

BCP YOUNG CARERS

ENCOURAGING YOUNG CARERS TO JOIN AND CONNECT



WELCOME TO OUR 2ND EDITION! WE'RE EXCITED YOU'RE HERE. THIS IS YOUR SPACE TO CONNECT, UNWIND, AND FEEL SUPPORTED.



YOUNG CARERS BRING INCREDIBLE STRENGTH AND ENERGY – AND WE'RE PROUD TO CELEBRATE THAT WITH YOU.



Your

Young Carer

GROUPS

12+ YEARS GROUPS

We are now also offering a group to our Young Carers for 12+ years

- First Wednesday of the month at Muscliff Hub - 16:30 - 18:30
- Third Wednesday of the month at No.18 Youth Hub - 18.00-19.30

Come and join us for some fun, games and snacks

5-11-YEAR-OLD GROUPS

We are excited to be offering two groups to our Young Carers ages 5-11 years.

- First Tuesday of the month at Boscombe Family Hub - 16.30-18.00
- Third Tuesday of the month at Rossmore Family Hub - 16.30-18.00

Come and join us for some fun, games and snacks



WE WILL SEND OUT EXPRESSION OF INTERESTS TO ATTEND THE GROUPS ON A MONTHLY BASIS SO KEEP AN EYE ON YOUR INBOXES FOR THIS AND SIGN UP!

SCAN ME!



CLICK here



YOUR CELEBRATIONS

THIS IS A SPACE FOR YOU TO SHARE THINGS YOU ARE PROUD OF, AND/OR GIVE A SHOUT OUT TO YOUR FELLOW YOUNG CARERS FOR SOMETHING THEY HAVE DONE AND YOU WANT THEM TO BE SEEN FOR THEIR ACHIEVEMENTS.

LETS SHARE THE LOVE!



Here's what you've been up to — and what we're proud to celebrate!



- ★ 20 Young Carers smashed their First Aid training during February half-term!
- ★ A group of Young Carers joined MY Time for an awesome ice-skating trip, which was even filmed and featured on BBC Breakfast for Young Carer Awareness Day!
- ★ 11 Young Carers have now earned their Barista Training and Level 1 Food Hygiene qualifications — amazing achievements and great skills for the future!

We'd LOVE to hear your celebrations!

Got something you're proud of? Did another young carer do something amazing?

Send your celebrations to: EHaccesspoint@bcpcouncil.gov.uk

Let's spread the good vibes!



**WELL
DONE!**

YOUR GROUP FACILITATORS

MEET THE PEOPLE WHO MAKE THESE SESSIONS POSSIBLE! OUR FACILITATORS ARE HERE TO WELCOME YOU, SUPPORT YOU, AND ENSURE EVERY GROUP IS A SAFE AND POSITIVE SPACE TO CONNECT AND HAVE FUN.



PRIMARY GROUP AT BOSCOMBE FAMILY HUB



CORINNE



EMILY

BOSCOMBE PRIMARY GROUP



SUE

PRIMARY GROUP AT ROSSMORE FAMILY HUB



JESS



IZARBE

SECONDARY GROUP AT MUSCLIFF YOUTH ACCESS POINT

Sadly we are saying good bye to Hannah, who is moving on to an exciting new role in AFC Bournemouth. But with that we say hello to Holly!



HOLLY

- I once tried to learn a new language just so I could order food more confidently on holiday!
- I have a growing collection of mugs from every place I've visited—even the tiny airports count!
- I'm brilliant at remembering song lyrics... but terrible at remembering where I put my keys!

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SECONDARY GROUP AT MUSCLIFF YOUTH ACCESS POINT



ZAKIA

- ▶ I can't resist a dance floor—if good music's on, especially pop, reggae, or hip hop, I'm in!
- ▶ I'm happiest in or near water, whether it's swimming, splashing around, or just soaking up the calm.
- ▶ I'm a natural social butterfly who loves meeting new people and making others feel welcome.



