

The Newsletter editor: Janette Chinnick

"STRIVING TO MAKE A DIFFERENCE"

Hello and warmest welcome to our Spring edition of Carers of Barking and Dagenham's newsletter.

With the warmer days and lighter evenings we hope you feel able to do more. Take a look inside our newsletter for activities and helpful information.

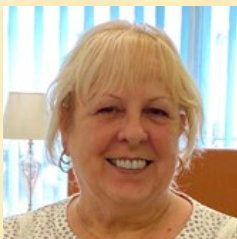
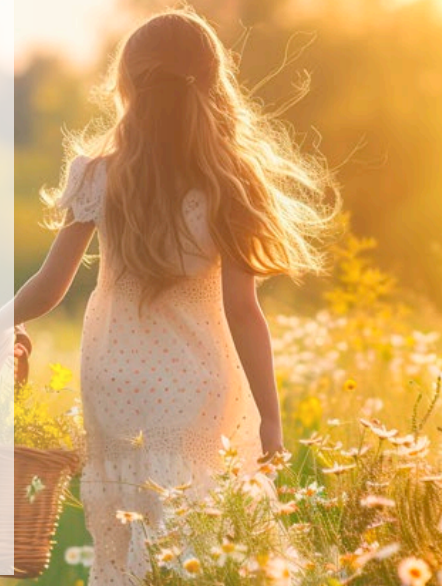
Beryl Curtis has been a long serving Chair at Carers Centre SA for 28 years. She has decided that the time has come to hand over this role and after nominations our very experienced Trustee Peter Chand has taken on this role in the interim.

I would like to say a few words of thanks to Beryl who has been a true advocate for informal carers, dedicating her time to ensure they are recognised and have access to services that supports them in their caring role. Her great leadership has enabled the organisation to flourish and remain innovative in its work with carers. She has been inspirational to us all!

I would like to offer personal thanks for her mentorship, wisdom and support. This is not goodbye as Beryl will continue to support the organisation as a Trustee.

Lorraine Goldberg

Executive Director



Ann McMahon, Manager at Memory Lane, has retired.

Ann has been a long serving staff member at Carers Centre SA dedicating her working life to people with dementia and their families. She has made a difference to so many people's lives and has been a truly kind and supportive colleague to staff and volunteers at Carers Centre SA. We would like to wish her well in all she does in the future and enjoy her well-earned rest THANK YOU from us all!



Happy Ramadan and Eid Mubarak to all our Carers



CARERS WEEK 2024 "Putting Carers on the Map"

10th-16th June

Carers Week is all about you.

For events celebrating Carers Week please see inside this newsletter.



Day Trip to Ramsgate Saturday 1st June

PICK UP AT BECONTREE LEISURE CENTRE AT 9.30AM
AND THEN AT YMCA ROMFORD AT 9.45AM.

PICKING UP AT RAMSGATE AT 4.30PM.

PLEASE NOTE THE COST IS FOR TRANSPORT ONLY.
YOU WILL NEED TO BOOK ANY ATTRACTIONS YOURSELF



£15 PER PERSON

To book your place, please call us on:



B&D Office: 0208 593 4422
Havering: 01708 961111



CARERS PAMPER DAY

Some of the treatments available are:

- Manicure
- Pedicure
- Facial Treatments
- Full Body Massage

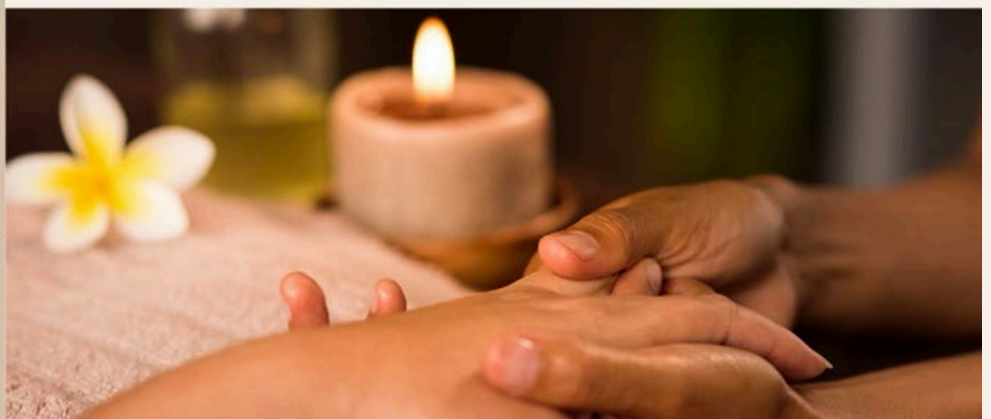
TO SECURE
YOUR
TREATMENT A
£5 REFUNDABLE
DEPOSIT IS
NEEDED.



