

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 Monday Youth Club

When: 3.30pm - 6.00pm term time only
Who for: 9-16 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: 9-16 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

Carers' Calling...

The Hillingdon Young Carers project has helped me so much because I can get a break when times are difficult at home. The people there are kind and understanding and if I ever need to talk to anyone they are there, even if it's a small thing. They take us on some very fun trips that give us things to look forward to like laser quest and even a sleepover at Brunel University! They do LOADS of fun things in the weekly sessions and have no expectations so you can forget what's worrying you. I would say the young carers project really helps so to all the young carers out there, don't be afraid to join them because it really helps!

By Anonymous

Create workshops

During the last few years we have been working with a lovely charity called CREATE who have offered us many fantastic opportunities for Young Carers. So far this year over 50 young people have participated in 3 day workshops in costume design, painting, animation and film making. Those who attended thoroughly enjoyed learning new skills, meeting other like-minded young people and generally having a great time. In February half term we ran a music workshop and we were amazed at the many talents of our Young Carers – XFactor look out! Have a chat with one of the team if you'd like to take part in these amazing opportunities - we have already planned painting, photography and film making workshops for later this year.



Wacky Winter

Whilst we are now looking forward to some sunshine, ice creams and ditching our coats for the summer, we would like to take this opportunity to look back on the fun we've had this year so far! During the February half term week 28 of our older group bounced and tumbled their way through a trip to Jump Giants Trampoline Park and 35 of our

younger group enjoyed a cinema trip to see Spiderman. The Easter holidays were even busier with the older group bowling and indoor caving (not at the same time!) and the

younger group pond-dipping and hunting for bugs at Iver Study Centre as well as beating HASBRO staff at their own board games. Not sure how we fitted it in but we also ran over 40 Young Carers clubs and took 10 young people on a 2 night residential break to Sussex. Now bring on the summer fun...



N-hance your life... for 16-24 year olds

The Young Adult Carers have had an exciting time lately, with 3 YACs receiving free tickets to the England vs Japan rugby game at Twickenham in November. Obviously the YACs brought their good luck with them as the game ended with a 35 – 15 victory for England. After the game the YACS had the opportunity to feast on the free food and drinks at the hospitality suite and even had their programmes signed by two of the England players!

In February 8 YACs attended the Heathrow Jobs and Careers Fair, where they heard about careers and apprenticeship opportunities from over 60 employers as well as over 10 Universities and training programmes.

In other news, we're happy to announce that one of our YACs has also been successful in their application to join a Carers Trust steering group. The lucky YAC travelled to London for their first meeting where she got to be a part of the discussion about how to help reduce stress and anxiety and increase self-awareness and self-esteem in young carers – good job!

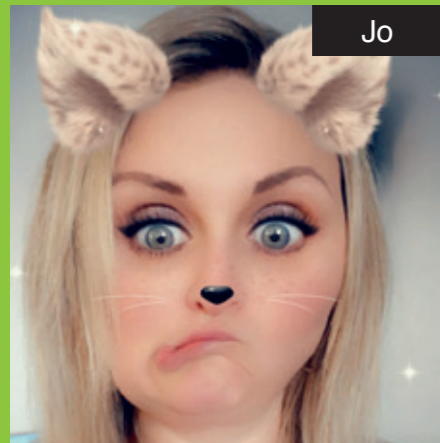
Throughout all of this our twice monthly youth club at Harlington Young Peoples Centre has continued giving YACs a chance to unwind and relax. As well as enjoy a variety of activities from cooking to showing off their artistic side.

We've got lots of new opportunities coming up over the next few months so keep an eye out for more exciting YACactivities!



Tales from the Team

We are very pleased to introduce our 2 newest recruits to the Young Carers team, Sam and Luthea (see their pics below!), who joined us at the end of 2018 offering support and activities for whole families who need a little extra short-term help. If you haven't done so already, you will more than likely bump into them at a Young Carers club or trip in the coming months, so be sure to introduce yourself as they'd love to meet you. 😊



Jo



Carole



Luthea

the young carers team



Paula



Huw



Sam

youngcarers

spring/summer 2019



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.



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