

Carers aged 8 to 18

The Young Carers' Group puts on activities for carers aged eight and 18. Young people decide what activities to do.

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Letting young carers enjoy childhood

There are 252 young carers in the borough who are registered with the council, but there are many more who can also get in touch for advice and support.

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News

The borough's hard working young carers were given a break from their responsibilities with a fun day in Mile End Park.

Lorrayne Johnson joined them with photographer **Dave Sinclair**.

AROUND 20 young carers took a break from their caring responsibilities to enjoy a fun day in Mile End Park with their families.

The youngsters, aged between eight and 14, took part in a number of activities including basket making, egg decorating, archery, bike riding and a hotly contested Easter egg hunt.

It is the first time the event has been held and it was designed to allow the young carers and their families to make new friendships as well as enjoy fun activities with each other.

Ten-year-old Shirley Trinh, who went along with her mother, Susan, said: "I had a really nice day. Painting the eggs was a lot of fun."

Playtime for young carers



Mum Nikki with Emily and Adam



The Hassan and Husna families with social worker Nazret (back row, left)

Liibaan Dirir, also 10, said: "It was sunny and I had a lot of fun. I really liked the archery."

Monica Forty, acting head of the early years, children and learning service at Tower Hamlets Council, said: "It's so important that young carers don't miss out on fun activities because of their responsibilities. They do such vital work in the home and events like these are a great way ensuring they have a chance to enjoy themselves with other young people."

The fun day was organised by New Start, the council service which provides advice

and support to young residents who have caring responsibilities.

There are 252 youngsters registered as young carers with the council – but Ms Forty said there were many more in the borough who they would like to be able to support.

New Start creates opportunities for young carers to mix in a social setting and engage in sports and leisure activities. It also provides them with one-to-one personal adviser support.

The service also runs the Young Carers' Group, which puts on activities for carers aged between eight and 18, with young

people taking the lead in deciding what activities to do. Since last October, when the group was formed, these have included cooking sessions, a trip to the Museum of London Docklands, skateboarding, health checks and theatre outings.

Club-based activities take place at the Urban Adventure Base, Burdett Road, Mile End Park on Mondays from 6.30-8.30pm and Tuesdays from 5-7pm.

If you would like to find out more about the Young Carers' Group, contact Akhtar Rahim email akhtar.rahim@towerhamlets.gov.uk or call 7364 5834.



Prize winners Sharmarke, Lucy, Darcy and Hanifa



Shirley (above) liked egg painting, while Liibaan (below) enjoyed archery



The kids gather at the start of the hotly contested