**MONDAY 10 &
THURSDAY 13 JUNE 2024**

PLEASE CALL TO BOOK YOUR
TREATMENT ON 0208 593 4422.

TREATMENTS WILL BE AT:
BARKING & DAGENHAM COLLEGE,
DAGENHAM ROAD, RM7 0XU





SAVE THE DATE

Memory Lane Open Day

WEDNESDAY 12TH JUNE 2024

10 AM - 2 PM

Memory Lane Day Centre
234A Porters Avenue, Dagenham,
RM8 2EQ

Carers, Health, Social Care and Voluntary sector colleagues are invited to come along to see what we do at the centre, and enjoy some complimentary afternoon tea



CARERS WEEK 2024 "Putting Carers on the Map"

10th-16th June

This year's theme highlights the invaluable contributions of carers across the country and ensuring their voices are heard loud and clear. It is hoped to increase the visibility of carers among politicians, employers and throughout the community. By raising awareness it is hoped they will better recognise the challenges unpaid carers face and help them access the support they deserve.

As well as the events advertised on the previous page and above we will be having an Information Table at Barking Learning Centre on Tuesday 11th June between 10am and 2pm and on Thursday 13th June at Dagenham Library again between 10am and 2pm. Please feel free to drop in.

THANK YOU

WE WOULD LIKE TO THANK THE FOLLOWING FOR THEIR DONATIONS AND HELP:

Broadway Theatre, Co-op, Lara Grill, Barking & Dagenham College, Morrisons, Amber Guity, Edwina Hunt, Luke Brooke, Asda Chadwell Heath, West and Coe, West Ham Football Club, Arsenal Football Club, Dagenham and Redbridge Football Club, Queens Theatre, Pipe Major, Coral Romford, Care City, Eat More Fruit Market, staff and volunteers who donated items and all our wonderful volunteers who donate their time on a regular basis and all the others who have supported us.

PEER SUPPORT GROUPS

DR GORIPARTHI'S SURGERY

For those registered at 370 Parsloes Avenue, Dagenham Sahar will be there fortnightly on Thursday morning between 10am and 12 noon to answer your queries.

Please call Sahar on 020 8593 4422 for the next meeting date

ARABIC/BAME SUPPORT GROUP

This group will be held on the third Tuesday of the month between 12 noon and 2pm Please call Sahar on 020 8593 4422 to confirm meeting venue

ABBAY MEDICAL CENTRE

For those registered at the Abbey Medical Centre, 1 Harpour Road, Barking Sahar will be there fortnightly on Tuesday between 10am and 12 noon to answer your queries.

Please call Sahar on 020 8593 4422 for the next meeting date

FANCY A CUPPA AND A CHAT

Come along to our free Dementia Carers Coffee Morning on the fourth Wednesday of every month at 234a Porters Avenue, Dagenham RM8 2EQ. Time 10.00 - 12 noon

You are welcome to bring your cared for, just let us know in advance by speaking to Maxine on 020 8593 4422 or Angela on 020 8595 6828 · Dates:

22nd May

24th July

25th September

27th November

26th June

NO GROUP IN AUGUST

23rd October

NO GROUP IN DECEMBER

LEARNING DISABILITY GROUP

Come and join Maxine for free refreshments for those who care for someone with a learning disability on the following Mondays at 334 Heathway, Dagenham RM10 8NJ. Time 10 - 12 noon

For more information speak to Maxine on 020 8593 4422. Dates:

