BARKING & DAGENHAM CARERS

CARERS CENTRE SA LIMITED

CARERS News

CHRISTMAS 2026

The Newsletter editor: Janette Chinnick

"STRIVING TO MAKE A DIFFERENCE"



SEASONS GREETINGS TO ALL OUR CARERS AND THEIR FAMILIES

Please see inside for all the activities leading up to Christmas and beyond together with informative articles

A big thank you to all our funders, volunteers and all who have supported us in 2026

Dear Carers,

As we are fully immersed into Autumn we have a Newsletter packed with information, updates on upcoming events, including the Carers Health and Wellbeing Forum on 12th November, and of course very important for Carers, young and old, the date of the Annual Christmas Party!

Inside you will find updates on recent activities and a glimpse into the exciting events planned for the New Year!

We hope you enjoy your read and that you will join us in celebrating and creating more memories together.

With warm wishes,

Lorraine and the Carers Centre SA Team

Christmas Opening times:

Thurs 24th Dec: Closed Christmas Eve

Friday 25th Dec: Closed Christmas Day

Mon 28th Dec: Closed Dec Bank Holiday

Tuesday 29th Dec: Closed

Wednesday 30th Dec: Closed

Thursday 31st Dec: Closed New Year's Eve

Friday 1st Jan Closed New Year's Day

Emergency Contact Numbers

NHS: 111

Medical Emergency: 999

SANE: 0300 304 7000

Samaritans: 116 123

Mental Health Crisis: 0800 995 1000

LBBD out of hours service: 020 8594 8356

CARERS CENTRE SA LTD
334 Heathway, Dagenham,
Essex RM10 8NJ
Reg Charity No. 1063485

Barking & Dagenham

Email: carers@carerscentre.org.uk
Web: www.carerscentre.org.uk
Telephone: 020 8593 4422
F: carersofbarking&dagenham
T: @BandDcarers

Carers Health and Wellbeing Forum

Information • Support • Health • Community

Caring for carers in our community

Join us for a friendly and informative forum, designed to support your health and wellbeing. Hear from a range of services, get useful advice, and connect with other carers.

Thursday 12th November

10am – 2pm

Dagenham and Redbridge Football Club

Speakers include:

- Reablement service
- Immunisation
- Carer and cared for contributions (LBBD)
- Safeguarding Board
- Technical equipment
- End of life care
- Relaxation
- Health checks

Healthy lunch and refreshments included



Please contact us to book your place for catering purposes via phone or email

020 8593 4422 carers@carerscentre.org.uk

Stronger carers • Healthier communities • Brighter futures

Carers Rights Day

THURSDAY 19TH NOVEMBER 2026

The theme for this year's Carers Rights Day is helping people recognise they are a carer sooner.

Dagenham Library

We will be at Dagenham Library between **10am and 12 noon.**

Carers Centre Office

We will then be available between **1pm and 3pm** in the office at **334 Heathway** to answer any questions.

Online Option

If you cannot attend either of these venues we are holding a Zoom meeting at **12.00 noon.**

Meeting ID: **818 6368 0436** Passcode: **027926**



Many people do not see themselves as "carers" right away when looking after a partner, family member, or friend, which often causes them to miss out on valuable entitlements and benefits.

The goal is to help individuals identify their caring roles earlier, because recognising you are a carer is the first step toward understanding your legal rights and getting support.

Information ♡ Support ♡ Advice

CARERS CENTRE SA LIMITED

Carers Centre SA Ltd Training Calendar 2027

Dementia Awareness Training

Positive Futures

Monday 8th March 2027
Monday 15th March 2027

10:00 - 12:30
10:00 - 12:00

Memory Lane Resource Centre
234a Porters Avenue, Dagenham, Essex, RM8 2EQ
(Limited parking available on site, restrictions apply in Ilchester Road and Porters Avenue)

Face to Face Training

Tuesday 2nd February 2027
Thursday 4th February 2027
Tuesday 9th February 2027
Thursday 11th February 2027

9:30 - 2:15

Carers Centre
334 Heathway, Dagenham, Essex RM10 8NJ
(Limited parking at rear of office, restrictions apply on surrounding roads)

Basic Counselling

Tuesday 20th April 2027
Friday 18th June 2027

10:00 - 12:00

Carers Centre
334 Heathway, Dagenham, Essex RM10 8NJ
(Limited parking at rear of office, restrictions apply on surrounding roads)

Conciliation Skills

(Education based)

Thursday 21st January 2027

10:00 - 1:00

Carers Centre
334 Heathway, Dagenham, Essex RM10 8NJ
(Limited parking at rear of office, restrictions apply on surrounding roads)

Tea, coffee and biscuits will be provided for all training. Face to Face Training will also include breakfast pastries and a light lunch.

