

CARERS NEWS

Seasons Greetings to all our carers
and their families

We are honoured to have been chosen by Mayor
Donna Lumsden for making us her nominated
Charity this year



As you can see we have had
a very busy
6 months. We celebrated the
King's Coronation, took a trip
to Windsor and had free
pamper sessions. Special
thanks to all our volunteers
who gave and continue to
give their time

Christmas Opening Times

Monday 25th December Christmas Day closed
Tuesday 26th December Boxing Day closed
Wednesday 27th December open 10-12 noon
Thursday 28th December open 10-12 noon
Friday 29th December open 10-12 noon
Monday 1st January 2024 New Years Day closed

Email: carers@carerscentre.org.uk

Web: www.carerscentre.org.uk

Telephone: 0208 593 4422

F: [carersofbarking&dagenham](https://www.facebook.com/carersofbarking&dagenham)

T: @BandDcarers

Emergency Contact Numbers

NHS: 111

Medical Emergency: 999

SANE: 0300 304 7000

Samaritans: 116123


Adult Social Care: 0208 227 2915

Children's Social Services: 0208 227 3811



CHRISTMAS BAZAAR

Memory Lane Day Centre
234A Porters Avenue , RM8 2EQ
SATURDAY 11 NOVEMBER 10AM-2PM
TOMBOLA | OLD & NEW | CAKES
BURGERS & HOTDOGS | TOYS



Come along to a trip to
Rochester Dickensian Christmas Festival

2ND DECEMBER 2023

Pick up at Becontree Leisure Centre at 8.00am
then picking up at YMCA Romford at 8.30am.
Leaving Rochester at 4.00pm.

TICKETS ARE £12.50 PER PERSON

Please call the office on 0208 593 4422 to book your place.



Come and join us on a trip to
CHRISTMAS BY THE RIVER
Saturday 9th December 2023

Pick up at Becontree Leisure Centre at 11.00am
then picking up at YMCA Romford at 11.30am
Dropping off at London Bridge Christmas Market.

Leaving London Bridge at 5.00pm,
where we will then drive through London to see the Christmas Lights

Tickets are £12 per person

To book your ticket please call the office on 02085934422



CARERS PAMPER DAY



Treatments available:

- Manicure
- Pedicure
- Facial Treatments
- Hairdressing
- Full Body/Hot Stone Massage
- Eyelash & Brow Tinting & Shaping

**MONDAY 11 &
THURS 14 DECEMBER 2023**

PLEASE CALL TO BOOK YOUR
TREATMENT ON 0208 593 4422.



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

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





please join us for our

Carers Christmas Party

Friday 15 December 12-3PM

Dagenham & Redbridge FC,

Victoria Road, RM10 7XL

Buffet Lunch/Music/ Dancing

Please book your place by calling 0208 593 4422

YOUNG CARERS, PARENTS CARERS & THEIR
FAMILIES ARE INVITED TO OUR

Family Christmas Party

FRIDAY 15TH DECEMBER 2023

5.30 - 8.00PM

DAGENHAM & REDBRIDGE FC,

VICTORIA ROAD, RM10 7XL

LIGHT BUFFET/DJ

PLEASE BOOK YOUR PLACE BY CALLING OUR OFFICE ON 0208 593 4422



CARERS RIGHTS DAY

THURSDAY 23RD NOVEMBER 2023

This Carers Rights Day the focus is on supporting people to prepare for the future through the theme: Caring for Your Future.

Whether you are a new carer or have been caring for someone for a while, it's important that you understand your rights and are able to access the support that is available to you as soon as you need it. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. Each year Carers Rights Day helps:

- ENSURE CARERS ARE AWARE OF THEIR RIGHTS
- LETS CARERS KNOW WHERE TO GET HELP AND SUPPORT
- RAISES AWARENESS OF THE NEEDS OF CARERS

We are holding a drop in session at Dagenham Library, 1 Church Elm Lane, RM10 9QS between 10am and 2pm. If you need any information please drop by to see Roy and Simone who will be there to assist you.

Have you changed any of your details or do you not want to receive our newsletter any more. Please let us know so we can change your details on our database.

Your voice matters

Do you live in Barking, Dagenham, Havering or Redbridge?

Do you want to help improve local health and care services?

Our Focus Groups bring together local residents who use health care services in your neighbourhood to share ideas on how they can be improved.

For information on how to participate, please visit www.carecity.org/participate or call 020 8064 1996 or scan the QR code.



Care City

WE NEED

VOLUNTEERS!