20th May

NO GROUP IN AUGUST

25th November

24th June

23rd September

NO GROUP IN DECEMBER

22nd July

28th October

PARENT ADVISORY GROUP

The Parent Advisory Group will be held with Azra on the last Wednesday of the month at Carers Centre 334 Heathway Dagenham RM10 8NJ Time 10am - 11am. Dates:

22nd May

NO GROUP IN AUGUST

23rd October

26th June

25th September

27th November

17th July

NO GROUP IN DECEMBER

Come and join our free Coffee Morning,
open to all carers, on the last Friday of every month

Carers Coffee

Venue: Our office at
334 Heathway,
Dagenham, RM10 8NJ
Time: 10.00 – 11.30am
Held by Sabriye & Jolanta



Dates:
Friday 31st May 2024
Friday 28th June 2024
Friday 26th July 2024
No group in August
Friday 27th September 2024
Friday 25th October 2024
Friday 29th November 2024

You can also join by **zoom**
Meeting ID: 831 3183 5204
Password: 403040



A group for Carers who have had a loved one diagnosed with Dementia in the last 18 months

POST DIAGNOSTIC GROUP



Weds 19th June
Weds 18th Sept
11.00 - 1.00



@ Broad Street Health Centre, Morland Road, Dagenham, RM10 9HU

Run by Clinical Psychologist Dr. Vine, Admiral Nurse Jenny and Maxine from Carers of Barking & Dagenham
Can be accessed remotely via teams or face to face - please contact Jenny on 0300 555 1017

Social Care Assessments - Changes in Benefits and Expenses

Please check the benefit payments received for the people you care for as slight increases are expected from April 2024. It could take until May 2024 for you to see these increases.

It is very important to notify the borough's Financial Assessments Team by email at financial.assessments@lbbd.gov.uk of any changes in benefit payments as soon as possible. This is because the amount of benefits a person receives directly impacts their assessed client contribution.

If the Financial Assessments Team are made aware of an increase in benefit payments at a later date, they will backdate that increase which may result in a large, backdated invoice being issued.

Please also ensure to notify the borough's Financial Assessments Team, by the email address shown above, of any changes in expenditure, such as Council Tax, Rent or any Disability Related Expenditure (DRE). Increases in such expenditure may reduce client contribution amounts, and these also usually increase in April of each year.



STAY WELL STAY SAFE HEALTHY FUTURES PROJECT



The Independent Living Agency have launched their Stay Well Stay Safe Healthy Futures Project. They are offering the following:

- A sports programme of badminton and table tennis
- A gym group/fitness buddies
- Museum walks
- Accessible swimming making it fun and easy for people with different disabilities and impairments
- Learn to cook at the Independent Living Cookery School – 10 week course
- Designing and adapting Heath Park and Parkview Gardens including specialist tools and demonstrations
- An evening club with a fun range of activities including bingo
- An arts and crafts group
- A yoga group
- Music therapy
- College courses are available for volunteers and participants to complete.

All the above activities are free of charge but must be booked. For more information please contact Debbie Robinson the Project Manager on 020 8593 6677 or email DebbieRobinson@independentlivingagency.org

TRAINING CALENDAR 2024

Monday 13th May – Basic Counselling Skills 10am-12.30pm – Training Room Heathway

Saturday 18th May – Lifting and Handling 10am-3pm – Memory Lane

Saturday 14th September – Basic First Aid 9am-4pm – Memory Lane

Monday 21st October – Basic Counselling Skills 10am-12.30pm – Training Room Heathway

Monday 4th November – Dementia Awareness Training 10am – 1.30pm – Memory Lane

Monday 11th November – Preparing for the Future 10am-1.30pm – Memory Lane

Please feel free to bring your own lunch for the Lifting and Handling and Basic First Aid courses.
Tea, coffee and biscuits provided for all training.

Carers Centre, 334 Heathway, Dagenham RM10 8NJ

Limited parking at rear of office, restrictions apply on surrounding roads

Memory Lane Resource Centre, 234a Porters Avenue, Dagenham RM8 2EQ

Limited parking available on site, restrictions apply in Ilchester Road, no restrictions on Porters Avenue

Treatments for seven conditions such as sore throats and earaches are now available directly from pharmacists, without the need to visit a doctor.