To book your place please call us on
020 8593 4422

YOU ARE INVITED TO OUR

Christmas Fete

FOOD • DRINKS • STALLS • TOMBOLA

10AM TILL 2PM | SATURDAY 21 NOVEMBER | FREE ENTRY

MEMORY LANE
234A PORTERS AVE, DAGENHAM.
RM8 2EQ

CASH ONLY

Join us for a trip to

Canterbury Christmas Market

Get into the festive spirit and enjoy a day of shopping, food, and festive fun in the beautiful city of Canterbury.

Date:
Saturday 12th December 2026

Pick up:
Becontree Leisure Centre at 9am

Leaving Canterbury:
5pm

Cost:
£10 per person

To book please call our office on
0208 593 4422

Please join us for our

Carers Christmas Party

A chance to relax, enjoy good company and celebrate the amazing work you do.

Thursday 17th December 2026

12.00pm – 3.00pm

Dagenham & Redbridge FC
Victoria Road, RM10 7XL

Buffet lunch • Music • Dancing

Please book your place by calling

0208 593 4422

We look forward to celebrating with you!

Making a difference together

Thank you Carers

YOUNG CARERS, PARENT CARERS AND THEIR FAMILIES ARE INVITED TO OUR

Family Christmas Party

Join us for a fun and festive evening for the whole family!

Thursday 17th December 2026

5.30pm – 8.00pm

Dagenham & Redbridge FC
Victoria Road, RM10 7XL

Please book your place by calling our office on

0208 593 4422

Food | Music | Fun | Festive Activities

Making memories together

Carers Coffee Morning
for Dementia Carers

A warm, welcoming space to connect and unwind

Balancing caring responsibilities can be a lot — this relaxed coffee morning is here for you to pause, connect, and feel supported.

Location: Memory Lane Day Centre
234a Porters Avenue
Dagenham, RM8 2EQ

When: Every 4th Wednesday of the month

Time: 10:30am – 12:00pm

Free to attend – come along for a cuppa and a chat

Dates:

- 25th November 2026
- No group in December
- 27th January 2027
- 24th February 2027
- 24th March 2027
- 28th April 2027
- 26th May 2027



For more information please contact Maxine on
0208 593 4422

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

Carers Coffee



Friday 27th November 2026
No group in December
Friday 29th January 2027
Friday 26th February 2027
Friday 26th March 2027
Friday 30th April 2027
Friday 28th May 2027

Venue: Our office at
334 Heathway,
Dagenham RM10 8NJ
Time: 10:00 – 11:30am
Held by Sabriye and Jolanta

You can also join by zoom
Meeting ID: 849 8953 3532
Passcode: 799298

Support for Parent Carers via SENDIASS staff

Parent Advisory Group

A space to share your voice and connect with others

The Parent Advisory Group offers a supportive environment to meet others, share experiences and have your voice heard, **with a focus on SEND.**

Location: Carers Centre, 334 Heathway, Dagenham

Time: 10:00am – 11:30am

Dates:

- 25th November 2026
- No group in December
- 27th January 2027
- 24th February 2027
- 24th March 2027
- 28th April 2027
- 26th May 2027



All parent carers welcome

مجموعة دعم مقدمي الرعاية العرب

Arabic Carers Support Group

A welcoming space to share, connect and get support

A friendly and supportive group for Arabic speaking carers, providing a safe space to share experiences, access information and connect with others.

Held at:
Lara Grill (Restaurant)
Dagenham

When:
Every third Tuesday of the month

Time:
12.30pm – 3.30pm

Facilitated by:
Sahar

This group is held at a restaurant, so you will need to purchase your own food and/or drinks.

Dates:

- 17th November 2026
- 15th December 2026
- 19th January 2027
- 16th February 2027
- 16th March 2027
- 20th April 2027
- 18th May 2027

All Arabic speaking carers welcome

Share Support Connect

A stronger community together

Coping With Loss
Support Group

A safe, supportive space for carers adjusting to life after loss

Open to any carers who have recently lost their caring role — whether through bereavement or a loved one moving into a care home.

