

YOUNG CARERS

WINTER NEWS 2016



FROM THE YOUNG CARERS TEAM

What's on? . . .

YOUNG CARERS SATURDAY YOUTH CLUB

When: 10.30am - 1.00pm
Who for: 1st and 3rd Saturday of each month
 10-18 year olds
 2nd and 4th Saturday of each month
 5-9 year olds
Where: **Harlington Young People's Centre**
 Pinkwell Lane, Harlington UB3 1PB



YOUNG CARERS MONDAY YOUTH CLUB

When: 3.30pm - 6.00pm term time only
Who for: 9-18 year olds
Where: **Northwood Young People's Centre,**
 54 Hallowell Road, Northwood HA6 1DS



YOUNG CARERS TUESDAY YOUTH CLUB

When: 3.30pm - 6.00pm term time only
Who for: 9-18 year olds
Where: **South Ruislip Young People's Centre,**
 Victoria Road, South Ruislip HA4 0JE

YOUNG ADULT CARERS WEDNESDAY CLUB

When: 4.00pm - 6.30pm term time only
Who for: 16-24 year olds
Where: **West Drayton Young People's Centre,**
 Harmondsworth Road, West Drayton UB7 9JB

Carers' calling . . . young carers in schools



Over the past few months we have been busy putting together a School's Guide for professionals. The guide aims to help teachers and school staff to identify young carers and learn how to support them.

On the 1st November we joined forces with Carers Trust and invited staff from all the schools in the borough to attend a free training day on 'Identifying and supporting young carers in schools'.

Throughout 2017 we will be busy visiting participating schools and providing free memorable and interactive PSHE lessons to raise awareness of young carers. Watch this space . . .

Competition Time

It's that time again! Time to put pen to paper and try to win yourself a prize. The last puzzle must have been a tough one because we only received two correct answers! So a big congrats to David and Jayda who both won a £10 Intu voucher.

This time we have a special Young Carers word search to celebrate some of the great trips we had last year. Again we will be hand picking a winner out of a hat and presenting them with a prize!

R X C Q K K P B U J D P H T O
 V E N P Q R U A C D K S L E I
 J H T L N A X I N R M W P D H
 B V L T I P N E A T F I M X Q
 L E A B O E B P Z A O M Z T U
 D H D X M P I F A N M M T E C
 X E A A J R Y W I O R I I G I
 E F P L A O P R D Q J N C M W
 Y Y Z F W H K Q R F L G C T E
 N V A F Q T K U S A E T A M Q
 K S F O O G C X C J H V Y P J
 X E D I N O S N O R E S H Z B
 Z L C F G Q Y C A O H S X P Q
 I I S H S K Y F Y S E J J C K
 W P K R Y A M W D C N D O M M

CINEMA DINOSNORES HARRY POTTER HOAC
PA?????E SAFARI PARK SWIMMING THORPE PARK

Missions complete . . .

Halloween Rodeo

Halloween without pumpkins is like a tooth fairy without a tooth! So we decided to step it up a gear by bringing a giant mechanical pumpkin to Harlington Young People's Centre. The idea was to ride the pumpkin for as long as possible without being thrown off. It was a lot harder than it looks!



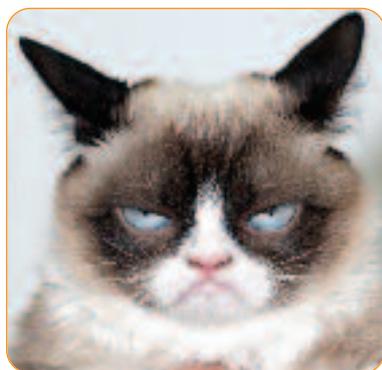
Cinema

In the October half term we managed to round up 40 young carers to catch a movie at the Odeon. The Secret Life of Pets was the film of the day, which was a laugh a minute with the occasional piece of mild toilet humour thrown in. Speaking of toilets, we managed to get through the entire film without a single toilet break. Some might say – a miracle!

Pantomime

A man, a cat, 35 young carers and a theatre in Ickenham can only mean one thing . . . Dick Wittington was at the Pantomime this year!

A story about a man and his cat on a trail to London to find their fame and fortune. Probably one of the most famous cats of the 12th century. Oh how things have changed with recent internet sensations!