SECONDARY GROUP AT NUMBER 18 YOUTH ACCESS POINT



LOUISA



AMY

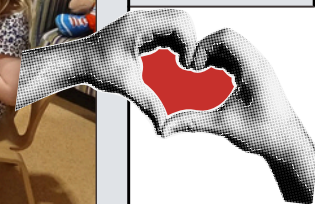
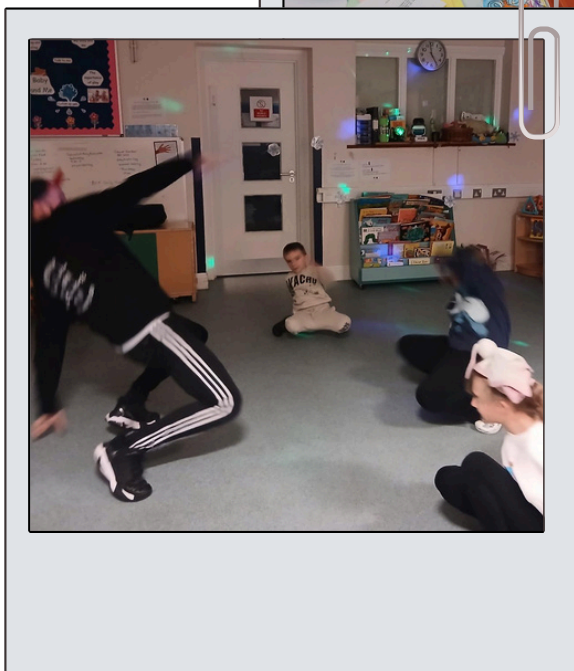
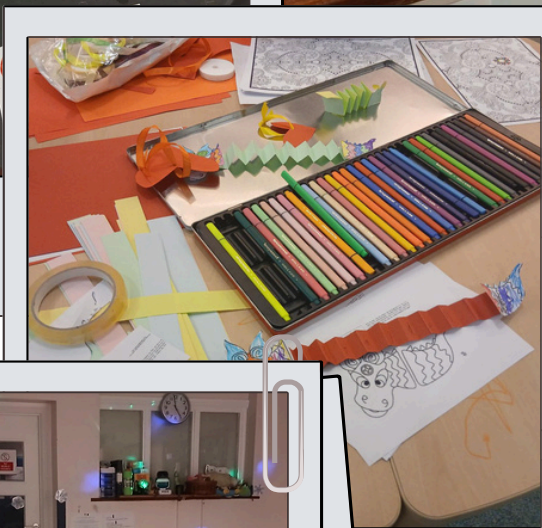
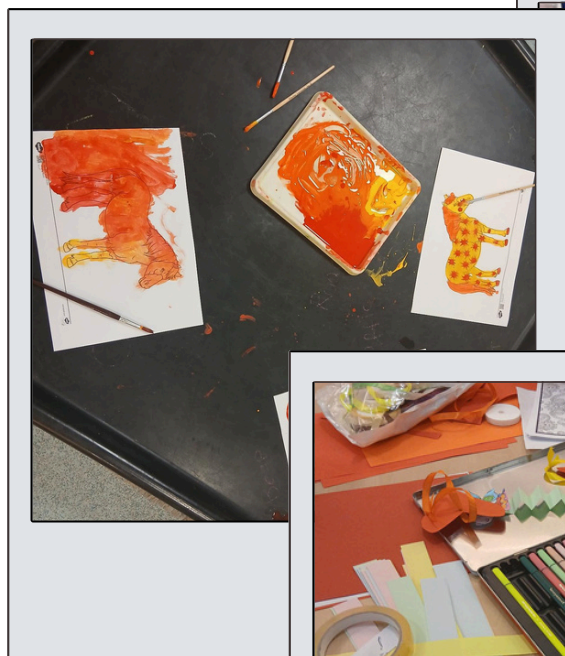


MICHELLE



THE GALLERY

HERE ARE SOME PHOTOS CAPTURING THE BRILLIANT ACTIVITIES WE'VE BEEN ENJOYING RECENTLY – FROM FINGER-PAINTING CHINESE HORSES AND CREATING COLOURFUL CHINESE DRAGONS FOR LUNAR NEW YEAR, TO MAKING POSITIVITY JARS, DECORATING MELTING SNOWMAN BISCUITS, AND GETTING MOVING WITH OUR STREET-DANCING SESSIONS!