You are not alone. Come and connect with others who understand.

When: Every 2nd Thursday of the month
From 12th November

Time: 10:30am – 12:00pm

Location: 334 Heathway RM10 8NJ

No pressure to share — just come as you are

— *Support for You* —

Evening Support Group for Working Carers

A relaxed, supportive space to pause and connect

Date: From Wednesday 4th November

When: Every 1st Wednesday of the month

Time: 6:30pm – 8:00pm

Location: Online via Zoom

- Share experiences in a safe space
- Connect with other working carers
- Take time for yourself

To join:

Meeting ID: 825 2116 5992

Passcode: 441370



New LGBTQ+ support group for unpaid carers

We're excited to launch one of the first LGBTQ+ carers groups in our borough. This group provides a welcoming space for unpaid carers to connect, share experiences, and support each other. Join us to celebrate diversity, share stories and build lasting connections.

Meet others **Share your story** **Get support**

Join us for our first meeting on Thursday 3rd of December from 6pm-8pm. Refreshments provided

Meetings will be held at Memory Lane daycentre located at 234a Porters Avenue RM8 2EQ



CARERS IDENTIFICATION AND SERVICES

MONDAY 7TH JUNE 2027 | 2.00PM

As a carer do you know about all the support services we have to offer? Join us for an informative session to find out about the support, advice and services available to you.

- Information, advice and guidance – Support to help you navigate your caring role
- Carers assessments
- Health and Wellbeing
- Support Groups activities, trips and events
- Benefits and financial support
- Training Programme
- Hospital Discharge
- Local Services and partnerships



We are inviting you to a scheduled Zoom meeting.

Meeting ID: 880 7242 9774 | Passcode: 204491



IMPORTANT NEWSLETTER CHANGE



We are making an important change to how we keep in touch with you. Over the coming year we will be phasing in an electronic newsletter. This will help us share updates more quickly, reduce delays and save on postage costs and our carbon footprint so we can direct more resources into supporting carers. You will receive updates directly to your email inbox. **We are still waiting for a large number of carers to confirm their email addresses so we can implement this plan.**

To make sure you don't miss out please send us your current email address to carers@carerscentre.org.uk

We understand that email isn't for everyone. If you would prefer to continue receiving a printed newsletter, please call into the office to collect, we are happy to support you.

TULASI MEDICAL CENTRE

For those registered at 370 Parsloes Avenue, Dagenham, RM9 5QP

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.

ABBEY MEDICAL CENTRE

For those registered at the Abbey Medical Centre, 1 Harpour Road, Barking, IG11 8RJ

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

UPSTAIRS SURGERY, CHADWELL HEATH HEALTH CENTRE

For those registered at the Upstairs Surgery, Chadwell Heath Medical Centre, Ashton Gardens, Romford, RM6 6RT

Sabriye will be there on the second Friday of the month between 9.30am and 11.30am.

Please contact **Sabriye on 020 8593 4422** to make an appointment

THAMES VIEW HEALTH CENTRE

For those registered at the Thames View Health Centre, Bastable Avenue, Barking IG11 0LG

Jolanta will be there on the first Friday of the month between 10am and 12 noon to answer your queries

HARMAN HOUSE
COUNSELLING CENTRE
VALENCE AVENUE

CARERS CENTRE
SA LIMITED

Could counselling help you?

A confidential space for carers to talk, reflect and feel supported.

Caring for someone can be incredibly rewarding, but it can also be demanding, stressful and sometimes lonely. You may spend so much time thinking about the person you care for that there is very little time left to think about yourself.

Counselling gives you the opportunity to have some time that **is just for you** - to talk openly with someone who will listen without judgement and help you make sense of whatever you are experiencing.

You might come to counselling if you are...

Feeling overwhelmed
Perhaps everything feels like too much, or you are struggling to keep caring, family, work and everyday life going.

Feeling low or lacking confidence
Caring can gradually affect how we see ourselves. Talking can help you understand these feelings and begin to rebuild confidence.

Dealing with grief or loss
Loss isn't always about bereavement. You may be grieving for the life you once had, changes in a relationship, or the future you imagined.

Feeling angry, frustrated or resentful
Caring can bring complicated emotions. Counselling offers a safe and confidential place to talk about feelings that may be difficult to admit elsewhere.

Facing change or uncertainty
Changes in health, circumstances or caring responsibilities can leave you unsure about what happens next. Counselling can help you work through change.

