

“STRIVING TO MAKE A DIFFERENCE”

TO OUR DEAR CARERS AND YOUR FAMILIES,

We have during these unprecedented times had to change the way we support you to protect yourselves and our staff and volunteers. We want you to know that we are still here for you but will be working in a different way. Due to social distancing we have decided that we will not be offering face to face contact, instead staff are using social media platforms, video conferencing, the telephone and emails. This has worked well during the last four weeks since lock down and social distancing was announced by the Government. Staff have been busy contacting carers by phone and email and in order to update our database we kindly request that if you have an email address could you please email us it with your name and address included to carers@carerscentre.org.uk.

National Carers Week is 8th to 14th June with the theme “making carers visible” where we would pre COVID deliver a plethora of events across Barking and Dagenham, this year will be very different.

During negative times there is also good and the things that stand out to me is the recognition of our NHS, Key workers, and Carers at a time where we need them the most to continue to work for the sick and vulnerable. Their bravery is commended and the country show their gratitude partaking in the weekly Thursday clap for carers, this is for you too you are all unsung heroes and we would like to thank you.



We alongside other voluntary sector agencies and BD CAN are working hard to ensure people living in Barking and Dagenham are supported. We have produced this newsletter which is packed with useful information to support you during this time; we have also put in some lovely pictures courtesy of our young carers. We keep updating our website as new information comes in www.carerscentre.org.uk

We are looking forward to getting back to some normality we hope in the near future.

Take care, be safe.

**Lorraine and the whole team at Carers of
Barking and Dagenham**



CELEBRATING CARERS WEEK: 8TH – 14TH JUNE 2020

YOU ARE NOT ALONE



BD CAN

The borough has launched BD CAN and a dedicated telephone help service, which is working with community groups and organisations to ensure people who need help are connected to people that can help them. For further information, please go to <https://oneboroughvoice.lbbd.gov.uk/bdcan-hub>

BDCAN - 020 8215 3000 is the council number which will direct people to the Community Hub. This service is for people who find they are in an emergency and need support from a volunteer to do specific tasks.

BDCan are working with community groups and organisations to ensure people who need help are connected to people that can help them.

GET IN TOUCH IF YOU, OR SOMEONE YOU KNOW, NEEDS:

- Help picking up medicine
- Some food shopping
- A friendly phone call
- Or something else

Social isolation and social prescribing

If you are feeling isolated or lonely:

Telephone: 020 8724 8018

Email: socialprescribing@lbbd.gov.uk

Homes and Money Hub

For advice about debts, money, making payments:

Telephone: 020 8724 2115 or 020 8227 2927

Email: homesandmoneyhub@lbbd.gov.uk

Housing

For advice on your housing position:

Telephone: 020 8724 8223

Email: housingadvice@lbbd.gov.uk

Shpresa Programme

The Shpresa Programme supports Albanian speaking people living in the borough and are working very hard to ensure community safety. There are a number of volunteers who can offer support with phone calls and translation. Please email shpresaprogramme@yahoo.co.uk or text 07578256413.

Jobs

For advice about jobs:

Telephone: 020 8724 8870

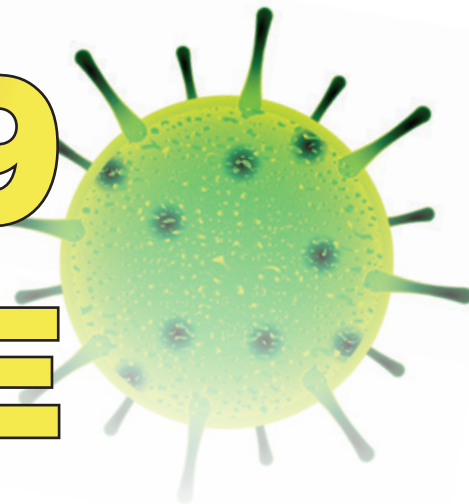
Email: barkingjobshop@lbbd.gov.uk

Vulnerable Adults

Worried about those who might need social care support... ? **020 8227 2915**

IntakeTeam@lbbd.gov.uk

COVID-19 GUIDANCE



The UK Government has released translated guidance for self-isolation and social distancing into the following languages: Arabic, French, Mandarin, Cantonese, Polish and Welsh. **The websites are:**

- www.gov.uk/government/publications/covid-19-stay-at-home-guidance
- www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people

EASY READ VERSIONS ARE ALSO AVAILABLE ON THESE SITES



Doctors of the World have also produced NHS COVID-19 advice for patients in more languages, with further languages being added all the time.