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SUPPORTING YOUNG CARERS THROUGH TRANSITION



WE WERE DELIGHTED TO HOST OUR FIRST-EVER TRANSITION EVENT FOR YOUNG CARERS WHO WILL BE TURNING 18 OVER THE NEXT YEAR. THIS IMPORTANT MILESTONE GAVE YOUNG PEOPLE THE OPPORTUNITY TO EXPLORE THE INFORMATION, SUPPORT, AND OPPORTUNITIES AVAILABLE TO THEM AS THEY MOVE INTO ADULTHOOD AND ADULT CARERS' SERVICES.

It was fantastic to see so many partners come together to support this journey, including:

- BCP Adult Carers Support Service
- MY Time Young Carers Service
- Bournemouth University
- Skills and Learning
- We Are With You
- Leonardo's Carers Support Service



Together, partners provided guidance, reassurance, and encouragement, helping young carers feel more confident as they look ahead to the next stage of their lives.

The event had a relaxed and welcoming atmosphere, with freshly baked sweet and savoury treats kindly provided by The Point Youth Café. Each young person also went home with a goody bag generously supplied by Leonardo's Carers Support — a fitting end to a positive and successful event.

Thank you to all partners and young people involved in making this event such a success.






CALLING ALL INFLUENCERS, TIKTOKERS, FACEBOOKERS & INSTAGRAMMERS!

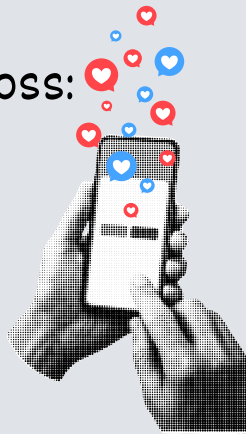


UP IN BCP IS YOUR YOUTH SPACE FOR LOCAL YOUNG PEOPLE – AND WE WANT LOCAL YOUTH VOICES TO HELP SHAPE, SHARE AND HIGHLIGHT WHAT'S HAPPENING.

 Get involved as a Social Media Representative

Be the voice of UP in BCP across:

-  TikTok
-  Instagram
-  Facebook



You'll help:

- Share what's happening in your youth space
- Highlight opportunities, events, and youth voice
- Create content that's by young people, for young people

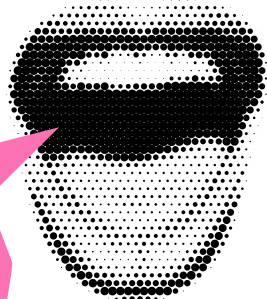
This is your chance to build skills, gain experience, and make sure youth voices are front and centre.

Interested? Get in touch: upinbcp@bcpcouncil.gov.uk or speak to a group facilitator to find out more.

#UPinBCP #YouthVoice #Participation #YoungPeopleLead
#TikTokUK #InstagramUK #FacebookCommunity



ARE YOU A CRAFTER, A MAKER, A MUSICIAN OR A SINGER?



THIS IS YOUR OPPORTUNITY TO SHOWCASE YOUR TALENTS AT THE END OF SUMMER FESTIVAL!

The Point Café End of Summer Festival – a youth-run event celebrating creativity, music and community.

Whether you love performing, making or creating, we want to hear from you!

👉 Get involved and be part of something special.

✉ thepointcafe@bcpcouncil.gov.uk



Makers/Crafters get your own FREE stall to sell your creations and you get to keep 100% of your takings!

Singer and music makers its time to take to the stage and give the performance of your life!



UP THE POINT CAFE
END OF SUMMER FESTIVAL

JOIN US TO CELEBRATE THE END OF SUMMER WITH FAMILY-FRIENDLY ACTIVITIES, FOOD, MUSIC, AND ENDLESS FUN!

DATE & TIME:
30 AUGUST 2026

TIMES AND DATE TO BE CONFIRMED!



MYTIME YOUNG CARERS

LEVELLING THE PLAYING FIELD FOR
YOUNG CARERS

SIGN UP

MYTIME

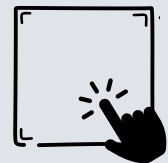
YOUNG CARERS

This UK-wide organisation supports young carers – children and young people aged 5–25 who help care for someone they love.