The **Pharmacy First** scheme will allow most chemists in England to issue prescriptions to patients without appointments or referrals.

Pharmacists can carry out confidential consultations and advise whether any treatment, including antibiotics, are needed for the list of seven minor ailments. Patients needing more specialist or follow-up care will be referred onwards.

What can pharmacists prescribe medicines for now?

- Sore throat
- Earache
- Sinusitis
- Impetigo
- Shingles
- Infected insect bites
- Uncomplicated urinary tract infections in women

Patients can access the new service by walking straight into a chemist or being referred by NHS 111, urgent treatment centres, emergency departments or their GP. Those who are not registered with a GP can still access the service.

You can also get emergency contraception and blood pressure checks at most pharmacies in England. Some offer advice on how to stop smoking, how to lose weight as well as screening and treatment for chlamydia, a common sexually-transmitted infection.

What happens at a consultation?

The pharmacist will ask about symptoms and possibly about any previous medical issues. They may ask for consent to check the patient's health record if they can access it. For some conditions, the pharmacist may perform an examination - for example of a patient's ear. This allows them to recommend the best course of action for each patient, which could include a treatment bought over the counter such as a cream or ointment, a restricted set of prescription-only medicines or advice that the issue will go away on its own. The consultation will be noted and shared with GPs to add to the patient's record.

Will I have to pay for my advice or medicine?

All advice is free and if your pharmacist believes the condition needs further review, they will recommend where to get more advice. If you do not normally pay for prescription charges, any medicine recommended will be free. If you usually pay for prescriptions, you will pay the cost of the medicine or the standard prescription charge, whatever is cheaper.

Will I always get medication?

On some occasions you may not need medication and will receive professional healthcare advice. If the pharmacist feels it is appropriate to signpost you elsewhere, they will highlight the most suitable service to you. Medicines will ONLY be supplied when you have a current condition in need of treatment. Any medication supplied to you must only be used to treat yourself or a dependent.

Important information

If accessing the Pharmacy First Scheme you must tell your pharmacist if:

- You are pregnant and/or breastfeeding
- You think you might be pregnant
- Other medications you are taking
- Any allergies that you have

Please check with your local pharmacy to see if they are participating in the Pharmacy First scheme.

NHS APP

The NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet. Your NHS is at your fingertips. Find out more at www.nhs.uk/nhsapp

Millions of people are already accessing their GP health record on the NHS App. If you are over the age of 16 you can see your consultation notes, letters and test results. Accessing your GP health record on the NHS App can help you better understand and manage your condition, without having to phone your GP surgery. Check if you already have access by clicking 'View your GP health record' in the NHS App. The NHS App enables you to manage repeat prescriptions and easily change your nominated pharmacy, so you can send orders when it's convenient for you. The NHS App also enables you to access your appointment information in one place, get the support you need, and manage your hospital appointments.



Mental Health Awareness Week 2024 takes place during May, on the theme of "Movement: Moving more for our mental health"

The Mental Health Foundation say "Being active is important for our mental health. But so many of us struggle to get enough exercise. We know there are many different reasons for this, we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!"

For further information visit www.mentalhealth.org.uk/explore-mental-health/publications/how-look-after-your-mental-health-using-exercise

The NHS says "If you're struggling with your mental health and wellbeing, a simple mental health quiz can help. It generates a personalised plan based on the information you provide.

Answer 5 simple questions to get your personalised mental health action plan, with tips and advice to help you look after your mental health and wellbeing.

Sign up to our 4-week email programme for helpful reminders and to swap in new tips.

Be kind to your mind, because doing the small things can make a big difference"

To take the quiz visit:

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

FEELING ANXIOUS OR DEPRESSED? NHS TALKING THERAPIES CAN HELP

Struggling with feelings of depression, excessive worry, panic attacks, social anxiety, post-traumatic stress or obsessions and compulsions? A trained clinician can help.

The service is effective, confidential and free. Talking therapies are also available in your chosen language through multi-lingual therapists or confidential interpreters, and in British Sign Language, through SignHealth's Therapies for Deaf people service.