Feeling stressed or anxious
Counselling can give you space to explore what is causing your worry and look at ways of managing difficult thoughts and feelings.

Experiencing guilt
You may feel guilty about needing time for yourself, becoming frustrated, wanting a break, or feeling that you could be doing more.

Struggling with relationships
Caring can change relationships with partners, family members, friends and the person you care for. Counselling provides space to explore these changes.

Feeling isolated or alone
Even when surrounded by people, caring can sometimes feel very lonely. Having someone who listens to you can make a real difference.

Simply needing some time for yourself
You don't need to be in crisis to have counselling. Sometimes you just need somewhere to put down the responsibility for a little while and be the person who is being listened to.

What counselling is - and isn't

COUNSELLING IS	COUNSELLING ISN'T
- A confidential and non-judgemental space. - Time that is just for you. - A chance to talk about whatever is troubling you. - An opportunity to understand your thoughts and feelings. - A place to explore different ways of coping. - Something you can do at your own pace.	- Someone telling you what you should do. - Being judged or criticised. - Having to talk about anything before you are ready. - Only for people with a mental health diagnosis. - A sign that you aren't coping. - Something you have to be 'bad enough' to need.

You spend so much of your time caring for someone else.
Counselling gives you an opportunity to care for yourself.

Harman House Counselling Centre
Confidential • Non-judgemental • Supportive

If you are a carer and think counselling may help please call 0208 593 4422

CARERS CENTRE —SA LIMITED—

THE TICKET BANK

GREAT EXPERIENCES SHOULDN'T COST THE WORLD

Heavily discounted or FREE tickets for Carers in Barking and Dagenham

We've partnered with The Ticket Bank to give unpaid carers access to free and heavily discounted tickets to amazing events across the UK.

HOW IT WORKS

1. **CONTACT US**
   Call us on
   0208 593 4422
   We're here to help!
2. **WE GIVE YOU YOUR CODE**
   We'll give you your unique sign-up code.
3. **SIGN UP & ENJOY**
   Use your code to sign up to The Ticket Bank and start booking tickets.

WHAT'S ON OFFER? MUSIC | THEATRE | COMEDY | SPORT | AND MUCH MORE!

The Ticket Bank believes everyone deserves the chance to experience live events, not just those who can afford them.
Take a look and see what's on!

TRIBUTE TO OUR TWO TRUSTEES

It is with great sadness that I share the news of the passing of two valued trustees of our organisation, Barbara Cole and Joyce Rushbrook

Both made a meaningful contribution to our Charity and played an important role in supporting our mission to improve the lives of carers and those they care for. They were truly community minded and made a difference strengthening local communities and offering support to many people.

They will be missed - Lorraine

COMMUNITY FUND

We are delighted to have been awarded five years funding from the National Lottery Community Fund to continue our support to carers at hospitals and during hospital discharge process.

This project will identify carers earlier, support them at a significant and challenging time, as many carers find themselves responsible for new care arrangements, medication, equipment and appointments. Supporting carers with information to navigate the complex health and social care system is vital including ongoing support after discharge throughout their caring journey.

We will also develop a carer drop in/support group at the hospitals monthly and carers information pop up days.

It is a much needed and exciting project which will make a difference to carers and their cared for's lives, a big thanks to the National Lottery Community Fund for making this possible.

PHARMACY FIRST



The Pharmacy First service, first launched 31 January 2024, enables community pharmacies to complete episodes of care for 7 common conditions following defined clinical pathways.

- **Acute otitis media:** 1 to 17 years
- **Impetigo:** 1 year and over
- **Infected insect bites:** 1 year and over
- **Shingles:** 18 years and over
- **Sinusitis:** 12 years and over
- **Sore throat:** 5 years and over
- **Uncomplicated urinary tract infections:** Women 16-64 years

Patients will be able to get quicker, more convenient treatment for migraines, acne and 3 other everyday conditions at hundreds of pharmacies in England from autumn, without needing to see their GP first.

People will be able to walk into their participating high street pharmacy and get on-the-spot treatment for acne, migraines, scabies, ear infections and rhinitis from participating pharmacies, helping make people's everyday lives easier.

The expansion of the Pharmacy First Scheme allows people to get care for certain common conditions from qualified pharmacists, meaning they can walk into a high street pharmacy at a time that fits with their everyday schedule rather than having to book an appointment with a GP in order to get treatment.