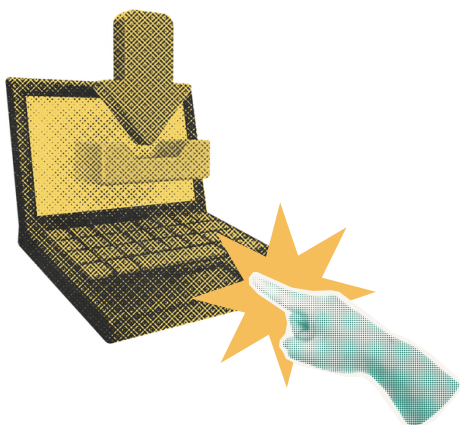
They work to make sure young carers feel supported, recognised and able to access opportunities.

SIGN UP

click
here



Check out their website



UPCOMING EVENTS

EVENTS

STAY UP TO DATE ON WHAT'S GOING ON!

FIRST AID TRAINING

The British Red Cross have offered us the opportunity to hold a first aid session where you can learn essential first aid skills, gain confidence and willingness to help in a first aid situation using everyday objects.

Age: 10-18 years

Please complete the form to register your interest by scanning the QR code & we will contact you nearer the time to confirm your place.

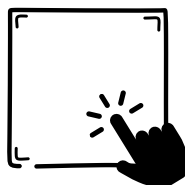
Turlin Moor Youth Centre, BH16 5AH
Thursday 28th May 2026 - 11:00 - 12:00
Scan & fill in form



SCAN
ME!

SIGN UP

click
here









COMPETITION TIME


WIN FREE STUFF!!



Answer all of the 5 questions for your chance to win one of our awesome prizes!!

-  £20 Amazon voucher
-  Lush Posh Chocolate Shower Set
-  Lynx Africa Set
-  Wet & Wacky Family Session (Littledown)
-  Family Swim Session (Pelhams)


 Email your answers to ehap@bcpcouncil.gov.uk

 Subject: Make Me a Winner!

Questions:

- Where can you do barista training?
- Who would you see on Wednesdays at Number 18?
- Name a partner from the transition event
- What is UP in BCP?
- Who would you contact to hire a musical instrument?

 Closing date - Friday 19th June

 Open to BCP-registered young carers only



UPCOMING
EVENTS

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STAY UP TO DATE ON WHAT'S GOING ON!



MYTIME Young
Carers/BCP

Adventure Pirates

Wednesday 27th May

2026

Age: 5 - 17 years



click
here

SIGN UP
NOW



UPCOMING
EVENTS

EVENTS

STAY UP TO DATE ON WHAT'S GOING ON!

FREE BARISTA TRAINING

THE POINT CAFE IS OFFERING FREE BARISTA TRAINING, A FOOD HYGIENE CERTIFICATE AND CUSTOMER SERVICE SKILLS FOR THOSE WHO VOLUNTEER WITH US! THIS COZY CAFE IS RUN BY DEDICATED YOUNG VOLUNTEERS AND OPERATES AS A NON-PROFIT SERVICE, WITH ALL PROCEEDS GOING BACK INTO THE CAFE TO SUPPORT ITS MISSION



INTERESTED? If you're interested, email us for more information on ThePointCafe@bcpcouncil.gov.uk



UPCOMING
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STAY UP TO DATE ON WHAT'S GOING ON!

DROP-IN


SUPPORT SESSION


For young people aged 11-19

Whether you're looking for practical advice, helpful information, or simply someone to listen, we're here to support you every step of the way.

Our goal is to provide a safe and welcoming space where you can find guidance, share your concerns, and feel understood. Whatever you need, we're committed to helping you navigate challenges and access the right resources

- ✔ Sexual Health & Relationships
- ✔ FREE Condoms with the C-Card Scheme
- ✔ Jobs & Training
- ✔ Personal Development and more...

WEDNESDAY 2:00 - 6:00 

 Muscliff Youth Access Point
Shillingstone Drive, BH9 3LR

No appointment needed, just drop in!
Let's talk - Let's grow - Let's thrive

 www.upinbcp.co.uk

UP
IN BCP



UP
IN BCP

Family Hub

BCP
Council

UPCOMING
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- ✔ Sexual Health & Relationships
- ✔ FREE Condoms with the C-Card Scheme
- ✔ Jobs & Training
- ✔ Personal Development and more...

