



London Borough
of Hounslow



Thrive LDN
towards happier, healthier lives



MAYOR OF LONDON



LESS RUBBISH IN PARKS CAMPAIGN 2018

Young carers care about parks

Mayor of London sends message to young carers in Hounslow on Young Carers Awareness Day

Let's Go Outside and Learn Community Interest Company and **Hounslow Young Carers Project** have been working to develop a campaign of social action that focuses on the impact that litter has on the environment, wildlife and people who use parks in the borough.

For several months this year young carers have met in the borough parks to collect evidence and assess the scale of the problem. Their recommendations to park managers include developing a campaign to raise awareness of the problem among local people.

One way that young carers promoted awareness of the problem was to design postcards using rubbish that had been found in parks in Hounslow. They sent these to friends and families, schools, council officers, local councilors and the Mayor of London.

The Mayor of London responded to the young carers on 31st January which was Young Carers Awareness Day. In his response to the young carers Sadiq Khan said *"I was delighted to receive your postcard using waste materials and I'd like to congratulate [you] for all your hard work litter-picking. Having a clean environment is important to us all because litter, graffiti and fly-*

tipping damage London's environment and affect Londoners' quality of life. It is a real shame that litter and rubbish are ruining our enjoyment of parks and open spaces. This is why it is so important for everyone to act on reducing litter and help local authorities keep local areas clean and green".

One young carer aged 12 commented that *"People should know that young carers care about the environment. If everyone cared, parks would be cleaner."*

The project aims to promote wellbeing and emotional resilience amongst Young Carers. It is estimated that there are approximately 400 Young Carers between 5-24 years old in Hounslow¹ who care for a family member due to illness, disability or mental health problems.

Frances Bennett from Let's Go Outside and Learn said *"We are delighted that the Mayor of London has chosen to support the young carers campaign on Young Carers Awareness Day. We encourage everyone to listen to their message and get involved in keeping rubbish out of parks"*.

Please contact Frances outdoor.learning@outlook.com



LetsGoOutsideAndLearn



LetsGoOutsideAndLearn

The project has been funded by the Mayor of London through The Team London and Thrive LDN Awards.

Let's Go Outside and Learn Community Interest Company works to introduce people living in an urban and built up environment to the natural environment around them, to show the benefits to improved health and wellbeing that spending time outdoors offers, and to bring people who are socially isolated together to make new friends. We work to engage people with natural environments by developing positive attitudes in communities where spending time in the natural green spaces could contribute to improved health & wellbeing and can contribute to breaking down the barriers to isolation. We also work to promote environmental stewardship.

For further information see:

www.lgoal.org

Facebook [LetsGoOutsideAndLearn](https://www.facebook.com/LetsGoOutsideAndLearn)

Email outdoor.learning@outlook.com

For information about young carers contact youngcarers@hounslow.gov.uk

www.hounslow.gov.uk/downloads/file/1079/carers_and_young_carers

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¹ JSNA Needs Assessment 2016/7 www.hounslow.gov.uk/downloads/file/1079/carers_and_young_carers