We welcome:

- Any age
- Any experience
- Any hours you can spare

You will:

- Be part of a team supporting unpaid carers
- Make welfare calls to carers
- Be front of house
- Record on our database
- Admin duties

FULL INDUCTION AND TRAINING PROVIDED

COME AND JOIN OUR TEAM

PLEASE CALL 0208 593 4422

PEER SUPPORT GROUPS 2024

TEA MORNING FOR ALL CARERS

Come and join Sabriye for our free Tea Morning open to all carers on the **last Friday** of every month at Carers Centre, 334 Heathway, Dagenham, RM10 8NJ Time **10.00 – 11.30 am**.

Dates:

26th January
23rd February

22nd March
26th April

31st May
28th June

26th July
No group in August

For more information speak to Sabriye on 020 8593 4422

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

ABBEY 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 Ann on 020 8595 6828 · Dates:

24th January
28th February

27th March
24th April

22nd May
26th June

24th July
No group in August

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 234a Porters Avenue, Dagenham RM8 2EQ. Time 10 – 12 noon**

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

22nd January
26th February
25th March

22nd April
20th May
24th June

22nd July
No group in August

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:**

31st January
28th February
20th March

24th April
22nd May
26th June

17th July
No group in August

THANK YOU

We at Carers of Barking and Dagenham & Memory Lane would like to send a massive thank you to Daryl Salt manager of Homeserve, for sending their plumber Alan Roberts to replace all the taps and plugs at the centre in both Men's and Ladies toilets.

He drove all the way from Heacham in Norfolk, a 234 mile round trip to do this for us. Well done for a great job, and a great company.



Apples, Apples, Apples

Ann and all at Memory Lane just want to say a massive thank you to Derek at Pawley Farm. On the hottest day of the year seven staff and volunteers went to pick apples for our clients at Memory Lane Resource Centre.

These apples were huge, in spite of it being a very poor year for the fruits. Our lovely cook Maxine and volunteers have peeled and cooked them making crumbles, pies etc to go with the meals which are cooked fresh on site every day. Thank you once again to Derek.

In Memory of Anne Evans

Anne started with us at Memory Lane many years ago, when her husband 'Sydney' used to bring her into the centre.

She was the life and soul of the place, she was always ready to help the staff and the clients who attended the centre.

She would be in her element when she was helping another volunteer 'Bob' to weed, and prune in our gardens, they were great pals and even though he would torment her she loved it.

When Anne sadly passed, her church 'The Redeemed Christian Church of God' offered us a donation to buy something in remembrance of her and that would benefit the other clients who continue to come to the centre. There could only be one thing that would be fitting, flower boxes, which are raised so they are accessible for clients to see them and indeed plant them also.

So this is a very big thank you to Anne's church, and to Anne who will always be missed by all of us here at Memory Lane - you will never be forgotten, you little ray of sunshine.

From all the staff, Volunteers and clients xx



LOVE TALKING SPORT?

Are you 50+, alone or feeling isolated? Are you living with Dementia or Alzheimer's?

Then why not go along to the Sporting Memories Group. The sessions are held on a weekly basis as follows:

Thursdays 10.30am - 12pm

Dagenham & Redbridge FC • Chigwell Construction Stadium, Victoria Road, Dagenham RM10 7XL

Fridays 11.30am - 1.00pm

Barking Rugby Club • Barking Rugby Football Club Ground, Gale Street, Dagenham RM9 4TX

Please note you can attend one or both sessions

FREE REFRESHMENTS

Come along, listen and share sporting memories with other older sports fans and join in some fun activities.



LBBB

Our Inclusive Digital Zones, based in the Barking Learning Centre and Dagenham Library, have opened to help remove some of the barriers to digital technology that people with disabilities may face.

The zones are equipped with cutting-edge technology, including screen readers, magnification software, and speech recognition tools. They have also been carefully designed to include accessible seating and adjustable desks. And volunteer digital champions offer support to those who need help getting online.

