

The Newsletter editor: Janette Chinnick

"STRIVING TO MAKE A DIFFERENCE"

At Carers Centre SA, we are delighted to be delivering a new project.

We will be supporting informal carers at our local hospitals. Health and other Carers Centres across North East London to find and deliver support to the unpaid Carers within the hospital setting, which will include hospital discharge. We will be based at Queens, Barking Community Hospital and King Georges with staff from both our carers Hubs in Barking and Dagenham and Havering.

Supporting Carers at the point of discharge is crucial to ensuring a smooth transition from hospital to home. This will improve patient and carer outcomes preventing readmission and reduce any stress and anxiety they may have.

We are able to empower Carers with information to navigate the complex health and social care system, and they will have access to our wider services and ongoing support as we walk alongside them in their caring journey. We are well networked and able to signpost Carers to other services available to them and their cared for.

With clear accessible information to Carers across Barking and Dagenham and Havering information can range from having the opportunity to better understand their cared for's condition, medication schedule, and follow up appointments as well as Carer Assessments and Welfare Benefit checks.

Lorraine Goldberg

Executive Director



A big thank you to all our funders, volunteers & all who have supported us in 2024/25



CARERS WEEK 2025 "Caring About Equality"
9th -15th June

Carers Week is all about you.

For events celebrating Carers Week please see inside this newsletter.

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 Harpourt 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

HIGHGROVE SURGERY

For those registered at Highgrove Surgery, Barking Community Hospital, Upney Lane, Barking IG11 9LX Sahar will be there on the last Thursday of the month between 10am and 12 noon

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:**

28th May

25th June

23rd July

NO GROUP IN
AUGUST

24th September

22nd October

26th November

NO GROUP IN
DECEMBER

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:**

21st May

25th June

29th July

NO GROUP IN AUGUST

24th September

22nd October

26th November

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 and Jolanta



Friday 30th May 2025
Friday 27th June 2025
Friday 25th July 2025
Friday 26th September 2025
Friday 31st October 2025
Friday 28th November 2025

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



CARERS PAMPER DAY

Tuesday 3rd June and
Thursday 5th June

TREATMENTS:

- Massage
- Mini Facial
- Mini Mani/Pedi

TO BOOK YOUR PLACE, PLEASE CALL US ON
0208 593 4422

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

A £5
REFUNDABLE
DEPOSIT IS
REQUIRED TO
SECURE
YOUR
BOOKING



A central circular area with a light beige background contains the text for the Jumble Sale. Surrounding this central area are various hand-drawn illustrations of household items: a lamp, a quilt, a chair, a plant, a trolley, a potted plant, a clothes rack with clothes, a basket, and a picture on the wall.

JUMBLE SALE

SATURDAY 7TH JUNE
10AM - 2PM

MEMORY LANE DAY CENTRE
234A PORTERS AVENUE
RM8 2EQ

Day Trip to Brighton Saturday 14th June

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

PICKING UP AT BRIGHTON AT 5PM.

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

Having: 01708 961111

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.



This year's theme is 'Caring About Equality' highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, and poor mental and physical health.

Helen Walker, Chief Executive of Carers UK, said:

"For the past 60 years Carers UK has fought for a better deal for carers, the charity's mark can be seen in every major piece of legislation for carers – an incredible legacy to look back on, but whilst we have seen visible progress, stark inequalities persist.

"60% of carers report a long-term health condition or disability compared to 50% of non-carers, and the rate of poverty amongst unpaid carers is 50% higher in comparison to those who do not provide unpaid care.

"Unpaid carers in the UK provide care worth a staggering £184 billion a year, yet still too often do not receive the recognition or support they need. The reality for many is extremely tough.

"That's why we're encouraging everyone in 2025 to join us in taking action to help make life better for carers. With our focus on equality, we also want to see caring made a protected characteristic, which could help to improve awareness of carers' inequalities and address invisibility.

"We are using our 60th anniversary year to put unpaid carers in the spotlight, to continue our drive to campaign for lasting change, focusing on what we need to do to create greater equality, support and recognition for carers in the future."

NEED HELP?