Your GP can refer you or you can refer yourself at nhs.uk/talk

SIGNHEALTH

The Sick Of It report is SignHealth's ground-breaking report about the health of Deaf people in the UK. It shows that Deaf people are suffering from preventable and potentially life-threatening illnesses due to access limitations, misdiagnosis, and poor treatment. Published in 2014, the Sick Of It report was the first major review of the health impacts on Deaf people of accessibility and communication barriers. The report was made possible with funding from the Big Lottery Fund and research from the University of Bristol.

This research reveals a story of unintentional neglect, shortened lives and wasted money. For more information and further details visit <https://signhealth.org.uk/resources/report-sick-of-it/>

If you need support or more information about SignHealth and their services please visit <https://signhealth.org.uk/contact>

TELL HEALTHWATCH BARKING & DAGENHAM YOUR EXPERIENCES OF USING COMMUNITY DENTAL CARE SERVICES IN THE BOROUGH

Healthwatch would like to hear from anyone who has used community dental care services in Barking & Dagenham.

They are eager to know about:

- If the community dental services meet your needs
- What works well for you
- What areas can be improved



What is the community dental service?

- Provides specialised dental care and treatment to individuals who may have difficulty accessing traditional dental services, including children with special needs, people with physical or learning disability, people with complex medical problems, people with mental health problems, or homebound individuals
- Facilities are designed to accommodate wheelchair users and patients with limited mobility.

Share with Healthwatch by completing their survey at:
www.Surveymonkey.com/r/CommunityDental

EARLY LEARNING AND DEVELOPMENT

90% of your child's brain growth happens before the age of 5. Right from the start, all those little moments you spend together with your child are building their brain.

Every smile, cuddle, chat and game makes a huge difference, helping them learn to communicate, develop confidence and make friends.

Find lots of ideas, easy tips and activities you can do together with your child.

Visit <https://www.nhs.uk/start-for-life/early-learning-development/>

FAMILY HUBS

Family hubs offer support to children, young people and their families. They provide a single place to go for support and information from a variety of organisations, making it easier to get the support you need.

They can provide guidance on issues such as feeding your baby or toddler, mental health and parenting support.

Find out your local hub by visiting <https://startforlife.lbbd.gov.uk/family-hubs-and-early-help/>

Many activities are free, and you just drop in. Others may need to be booked beforehand (marked with *), plus, there may be a small fee. For some activities, there may be a maximum capacity of attendees. Please note that schedules may change without prior notice. No events will take place on bank holidays and public holidays. Please see more information and the activity details before attending. To find out the timetable for events please visit <https://startforlife.lbbd.gov.uk/family-hubs-timetable-> and after the dash add north, east or west depending on your location

Do you still wish to receive our newsletter?

If you do not wish to receive our newsletter any more please let us know so we can save on postage. Thank you.

Need help with food?

The Borough's recent cost of living survey revealed 1 in 2 of those surveyed skip or have smaller meals because they can't afford it.

It's not okay. But it is okay to reach out for help.

Did you know there's lots of food support you can access to take the edge off your weekly shopping bill? From local Community Food Clubs, where you can access up to £20 of free food, to food banks where you can pick up emergency food.

There's also a range of FREE cooking workshops you can come along to and meet others in your local area, while learning to cook wholesome meals on a tight budget. It's also dinner sorted as you get to take home a tasty serving for yourself!

Keep your eyes peeled over the coming weeks as they are cooking up something exciting with the local community – you won't want to miss it! Visit www.lbbd.gov.uk/cook-with-us for more information.

Don't forget, you can also access a range of money support, including income maximisation and help with debt. For more information visit www.lbbd.gov.uk/money-and-debt.



Free period products

Did you know 1 in 5 women struggle to afford period products in the UK?

Period products cost the average woman £5,000 in a lifetime. And for many that's a hefty price tag for much needed essentials. That's why the Borough have partnered with Flow Happy, to supply free sanitary products to those who need it.

Look out for our vibrant pink cabinets placed in the Barking Learning Centre, Dagenham Learning Centre and Marks Gate Community Hub. You can pop in and grab your free sanitary products – no questions asked.

Enjoy a hearty cooked meal on FoodCycle

Join FoodCycle for tasty food and great chat. No need to book, just turn up. This is being held every Sunday at 1.00pm at Al Madina Mosque, 2 Victoria Road, Barking IG11 8PY.