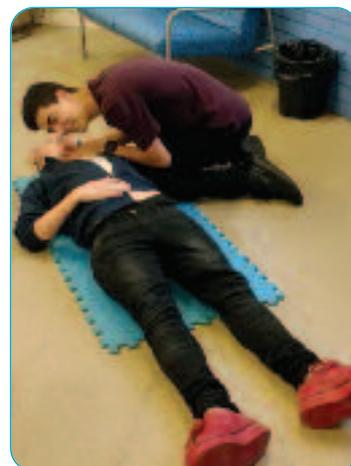


Christmas Meal

And last but not least the final trip of the year is always a social one. The Christmas meal is always a perfect excuse to eat, be merry and reminisce on the year's events and all the good times that have been had.

N-Hance your life . . . for 17-24 year olds

As the cold draws in, our Young Adult Carers have been busy securing apprenticeships, completing University applications and starting new jobs. Whilst the staff team have been preparing for Christmas and 2017, a host of workshops and trips have taken place to keep the YACs busy. From house buying, to CV writing to Laser Quest – there's certainly been a lot to choose from!



12 Young Adult Carers have successfully completed their First Aid at Work qualification after a six hour course on a Saturday. The course covered all the essentials of first aid including the YACS having to perform CPR on life-sized dolls – a slight change to the traditional mannequin challenge! A big congratulations to all of those who passed!

Finally, an enormous 'thank you' goes out to Rohan, one of our established YACs who has been helping out the team at a variety of events over the past month. Rohan has delivered inspirational and moving talks to professionals about his journey through the Young Carers Service. He has really helped to highlight the plight of Young Carers in Hillingdon. Good job Rohan!

As you can see the team had a rather joyful bouncing experience recently and we hope your Christmas celebration are just as joyful! See you in the New Year!

. . . and a Special Thank You

In the past years we received help from some very special people and this year has been no different. We would like to take a moment to thank all of our volunteers who have supported the service. We truly would not be able to do all the things we do without the help from Heather, Les, Tom, Charlotte, Michelle, Jan, Rohan, Brooklyn, Manjot, Lucy and all of the wonderful volunteer drivers that get us from A to B at Hillingdon Community Transport.

Hillingdon Carers is a small charity and we are always thankful for any kind of donations, whatever the size. This year the Young Carers Team have been donated a variety of exciting things, from Christmas presents to concert tickets and everything in between! So a huge heart-filled thank you to Ruislip Lions, Northwood Lions, Price Waterhouse Cooper, The Metropolitan Police, Rays of Sunshine, Uxbridge Intu Shopping Centre, Waterstones, London Youth, Create Arts, Cooper, Uxbridge Sainsbury's, and St. Martin's Outlookers.

A night at the museum!



DINOSNORES

Have you ever wondered what goes on in The National History Museum once everyone's gone home?

Well on a soggy night in October, 11 young carers braved a night in sleeping bags in the Museum's iconic main hall. The night held host to a number of fun activities including a torch-lit trail around the museum in the dark, a T-shirt making workshop and to top it off a special talk with one of the museum's scientists, who showed us actual pieces of planet Mars and the Moon that had been collected and brought back to earth. It's amazing to think actual specimens would have been in orbit the same time that the dinosaurs ruled the earth.

Waking up under the rear end of a Diplodocus is thankfully not an everyday experience in 2016!

Brunei residential 2016

October half term brought our annual trip to Brunel University.

Eight young carers spent the night on campus staying in the university hotel (where Usain Bolt stays when competing locally). They enjoyed a tour of the campus, had motivational talks and made some amazing Halloween cakes for their families. Hopefully this residential has given them food for thought for their futures.



At Hillingdon Carers we try to give every Young Carer the very best support. However, we realise that sometimes things can go wrong. You might want to complain about the service you are receiving or the way you have treated. If any part of our service makes you unhappy, we want to hear about it so we can put things right, apologise if appropriate, and learn from what you tell us so it doesn't happen again. Making a complaint will not disrupt your support and we welcome all feedback so that we can improve our service. If you have a complaint or would like to feed something back then you can either speak to any member of the young carers team or contact the office to speak to our Chief Executive, Sally Chandler, on 01895 811206 or email office@hillingdoncarers.org.uk.