MONDAYS 1:00 - 5:00pm 

 Poole Youth Access Point
(18 Hill Street, BH15 1NR)

No appointment needed, just drop in!
Let's talk - Let's grow - Let's thrive

 www.upinbcp.co.uk

UP
IN BCP



UP
IN BCP

Family Hub

BCP
Council

EVENTS

STAY UP TO DATE ON WHAT'S GOING ON!

UPCOMING EVENTS



LIMITED PLACES
AVAILABLE – NOW
TAKING SEPTEMBER
SIGN UPS



ARE YOU AGED 16-19 (25 WITH SEND)?

Do you want to learn how to make great coffee, get a food & hygiene certificate, and build your customer service skills?

**JOIN OUR FREE FUN 6-WEEK
PROGRAMME, STARTING 26 FEBRUARY**

Please register your interest by emailing
number18@bcpcouncil.gov.uk

Pooler Youth Access Point



Bookable
appointments
available

Tuesdays at
Kinson & West Howe Family Hub
(Moore Avenue, BH11 8AU)



**Information, Advice
& Guidance**

For young people aged 16-19

Get help with:

- CV Writing
- Job Hunting
- Application Forms
- Interview Skills
- Exploring your options for:
Education, Training,
Apprenticeships,
Employment,
Short Courses, and
Volunteering

Email kinsonandwesthowefamilyhub@bcpcouncil.gov.uk to
book your appointment



UPCOMING
EVENTS

EVENTS

STAY UP TO DATE ON WHAT'S GOING ON!



ROLL **OUT**

your mat

and enjoy

YOGA FOR YOUNG PEOPLE

@ The Point Cafe
Muscliff Park

THE FIRST FRIDAY OF EACH MONTH

10:30-11:30



**UPCOMING
EVENTS**

EVENTS

STAY UP TO DATE ON WHAT'S GOING ON!

UP in BCP - the youth offer from BCP Council

UP
IN BCP

**JOBS
LISTING**

Scan to get your digital copy today >>>



CLICK HERE



UPCOMING
EVENTS

EVENTS

STAY UP TO DATE ON WHAT'S GOING ON!

READY TO VOLUNTEER?

COME AND FIND THE PERFECT ROLE...



VOLUNTEER FAIR

Come along to our Volunteer Fair and discover opportunities that match your skills and interests. Chat with friendly local organisations, be inspired by real stories, and take your first step into making a difference.

Date: Wednesday 29th April 2026

Time: 10am to 1pm

Location: Citygate Church
138A Holdenhurst Rd,
Bournemouth BH8 8AS

(Venue fully accessible. Car parking available at Asda opposite.)

Booking not required. Open to everyone!

For more information, check out www.can100.org or email amy.collins@can100.org.



USEFUL CONTACTS:



DON'T FORGET TO CONTACT EHAP

- TELEPHONE ON 01202 126 668 (PUBLIC LINE)
- EMAIL AT EHACCESSPOINT@BCPCOUNCIL.GOV.UK

OR POP INTO YOUR LOCAL FAMILY HUB IF YOU NEED ANY SUPPORT AND ADVICE.

Below is a list of organisation who support Young Carers across the Bournemouth, Christchurch and Poole region. If you are viewing this digitally [Click to open links](#)

[UP in BCP](#) - offers support, information, advice and guidance for young people 12-19/up to 25 if they have a SEN or disability in Bournemouth, Christchurch and Poole.

[MYTime Charity](#) - support Young Carers aged 5 to 18 years including residential opportunities and workshops.

[The HoneyPot Children's Charity](#) - support Young Carers aged 5 to 12 years through respite breaks and outreach opportunities.

[The Leonardo Trust](#) - help young and adult carers. They offer counselling support to Young Carers and also provide support for Young Carer's hobbies and interests.

[SoundStorm](#) provide support for Young Carers with an interest in music. Young Carers can hire musical instruments. Funding may also be available for musical instruments and music lessons.

[Carers UK](#) provides a range of information and advice for carers.

[Sibs](#) and [YoungSibs](#) provide support for children who are siblings of a disabled child or adult. Young Sibs is specifically aimed at siblings under the age of 18 and their parents. The site has an on-line platform and a chat function for young sibling carers.

[The Mix](#) provide online support for young carers.