FoodCycle's vision is to make food poverty, loneliness and food waste a thing of the past for every community. With community dining, week in week out they feed the hungry and give company to the lonely in the community; providing delicious meals and great conversation and using food which would otherwise go to waste.

Whatever your reason for needing a meal you are welcome to join them.

Some people come for the food and some come for the company. No matter your background they will welcome you warmly. However they would kindly ask that you follow the following community meal guidelines:

- Not attending under the influence of drugs or alcohol and not bringing drugs or alcohol to a meal
- Not being aggressive or confrontational
- Not using offensive, racist, sexist or homophobic language
- Respecting each other's belongings and the venue
- Not flirting, making inappropriate comments/jokes, or hugging guests or volunteers

FoodCycle only serves meat free food so their meals are accessible to people of all cultures and religion.

For more information please visit www.foodcycle.org.uk



Most Frequently Asked Questions From Parents/ Carers and Children and Young People About the SEN Process



WHAT IS AN EHC PLAN (EDUCATION, HEALTH AND CARE PLAN)?

An Education, Health and Care plan (EHC plan) describes your child's special educational needs (SEN) and the help they will get to meet them. An EHC plan also includes any health and care provision that is needed. It is a legal document written by the Local Authority and is intended to ensure that children and young people with an EHC plan receive the support they need.

EHC plans are for children and young people who need more support than their school or other setting can provide. The plans can start from a child's birth and continue into further education and training.

WHAT IS AN EHC NEEDS ASSESSMENT?

An EHC needs assessment is an assessment of a child or young person's education, health and care needs. It's a detailed exploration to find out what your child's special educational needs are and what provision needs to be put in place to meet them.

DOES MY CHILD NEED A DIAGNOSIS TO GET AN EHC PLAN?

EHC plans are for children and young people aged up to 25 who need more help than is available through special educational needs and disability (SEND) support. You do not need a medical diagnosis to apply for an EHC plan. These plans are when you have tried all other options and still need more help.

HOW DO YOU REQUEST AN EHC PLAN ASSESSMENT?

You can ask your Local Authority to carry out an assessment if you think your child needs an EHC plan. A young person can request an assessment themselves if they are aged 16-25. A request can also be made by anyone else who thinks an assessment may be necessary, including nurseries, schools, colleges, doctors, health visitors, teachers, parents and family friends.

HOW MUCH EVIDENCE IS NEEDED FOR AN EHC PLAN?

You will need to attach any up to date reports from professionals or agencies that have been involved in supporting your child in the last 12 months.

WHAT DOES AN EHC PLAN GIVE MY CHILD?

The special educational provision described in an EHC plan must be provided by the child or young person's Local Authority. This means an EHC plan can give a child or a young person extra educational support. It can also give parents and young people more choice about which school or other setting the child or young person can attend.

Further information around special educational needs can be found on our Carers Hub website:
<https://www.carerscentre.org.uk/iass>

London Borough of Barking and Dagenham Local Offer

<https://www.lbbd.gov.uk/children-young-people-and-families/local-offer>

The Council for Disabled Children

www.councilfordisabledchildren.org.uk



WHAT IS LONELINESS? IT'S PART OF LIFE. LET'S TALK ABOUT IT

Everyone's experiences of loneliness are different – it's very subjective and personal to us. We are all affected by loneliness at times in our lives. The Department for Culture, Media and Sport has recently launched the next phase of their loneliness campaign activity as part of the Better Health – Every Mind Matters campaign..

Based on research which shows that 16-24 year olds are the loneliest age group but also the least likely to take action to help themselves the campaign targets young people with the aim to normalise loneliness as part of life and to reduce the stigma that often prevents people from accessing support.

SOME WAYS LONELINESS CAN BE EXPERIENCED ARE:

- **emotional loneliness** – a lack of emotional attachment to someone like a close friend or partner
- **social loneliness** – a lack of friends to go out with, or who share our hobbies or interests
- **existential loneliness** – a sense of being in a room of people you know and still feeling alone

Some people experience loneliness occasionally – perhaps only at certain times, like Sundays or Christmas – while others feel lonely all the time, which is sometimes called chronic loneliness. For support and advice go to www.nhs.uk/every-mind-matters/lifes-challenges/loneliness

TIPS ON DEALING WITH LONELINESS

Here is some practical advice on ways to cope with loneliness for you or someone you are helping to lift out of loneliness.

