Call Freephone **0808 196 6831** or email **gtm@volunteeringmatters.org.uk**

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



Go Beyond Residential Break

The start of the summer holidays saw 16 Young Carers from both Barking & Dagenham and Thurrock along with Ronda & Jo going off for a week in Derbyshire with the Go Beyond Charity. We have been doing these amazing residential breaks for many years but, this was the first time we had been back since the Pandemic, we were all a little nervous on what to expect!!

Harrison kindly agreed to give us an insight into the week.

Were you a bit worried about going and if so how did we or your parents help you overcome that?

Yes, I was worried but my parents talked to me a lot about it and all the good things we would do and all of the activities so, that helped.

What type of activities did you do while you were there?

Swimming, climbing, caving, trampolining, baking, cooking, movies and going in a river!

What was the food and accommodation like?

The food was good, we got to make our own pizza and cupcakes and chose what we had in our wraps and, the breakfasts were great. The house was good because we had lots of things to do when we had free time.

Did you make friends with the other Young Carers on the break?

Yes, lots of them.

Were our staff and the Go Beyond Team helpful to you while you were there and on the journeys there and back?

Yes they were, they always had time to talk to us and help us and were there for us.

What would you say to other Young Carers who might want to go in the future?

It's very good and I think everybody would enjoy it, if you are unsure just go for it as it was great. Even if you are worried about missing your parents you won't but, you can always call and talk to them.



Young Carers Action Day

March 16th 2023 is the date for the next Young Carers Action Day, when young people all over the country help to raise awareness of Young Carer issues.

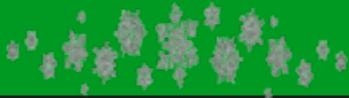
There are many ways to do this, having a non uniform day in school, or holding an assembly, or even talking to your teacher or class about being a Young Carer.

Plans are being made to make the next YCAD as big as possible by joining with CU London who have several campuses around the country and work with other Young Carer Projects.

The hope is that Barking & Dagenham and Thurrock Young Carers Projects will take a group up to Coventry and meet up with other groups to have a takeover of the university!

We have participated in many fun activities with CU London and this will be the biggest one yet. We want to be able to shout about all the good work Young Carers do, not just with supporting their loved ones but with supporting each other and the action day will be a good way to do this.

Local papers, news and media will hopefully get involved with this to make it the best Young Carers Action Day yet!!



Meet our new Sessional Worker



Hi my name is Patrick, I am a volunteer for St Johns Ambulance and also work as a Family Support Worker within LBB.

I have two grown up daughters. I love sports, especially football. I enjoy

working and supporting young people and families.

I'm looking forward to meeting you all.

Calling All 15+ Young Carers!!!

Are you aged between 15-25? Do you want to attend a monthly fun social evening? Then why not get involved with the Young Adult Carers (YAC) group?!

We meet on the last Friday of each month and do something different each time. You also get your say about the activities that happen so why not come and find out more?!

If you are interested please call 020 8593 4422 or text / Whatsapp 07951790058 and ask to speak to Carron.

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

Boost Your Brain
10 Ways we can HELP

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-COTTAGE

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.

You might care for someone you love

Or you don't fit into the above

Underneath the surface

None of us are perfect, but we're

Good at being brave

Carers are Super Heroes without capes

And what's behind the drapes is not very

Relatable for other people

Even though we are equal

Relating to a Young Carer is rare

So be aware of the people who care

By Nina, aged 12.

Young Carers Festival

A lot of you have asked for another Festival Day like we had in 2021. This means that we will have to do some fundraising but if all goes well we hope to make it an overnight festival!!

The O.S.H. group will start the fundraising with a stall at the Memory Lane Fete on 12th November 2022. They will be making friendship bracelets to sell and hosting activities to help boost the funds which will all go towards the festival.

Let us know if you have some ideas on fundraising or know of anyone who would like to fundraise for us!

Meet our new Sessional Worker

Hello, my name is Farhana and I have worked with young children for more than 6 years.

Working with children is a passion of mine and I enjoy helping them discover what they can do and helping them learn new skills.

It is very rewarding watching the children grow and become confident, resilient and ready for the next step in their education.



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

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:

**YOUNG CARERS FESTIVAL
ESCAPE ROOM
LASER QUEST
HORSE RIDING**

Looking forward to making more memories!

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
Go Beyond Charity
Greenshoes Arts
Coventry University London



Well done to our recent Jack Petchey Achievement Award winners:

Chazelle
Abdul
Ryan
Tabitha
Bethany
Zias

There will be an Award winners evening soon where you can pick up your Medallion!

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
Instagram: @bdandthurrockyoungcarers

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.

Prom Party

Every year we have a Prom Party to celebrate the end of the school year and to welcome in the start of the summer holiday.

We can only have limited numbers for the party and some of the Young Carers have asked that we make it bigger! Here is your chance to get involved with the planning and to put your ideas across!

Come along to one of the O.S.H sessions or talk to one of the regular members and lets see if we can make the Prom a night to remember!

This is a great opportunity to give out our Jack Petchey Achievement Awards and to make a big fuss of all of you!



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