

AUTUMN/WINTER NEWS 2018

# YOUNG CARERS



## What's on?...

### YOUNG CARERS SATURDAY YOUTH CLUB

**When:** 10.30am – 1pm

**Who for:** 1st & 3rd Sat of each month = 10 – 16yr olds  
2nd & 4th Sat of each month = 5 – 9yr olds

**Where:** Harlington Young People's Centre  
Pinkwell Lane, Harlington UB3 1PB



### YOUNG CARERS MONDAY YOUTH CLUB

**When:** 3.30 – 6pm 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:** 3.30 – 6pm term time only

**Who for:** 9 – 16 year olds

**Where:** South Ruislip Young People's Centre  
Victoria Road, South Ruislip HA4 0JE



### YOUNG ADULT CARERS TUESDAY CLUB

**When:** Fortnightly 6.30 – 9pm term time only

**Who for:** 16 – 24 year olds

**Where:** Harlington Young People's Centre  
Pinkwell Lane, Harlington UB3 1PB

## Carers' calling...

### VISHALI'S STORY

So, I haven't been with young carers for as long as some of the others, although they have had as much of an impact on my life regardless. I am Vishali, 17, and a young carer for my elder brother who is partially blind.

Since a very young age I thought it was only me, that only I had the hardship, no one around me was going through the same thing... But then I discovered Young Carers, and it was like a light at the end of the tunnel. My first experience with them was a trip to Thorpe Park, and it was SO much fun! From that very first trip I have gained ongoing friendships and an escape – they even offer weekend escapes!

To sum up my time with Young Carers, it's a relationship that will never end, lifelong friendships and seriously memory making trips, like honestly – we went to Disneyland Paris!... but not only that, Young Carers gives you that shoulder when you feel as if the world is coming down, it's the parent that will give you advice with no judgement of you, in short - it is a home.

I would like to thank the Young Carers team for giving me ongoing support, even though I do not attend clubs anymore, I thank them for giving me such magical moments and enlightening opportunities.



### YOUNG CARERS HQ

In November 2017 we ran a pilot project, Headquarters, which offered 4 x 2 hour weekly workshops for a small group of young carers. These workshops are aimed at improving self-esteem and confidence and building upon good mental health and well-being. Following on from the success of this pilot we were lucky enough to secure funding from London Youth to run it again this summer. We now have 14 HQ graduates who will be attending a residential weekend away shortly to put their new techniques to the test and enjoy a well-deserved break!



# SUMMER OF '18

The sun tans are fading, the flip flops are going away and holiday lie-ins are a distant memory but no-one can possibly forget what a scorcher the young carers had this summer!

During the six week holidays the staff team saw over 250 of our young carers and provided over 2000 hours of respite. This included 9 day trips, 5 youth clubs, an overnight residential break and a 3 day animation workshop – phew!



Overnight stay at Woodrow High House



Climbing the tower at The Lookout



Raft building at HOAC

# N-Hance your life...

for 16-24 year olds

June saw 10 YACs travel across the Sussex border to Hindleap Warren, a residential centre set in acres of forest. The YACs found themselves conquering many a challenge, including a high ropes course with their eyes closed and a rather intense archery competition with everyone's pride at stake! Canoeing finished off a brilliant weekend with many of the YACs choosing the dive head first into the freezing cold lake...just before home time!

20 YACs have also been trained in 'Digital Skills' as part of a project funded by Carers Trust. YACs now have access to a bank of useful online resources, ranging from basic skills of how to use the Internet safely to online money management and banking. Please get in touch if you would like more information about this.

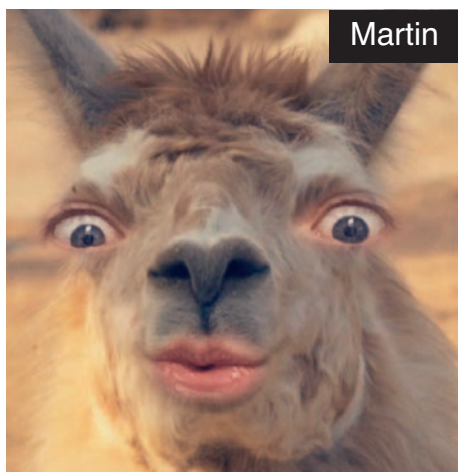
We would like to say a big well done and congratulations to all of the YACs who have finished their college courses or sat their GCSE or A-Level exams this summer. Your hard work has paid off and we wish you every success for the future.

And finally, Jessica, our Young adult carers service founder, is off to pastures new to further her psychology work following completion of her masters degree. Luckily for us she wasn't ready to completely fly the nest so will be continuing with Hillingdon Carers as a sessional worker at our youth clubs. Taking over the reins is Huw Harris – some of you may already know Huw from our Saturday youth club but, if not, he'll be delighted to meet you in the coming months!





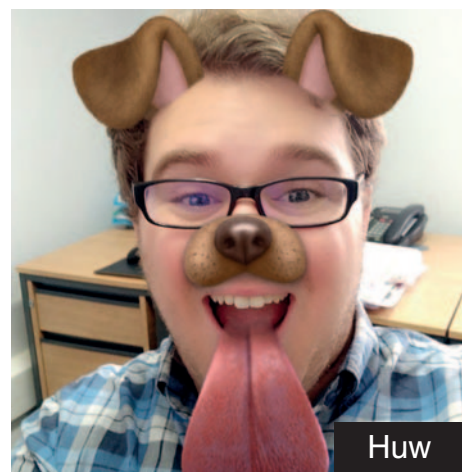
So June 2018 saw a group of 8 intrepid Young Carers gear themselves up for a weekend in the wilderness Bear Gryll's style. Ok, ok maybe we didn't have to eat grubs or drink our own urine but we did sleep in tents and have to trek to the toilets! The sun shone for the whole weekend and the group took part in a number of activities including zip wire, paddle boarding, climbing, abseiling and even a world record attempt. The whole atmosphere was amazing and it was fantastic to see over 1800 young carers all relaxing, socialising and having fun. Roll on 2019...



Martin



Jo

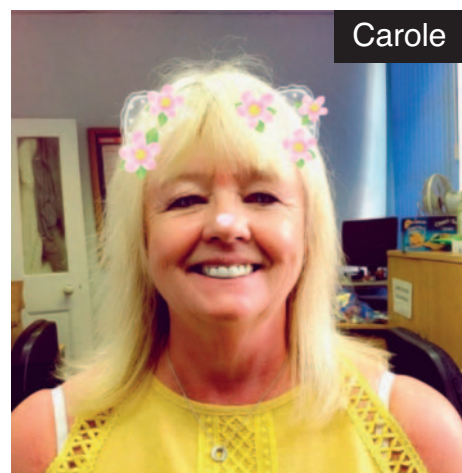


Huw



Paula

## The Young Carers Team



Carole

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](mailto:office@hillingdoncarers.org.uk).