For more information, including a range of inclusive workshops, free laptop borrowing scheme for over 65's and free mobile data for eligible residents, <https://www.lbbd.gov.uk/digital-barking-and-dagenham>

CEA CARD

Many cinemas provide free tickets for unpaid carers when you accompany the person you care for. To access this, you usually need to have what is known as a CEA Card. These are issued through a national scheme run by the UK Cinema Association. They cost £6 and last for one year. To be eligible for a CEA Card, the person you care for must be aged 5 years old or above and receive one of these benefits - Disability Living Allowance (DLA), Attendance Allowance (AA), Personal Independence Payment (PIP), Adult/Child Disability Payment (ADP), Armed Forces Independence Payment (AFIP) or hold a Severely Sight Impaired Registration or Sight Impaired Registration. For more information visit www.ceacard.co.uk

NEW BLOOD TEST CLINIC FOR PEOPLE WITH DISABILITIES AGED 12 AND UP

This Clinic has been started to help people who find it hard to have a blood test, might be frightened of needles, might dislike too many people or loud noises or might not like going to clinics. If you or somebody you know has a disability and needs a blood test this service may help you. They are flexible for fasting patients.

You can contact the local team on **0300 300 1531** and they will undertake a brief assessment of needs.

Empowering Parents Empowering Communities

Are you a parent, grandparent or carer? Could you help parents give their child the best start in life?

Becoming a Volunteer Parent Group Leader gives you the chance to help families gain the skills they need to give their children the best start in life.

EPEC is a national parenting approach that trains local parents to lead groups that support other local parents. As part of the EPEC programme we are looking for mums, dads, grandparents and carers to become Volunteer Group Leaders to deliver Being a Parent courses in your local area. Parent Group Leader training enables you to deliver quality parenting

support to families through a structured parenting programme. As a Volunteer Parent Group Leader you will be fully supported all along the way, throughout training and delivery of the parenting course.

See what parents get out of the Being A Parent course, run by our Parent Group Leaders, here <https://www.youtube.com/watch?v=IkfEdhGSuBQ>

Your child or grandchild does not need to have a disability as this programme is open to all.

If you are interested in becoming a Volunteer Parent Group Leader, or would like more information, please call **07355 034350** or email epectlbbd@dabd.org.uk

HAVE YOU EXPERIENCED DOMESTIC OR SEXUAL ABUSE?

You are not alone. Access confidential, expert support for all Londoners

Women and Girls Network Sexual Violence Helpline

0808 801 0770 • www.wgn.org.uk

Respect's Men's Advice Line

0808 801 0327 • www.mensadviceline.org.uk

24/7 Rape and Sexual Abuse Support Line

run by Rape Crisis South London and Rape Crisis England and Wales
0808 500 2222 • www.247sexualabusesupport.org.uk

The 24-hour National Domestic Abuse Helpline

run by Refuge 0808 200 0247 • www.nationaldahelpline.org.uk





Vaccination

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. It prevents up to 3 million deaths worldwide every year. Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or seen very rarely. Other diseases like measles and diphtheria have been reduced by up to 99.9%. However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again. We are now seeing diseases like measles spreading in our communities and last year evidence from sewage samples suggested polio was spreading too. The NHS encourages people to take up the offer when invited, or contact their GP if they think they might be behind. There are almost no circumstances where a vaccination would not be recommended to a child.

Information for parents - Most routine vaccinations that will protect your child from diseases including measles, mumps, diphtheria, hepatitis B, polio, tetanus and whooping cough are given by your GP before they start school. However, you can catch up at any time if your child has missed vaccinations and you can easily check if you aren't sure. You can search 'NHS child vaccines' online or visit nhs.uk/child-vaccines to see which vaccinations are given when. You can check your child's health record (red book) or contact your GP to see if they are up to date. Your GP can also arrange for you to catch up with vaccinations. If your child had first vaccinations abroad it is important you still have routine vaccinations here, and your GP can help arrange that. If you're not registered with a GP, you can register online (anyone can register and you don't need ID or proof of address). Information about why vaccines are safe and really important is here: www.nhs.uk/conditions/vaccinations/why-vaccination-is-safe-and-important/

How do carers get flu jab?

If you receive a carer's allowance or you look after somebody who would not be able to manage without your support if you fall ill, speak to your GP or pharmacist about getting vaccinated - along with the person you care for.

COVID AUTUMN BOOSTER

A dose of the COVID-19 vaccine is being offered this autumn to people aged 65 and over, residents in care homes for older people, anyone aged 6 months and over in a clinical risk group, families of individuals with weakened immune systems, those who care for vulnerable individuals and frontline health and social care staff. Vaccinations began on 11th September for those most at risk, including adult care home residents and people who are immunosuppressed. From 18th September the NHS started to invite people in priority order of risk and those eligible should have been able to book an appointment on the National Booking Service. For more information visit <https://healthmedia.blog.gov.uk/2023/08/08/covid-autumn-booster-vaccine-2023-everything-you-need-to-know/>