Available in Albanian, Dari, French, Pashto, Portuguese, Mandarin, Hindi, Urdu, Bengali, Arabic, Spanish, Turkish, Vietnamese, Farsi. <https://www.doctorsoftheworld.org.uk>

COVID-19 Information

Please contact **BDCAN** on: 0208 215 300 or **Carers of Barking and Dagenham** on: 0208 593 4422 between 10am and 1pm Mon – Fri or go to the following websites for up to date information on Covid-19

**WWW.GOV.UK • WWW.LONDON.GOV.UK
WWW.CARERSCENTRE.ORG.UK**

If you do not have access to the internet please contact us on the above number and we will be happy to download and forward you any information.



THIS SITE HAS UP TO DATE INFORMATION ON:

- Protecting yourself and others from coronavirus
- Work, financial support and money
- Health and wellbeing including mental health
- Businesses and self-employed people
- Education and childcare
- Housing and accommodation
- Driving and transport in the UK
- International travel and immigration
- Volunteering and offering help
- Healthcare workers, carers and care settings

Food Shopping/ Food Banks

ELDERLY AND VULNERABLE PRIORITY SHOPPING HOURS DURING THE CORONA VIRUS PANDEMIC:

Sainsbury's THURSDAY – the FIRST HOUR of opening

Tesco MONDAY, WEDNESDAY and FRIDAY 9am – 10am Except for express stores

Asda FRIDAY from store opening until 9am

M & S MONDAY and THURSDAY, the first hour of opening

Iceland The FIRST HOUR of opening everyday

Morrisons MONDAY to SATURDAY 9am – 10am

Have you heard of the Morrisons Food Boxes? If you are in isolation and need to get some essentials, visit the link for more info www.morrisons.com/food-boxes/

Waitrose The FIRST HOUR of opening everyday

Aldi NO CONCESSIONS at present, however are closing earlier 8pm on a Monday to restock shop and items limited to 4 items of each only per person. Aldi are also supplying a food parcel for those that cannot go out to shop which is limited to one every 7 days www.aldi.co.uk/aldi-food-parcel

Lidl NO CONCESSIONS for elderly and vulnerable at present

HOME DELIVERY

Vulnerable people slots for home shopping can be applied for via the Government website:
www.gov.uk/coronavirus-extremely-vulnerable

Local Food Banks are open for support during the Corona Virus Pandemic:

Bethel Christian Centre, call 020 8595 8211

Hope Family Trust, call 020 8617 0660 opens at 10.30am on a Thursday

Al Marina Mosque, 2 Victoria Road, Barking.
Call 020 8478 8526. Opens on Saturdays at 12midday

The Trussell Trust, call 0208 861 0660 or 07507 648948

The Source, call 0208 594 2404

RCCG, call 0208 595 0112 or 07983 431070

United Reform Church, 07738 969180

Salvation Army, call 0208 594 2964

Taxicard Covid-19 Changes

In light of the current situation with the outbreak of Covid-19 (coronavirus), we have made changes to the London Taxicard scheme to support Taxicard members. You can now use you Taxicard for:

- Taxicard drivers to pick up and deliver essential supplies for you; and
- Allow friends and family to travel on your behalf using your Taxicard for the same
- To make a booking call CityFleet on 020 7763 5001

FOR FURTHER INFORMATION GO TO: WWW.LONDONCOUNCILS.GOV.UK

“Corona Virus Has Come Along” - from a Carer, Simone

Corona virus has come along
Affects the weak as well as the strong
People going out not taking it serious
We all know staying inside is tedious
To save people's lives we have to listen
Staying inside should be a given
Protect our doctors, nurses hospital workers too
They do everything they can to save you
They give their lives to save yours
All they're asking is that you stay indoors
Yes it's hard staying in for so long
But isn't it harder when your loved ones are gone
All key workers are doing us proud
So please just do what you're allowed
We applaud them weekly but that's not enough
Stay at home no matter how tough
Our government is working as hard as it can

Our prime minister got sick showing it affects
any man
So while you think it's ok to carry on
Think about the affect when a loved one is gone
No chance to say goodbye to those we'll never
see again
A mother a father a loved one or friend
They'll be gone forever and may they Rest In
Peace
The only one at their funeral will be the priest
Save lives and stay at home
Or the same will happen here that's happening in
Rome
The world is such a crazy place right now
We'll argue may fight and will probably row
We need to protect our, families, elderly our nhs
Stay inside and lessen the stress
To those that think it's ok to be normal
Just remember nobody is Immortal