The move will also help to ease pressure on GPs and A&E departments ahead of what could be another record-breaking winter for the NHS, ensuring emergency services can focus on those who need them most while making sure people can easily and conveniently access care for common health conditions.

WHO SHOULD HAVE THE FLU VACCINE

The flu vaccine is recommended for people at high risk of getting seriously ill from flu. It is offered on the NHS every year in autumn or winter.

You can get the free NHS flu vaccine if you:

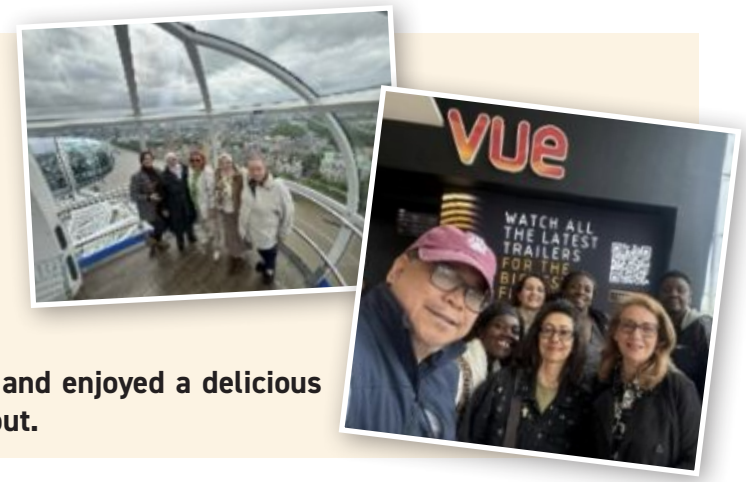
- are aged 65 or over (including those who will be 65 by 31st March 2027)
- are aged 18 to 64 and have certain long-term health conditions
- are the main carer for an older or disabled person, or receive Carers Allowance
- live with someone who has a weakened immune system

HOW TO GET THE FLU VACCINE

Most eligible people have been able to get the flu vaccine from 1st October 2026. You may be able to get the flu vaccine from:

- your GP surgery
- a pharmacy that offers NHS flu vaccination (if you are aged 18 or over)

Recent Visits



The Carers Coffee Morning Support Group enjoyed a lovely day out with a trip to the cinema followed by lunch. Everyone had a wonderful time relaxing, chatting and making happy memories together. They're already looking forward to their next adventure.

A group of Arabic carers visited the London Eye and enjoyed a delicious afternoon tea. They all agreed it was a great day out.

FREE BOOKS FOR CHILDREN UNDER FIVE

Families in Barking and Dagenham can help their children develop a love of reading through Dolly Parton's Imagination Library.

The programme provides children from birth until their fifth birthday with a free, high-quality, age-appropriate book every month, delivered directly to their home. Books are carefully selected by childhood development experts and published by Penguin Random House UK.

The scheme is completely free for eligible families living in Barking and Dagenham. To sign up, simply complete the online registration form using your Barking and Dagenham address and your child's details. Please note that registrations must be completed a month in advance.

For more information and to register please visit

https://imaginationlibrary.com/uk/affiliate/BARKINGDAGENHAM/







Even the most devoted carers need time to rest, recharge, or simply breathe.

At Memory Lane Resource Centre, **we're here to support you** by offering a safe, engaging, and personalised space for the person you care for.

Our friendly, trained team provides personalised care including:

- Reminiscing & meaningful conversation
- Fun and stimulating games
- Gentle armchair exercises
- Boccia and other light activities
- Kind, thoughtful support **tailored just for them**

Whether it's for an hour or a full day, you can step back **knowing** your loved one is **cared for, stimulated, and valued**. We welcome those with:

- Dementia
- Learning disabilities
- Physical or sensory challenges
- Age-related frailty

Let us help carry the load - for a few hours, or a full day - so **you** can come back refreshed - while the person you care for **enjoys a warm, safe and engaging environment.**

Flexible visits: £11 per hour or £55 per day

234a Porters Avenue
(next to health centre)
Dagenham, Essex RM8 2EQ
Tel: 0208 595 6828



Memory Lane Centre

It's okay to need a break. We're here to help

Scan me for our website

Scan me to make a referral

NEWSLETTER

AUTUMN 2026

Barking & Dagenham's Special Educational Needs and Disability Information Advice and Support Service Newsletter

Did you know that SENDIASS is a fully Impartial Service?