**BARKING & DAGENHAM CARERS WILL
HAVE AN INFORMATION STAND AT
DAGENHAM LIBRARY ON 12TH JUNE
BETWEEN 10AM AND 12 NOON
PLEASE COME ALONG TO CHAT WITH US**

TRAINING CALENDAR 2025

FACE TO FACE FOR PARENT CARERS

Tuesday 10th June, Tuesday 17th June, Tuesday 24th June and Tuesday 1st July, 9.30AM – 2.30PM
Dagenham and Redbridge Football Club, Chigwell Construction Stadium, Victoria Road, Dagenham RM10 7XL
Please call to book your space.

COACHING FOR UNPAID CARERS WORKSHOP • Monday 9th June, 10am – 12 noon

at the Memory Lane Resource Centre, 234a Porters Avenue, Dagenham RM8 2EQ. Please call to book your space

TAX, CARE AND THE NEW GUY – WORKSHOP DELIVERED BY SILVERTIME LEGAL

Monday 16th June 11.00am – 1.00 pm including lunch

Memory Lane Resource Centre, 234a Porters Avenue, Dagenham RM8 2EQ. Please call to book your space

BASIC FIRST AID • Saturday 13th September 9am – 4pm

at the Memory Lane Resource Centre, 234a Porters Avenue, Dagenham RM8 2EQ. Please call to book your space

SIGNIFICANT 7 LEARNING DISABILITY TRAINING

Monday 15th September 10am – 1pm including lunch

at the Memory Lane Resource Centre, 234a Porters Avenue, Dagenham RM8 2EQ. Please call to book your space

BASIC COUNSELLING SKILLS • Monday 27th October 10am – 12.30pm

at 334 Heathway, Dagenham RM10 8NJ. Please call to book your space

Please feel free to bring your own lunch for the Basic First Aid Course

TEA, COFFEE AND BISCUITS PROVIDED FOR ALL TRAINING

INTRODUCTION TO COACHING FOR CARERS

Are you feeling fed up and would like something to change? As carers, a lot of things are outside of our control, but that doesn't mean we can't still do things to improve our lives and feel happier, healthier or more resilient. Coaching can offer you the space, strategies and tools you need to make the change you want to see in your life.

You can work on whatever is most important to you, including:

- Manage the stress of caring
- Improve your physical or emotional wellbeing
- Juggle the demands of work and caring, or get back to work or study
- Negotiate more help from others
- Overcome negative, unhelpful habits or thinking
- Get involved in activities outside caring

You can receive specialised carer coaching for free through the Carers Centre. Sessions take place in person, online or over the phone at a time that works for you.

Places are limited, so if you are interested, please contact Carers Centre SA Ltd on **020 8593 4422** who can tell you how to apply. There will also be a series of coaching workshops over the next few months (see above). These are a great way to experience coaching, learn new skills and perspectives and connect with other carers. This is a limited time offer and completely free of charge.

Please join us for our Free online lunch and learn session where you can find out how coaching can help you to make positive changes in your life. The work shop is empowering and interesting, providing coping mechanisms for you in your caring role.

Time: **Wednesday 17th September 2025 • 12.30-1.15pm**

Join Zoom Meeting: <https://us06web.zoom.us/j/88640421799?pwd=9fKeNK5VxuKG2lZqwGb2kEZnZmIBay.1>

Meeting ID: **886 4042 1799** • Passcode: **865962**



Coaching for Carers Time Management

**Workshop Date: Monday 9th June
10am - 12 Noon**

Join our Zoom Meeting

<https://us06web.zoom.us/j/87635263677?pwd=iCTZOmYSd9sayLgs4FIDRbqFbolwQu.1>

Meeting ID: 876 3526 3677 • Passcode: 855702

Tax, Care and the New Guy

Join us on Monday 16th June from 11am to 1pm (lunch provided)
at Memory Lane Day Centre, 234A Porters Avenue, RM8 2EQ

Topics covered:

- ✓ LASTING POWER OF ATTORNEY
- ✓ WILLS AND TRUSTS
- ✓ MANAGING CARE FEES
- ✓ DISINHERITANCE

LUNCH WILL BE PROVIDED



PLEASE BOOK YOUR PLACE BY CALLING US
ON 0208 593 4422



Carers Centre SA Ltd CARERS INFORMATION WORKSHOP 'SIGNIFICANT 7+ FOR UNPAID CARERS'



Significant 7+ is an award-winning local training initiative which has been highlighted as good practice in many care homes' CQC reports. Significant 7+ is now available for unpaid carers of people with a learning disability in Barking & Dagenham, Havering and Redbridge.