1. KEEP IN TOUCH WITH PEOPLE

Regular chats with friends and family can help to combat loneliness. Just talking to someone in that moment can really help when you feel alone – and help the person you contact. Try to do this regularly, as most of us love hearing from others. Being more sociable might also make it easier to reach out when you notice any signs of loneliness. Messaging old friends and colleagues, or creating a group chat on apps like WhatsApp or Messenger, are good ways to feel more connected.

2. JOIN A GROUP

Being part of a group or club is a great way to connect with and meet people. Look for groups to join in person or online that focus on things you like or activities you would like to try. If you're in a group, remember to always welcome others and involve them, as it can really help anyone who might be shy or lack confidence when meeting new people.

3. DO THINGS YOU ENJOY

Filling your time doing things you like might be a way to stop you from focusing on your loneliness, which can improve your wellbeing. Spending time outdoors in green spaces, exercise or sport, reading, and listening to podcasts and radio shows are great ways to boost your mood and occupy your mind.

4. SHARE YOUR FEELINGS

Talking more openly about how loneliness affects you can really help. Hearing a familiar voice or seeing a friendly face can also make us feel less isolated. Try not to compare yourself with others. Some people only share the good things happening to them, especially on social media, so comparing yourself to others can make you feel lonelier. Plus, we can never be sure of what someone else is going through.

5. CONNECT WITH OTHERS OR VOLUNTEER TO HELP

Think about people you know who might be feeling lonely and try to connect with them. This might also make you feel less lonely too. If you pass someone you recognise, try smiling and saying hello. And if you start chatting, could you swap phone numbers or suggest joining or setting up a local group together? Getting to know people in your area can help with social isolation, especially when moving somewhere new. Arranging to meet new friends in a safe, public place for a walk outside, or inviting someone out for a cup of tea or coffee can be a great way to help lift each other out of loneliness. It might be harder for people who have been lonely for a while to be open to connecting, so give them time to respond to your friendly contact. Volunteering is also a great way to meet people, and seeing the benefits of your actions can really help to boost your mental wellbeing.

6. INVITE SOMEONE ALONG TO ACTIVITIES NEAR YOU

There are many free and low-cost activities you can take part in throughout the year. Invite someone to come along to explore hundreds of free and affordable events happening across the country. See what's on in your local area, from affordable theatre tickets and free exhibitions to fun family activities at your local library.



BOCCIA FOR ALL

Boccia classes are suitable for anyone with physical or learning disabilities.

All equipment is provided.

It's a great way to socialise and take part in an activity that can be played both alone and as part of a team.

Every Thursday

12.00 - 13.00

at

Becontree Heath Leisure Centre, Althorne Way, Dagenham RM10 7FH

Only £3.20 per session

Book your place via www.everyoneactive.com/centre/becontree-heath-leisure-centre

everyone
ACTIVE



Get your free Lions Message in a Bottle It could help save your life

The Lions Message in a Bottle is a simple but effective way for you to keep **emergency medical and contact details** where they can be found easily and quickly by the responding services – in the fridge.



In the event that the emergency services are called to your home they are trained to look for two stickers (one on the inside on your front door and the other on your fridge) which will alert them to the bottle and its possibly life saving content.

4 SIMPLE STEPS

1. Complete the form inside the bottle which when completed will give important information such as your medical condition, emergency contact details, allergies etc
2. Place the completed form back in the bottle
3. Store the bottle in your fridge where it can be seen
4. Display your green stickers

WHERE CAN I GET A BOTTLE

Your local health centre, doctor's surgery and chemist should have supplies. However, if you have difficulty obtaining your bottle please email mdhq@lionsclubs.co.uk or phone **0121 441 4544**

Volunteers
needed



Do you have two hours to spare?

Are you free between Tuesday to Friday?