Impartiality is part of the core foundation of all SENDIAS services. Children, young people, parents/carers and professionals should be able to trust that the information, advice and support provided is grounded in the law, the SEND Code of Practice and the individual circumstances of each case, rather than in local policy preferences, organisational pressures or the interests of any one party.

We achieve this by providing:

- Staff in Barking & Dagenham are IPSEA Legal trained to level 3
- Advice is based on the law
- All options are explained fairly
- The service does not take sides
- Communication is balanced and accurate
- Support is available across the full range of need
- Professional challenge is evidence-based



Caudwell Children's Charity

Did you know that Caudwell Children is a charity that provides personlised help for families? They also provide funding for equiment and sensory items to help children grow, explore and be understood.

For more information and to check out their current funding criteria, check out their website: www.caudwellchildren.com.





SEND Reform – What's Happening Now?

As we shared in our previous newsletter, the public consultation on **SEND Reform: Putting Children and Young People First** closed on 18 May 2026. Since then, further consultations have taken place, including consultations running through September 2026.

The proposed SEND reforms are expected to be introduced gradually, rather than all at once. Major changes to the SEND system are expected from 2030 onwards, but this does not mean that current SEND law has changed.

For now, existing legal duties and rights remain in place while the Government works through the proposed changes and the wider transition.

We will continue to keep families updated as more information becomes available.

Coram Children's Legal Centre

Coram Children's Legal Centre, part of the Coram group of charities, promotes and protects the rights of children in the UK and internationally in line with the UN Convention on the Rights of the Child.

They are able to support with legal advice in a number of areas including education and family law advice, information on immigrations law and community care, housing and public law assistance.

For more information check out their website: www.childrenslegalcentre.com.

Parent Carer Feedback from the Recent Face to Face Training

"I found the course very helpful, especially the practical advice, the discussions, and learning from other parents' experiences. It gave me useful ideas and helped me feel more confident in supporting my family."

Quote of the Season

With each new day comes new strengh and new thoughts.

By Eleanor Roosevelt

Upcoming Events

SENDIASS & Ab Phab Young People's Voice Partnership visit, 25th November 2026

Parent Carer Face to Face training, 2nd, 4th, 9th and 11th February 2027

PARENT ADVISORY GROUP

Monthly sessions, 10-11.30am:

- 25th November 2026
- No group in December
- 27th January 2027
- 24th February 2027
- 24th March 2027
- 28th April 2027
- 26th May 2027



Connect with us

334 Heathway
Dagenham
RM10 8NJ

020 8593 4422

www.carerscentre.org.uk/iassinfo
Email: carers@carerscentre.org.uk

Barking & Dagenham Sendiass

QR Code

FACE TO FACE TRAINING

CARERS CENTRE — SA LIMITED —

Barking & Dagenham

Scan me



Carers Centre SA Ltd are offering free training via our FACE TO FACE 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 held on the 2nd, 4th, 9th and 11th February 2027, during schools times - 9.30am - 2.15pm.

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

Please note that all dates MUST be attended.

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

To book a space on this course or to find out more information please contact the office on 020 8593 4422 and ask to speak to either Azra or Hannah.

CARERS CENTRE — SA LIMITED —

Supporting Young Carers and Their Families



Real Support Real People

YOUNG ADULT CARERS GROUP

AGES 18-25

A relaxed and supportive space for young adult carers. Connect with others who understand, share experiences and get the support you need.

STARTING TUESDAY 12TH JANUARY 2027 5-7PM

A VARIETY OF ACTIVITIES, TRAINING AND PEER SUPPORT GROUPS

COME AND BE PART OF IT!

WHAT WE OFFER:

- PEER SUPPORT — Chat, share and support each other.
- TRAINING & DEVELOPMENT — Build your confidence and learn new skills.
- CREATIVE ACTIVITIES — Try new things and be yourself.
- WELLBEING & RELAXATION — Look after your mental and physical health.
- SOCIAL ACTIVITIES — Make friends, have fun and try new experiences.

YOU'RE NOT ALONE

If interested please call the office on 0208 593 4422 or email carers@carerscentre.org.uk

CARERS CENTRE
SA LIMITED

BARKING & DAGENHAM YOUNG CARERS

AUTUMN NEWSLETTER 2026

ISSUE 23



& KSI & Fundraising | Summer Prom | & Boost Your Brain | Creative Sessions

FUNDRAISING WITH KSI!