“I'll Tell You a Tale” by Matt Kelly via Facebook

I'll tell you a tale, that's been recently written,
Of a powerful army, so Great it saved Britain,
They didn't have bombs and they didn't have
planes,
They fought with their hearts and they fought
with their brains,
They didn't have bullets, armed just with a mask,
We sent them to war, with one simple task,
To show us the way, to lead and inspire us,
To protect us from harm and fight off the virus,
It couldn't be stopped by our bullet proof vests,
An invisible enemy, invaded our chests,
So we called on our weapon, our soldiers in Blue,
“All Doctors, All Nurses, Your Country needs you”
We clapped on our streets, hearts bursting with
pride,

As they went off to war, while we stayed inside,
They struggled at first, as they searched for
supplies,
But they stared down the virus, in the whites of
its eyes,
They leaped from the trenches and didn't think
twice,
Some never came back, the ultimate price,
So tired, so weary, yet still they fought on,
As the virus was beaten and the battle was won,
The many of us, owe so much, to so few,
The brave and the bold, our heroes in Blue,
So let's line the streets and remember our debt
We love you, our heroes,
Lest we forget.....



CARERS OF BARKING & DAGENHAM
Registered Office
334 Heathway
DAGENHAM, ESSEX
RM10 8NJ

TEL: 020 8593 4422
Email: carers@carerscentre.org.uk
WEBSITE: www.carerscentre.org.uk

Dear Sir/Madam,

I can confirm that who resides at

.....

.....

.....

is a carer for

Due to their caring role, we would respectfully request that they can access your dedicated older and vulnerable persons shopping hour. If you would like to discuss this further, please contact **0208 593 4422** or email **carers@carerscentre.org.uk**
THANK YOU IN ADVANCE

Carers of Barking & Dagenham
Registered Charity No: 1063485/0
Company Limited by Guarantee (England) No: 3180671

SHOPPING FOR CARERS

Gareth Howells, Carers Trust CEO, has written to the big four supermarkets, to ask them to include unpaid carers in protected shopping times and for online deliveries. We are in regular contact with NHS England and DHSC and will bring this issue to their attention. We will keep you updated on progress. Some Carers Centres are issuing Carer Cards to show they are registered with a carer centre or are a carer. Others have spoken to supermarket managers to have these accepted locally.



Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies **ICON**
- Additional **advice** is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111



8-14 June 2020

MAKING CARING VISIBLE IN 2020

Caring can be a hugely rewarding experience but carers often find it challenging to take care of their own wellbeing whilst caring, and find that their contribution to society is not recognised and celebrated.

Its impact on all aspects of life, from relationships and health to finances and work, should not be underestimated. Caring without the right information and support can be tough.

This Carers Week, we're recognising that now, more than ever before, it's time for us to come together and help Make Caring Visible.

There are 6.5 million people in the UK who are carers, yet they often feel isolated - and they are seven times more likely to say they are lonely than the general population. They will be looking after a family member or friend who has a disability, mental or physical illness, or who needs extra help as they grow older.

Everyone has a part to play in making sure these carers are seen, heard, and understood; and helping them to get the support they need to care.

This could include an employer setting up an online carers' network, a GP practice offering an annual health check or alternative appointment times to carers, or a business offering special deals or priority access for carers. Or it could be each of us reaching out to our family, friends or neighbours, who we know are caring for someone, and letting them know that we are there for them too.

**Are you
looking after
someone?**

MAKING CARING VISIBLE WILL HELP CARERS GET THE INFORMATION AND SUPPORT THEY NEED

ADVICE AND INFORMATION

Caring can be extremely complicated, now more so than ever before, whether grappling with changes to the benefits system or considering how to pay for care. Too many carers do not know where to turn, or how to get the advice they need. There are many places that provide carers with these resources, including local and national carers' organisations.

SERVICES

Looking after someone can be hard work and carers often miss out on the support services available to them. Getting a carer's assessment, which looks at what support they might need, can be an important starting point. Arranging a break from caring; getting the right equipment to care safely; or getting support with improving their own well-being- services can connect carers to a range of support. The more visible carers are to the wider health and care system, the more their contribution and need for support will be recognised.

VISIBLE TO FRIENDS, FAMILY AND AT WORK

Caring can lead to feelings of loneliness and being disconnected from friends and family, as well as, for some, having to balance work and care. Meanwhile social isolation and social distancing can mean that carers find themselves removed from those normally around them. Greater understanding from friends, family and colleagues about how to support carers; introduction of carer-friendly policies at work; or more opportunities for breaks and social activities, are all needed to combat feelings of loneliness.

