



Barking & Dagenham

Young Carers Newsletter



ISSUE 10 - 2020
SPRING
EDITION

We Are Here For You

At Carers of Barking & Dagenham we know that these unprecedented times will be difficult for everyone. We want to reassure all of our Young Carers and their families that we are still here if you need support, information or advice. We continue to offer 1:1 support via telephone and video calls, along with virtual activities.

From all of the team we wish you well.

An Isolation Story

During this time of isolation it is important, more than ever, that we know there are others out there in the same situation as us. We are, after all, in this together. Below one of our Young Carers, Catrina, reports about what she has been doing during this time.



"During my time in isolation, I have set myself a challenge to wake up early enough to watch the sunrise. I started this challenge on the 6th of April because I wanted to have a new perspective into photography. I encourage you to try this challenge, to watch the sunrise for a week but if not try to set yourself another challenge that will push you to try something new. Watching the sunrise each morning has been really beneficial for my photography and my school work. Due to me waking up early each morning I have had time to complete all my schoolwork early which then gives me time to do the things I enjoy like talking to my friends and family online."

We would love to hear your isolation story, why not share this with via social media -

Facebook: BD YC Young Carers or Twitter: @BandDCarers.



Rainbows of Hope

Following one of our virtual arts and crafts sessions, we set some of our Young Carers the task of creating rainbows of hope. We had a great response to this and will be proudly displaying all photographs that we receive in our office window for passersby to enjoy. Thank you to all that took part and sent in their amazing drawings, as well as displaying them in your own windows.

If you want to get involved please send your pictures to the following email address:

carers@carerscentre.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

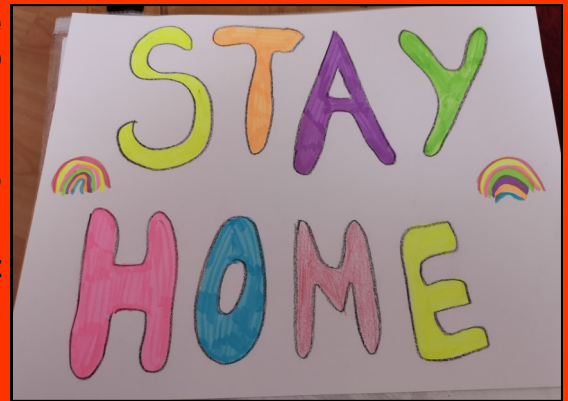
Virtual Activities

While we are not able to see you all face to face, we don't want you to miss out on the fun of getting together. Therefore, to combat this isolating time we have created a fun packed calendar of virtual activities, which will be hosted via an online platform.

Some of you have already taken part in our online activities, which started with a treasure hunt, followed by a mega game of Pictionary! We have a number of exciting things coming up including a writing competition, arts and crafts, catch up sessions and the possibility of getting a choir together!

We want as many of you as possible to join in and we also want you to give us ideas of what you would like to do.

If you are interested in the sessions or have an idea please get in touch with Carron on 07951 790058.



It's Good to Talk

At Young Carers we offer one to one sessions where you are given a safe space to talk about your feelings, any issues, caring role and get support. We asked one of our Young Carer, Stevie, what she thought of her one to one experience and here is what she said:

“After having one to one's I immediately felt better, it felt like a weight had been lifted off my shoulders and I could say what I wanted without being judged. I also believe I know how to handle situations better due to the one to one's, as I take everyone's feelings into account. In general, my mental health is so much better after having them. I also felt really comfortable with saying how I felt and what was happening because I knew I could trust the people I was talking to and knew what I said in the 'room' stayed in the 'room'.”

We also offer self-care training for Young Carers and will be holding our next training session via Zoom on Tuesday 5th May 2020 at 4pm.

If you feel you would like someone to talk to or would like to access the self-care training, why not get in touch with us on 020 8593 4422 or 07951 790058 and ask to speak to a member of the Young Carers Team.