Mornings: 9 - 10am and Afternoons: 3 - 3.30pm

We are looking for volunteer drivers, who have their own vehicle, to help pick up and drop off our clients who attend our Memory Lane Day Centre

Mileage expenses will be paid. Business cover is essential, any extra costings will be reimbursed. Please call Sue on 0208 593 4422 if you would like to volunteer



Barking & Dagenham Young Carers Newsletter

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

Young Carers Action Day

Wednesday 13th March 2024 saw this year’s Young Carers Action Day.

YCAD recognises Young Carers and they are asked to help raise awareness of Young Carers issues. This year’s theme was “Fair Futures for Young Carers.” Being a young carer shouldn’t be a barrier to a young person’s dreams. It should be a stepping stone to a brighter future.

On Saturday 16th March 2024, three members of our O.S.H. team joined forces with two of Thurrock’s F.L.A.G. members to man an information stand in Lakeside Shopping Centre.

These amazing young people gave their own time handing out leaflets, pens & ribbons and talking to members of the public about their own experiences of being a Young Carer and about the support that they receive from the projects.

Many people expressed how they didn’t realise the responsibilities that some young people take on and were impressed with the honesty and bravery of the young people who shared their stories.

The day wasn’t all about work, the lovely staff at LUSH gave the Young Carers a bath bomb lesson and of course we got them lunch as a reward!!!



UPCOMING ACTIVITIES

We hope that you have had a chance to join in with an activity. If we are not doing things that appeal to you, remember that we want to hear your suggestions and ideas.

With that in mind, here are some of the activities that we have coming up:

- Young Carers Prom Party
- Stubbers Days
- Theatre Trips

Sibs - Report

Sibs charity have published a report about the impact of being a sibling of a disabled child.

Check out their website to look at the report: “If only you knew” The school experiences of siblings of disabled children.

<https://www.sibs.org.uk/supporting-young-siblings/ifonly/>

Young Carers Catch Up

Here are some of the things that the Young Carers have been up to since the last newsletter!

VALENCE
HOUSE
MUSEUM

ROMFORD
RAIDERS

Disney
100

ROCK
UP

Postal
museum

CRAZY
GOLF

BUBBLE
PLANET



🚀 Join OSH (Our Second Home) Young Carers Subgroup and unleash your potential! ⭐
Are you ready to take your skills to the next level, and help make decisions that impact you and other young carers? Join OSH for an exciting journey of growth, learning and teamwork.

Why join us?

- « Make new friends
- « Develop your skills
- « Have your say
- « Have fun
- « Make an impact

What do we do?

- ☑ Ideas for young carers activities
- ☑ Contribute to the newsletter
- ☑ Apply for fundraising
- ☑ Get our name out there to get more people and organizations talking about young carers
- ☑ Catch up in a chilled environment and have fun!

How can you get involved?

- ☑ Look out for 'OSH' on the young carers activity form - we run the group 1 Tuesday per month at the Young Carers office from 6:00-7:30pm
- ☑ We have regular treat sessions, and also connect with other projects (including Thurrock's FLAG!!)

Hope to see you there soon!

Ronda



A big Thank You from the Young Carers!

This page is dedicated to all the organisations and individuals that have supported us over the last few months.



The Jack Petchey Foundation are always very supportive of the Young Carers Project. Along with funding the Achievement Awards and Leader Awards that are given out each year, they have also given us a Recognition Grant which has funded our upcoming trip to Thorpe Park. Here's to a fun day of rollercoasters!!

Lynda and Susie have volunteered their time to make the outdoor space a relaxing place for the Young Carers to do some of their activities and the staff to have meetings and catch-ups with clients. All the hard work has bloomed in the lead up to Spring and everyone is looking forward to enjoying the summer days and evenings outside.




Over the February half term Stacey and Leanne at Valence House Museum together with Cat from MOLA (Museum of London Archaeology) facilitated 2 workshops for the Young Carers. After a behind the scenes tour of the stores, library and the museum the participants were supported to make a film that will be used to encourage other young people in the borough to get involved, visit the museum and help to start a regular young people's heritage group.

During the Easter break the young people were able to edit the film and add voice-overs. This was an amazing opportunity for those who took part and a chance for them to learn a new skill. An event to launch the film is now being planned where the young people will get to show what all their hard work has produced.



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