Healthwatch Hampshire Week

‘Unheard Carers’ Winchester & District Young Carers Project
at Kayac Winnall Valley Road, Winchester

‘Working together’

Winchester & District Young Carers & Healthwatch Hampshire celebrated Healthwatch Hampshire week at the Parents Information & Advice Coffee Morning. The aim of the morning was to promote Healthwatch Hampshire awareness. During the morning parents talked about their health & social care experiences whilst relaxing and enjoying the workshops organised by Healthwatch. They were pampered by Charlotte, a volunteer who ran a ‘Pamper, Hands & Nail’ session, there was also Pip’s Pottery workshop for those who were feeling artistic! Some of the young people and their parents did some baking at the ‘Healthy Eating’ workshop.

Afterwards parents and siblings stayed on, as guests arrived to watch the film premiere of ‘Unheard Carers’. Healthwatch Hampshire and Winchester & District Young Carers worked together to create a short film about the health and social care services that matter most to Young Carers and their families. This film was the result of workshops and feedback can be viewed on our website: www.healthwatchhampshire.co.uk

It was great to see people from a variety of Children’s Health & Social Services and voluntary organisations such as the Clinical Commissioning Groups - CCG’s, Healthy Schools Project, Parents Voice, Hampshire Young Carers Alliance, Healthwatch England, Carers Together, Hampshire Fire & Rescue School Outreach Team and The Children’s Society amongst many others listening and talking to the Parents and Young Carers.

Young Carers are children and young people under the age of 18 who care for a family member with long-term illness, disability or addiction to drugs and/or alcohol.

Winchester & District Young Carers Project

Winchester & District Young Carers aims to improve the lives of children and young people with caring responsibilities by providing safe, quality support to individuals whilst still taking a holistic approach that considers the needs of the whole family. The project supports 120 young people by providing: Information, Advice & Guidance, Young Carer Support Groups, Activities Programme, 1:1 Support, a Befriending Scheme, Peer Mentors, secondary school Lunch Time Drop-ins and Awareness Raising Assemblies. There are other Young Carer Projects across Hampshire delivering similar services in each area. The 10 Projects make up the Hampshire Young Carers Alliance (HYCA).