There is also support available outside of our office hours, why not check them out:



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



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

Join the Challenge

Are you struggling to get motivated in isolation? Do you complete your school work and then have nothing more to do during the day? Then why not join in with the YOUNG CARERS WEEKLY CHALLENGE!



We will be holding a weekly challenge starting Monday 27th April 2020 and everyone is welcome to join in. Challenges will be published on our website in the COVID-19 information section, every Monday morning, along with the name of every winner. Good luck everyone!

Positive Futures - Young Carers Ambassadors Project

March 2020 marked the end of the first year of the Positive Futures Young Carers Ambassadors Project and we could not be more proud of the effort of those young people involved. Here is what Catrina, who volunteers in Eastbrook Secondary School had to say about her experience so far:

"While being a Young Carers Ambassador I have helped discover new Young Carers and I have raised awareness. I have done this by performing assemblies at my school and holding a Young Carers lunch, where all Young Carers came to see they are not alone and made new friends. I wouldn't be able to perform the assemblies without the ambassador project, as it helped boost my confidence by encouraging me and supporting me whenever I needed it."

We are now recruiting Young Carers Ambassadors for year two, so if you think you have what it takes to raise awareness within your school and be the voice of Young Carers please get in touch with Hannah on 07712 515517 or hannah.martin@carerscentre.org.uk. Full training is given, along with regular one to one support and a mentor if required.



YAC Daily Challenge

When lockdown commenced we decided to set our Young Adult Carers (YAC's) a daily challenge. Since then we have been overwhelmed with the effort and support the group has gone to. The daily challenges are set by the winner of the most recent challenge and have included best sunset, isolation poem, cutest pet pictures, most embarrassing picture, the best joke of the day and the funny parody video that was created from the pictures below, to name a few. We are also still meeting for a virtual catch up once a month. If you are 14+ and would like to get involved, send a WhatsApp message to Hannah on 07712 515517 and you will be added to the group.



Jack Petchey Achievement Awards

For those of you who do not know about the Jack Petchey Foundation, they help organisations who support young people. At Young Carers we run the Gold Level Achievement Awards, this means we can acknowledge 9 young people each year who have been selfless, kind and have gone above and beyond what was expected of them. We can also nominate 1 worker every year. As part of the Young Carers Project you all have a say in who should get recognised by talking to one of the Sessional Workers during or after a session. We also have paper slips and a voting box where you can nominate another Young Carer, which is kept in the meeting room or you can email us.

The age for nominees is 11+ . Those who are awarded will receive a certificate and get an opportunity to attend an award ceremony to pick up a medallion! More information can be found on their website, along with useful resources: www.jackpetcheyfoundation.org.uk.

THANK YOU!

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

Carers Trust
CHICKS Charity
Children in Need
Dagenham & Redbridge FC
FLEX Training (Jon Fuller)
Jack Petchey Foundation
London Borough of Barking & Dagenham
Thrive LDN
Barking & Dagenham College
Becontree Primary School
Dorothy Barley Primary School
Eastbrook School
Gascoigne Primary School
Goresbrook Secondary School
Hunters Hall Primary School
Jo Richardson Community School
Monteagle Primary School
Richard Alibon Primary School
Ripple Primary School
Rose Lane Primary School
Rush Green Primary School
St. Vincents Primary School
Sydney Russell Primary School
Valence Primary School
William Bellamy Primary School

A Birthday in Isolation

As the time went on and people waited for the Coronavirus pandemic to end so that they can resume their lives, I was instead waiting to see if it would come to an end so that I could celebrate my birthday.

Hi, my name is Ololade and during the isolation period, on the 8th April, I celebrated my 12th birthday. I had originally been planning to go out with a few friends, get lunch and eat cake. Instead I had to wait in the long line outside of Asda just to get a simple birthday cake because that was all I was allowed to do because of the Coronavirus restrictions, meaning that I was only allowed to do one thing on my birthday and that was eating cake!

The Young Carers Team would like to wish everyone celebrating a birthday during lockdown a very happy birthday. We hope you are able to look forward to next year's birthday and hope this is more positive.



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

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.