

youngcarers

spring 2020



Lifting the cup at Wembley



Riding the rapids at Lee Valley



Fun at the YC Festival



Hitting the target at Hindleap



Pot painting at YC club



Going to ground at HOAC

What's on?...

Young Carers Saturday Youth Club

- When:** 10.30am - 1.00pm
- Who for:** 10-16yr olds - 1st & 3rd Sat of each month
5-9yr olds - 2nd & 4th Sat of each month
- Where:** Harlington Young People's Centre
Pinkwell Lane, Harlington UB3 1PB



Young Carers Tuesday Youth Club

- When:** 3.30pm - 6.00pm term time only
- Who for:** 9-16 year olds
- Where:** South Ruislip Young People's Centre
Victoria Road, South Ruislip HA4 0JE

YAC Tuesday Youth Club

- When:** 6.30pm - 9.00pm term time only
2 Tuesdays per month (please call for dates)
- Who for:** 16-24 year olds
- Where:** Harlington Young People's Centre
Pinkwell Lane, Harlington UB3 1PB



Young Carers Wednesday Youth Club

- When:** 3.30pm - 6.00pm term time only
- Who for:** 9-16 year olds
- Where:** Ruislip Young People's Centre, Bury Street,
Ruislip HA4 7SX

Carers' Calling...

Interview with Martin – a 24 year old Young Adult Carer

How long have you been part of the Young Carers service?

I was 12 when I started so 12 years now. The whole entire club is an adopted second family, I never want to leave!

What do you like most about the YC service?

Meeting new people and the wonderful support workers. They've brought me out of my shell, when I started I was quiet and shy and now I'm a different person. I've been able to meet a lot of new people and have a lot more friends to talk to. Some of the other young carers look up to me as an older brother so that has given me a sense of responsibility.

Do you have a favourite trip or activity?

I can't pick a favourite, there's too many but rock climbing at Brunel and Thorpe Park are up there.

What advice would you give to someone just joining the service?

I've been in their position so I know it can be scary but it's definitely worth it. Once you get to know the support workers they will help you to progress in life. There's loads of activities so you won't ever get bored and you'll meet lots of new people.



'19 in Numbers

Wow, what a busy year 2019 was for the young carers service! We've supported more than 1,000 young carers in Hillingdon and these are some of our highlights:

135

Young Carers club sessions

26

different trips and activities

3,538

breaks from caring

13

different awareness raising sessions in schools, colleges and at local events

5

residential weekends away

5

whole family trips



We cannot wait to get stuck into 2020 – don't forget to send back your permission slips to join in the fun!

Enhance your life... for 16-24 year olds

Time flies when you're having fun, especially if you're one of the YACs who have taken part in our recent activities. With 13 YACs swinging through the trees at Go Ape, 7 YACs getting free tickets to cheer on the England Rugby team at Twickenham or even the 10 YACs who puzzled their way out of an Escape Room, the YACs had plenty to do. But it didn't stop there! In the Autumn 12 YACs travelled off to Sussex for a weekend of adventure and excitement at Hindleap Warren where they conquered their fears on the climbing walls and got very wet while paddle boarding. 4 YACs also signed up to the Snow Camp Graduate scheme and have skied and snowboarded their way to an ASDAN Sport and Fitness qualification, Congratulations!



In other news, we ran a business skills day and some lovely volunteers from Quilters Foundation came down from London to run an Employability workshop with 7 YACs receiving help with their CV and interview skills.

Throughout all this our twice monthly youth club has continued to run (apart from a few short breaks for a pizza night and to go bowling!) giving YACs a chance to unwind and relax whilst cooking and being creative.

There's lot more opportunities coming up over the next few months so keep an eye out for more exciting YACtivities!

Thank you very much

We would like to say a huge thank to all of the following people and organisations for their kind donations of money, free activities, residential breaks and food. Not forgetting the time donated by our fantastic volunteers Simmi, Lisa, Angela, Tom, Jan, Daniel and Michelle. The additional support we receive enables us to provide more support to young carers, more trips and fantastic opportunities.

**PricewaterhouseCoopers ★ Create Arts ★ London Youth ★ Mousetrap ★ Ruislip Lions
Northwood Lions ★ Quilter Foundation ★ Harefield Lodge of Freemasons
Ickenham St Giles Lodge ★ Draytonian Masonic Lodge ★ Ryefield Court care home
Merlin's Magic Wand ★ Lidl ★ M&S ★ TSB Bank ★ Old Rovers Sea Scouts
Rotary Club Elthorne ★ Met Police Giving Tree ★ Circus Starr ★ NCS**



the young carers team



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 been 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 or a compliment 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.