DON'T DISMISS THE EARLY SIGNS OF A HEART ATTACK

A squeezing across the chest

A feeling of unease

The early symptoms of a heart attack don't always feel severe

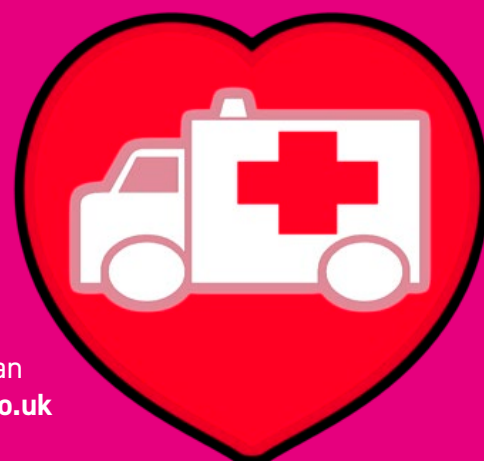
But it's never too early to call 999 and describe your symptoms

BSL users can make a BSL video relay call to 999 using the 999 BSL website or app. Visit 999BSL.co.uk

Text relay users can call **18000** to contact 999

If you are a BSL user, deaf, have hearing loss or a speech impairment you can text 999 by registering your phone in advance. Visit www.emergencysms.co.uk

Help the NHS to help you – Call 999



EATING WELL AND GOOD NUTRITION

We all know that what you eat and drink plays a huge role in your health and wellbeing. But knowing exactly what to prepare for someone you care for can be confusing, especially if they have complex medical needs. For example, they may have lost their sense of taste or have difficulty swallowing or digesting certain foods.

Carers UK has teamed up with nutrition company Nutricia to support you with these challenges. These resources, offering dietary tips and insights, cover a wide range of conditions.



DOWNLOADABLE GUIDES TO HELP

Sometimes, the condition someone has will determine what type of nutrition is best for them. You can download free copies of Carers UK and Nutricia information leaflets listed below on managing caring and nutrition by visiting the Carers UK website: www.carersuk.org

- Eating Well With Dementia
- The Importance Of Eating Well For Carers
- Eating Well With Cancer
- Eating Well And Stroke
- The Role Of Good Nutrition When Caring For Someone
- Speaking To Your GP
- Understanding The Nutrition Gap
- Eating Well And Chronic Obstructive Pulmonary Disease

PHYSICAL ACTIVITY & WELLBEING VIDEOS

We know that when it comes to being active, time constraints and other barriers mean it can sometimes be challenging to be able to do full-length exercise sessions or go to leisure facilities at a fixed time every week. So Carers UK have created a series of short video workouts and bitesize functional exercises that feature real carers alongside instructors. The videos will help you to be active in a way that works for you, and at a time that's convenient, while offering an inclusive and fun way to feel the physical and mental benefits. These video workouts cover a range of activities and are inclusive of all ages and fitness abilities.

It's better to start slowly and build up gradually if you're new to exercise. And remember to drink water while you're exercising and make sure you have plenty of space around you.

To find out more visit www.carersuk.org

HOW CAN I FIND OUT ABOUT GRANTS FOR UNPAID CARERS?

You can find out more about grants for unpaid carers through Turn2Us at www.turn2us.org.uk. This tool is free and simple to use. If you would rather speak to someone directly, call 0808 802 2000.



WHO QUALIFIES FOR A GRANT?

All charitable funds have specific qualifying rules (or eligibility criteria) that an individual has to meet in order to get help from that fund. Each fund's qualifying rules will be specific to them.

In general, you will have to be in financial need or on a low income. This may differ from charity to charity. Other conditions to get a grant from a fund might depend on things such as:

- Having particular disabilities or illnesses
- Working or previously having worked in specific jobs or industries
- Living in a particular area of the UK, such as a village, town, city, local council area, county, parish (*past or present*) or country
- Being of a particular age group Some funds also help the dependants of people their fund supports – e.g. *their partners, ex-partners or dependent children*.

GRANTS AND NO RECOURSE TO PUBLIC FUNDS

If you cannot claim welfare benefits because of your status in the UK this does not stop you from applying for a charitable fund. This is because most funds help people who cannot claim benefits.



TALKING THERAPIES IN BARKING & DAGENHAM

WHO ARE THEY?

Talking Therapies Barking & Dagenham IAPT is a NHS Primary Care Psychological Service based at Church Elm Lane Health Centre. It is a free, confidential service offering emotional support for people aged over 18 registered with a Barking & Dagenham GP. They recently supported those affected by the Dagenham fires and continue to help the community to overcome mental health difficulties as a result of the COVID-19 pandemic.