VISIBLE TO OTHER CARERS

Sometimes a few words from someone who understands your situation can be a lifeline for carers. Caring can be difficult and isolating, so speaking to someone who knows what they are going through can make a big difference. Carers Week is an opportunity for carers in your community to share experiences and build new friendships. Whether by phone or online, keeping in touch with carers can be of huge importance and can help them feel recognised, supported or loved.

VISIBLE TO THE GENERAL PUBLIC

Most people don't expect to become unpaid carers, but the reality is that there is a 50:50 chance that any one of us will become one, by the time we are 50 years old. By raising awareness amongst the general public, we can better support carers, help more people anticipate caring in the future, and celebrate the huge contribution carers make to society.



For more information visit
carersweek.org

© 2020. Carers UK is a charity registered in England and Wales (246329) and in Scotland (SC039307) and a company limited by guarantee 864097. Registered office 20 Great Dover Street, London, SE1 4LX

Carers of Barking & Dagenham would like to thank all our dedicated staff and volunteers for all their help & donations towards social events over the years.

We would also like to thank the following individuals many who are carers, cared for or former carers for their donations and businesses that have contributed in some way during the last year. All donations help us to do more for carers in the community and we are extremely humbled and grateful.



From all at Carers of Barking and Dagenham THANK YOU!!

The following are a list of Businesses, schools and Trusts including Local Authorities' that have donated over the year.

Able Office Technology	Eastbrook School	London Borough of Barking & Dagenham	Sydney Russell Primary
Arsenal Football Club	Essex Youth Trust	Ma Bakers	T Cribb and Son Funeral Directors
Asda Dagenham	Flex Training – First Aid	Marks & Spencers	Tatanya Foster Wellbeing Practitioner
Barking & Dagenham College	Future Youth Zone	Monteagle Primary	Tescos Heathway, Oxlow Lane & Shafers
Becontree Primary School	Gascoigne Primary	Open Reach	The Pipe Major
Big Lottery	Goresbrook School	Panther Print	The Seahorse
Bookers cash & carry	Greenshoes Arts	Queens Theatre - Hornchurch	Thrive LDN
Brooks Pie & Mash	Henry Smith	Quilter Financial Planning	Trustford Dagenham
Carers Trust	Hollywood Bowl Dagenham	Raphaels Restaurant	Valence School St Georges & Bonham
Chicks Charity – Residential	Hunters Hall Primary School	Rectory Road Social Club	Waltham Forest College
Children in Need	Index Business Supplies	Richard Alibon School	West & Coe Funeral Directors
Costa Dagenham East	Intital Books	Rose Lane Primary	Wholebody Therapy
Dagenham & Redbridge Football Club	Jack Petchey Foundation	Scruples Hairdressers	William Bellamy School
Department of Works and Pensions	Jo Richardson Community School	Selco Builders Merchant Barking	
Dorothy Barley School	Jump London	St. Vincents Primary	
	Lara Grill Restaurant		
	London & Quadrant Housing		

GUIDANCE FOR CARERS AND CARED FOR

www.gov.uk/government/publications/coronavirus-covid-19-providing-unpaid-care/guidance-for-those-who-provide-unpaid-care-to-friends-or-family

CARERS TRUST WELCOMES ADOPTION OF ITS RECOMMENDATIONS IN GOVERNMENT ADVICE FOR UNPAID CARERS ON COVID-19.

The Department of Health and Social Care has today released guidance for people providing unpaid care to family or friends. The guidance states that it is “for anyone who cares, unpaid, for a friend or family member who, due to a lifelong condition, illness, disability, serious injury, a mental health condition or an addiction, cannot cope without their support.” The guidance advises all carers to “create an emergency plan with the person they care for”. It sets out details that will need to go into such a plan like details of ongoing medication and treatment the person with care and support needs is receiving.

The guidance will help people who were already facing huge challenges as they cared for family members with often complex needs. Specifically, it will help unpaid carers to know what they can do now to make plans should they, or the person they care for, develop Covid 19. “Unpaid carers have been disproportionately affected by the Coronavirus crisis. So we will continue to do everything in our power to ensure that what carers and local services need continue to be represented at the highest levels.”

MENTAL HEALTH

PLEASE SEE THE BELOW SUPPORT SERVICES AND INFORMATION TO HELP YOU AND YOUR FAMILY DURING THIS TIME.