The session provides carers with supportive tools to help recognise signs of deterioration and develop their skills to manage their individual needs effectively. Carers will be better equipped to take appropriate action to raise health concerns. This means deterioration of individuals is spotted sooner and carers feel empowered and confident in their role.

This training is supported by NELFT

MONDAY 15TH SEPTEMBER 2025
10.00AM - 1.00PM (lunch included)
Memory Lane Resource Centre, 234a Porters Avenue,
Dagenham RM8 2EQ

This is an opportunity to come along, meet other carers, join us for a light sandwich lunch at a relaxing venue.

Please book your place by calling a member of our team on 020 8593 4422

(Please inform us of any access or dietary requirements)

www.carerscentre.org.uk - T: @BandDcarers - F: carersofbarking&dagenham

www.haveringcarershub.org.uk - T: @HaveringCarers - F: HaveringCarers'Hub



Scan me

FACE TO FACE TRAINING

Carers Centre SA Ltd are offering free training via our FACE TO FACE training course which is specially geared towards Parent Carers of disabled children and those coming to terms with a diagnosis in their child.

This is a four day training course which will be happening on the 10th, 17th, 24th June & 1st July 2025, during schools times - 9.30am - 2.30pm.

Breakfast pastries and a buffet lunch will also be provided on each of the training days.

FACE TO FACE training focuses on:

- Coming to terms with your child's diagnosis
- Disability issues
- Stress Management
- Sharing experiences
- Raising self esteem
- Facing the future
- Personal development
- Assertiveness
- The grieving process
- Counselling skills



If you think this training course is for you and want to know more then please contact the office on 020 8593 4422 and ask to speak to either Azra or Hannah.



Scan me for our website



Scan me to make a referral

We have some exciting news...IASS is now Barking & Dagenham Special Educational Needs & Disability Information, Advice and Support Service (SENDIASS). We have spent the last few months reviewing the service to make sure we are able to provide the best information, advice and support for children and young people with SEND and their parents or carers.

We are now a team of five SENDIASS Caseworkers which includes Azra, Carron, Hannah, Mags & Susan. You can make a referral online at anytime to get access to information, advice and support, you can call us on 020 8593 4422, option 3 or access our ever growing SENDIASS section of the website.

Also, keep a close look at social media, as we will be coming to you very soon via our own SENDIASS Facebook.



My name is Mags MacLennan and I have recently joined the SENDIASS team here at Carers Centre SA Ltd as a Caseworker.

I am really looking forward to meeting more families living in Barking & Dagenham and helping them with this vital service.

All the best, Mags

Could you spare a few hours volunteering for our organisation?

The benefits of volunteering have been linked to lower stress, reduced anxiety and increased happiness and reduced isolation.

For some volunteering can be a useful way back into work as you enter the working environment and you can add volunteering to your CV and we can provide a reference.

Volunteering also helps to build friendships and networks with like minded people and you get a sense of satisfaction knowing you have made a difference to someone else.

We offer out of pocket expenses so it will cost you nothing to support us except your time in helping others.

You will be fully supported and we can offer training opportunities as well.

The following are areas we need support. Any hours you can offer are gratefully received.

Welfare benefit telephone calls to update outcomes from carers on whether they received an award

Carers telephone well-being calls. This requires ringing carers to see how they are. Many carers benefit from a friendly voice.

Reception cover where you will answer the door, answer telephone calls and undertake some photocopying

Our Dementia Day Care centre needs people to sit with clients helping to deliver activities and support in the kitchen alongside our cook

If this is for you please contact us on 020 8593 4422 or email sue.bernie@carerscentre.org.uk

Trustee Recruitment

Would you be interested in becoming a Board Member for our Charity?

You would need to fill in an application form and offer two references and undertake a DBS disclosure as part of the Charity's policies and procedures.