WHAT DO THEY OFFER?

They currently offer a range of therapies for those experiencing mild to moderate mental health difficulties such as: Depression, Generalised Anxiety Disorder, Panic Disorder, Phobias, Obsessive Compulsive Disorder, Social Anxiety, Health Anxiety, Post-Traumatic Stress Disorder, Self Esteem, Stress & Sleep difficulties. Their support can be delivered in a range of ways, including: Telephone, Video, Online, Face-to-face, Groups and workshops

SILVERCLOUD AND PHYSICAL ACTIVITY

They also provide additional support through Silvercloud; an online Cognitive Behavioural Therapy (CBT) programme which allows you to complete therapy in your own time and at your own pace. It offers secure and immediate access to a range of mental health and wellbeing programmes which you work through, using your computer, tablet, or mobile phone. They also offer a physical activities coordinator who works with users of service to support them in using physical activity to improve their mental health.

REFERRAL PROCESS

For those interested in referring to them, they can self-refer directly by calling their office on **0300 300 1554** option 3 (phone lines open Monday-Friday, 09:00-17:00), or through their website www.talkingtherapies.nelft.nhs.uk/barking-and-dagenham

HEALTHCARE TRAVEL COSTS SCHEME (HTCS)

If you're referred to hospital or other NHS premises for specialist NHS treatment or diagnostic tests by a doctor, dentist or another primary care health professional, you may be able to claim a refund of reasonable travel costs under the Healthcare Travel Costs Scheme (HTCS).

This page explains who's eligible for the scheme and how to make a claim.

If you have questions about help with health costs, contact the NHS Business Services Authority (NHSBSA) online or call **0300 330 1343**. They will respond to your queries Monday to Friday, 8am to 6pm and Saturday, 9am to 3pm.

WHO CAN CLAIM FOR HELP WITH TRAVEL COSTS?

To qualify for help with travel costs under the HTCS, you must meet 3 criteria:

1. At the time of your appointment, you or your partner (including civil partners) must receive one of the qualifying benefits or allowances, or meet the eligibility criteria for the NHS Low Income Scheme.
2. You must have a referral for specialist care from a healthcare professional to a specialist or a hospital for further NHS treatment or tests (often referred to as secondary care).
3. Your appointment must be on a separate visit to when the referral was made. This applies whether your treatment is provided at a different location (hospital or clinic) or on the same premises as where the GP or another health professional issued the referral.

CHILDREN AND OTHER DEPENDANTS

You can claim travel costs for your children if you're eligible for any of the benefits described under condition 1 and your child has been referred for treatment as outlined in condition 2 and condition 3 above.

If your child is aged 16 or over, they may make their own claim under the Low Income Scheme.



EARLY HELP COLLECTIVE



Sometimes families need support and that's okay.

We're here to help parents and families with a child under two in the family. We can help support through those challenging times and unplanned situations. You don't have to feel overwhelmed or alone attempting to be the best parent on top of life's daily issues.

**Reach out
for the support
you need
today:**

- family support for new parents with a child under 2.
- someone to talk to with parenting advice
- support to tackle parental and family issues
- mental health support
- and ensuring your under two gets the best start in life

If you feel you need support or need help, contact us today for practical support and a friendly, safe and convenient environment for you and your family.

Find our more:  075 0691 6718

 maryam.ali@barkingenterprisecentre.co.uk

LONDON BOROUGH OF BARKING & DAGENHAM ADULT CARERS SURVEY

Dear carers the national 2023-24 Survey of Adult Carers in England, which is being carried out by Barking and Dagenham Council on behalf of NHS England takes place every two years. In the last 12 months if you have been in contact with services as a carer you may receive a carers survey by post. We urge you to fill this in as the LBBd would like to know more about you and your experience to better understand your needs as a carer.

WHY IS IT IMPORTANT TO COMPLETE THE SURVEY?

The more people who take part, the more useful the results will be to help assess and improve our local services for carers. The information will help LBBd to build a picture of what carers really need locally to support them in their caring role and help the borough to work with partners to jointly bring improvements in health, social care and in the community for carers.

WHAT TO DO NEXT AND WHERE TO GET HELP

Once you have completed the questionnaire please return it in the pre-paid envelope by 14th December 2023. You do not need to put a stamp on the envelope. If you have any questions or need support with filling in the questionnaire, please contact the Performance and Intelligence Team by phone on **020 4511 5199** or by email at performanceandintelligence@lbbd.gov.uk. Or contact us at the Barking and Dagenham Carers Centre.