ADULTS

SAMARITANS – call any time, day or night for free on 116 123

BIG WHITE WALL – an online support forum – website: www.bigwhitewall.com

YOUNG PEOPLE

CHILDLINE telephone 0800 1111

KOOTH – free safe and anonymous online support for young people website: www.kooth.com

Throughout this time you may be finding things difficult and struggling to cope. Elefriends is a supportive online community, that you can use to talk to others in a similar situation and share coping techniques. This is a safe place to listen, share and be heard:

<https://www.elefriends.org.uk/>



BEREAVEMENT SUPPORT

Mayor of London information for families has set out information on what to do should you have a bereavement you can access this on www.london.gov.uk/coronavirus

Find bereavement services from your council at gov.uk/find-bereavement-services-from-council

Cruse Bereavement care has online resources on how bereavement and grief may be affected by this pandemic: cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief

Free helpline number **0808 808 1677**. For facts about the coronavirus and supporting children: Cruse.org.uk/coronavirus/children-and-young-people

The Compassionate Friends offer support to families after the death of a child of any age and from any cause tcf.org.uk or call **03451 232 304**

The Good Grief Trust www.thegoodgrieftrust.org

Bereavement counselling and grief counselling www.mariecurie.org.uk

Bereavement support organisations for patients and carers www.beh-mht.nhs.uk

SCHOOL SUPPORT

OUR YOUNG CARERS AND INFORMATION ADVICE SUPPORT SERVICE IS STILL OPERATING AS NORMAL. IF YOU NEED SOME ADVOCACY SUPPORT DURING THE CORONA VIRUS PANDEMIC TO HELP SECURE A SCHOOL PLACE DURING THE SCHOOL CLOSURES.

It has been confirmed on the government website that Young Carers and those Young People with an EHC (Education Health Care) Plan are entitled to stay in education in order to meet their needs.

If you need support with the above then please call the office between 10-1pm on **0208 593 4422** or email us at carers@carerscentre.org.uk with **subject heading *school support*** and this will be passed on to the relevant service.

The **Barking and Dagenham Provider Mini Directory** has been designed for the Borough and its partners to assist young people in sourcing information relating to Education, Training and Employment opportunities during the COVID-19 outbreak. **Please visit <http://www.carerscentre.org.uk> to access the directory.**

This is a very difficult time for young people especially with schools closing. To download a social story for your child to make it easier for them to understand the current situation visit www.andnextcomesl.com/

DOMESTIC ABUSE & SEXUAL VIOLENCE

DOMESTIC ABUSE AND SEXUAL VIOLENCE: SERVICE UPDATES DURING THE COVID 19 CRISIS

Avoiding public spaces and working at home can help to reduce the spread of COVID-19, but for many home may not be the safest option. We know that any external factors that add stress and financial strain can negatively impact relationships and escalate an abuser's behaviour – and the safety of a survivor is compromised.

COVID 19 MIGHT HAVE CHANGED THE WAYS IN WHICH SERVICES ARE WORKING BUT THEY ARE STILL RUNNING –AND SUPPORT IS AVAILABLE:

BARKING AND DAGENHAM

DOMESTIC AND SEXUAL VIOLENCE SERVICE – REFUGE

One to one confidential, non-judgemental support and advocacy to all people living or working in Barking and Dagenham experiencing domestic abuse. This includes support for children, refuge accommodation and sanctuary schemes.

Call: **0300 456 0174** Email: BDAdvocacy@refuge.org.uk Web: www.refuge.org.uk

DV FLAG EAST

Free independent confidential advice on legal options to anyone experiencing domestic abuse in Barking & Dagenham and surrounding areas

Call: **020 8507 5994** Email: dvflageast@bdcab.org.uk Web: www.dvflageast.org.uk

DOMESTIC ABUSE & SEXUAL VIOLENCE NATIONAL SERVICES

NATIONAL DOMESTIC ABUSE HELPLINE

The helpline is open 24/7 and is run by highly trained, female advisers. Many different languages are available, and they can work with callers to increase safety, access refuge accommodation and other specialist services. Call back and email available from the website.

Call: **0808 2000 247** Web: www.nationaldahelpline.org.uk

NATIONAL STALKING HELPLINE

Offers information and guidance to anybody in the UK who is currently or has previously been affected by harassment or stalking. Call: **0808 802 0300** Web: www.suzylamplugh.org

DOMESTIC ABUSE & SEXUAL VIOLENCE NATIONAL SERVICES

RESPECT PHONE LINE

The phone line is staffed by non-judgemental advisors who can give honest advice to people using abusive behaviours.

Webchat available from the website:

10:00-11:00 and **15:00-16:00** on **Wednesdays, Thursdays and Fridays.**

Call: **0808 8024040** • Email: info@respectphoneline.org.uk • Webchat: respectphoneline.org.uk

MEN'S ADVICE LINE

Non-judgmental emotional support, practical advice and information for men experiencing domestic abuse.

