

SPRING NEWS 2017

# YOUNG CARERS

## THE RACE TO SCHOOL

2017 has arrived and it seems green is the new black this season. Our stylish new young carer wristbands have been receiving the right kind of attention since we piloted our brand new 'Race to School' lesson plan at Laurel Lane Primary. The lesson is planned around a four lane obstacle race set in the morning before school. An alarm clock rings and the race begins. Four pupils playing the role of young carers, race against each other to see who can get to the school gates first. But there's a catch... before leaving the house each young carer has a series of obstacles to complete. These obstacles highlight some of the real tasks a young carer may face before school - like helping a sibling dress, preparing lunch or even help to prepare a family members medication. All lessons are completely **free of charge** for all schools located in



the Hillingdon borough. A recent study suggests there is at least one young carer in every class, possibly more.

**Why not mention it to your teacher so we can come and visit your school!**



*Message to all young carers... We have a serious challenge for you all this time. First grab yourself a wristband from one of the young carer clubs and post us a picture of you wearing your wristband. The most creative and obscure photo wins a grand prize. You have until the end of the summer holidays to send them to [office@hillingtoncarers.org.uk](mailto:office@hillingtoncarers.org.uk)*

## 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 9UB

## Carers' calling...



Lucy first joined the young carers Saturday Club in 2009 when she was eight years old. Now at the age of 16 she has been awarded the 'Gold Seal Award' by Ruislip Lions. Lucy dedicated over one hundred hours of her time, volunteering for DASH (Disablement Association Hillingdon) and Hillingdon Carers. She now volunteers supporting the young carers on same Saturday morning club where we originally had the pleasure of meeting her eight years ago. Lucy's next milestone will be the 'Hillingdon Young Volunteer's Award' when she reaches 200+ hours! There is no mountain too high for this star!

## CREATE

To keep you in the Loop, CREATE ARTS are a London based charity that have been collaborating with Hillingdon Young Carers over the past few years. Together we have been providing three day art workshops for young carers, giving them greater opportunities to explore their creative potential.

16 young carers spent three days producing a complete dance routine which was proudly presented to friends, family and fellow young carers on the final day. The end result was a fantastic show piece and in addition new friendships were formed and new talents were found. Well done to everyone who took part. The professional dance instructors couldn't have been happier of their young apprentices.



"My dad used to teach me dance but now I teach him" Keely aged 8



# Missions complete...

The **BOWLING** trip went well, I'll SPARE you the details. :)



We opened the legendary doors to Harlington's Young People Centre in February for a special one off **CLUB PARTY**. We laid on pizza, pass-the-parcel and party games before it was time for the CREATE Dance Workshop to grace us all with their contemporary dance routine that they had been learning for the past few days.

Thirty pairs of small feet crossed over the threshold to the silver screen as the young carers lost themselves in the power of moving image for an hour or two during our annual **CINEMA** trip. I can safely say that the snacks did not last two seconds into the preview but why would they! #POPCORN4EVER

A huge inflatable island became the task to defeat on our trip out **SWIMMING**. Imagine a beach that you could bounce upon that lay atop of a bed of waves somewhere in a faraway land named... Uxbridge. Even then you wouldn't be remotely close to the reality.

**CAMP PACCAR** was one of the highlights for some of the keen young adventurers- brave enough to delve deep through the indoor caving system. With the caving part out of the way, what better way to take some fresh air than by dangling from a climbing wall of course! Many a fear was conquered, everything from confined spaces to heights. When the older group arrived the next day the bar was raised, by bar I mean crate. And on top of a stack of crates (15 foot high) awaited a brave soul awaiting the next crate to be passed up by their nervous looking team. A gust of wind could have easily meant the collapse of civilisation as we know it- well the stack of crates at least!



# N-Hance your life...

for 16-24 year olds

12 YACs set out on a residential weekend away to Hindleap Warren Activity Centre. Arriving on Friday, the YACs bravely embarked on a quest into the surrounding forest. With only the fading sunlight (and a few iPhone torches) to guide them, they stumbled deeper into the forest to see what magic it held. Thankfully, the group managed to find their way out and to the comfort of electricity for the night!

With an early start on Saturday, much to everyone's distress, we were whisked off to a nearby reservoir, to learn the art of canoeing. Taking to the water, capsizing was inevitable as the YACs trudged back to the shoreline soaking wet but in wonderful spirits. Thankfully, this was followed by a calming afternoon of archery and bush craft. As Sunday drew in, there was time for one final adventure – above the clouds for high ropes, the leap of faith and climbing. A fantastic weekend was had by all!

Check out the calendar too to see what YACtivities we've got coming up in the next few months! Over n' out!



## CARERS' CREATIVE WRITING COMPETITION



**Brunel**  
University  
London

We want to hear about your experiences of caring in a short story or poem. Prizes for the top three! All entries will be published in a Carers' Stories volume and all shortlisted entries will be published in an anthology. You are welcome to submit more than one entry but original work only please.

Every entrant will receive a free copy of the anthology and copyright remain with the authors. Submit your entries by post or email to the usual Hillingdon Carers address detailed on the back page, with your contact details, including your age.

Please speak to one of the YC team if you are interested in a creative writing workshop hosted by Emma Filtress, a creative writing lecturer at Brunel University.



## BUTLINS

The bolts holding the waterslides together held strong as a team of young faces hurtled towards the waters below. A moment of silence surrounds the submerged thrill seeker for split second before they return to the noisy surface of one of the resorts main attractions - Splash Waterworld. "Welcome to Butlins!" A lifeguard says with an ear-to-ear grin. And he was right. We had indeed arrived, at our destination...



## Meet the Young Carer 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 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](mailto:office@hillingdoncarers.org.uk).