Your commitment

The Board meet six times a year on a Monday between 4-6pm we offer hybrid meetings via Zoom or you can attend in person at our Heathway Office

CO-OPTED MEMBER TO THE BOARD

You start as a Co-opted Member – giving the opportunity for a trial period of a minimum of 9 months. You function as part of the Board, taking part in decision making and contributing to the discussions without the full weight of responsibility as a Board Director has. If you wish to continue after 9 months and the Board of Directors' agree you will then become a Director of the Board.

The Directors' Board is RESPONSIBLE for:



- Ensuring CARERS are listened to
- Ensuring we meet the objectives of the charity
- Monitoring the quality of services provided
- Financial matters of the organisation
- Ensuring the organisation operates sound policies and procedures including: personnel, health and safety, confidentiality, equal opportunities etc
- Meeting legal requirements of the Charities Commission and Companies House

Reasons to be on the Board:



- Contribute to a worthwhile local organisation
- Interest in furthering the cause for carers
- Learn new skills (there are opportunities for training)
- Give something back
- An opportunity to put across your point of view in the interest of the local community
- Meet new people
- Be part of a team

How will I be supported?:



- You will be given the opportunity to join in at meetings
- Travel and other out of pocket expenses will be reimbursed
- Support can be given to provide care for carers while they attend meetings
- Training will be given where appropriate

Note: This is an unpaid position

Please Contact Lorraine Goldberg for more information

Email: lorraine.goldberg@carerscentre.org.uk or phone 0208 593 4422

Caring for someone with cancer?

CARING THROUGH CANCER: SUPPORT, STRENGTH AND SHARED KNOWLEDGE

Caring for someone diagnosed with Cancer? It can be a daunting and overwhelming experience when you suddenly fall into the role of a cancer carer. It is like nothing you could have prepared for, but when someone tells you they have been diagnosed then you are hit by a range of emotions.

You want to react out of desperation, but guilt stops you because you feel you can't compare what the cancer patient is going through. It is important you find out as much information and support as possible. Not just for the person you are caring for, but also for yourself. As mentioned before, emotions a carer can go through can be a rollercoaster ride. It's like you are in a constant state of alert for when things will improve or become worse.

If you are supporting someone with cancer certainly ask around for emotional support. This could be through MacMillan, through your GP or at the local carers centre. Carers should not be forgotten due to the role they play. Carers are part of the team and can make a big difference when someone is coping with Cancer.

You might also want to try to find information on extra support at home, so it is important you speak to hospital services or social support. Of course, these things take time and there is no magic wand to navigate a complex care system under pressure.

With the above challenges, it helps to join a carers group, preferably a group that also has those caring for someone with cancer. This is where you can learn from others. You can feel you are connected, find coping techniques, learn about services and developing a plan for the future. Avoid coping in isolation since information can make it easier for your role.

You might also need to advocate and communicate between the patient and the health care team. It can be a tricky role since not all cancers are the same, so it helps to learn as much as you can. Never be afraid to ask important questions.

NATIONAL CANCER CARER FORUM

Wednesday 28th May at 5:00 PM – 6:00 PM

Wednesday 25th June at 5:00 PM – 6:00 PM

Wednesday 30th July at 5:00 PM – 6:00 PM

Wednesday 27th August at 5:00 PM – 6:00 PM

Wednesday 24th September at 5:00 PM – 6:00 PM

Wednesday 29th October at 5:00 PM – 6:00 PM

Wednesday 26th November at 5:00 PM – 6:00 PM

Wednesday 31st December at 5:00 PM – 6:00 PM

Register your interest to Matthew McKenzie: info@caringmindblog.com



Tai Chi

Improve your fitness by including Tai Chi in your daily routine on YouTube there are numerous Tai Chi video classes ranging from 5mins, 15mins and 20mins+ so anyone can fit a class into their daily routine.

Classes include beginners and senior citizens and for people with arthritis.

The benefits of Tai Chi are more supple joints, improved balance preventing falls, muscle strengthening and a sense of wellbeing. Classes are also adapted for people who are unable to stand.