Monday & Wednesday: 9am – 8pm • Tuesday, Thursday and Friday: 9am – 5pm

Webchat available from the website

10:00-11:00 and **15:00-16:00** on **Wednesdays, Thursdays and Fridays.**

Call: **0808 8010327** • Email: info@mensadviceline.org.uk • Web: mensadviceline.org.uk

CHILD-LINE

Support and advice for any child or young person, whatever they need to talk about. Web page given specific for domestic abuse but young people can make use of the online message boards.

Call: **0800 1111** (*9am until midnight*) • Web: www.childline.org.uk

ASHIANA NETWORK

Specialist counselling and support for women who have experienced violence and abuse.

Ashiana staff are working remotely. Support will be offered over the telephone, online and where safe to do so through Skype.

Counselling will be offered over the telephone.

Call: **020 8539 0427** • Email: info@ashiana.org.uk • Web: <http://www.ashiana.org.uk/>

LONDON SURVIVORS GATEWAY

Offers survivors of rape and sexual abuse help to access specialist services in London.

Works with anyone aged 13 or above regardless of gender, sexuality, disability, language, ethnicity or immigration status. Open **10:00-16:00 Mon-Fri.**

Call: **0808 801 0860** • Professional Referral: www.dpmscloud.com/external/referralformorgwgn

EAST LONDON RAPE CRISIS

Specialist help to women and girls over the age of 14 who have experienced rape, sexual abuse or violence. Support workers are working remotely.

Advice, support and counselling are over the telephone.

Call: **020 7683 1210** • Helpline: **0800 160 1036** • Email: info@niaendingviolence.org.uk

GALOP

LGBT+ victims of domestic abuse and violence can contact GALOP

National LGBT+ helpline: **0800 999 5428** • Web: www.galop.org.uk

DEAF HOPE

SignHealth works to improve the health and wellbeing of people who are Deaf..

Text: **07970 350366** • Email: deafhope@signhealth.org.uk



**O.S.H. which stands for Our
Second Home is our Young
Carers Sub Group and they are
the decision makers of the
project. If you want to get
involved please get in touch for
details of the monthly meetings.**

O.S.H

Phone: 020 8593 4422 / 07951 790058
Email: carers@carerscentre.org.uk
Website: www.youngcarerscentre.org.uk
Facebook: BD YC Young Carers
Twitter: @BandDCarers

How to Contact Us

Thrive LDN
Towards happier, healthier lives

COMMUNITY
FUND

Department for
Digital, Culture
Media & Sport

#iwill
Proudly supporting
youth social action

Barking & Dagenham
London Borough of

carers trust
action · help · advice



A Birthday in Isolation

As the time went on and people waited for the Coronavirus pandemic to end so that they can resume their lives, I was instead waiting to see if it would come to an end so that I could celebrate my birthday.

Hi, my name is Ololade and during the isolation period, on the 8th April, I had celebrated my 12th birthday. I had a few friends, get lunch and eat cake. Instead I had to wait in the long line outside of Asda just to get a simple birthday cake because that was all I was allowed to do because of the Coronavirus restrictions, meaning that I was only allowed to do one thing on my birthday and that was eating cake!

The Young Carers Team would like to wish everyone celebrating a birthday during lockdown a very happy birthday. We hope you are able to look forward to next year's birthday and hope this is more positive.

THANK YOU!

Barking & Dagenham Young Carers would like to thank the following Schools & Organisations for their support:

Carers Trust
CHICKS Charity
Children in Need
Dagenham & Redbridge FC
FLEX Training (Jon Fuller)
Jack Petchey Foundation
London Borough of Barking & Dagenham
Thrive LDN
Barking & Dagenham College
Becontree Primary School
Dorothy Barley Primary School
Eastbrook School
Gascoigne Primary School
Goresbrook Secondary School
Hunters Hall Primary School
Jo Richardson Community School
Monteagle Primary School
Richard Alibon Primary School
Ripple Primary School
Rose Lane Primary School
Rush Green Primary School
St. Vincents Primary School
Sydney Russell Primary School
Valence Primary School
William Bellamy Primary School

Positive Futures - Young Carers Ambassadors Project

March 2020 marked the end of the first year of the Positive Futures Young Carers Ambassadors Project and we could not be more proud of the effort of those young people involved. Here is what Catrina, who volunteers in Eastbrook Secondary School had to say about her experience so far:

