



# What's on

For Young Carers in Hackney



## Young Hackney: Young Carers

For more information or to sign up for any session email us at [YH.YoungCarers@hackney.gov.uk](mailto:YH.YoungCarers@hackney.gov.uk) , call us on 0208 356 4800, or text/whatsapp us at 07971 450372

When and who for?	Activity and Details
Every Wednesday 4pm - 5pm Ages 6- 12	<p><b>Junior Young Carers Group</b></p> <p>These sessions are full of fun, with opportunities to be creative and make new friends. Each term's programme is designed with and for our young people and we love to hear your ideas on what you'd like to see next. Whether this is learning tai-chi, going on a treasure hunt, or making a poster out of nature!</p>
Every Wednesday 6pm - 7pm Ages 13-19	<p><b>Senior Young Carers Group</b></p> <p>Want to learn how to podcast? Or just chill out with friends? This is an open session, with activities designed by you! It's space to meet with other young people who share experiences of caring, and try new things!</p>
Every other Friday 4pm - 5pm Ages 16-25	<p><b>Young Adult Carers Forum</b></p> <p>A group in partnership with Adult Carers services for young carers aged 16-25 with a focus on supporting the transition in adulthood, and socialising with peers.</p>
Every other Thursday 11am - 12pm For all parents and guardians!	<p><b>Parents and Guardians Group</b></p> <p>Our parents and guardians groups are a space to connect with others and share some downtime together. Our sessions include sharing our favourite recipes, practising new skills (such as tai-chi) and hearing from other services. <i>(Interpreting support available as needed, please let us know in advance)</i></p>
Every other Friday	<p><b>Deaf/Hard of Hearing Parents and Guardians Group</b></p>

<p>10.30am - 11.30am For parents and guardians who are deaf or hard of hearing.</p>	<p>This group is for parents and guardians who are deaf or hard of hearing. It is a social space open to topic based conversations. It is supported by a relay interpreter and BSL interpreter.</p>
<p>Every Thursday 5.30pm - 6.15pm Ages 12-19 Young Carers</p> 	<p><b>Mindful Peak Performance: Fit Body, Fit Mind (Seniors)</b> Externally led.</p> <p>In partnership with Mindful Peak Performance, and our neighbouring East London boroughs, we will be learning some basic boxing exercises to do at home and developing our skills in meditation.</p> <p>To register for these sessions, contact the Young Carers team or MPP: <a href="mailto:INFO@MINDFULPEAKPERFORMANCE.COM">INFO@MINDFULPEAKPERFORMANCE.COM</a> or 07787436889</p>
<p>Every Thursday 4pm - 4.30pm Ages 6-12 Young Carers</p> 	<p><b>Mindful Peak Performance: Get Active! (Juniors)</b> Externally led.</p> <p>In partnership with Mindful Peak Performance, and our neighbouring East London boroughs, we will be learning some basic boxing exercises to do at home and developing our skills in meditation.</p> <p>To register for these sessions, contact the Young Carers team or MPP: <a href="mailto:INFO@MINDFULPEAKPERFORMANCE.COM">INFO@MINDFULPEAKPERFORMANCE.COM</a> or 07787436889</p>