There are many ways that we can help you to fill this survey out.

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. We are here to help!! Contact us if you need more support.



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:

Ice Hockey Match

Pantomime

Family Christmas Party

Local authority have provided some extra funding for activities! So far we have been able to go ice skating, the theatre, London Zoo and have booked the pantomime. Let us know what things you would like to do or places that you would like to visit and we will see if we can make it happen. Remember this is your project and want to make it as exciting as possible!

O.S.H.

O.S.H. (which stands for Our Second Home) is our Young Carers Sub Group and they are the decision makers of the project. If you want to get involved go to the activity form for the dates of the monthly meetings. These have been changed to the 3rd Thursday. Alicia is covering while Hannah is on maternity leave. Come along and help to make the project bigger & better!



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.

Every year we attend the Jack Petchey Foundation Achievement Awards evening where the winners are presented with their medallions. Congratulations to last years winners.

Abdul

Ayman

Beth

Chazelle

Ryan

Sophie

Tabitha



Don't forget that you are able to nominate your peers for an Achievement Award, all the Sessionals have forms for you to nominate someone who has made you feel welcomed, included you or, has overcome a challenge. All the winners are able to join a special winners club that has lots of information on the support, clubs & groups offered by the foundation, if you haven't already joined make sure to have a look.



Special Thanks to Martin who did the London to Brighton Challenge to raise funds for Young carers and Lynda who, with help from some young carers got our garden summer ready



Have you got your Blue Peter Badge yet?

This might be a silly question but as well as giving you a challenge, working towards getting one badge or trying to get a collection going will give you something to focus on and help with your mental health & wellbeing!

There are many ways to earn a badge, drawing a picture, writing a story or telling them about your hobby. Have a look at the CBBC website for more ideas.

An added bonus of having a badge is that you can get into many attractions for free!! That's got to be worth giving it a go!



**Well done and thank you to the
participants of our 5 mile sponsored
walk around
Eastbrookend country park raising
funds for the Mayors Charity**



The Carers Trust are always available to help and are a good place to go for useful & relevant information. In the summer the facilitated our Movin On workshop - check out their website to see how this went.

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

TRAINING CALENDAR 2023/2024

2023

Monday 13th November 2023 • Dementia Awareness 10-1.30 **Memory Lane**

Monday 20th November 2023 • Preparing for the future 10-1.30 **Memory Lane**

No training December- Christmas activities

2024

Monday 29 th January 2024 • Basic Counselling skills 10-12.30 - **Training Room Heathway**

Saturday 3rd February 2024 • Lifting and handling Times 10-3 - **Memory Lane**

Saturday 24th February 2024 • Basic First Aid Times 9-4 - **Training Room Heathway**

Wednesday 20th March 2024 • Conciliation training 10-1pm - **Training Room Heathway**

Monday 22nd April 2024 • Dementia Awareness training 10-1.30 - **Memory Lane**

Monday 29th April 2024 • Preparing for the future 10-1.30 - **Memory Lane**

Monday 13th May 2024 • Basic Counselling skills 10-12.30 - **Training Room Heathway**

Saturday 18th May 2024 • Lifting and Handling Times 10-3 - **Memory Lane**

No Training June-Carers Week

No Training July/Aug summer break

Saturday 14th September 2024 • Basic First Aid Times 9-4 - **Memory Lane**

Monday 21st October 2024 • Basic Counselling skills 10-12.30 - **Training Room Heathway**

Monday 4th November 2024 • Dementia Awareness Training 10-1.30 - **Memory Lane**

Monday 11th November 2024 • Preparing for the future 10-1.30 - **Memory Lane**

No training December- Christmas calendar of activities

Please feel free to bring your own lunch for the Lifting and handling and Basic first aid courses.

Tea, coffee, biscuits provided for all training.

Memory Lane Resource Centre 234A Porters Ave Dagenham Essex RM8 2EQ

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

Carers Centre 334 Heathway Dagenham Essex RM10 8NJ

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

CARERS' HUB

334 Heathway, Dagenham RM10 8NJ

Web: www.carerscentre.org.uk

Telephone: 020 8593 4422

F: Carers of Barking & Dagenham

T: @BandDcarers

Community Reach House

32-34 High Street, Romford RM1 1HR

Web: www.haveringcarershub.org.uk

Telephone: 01708 961111

F: Havering Carers' Hub T: @HaveringCarersHub