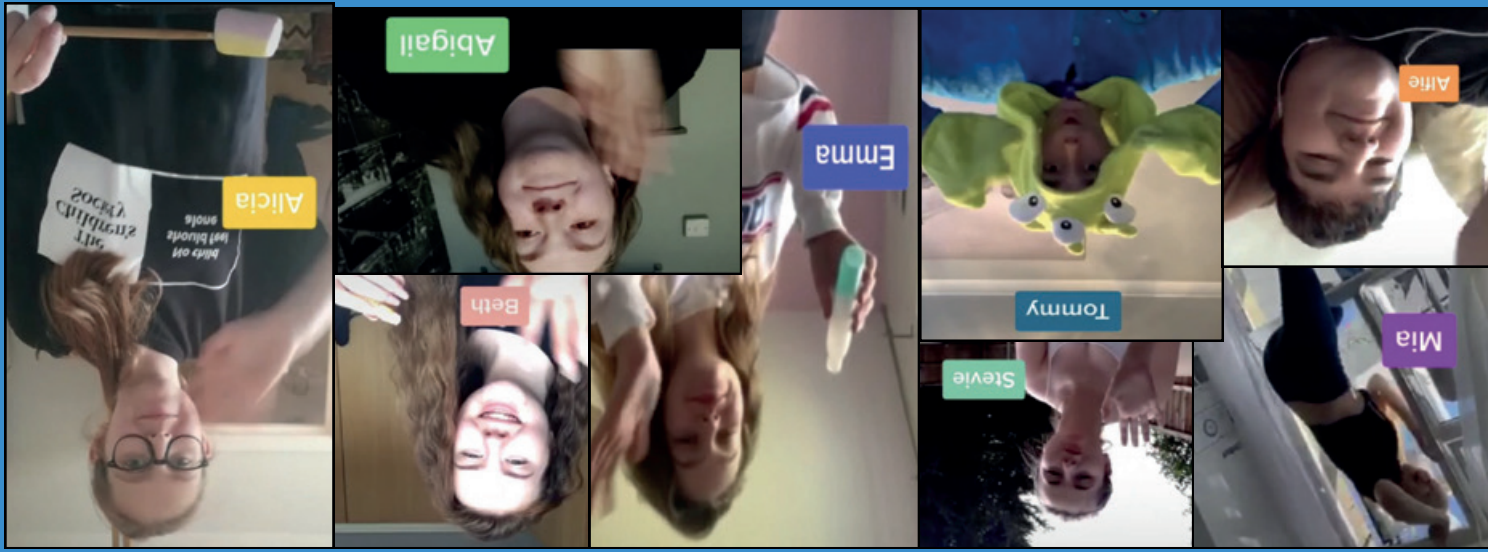
"While being a Young Carers Ambassador I have helped discover new Young Carers and I have raised awareness. I have done this by performing assemblies at my school and holding a Young Carers lunch, where all Young Carers came to see they are not alone and made new friends. I wouldn't be able to perform the assemblies without the ambassador project, as it helped boost my confidence by encouraging me and supporting me whenever I needed it."

We are now recruiting Young Carers Ambassadors for year two, so if you think you have what it takes to raise awareness within your school and be the voice of Young Carers please get in touch with Hannah on 07712 515517 or hannah.martin@carerscentre.org.uk. Full training is given, along with regular one to one support and a mentor if required.



YAC Daily Challenge

When lockdown commenced we decided to set our Young Adult Carers (YAC's) a daily challenge. Since then we have been overwhelmed with the effort and support the group has gone to. The daily challenges are set by the winner of the most recent challenge and have included best sunset, isolation poem, cutest pet pictures, most embarrassing picture, the best joke of the day and the funny parody video that was created from the pictures below, to name a few. We are also still meeting for a virtual catch up once a month. If you are 14+ and would like to get involved, send a WhatsApp message to Hannah on 07712 515517 and you will be added to the group.



Jack Petchey Achievement Awards



For those of you who do not know about the Jack Petchey Foundation, they help organisations who support young people. At Young Carers we run the Gold Level Achievement Awards, this means we can acknowledge 9 young people each year who have been selfless, kind and have gone above and beyond what was expected of them. We can also nominate 1 worker every year. As part of the Young Carers Project you all have a say in who should get recognised by talking to one of the Sessional Workers during or after a session. We also have paper slips and a voting box where you can nominate another Young Carer, which is kept in the meeting room or you can email us.

The age for nominees is 11+. Those who are awarded will receive a certificate and get an opportunity to attend an award ceremony to pick up a medallion! More information can be found on their website, along with useful resources: www.jackpetcheyfoundation.org.uk.