Go onto YouTube and tap in Tai Chi in the search bar then choose a class that appeals to you, there are also more advanced classes.

SHINGLES VACCINE

Around one in five people will develop shingles in their lifetime, experiencing a painful rash. The first sign of infection can be tingling, painful skin, a headache and feeling generally unwell, and it can lead to complications, such as long-lasting pain, hearing loss or blindness.

The shingles vaccine has traditionally been offered to people aged 70 to 79, but in September 2023 the programme was expanded to include those who had recently turned 65. However, the over 80s aren't being offered the vaccination and neither are those who turned 65 before September 2023, but haven't yet turned 70. So if you are aged between 66-and-a-half and 69-years-old then you aren't eligible at the moment.

The Joint Committee on Vaccination and Immunisation recommended that the vaccination programme be expanded to include all those aged over 80, but there is still no news on when that might happen.

WHY DO I NEED A SHINGLES VACCINE?

As you get older, the risk of shingles increases, and the symptoms can be much worse. Because your physical resilience might not be the same as a younger person, your recovery might also be longer. The pain and rash can affect your quality of life, and once the initial symptoms subside, your levels of fatigue can be worse.

I'VE HAD CHICKENPOX - DO I NEED A SHINGLES VACCINE?

If you've already had chickenpox or shingles, it's still important to come forward for the vaccine. One of the myths with shingles is that you can only get it once, but that's not true. Shingles happens in people who have previously been infected with chickenpox at any point in their lives - which is nearly everyone. Chickenpox can sometimes be very mild, or you can get it when very young, so you might not even know if you've had it in the past. The virus lies dormant in your body and can develop into shingles without warning.

You can get shingles more than once

WHO IS ELIGIBLE FOR THE SHINGLES VACCINE ON THE NHS?

- People who turned 65 on or after 1 September 2023. (If you turned 65 before 1 September 2023, you'll have to wait until you turn 70.)
- Anyone between 70 and 79.
- If you are over 50 and have a severely weakened immune system (for example, if you have a blood cancer, such as leukaemia or lymphoma, HIV or Aids, have recently had a stem cell transplant, radiotherapy, chemotherapy or an organ transplant, or you're taking medicines that severely weaken your immune system).

Find out more about the shingles vaccine from the NHS and if you're not sure if you're eligible, you can ask your GP or care team.

QUICK HEALTHY CHICKEN NOODLE MEAL

A quick, simple dish that both adults and children will love. Serves 4.

Preparation time 10 minutes • Cooking time 10 minutes



Ingredients

300g dried egg or rice noodles
1 reduced-salt chicken stock cube dissolved in 500ml water
6tsp reduced-salt dark soy sauce
100g frozen peas
150g sweetcorn, drained weight
200g cooked chicken, shredded
2 tsp cornflour

Step 1 – Cook noodles according to instructions, drain and set aside

Step 2 – Put the stock, soy sauce, peas, sweetcorn and chicken in a saucepan over a medium heat. Bring to a simmer and cook for 2 minutes.

Step 3 – In a small cup mix the cornflour with 4 tbsp of cold water and add to the contents of the pan. Then stir for a further minute until sauce thickens slightly.

Step 4 – Add the noodles and reheat briefly stirring to mix together then serve

BREAST SCREENING

The NHS in England recently launched a new phase of the 'Help Us, Help You' campaign on the 17th February to encourage women living in England to attend their breast screening appointment when invited. Regular breast screening is one of the best ways to spot a cancer that is too small to feel or see yourself – it saves around 1300 lives each year in the UK.

COMMUNITY PHARMACISTS

Another recent NHS campaign aims to increase the public's awareness of the breadth of support community pharmacists can offer to patients on their doorstep. It focuses on the Pharmacy First service that allows pharmacists to provide some prescription medicine for seven common conditions, if needed, without the need to see a GP or get a prescription. The seven conditions are:

- Sinusitis (for those aged 12 years and over)
- Sore throat (for those aged 5 years and over)
- Earache (for those aged between 1 and 17 years old)
- Infected insect bite (for those aged 1 year and over)
- Impetigo (for those aged 1 year and over)
- Shingles (for those aged over 18 years old)
- Uncomplicated urinary tract infections (UTIs) (for women aged 16-64)

It will also promote the ability to initiate or provide ongoing supply of oral contraception which is awaiting clinical approval. The campaign seeks to demonstrate how the health service is making it more convenient for people to access care. It primarily targets working age adults (18-40) who may experience minor health conditions. It also targets ethnic minority groups and those with disabilities, to ensure it is addressing key health inequalities.