Young Mayor Iannis, along with the members of the BaD Youth Forum, have been busy fundraising for the Young Carers Project — their chosen charity of the year!

Members of our own Young Carers Forum joined them to spend some time with none other than our newest local celebrity KSI.

The group were able to talk to KSI about their caring roles and about the support offered by the project.



PENALTY SHOOTOUT!

As part of the fundraising fun, Iannis suggested that the young people have a penalty shootout with KSI in goal!

This was agreed and KSI kindly donated £100 for every goal scored!

£100 FOR EVERY GOAL SCORED!

During this time a film was made to help raise awareness of Young Carers and will shortly be shared on social media.

SUMMER PROM!



July saw the Young Carers celebrating the beginning of summer with a prom party.

DJ Adam kept the Young Carers moving & shaking to the current tune with lots of laughter to be had.

Of course our Prom King & Queen were crowned.



YOUNG CARERS CATCH-UP



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

BOOST YOUR BRAIN!



Dean, Patrick & Sayma have worked hard to support the Young Carers at the tutor sessions.

Numbers are up and so are the grades.

The sessions are open to any Young Carers who need help to:

- 🧹 Complete homework
- 💃 Improve grades
- 👶 Have a quiet space to work

Dates for the sessions can always be found on the activity sheet.

⚠ DON'T DELAY IN BOOKING YOUR PLACE — THEY FILL UP FAST!!

A NEW YOUNG CARERS FILM



For those of you who have seen the Young Carers films during an assembly we will be pleased to know that we are working with the local authority to create an up to date one.

The new one will be:

Animated

Voiced by the Young Carers themselves

Keep an eye out for details and let staff know if you are interested in getting involved.



Enabling Independence

Extra Support for Young Carers and their families is being provided by the Enabling Independence Organisation.

Zoe, Deborah and their team are helping parents with budgeting advice especially with the cost of living being a worry for everyone.

Information can also be given for those who may need support with:

- 👋 Energy bills
- 🚴 Welfare benefit support

This is all to help to improve the family life of the Young Carer.



💬 SPEAK TO THE YOUNG CARERS TEAM FOR MORE INFORMATION.

GO BEYOND — DAY OUT IN LONDON

The Go Beyond Charity support young people in need of a break.
They provide residential and day breaks which are always full of fun, laughter and of course ice cream!
For an extra treat the Young Carers were invited to a fun day at 22 Bishopsgate trying circus skills, team games and visiting the viewing platform.



A BIG THANK YOU FROM THE YOUNG CARERS!

BIG SMILE COLLECTIVE

The Ladies from the Big Smile Collective have been working with the Young Carers project since April.

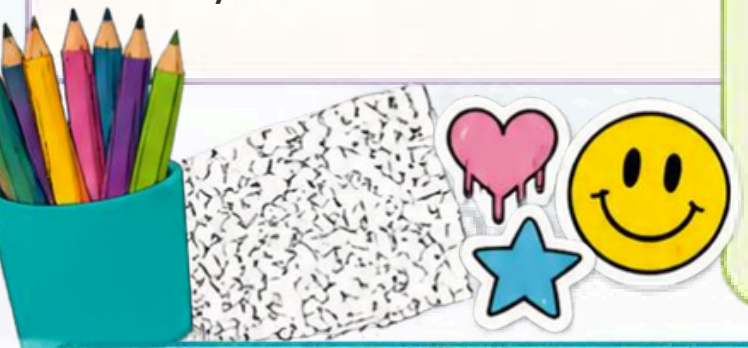
They have been funded by the local authority to offer free creative sessions.

Currently the group are working on decorating a skate.



The group have also:

- Worked on mindful colouring
- Made their own stickers
- Produced a collection of work
- Created work that is theirs to keep as a reminder of the amazing time they have had



Jack Petchey Foundation
Inspire • Motivate • Achieve

ACHIEVEMENT AWARD

The Jack Petchey Foundation not only makes it possible for us to recognise Young Carers through the Achievement Awards, we are also able to provide the more exciting and costly activities that we are unable to do on a regular basis.

We are currently applying for funding to improve the Young Carers garden!



CONNECT WITH US

BARKING & DAGENHAM YOUNG CARERS
Carers Centre SA Limited

334 Heathway
Dagenham
RM10 8NJ

020 8593 4422

www.youngcarerscentre.org.uk

carers@carerscentre.org.uk

FOLLOW US

@bdandthurrockyoungcarers

BD YC Young Carers



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