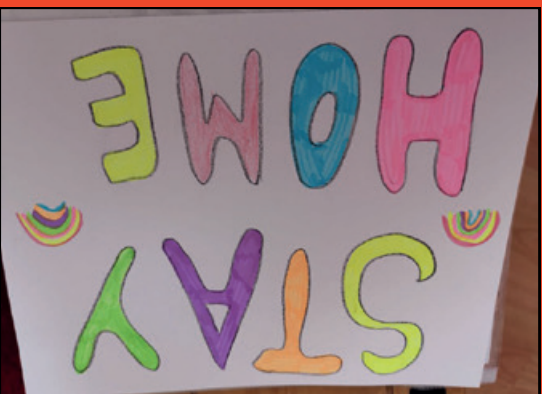
Virtual Activities

While we are not able to see you all face to face, we don't want you to miss out on the fun of getting together. Therefore, to combat this isolating time we have created a fun packed calendar of virtual activities, which will be hosted via an online platform.

Some of you have already taken part in our online activities, which started with a treasure hunt, followed by a mega game of Pictionary! We have a number of exciting things coming up including a writing competition, arts and crafts, catch up sessions and the possibility of getting a choir together!

We want as many of you as possible to join in and we also want to you give us ideas of what you would like to do.

If you are interested in the sessions or have an idea please get in touch with Carron on 07951 790058.



It's Good to Talk

At Young Carers we offer one to one sessions where you are given a safe space to talk about your feelings, any issues, caring role and get support. We asked one of our Young Carer, Stevie, what she thought of her one to one experience and here is what she said:

“After having one to one's I immediately felt better, it felt like a weight had been lifted off my shoulders and I could say what I wanted without being judged. I also believe I know how to handle situations better due to the one to one's, as I take everyone's feelings into account. In general, my mental health is so much better after having them. I also felt really comfortable with saying how I felt and what was happening because I knew I could trust the people I was talking to and knew what I said in the 'room' stayed in the 'room'.”

We also offer self-care training for Young Carers and will be holding our next training session via Zoom on Tuesday 5th May 2020 at 4pm.

If you feel you would like someone to talk to or would like to access the self-care training, why not get in touch with us on 020 8593 4422 or 07951 790058 and ask to speak to a member of the Young Carers Team.

There is also support available outside of our office hours, why not check them out:



Kooth is free, safe and anonymous online support for young people - www.kooth.com



You can contact Childline online or by phone - www.childline.org.uk / 0800 1111

Join the Challenge

Are you struggling to get motivated in isolation? Do you complete your school work and then have nothing more to do during the day? Then why not join in with the YOUNG CARERS WEEKLY CHALLENGE!

We will be holding a weekly challenge starting Monday 27th April 2020 and everyone is welcome to join in. Challenges will be published on our website in the COVID-19 information section, every Monday morning, along with the name of every winner. Good luck everyone!



Barking & Dagenham Young Carers Newsletter



We Are Here For You

At Carers of Barking & Dagenham we know that these unprecedented times will be difficult for everyone. We want to reassure all of our Young Carers and their families that we are still here if you need support, information or advice. We continue to offer 1:1 support via telephone and video calls, along with virtual activities. From all of the team we wish you well.

An Isolation Story

During this time of isolation it is important, more than ever, that we know there are others out there in the same situation as us. We are, after all, in this together. Below one of our Young Carers, Catrina, reports about what she has been doing during this time.



"During my time in isolation, I have set myself a challenge to wake up early enough to watch the sunrise. I started this challenge on the 6th of April because I wanted to have a new perspective into photography. I encourage you to try this challenge, to watch the sunrise for a week but if not try to set yourself another challenge that will push you to try something new. Watching the sunrise each morning has been really beneficial for my photography and my school work. Due to me waking up early each morning I have had time to complete all my schoolwork early which then gives me time to do the things I enjoy like talking to my friends and family online."

We would love to hear your isolation story, why not share this with via social media - Facebook: BD YC Young Carers or Twitter: @BandDCarers.

Rainbows of Hope

Following one of our virtual arts and crafts sessions, we set some of our Young Carers the task of creating rainbows of hope. We had a great response to this and will be proudly displaying all our office window for passersby to enjoy. Thank you to all that took part and sent in their amazing drawings, as well as displaying them in your own windows.

If you want to get involved please send your pictures to the following email address: carers@carerscentre.org.uk



Young Carers are young people who live in a family where someone is affected by a long term illness, disability, mental health condition, alcohol or substance misuse or HIV. The Young Carers Service supports young carers aged 8-19