NEWS FROM MEMORY LANE

Firstly we would like to say a huge Thank you to the First Ladies WI for their ongoing support. Their kind donation of handmade fidget blankets is amazing and will be put to good use. And also thanks to Kingsley Hall for hosting a quiz afternoon with us.

We had a fantastic time at our Christmas Party, With great entertainment, singing, dancing and good food. So again a big thank you to all who made it possible.

We are now looking forward to our Easter party. We would like to extend our thanks to one of our volunteers, Jackie, who has donated Easter eggs for our clients, staff and volunteers.

We celebrated the Chinese New Year by making paper lanterns for decoration, painting wooden snakes for good luck and reading our fortune cookies.



We now have a new mobile number, 07712 515517

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 12th March 2025 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 "Give me a break."

Most carers will put the needs of their cared for before their own needs and will more often than not forget that they need to keep themselves fit & healthy in order to carry on caring.

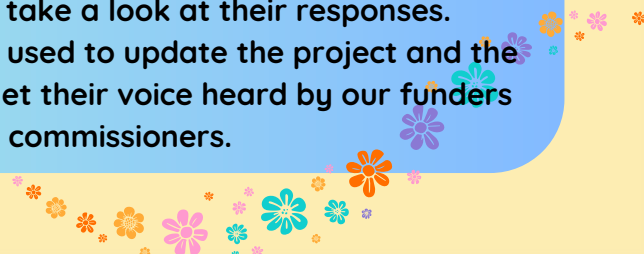
This year the young carers got together for a Wellbeing Day where they relaxed, played games and chatted. They were also introduced to the art of Sound Healing, wrapped in blankets and lying on a yoga mat the sound made by the bowls is both relaxing and meditative. A great introduction for those who had not tried it before. The day was finished off with pizza for lunch and all went home relaxed and with a goody bag to remind them to take a break from time to time.



Young Carers Questionnaire



The O.S.H. members worked with staff to produce a questionnaire for the Young Carers. Earlier this year all the young carers on our database were asked about the project, what they did & didn't like and the type of activities/trips they would like to do. Use the QR code to take a look at their responses. This information will be used to update the project and the support offered, plus get their voice heard by our funders and commissioners.



Young Carers Catch Up

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

Paradox
Museum



Bowling



Mother's
Day Crafts



Ice
Skating

MOBY GOLF



O.S.H. members have been busy helping to get ready for Spring by clearing up the litter from around the Memory Lane Dementia Centre and getting the Young Carers garden at the office ready for some new planting!

Both of these areas are used regularly by the Young Carers and they are happy to help to keep it all looking nice.



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 Wednesday each 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.

A highlight of the year is attending the Jack Petchey Award evening. This year it took place at Cineworld in Ilford. Those that attended were presented with their medallion. Well done to all our Achievement Winners!



Alyssa
Brooke
Chloe
Jamie
Jonathan
Logan
Mercy
Skye



The staff at UK Power Networks kindly donated some Easter Eggs for us to give out to young carers. We want to give a big thank you to all who made this possible!



A big shout out to UK Youth who funded a day at Stubbers Adventure Centre in March. Members of both Barking & Dagenham O.S.H. group & Thurrock F.L.A.G group enjoyed a day raft building, abseiling and having fun in the park. Lunch was also provided! A great day enjoyed by all and we had several tired young carers at the end of the day.



Connect with us



334 Heathway
Dagenham
RM10 8NJ



020 8593 4422



www.youngcarerscentre.org.uk
Email: carers@carerscentre.org.uk



@bdandthurrock
youngcarers



BD YC Young
Carers



BandDCarers



QR Code

Barking & Dagenham Young Carers - Carers Centre SA Limited
Registered Charity NO. 1063485 Company Limited by Guarantee NO 3180671