

# York Young Carers

## March Newsletter 2011

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The girls looking very prim and proper at the spa!

## Events coming up

<b>Sun 13th March</b>	Trip to see the X Factor Live Tour—please note this trip was very popular, sorry to those of you who didn't a place	11.30am to 6.30pm
<b>Thurs 24th March</b>	Meal out and trip to the cinema for the younger group	5pm to 9pm (TBC)
<b>Tues 12th April</b>	Go Ape at Dalby Forest, older group	11am—5pm
<b>Thurs 14th April</b>	Farmers Cart—Younger group	10am—4pm
<b>Wed 20th April</b>	Meadowhall, Shopping and Cinema—Middle group	11am—5pm
<b>Thurs 21st April</b>	Ghost Walk—everyone!	7.30pm—9.30pm
<b>Mon 25th April</b>	Bag Packing @ Marks and Spencer—Everyone!	TBC

## LAFFS groups coming up

<b>Mon 14th Mar</b>	<b>Middle group</b>	Moor Lane	7 to 9pm
<b>Mon 28th Mar</b>	<b>Older group</b>	Moor Lane	7 to 9pm
<b>Tues 5th April</b>	<b>Younger group</b>	Fulford	6.15 to 8.15pm
<b>Mon 11th April</b>	<b>Middle group</b>	Moor Lane	7 to 9pm
<b>Mon 18th April</b>	<b>Older group</b>	Moor Lane	7 to 9pm

# What we've been up to

## Lush

In December the Lush shop in town were very nice to us and opened the store just for us for an evening!

Twenty young carers from the middle and older group enjoyed having a bit of pampering and learning about the products. All of the young carers had a hand and arm massage and got to try out lots of different face masks and products. We even got to make our bath cocktails by dissolving lots of different bath bombs and making pretty colours!

Lush even gave each person that attended a free gift at the end of the night. So if you're ever in Lush, make sure you say thank you to the staff and hopefully they will put on another pampering night for us in the future!



Young Carers enjoying their pamper session!

## Bag packing

In December a group of very dedicated young carers met up at the Tesco store at Askham Bar to do some more bag packing!

Bag packing is a great way of raising money for the Young Carer service, and it also raises awareness about the amazing work that young carers do.

Everyone looked really professional wearing their blue young carer hoodies and chatting to the shoppers about young carers. We packed people's shopping bags for two hours and raised £350 – well done everyone! We even did a spot of carol singing with a brass band at the end and in return they donated £50 to us – thank you!

# Christmas Party

The biggest young carer event in the past few months was the Christmas party at Energise Leisure Centre. Over 75 people came – a mixture of young carers, their families and staff/volunteers.



The roller disco was so much fun!

We spent an hour doing roller skating in the hall with lots of wobbling legs and near collisions! The girls that have been doing the dance workshops at York St John University then showed us a routine that they had prepared – well done girls! That was followed by some games in the hall including pass the parcel and musical statues.

In the party room next door there was a big buffet and lots of chatting. At the end of the afternoon there was an award ceremony where every young carer got a silly award and a Christmas gift presented to them. All the brothers and sisters that came to the party also got a Christmas present. Finally, we had a raffle with some amazing prizes including huge hampers full of yummy food, gift vouchers and a big box of lovely bath products from Lush. We hope you all had a great time at the party – we did!



Liz helping out Santa!



Girls enjoying the rollerdisco!

# Eureka!

A couple of days before Christmas the younger group hopped on a train to Halifax for a day at the National Children's Museum, Eureka!

It was one of those days when it was minus 10 degrees all day but the young carers soon warmed up after some hot chocolates and lots of exploring!



We had a great time in the little supermarket, bank, post office and garage and learnt lots about the human body and technology! We even had our lunch (shivering!) on a little train carriage outside the museum.

The young carers had a great time and some of them said...

- ◆ "Eureka was awesome. The best part was when we went to the gift shop! I would definitely like to go again – I need another trip!"
- ◆ "Eureka was great because it was so enjoyable"

# Pantomime

In the middle of a dark and cold January we had a night of fun and silliness at the Theatre Royal's pantomime! We filled nearly 40 seats with young carers from all three age groups and young adult carers too.

The show was Jack and the Beanstalk and was as weird and wonderful as always!

If you missed out this year, make sure you get your consent form back quickly next year – it's always a very popular trip (oh yes it is!) – Sorry, had to get a panto joke in there somewhere!



# Go Karting

We had lots of fun in half term at the F1 go karting at Monks Cross. There were some very speedy races with young carers flying round corners and lots of drama! There was even a spectacular crash into the tyres by Jade C! The overall winner was Jordan with Loren coming 2nd and Cat 3rd. Well done to all of you!

If you missed out on this trip, don't worry—we will hopefully go again during the summer holidays.



The winners!!

# A day at the spa

12 girls from the middle group had a fantastic pampering day at the Cedar Court Grand Hotel and Spa. The girls had a relaxing 30 minute facial in the morning, lunch in a hotel room and then a manicure in the afternoon. They also had use of a lovely, warm swimming pool and a relaxation room. I hope you all went home feeling nice and pampered!

Some of the girl on the trip said;

- ◆ "The trip was amazing. The facial was so relaxing. I loved it. Thank you!"
- ◆ "I really loved this trip. It was very relaxing – the pool was amazing and warm!"
- ◆ "All of it was good. So relaxing – great. When are we coming next?!"



# The Deep

On the last day of the February half term, the younger group piled into 4 cars and made their way to The Deep in Hull.

The deep has even more fish than Harry Ramsdens!

We saw everything from nemo's to sharks!

Everyone had a really great time.



The girls at the deep!



# LAFFS groups

The number of young carers attending our monthly LAFFS groups is growing and growing, which is brilliant!

LAFFS groups are a great way to meet other young carers, relax, have fun, learn new skills and catch up on all the young carer gossip!

A typical group involves some baking or cooking (recently we've made cheese straws, valentine's biscuits and chocolate crispy cakes), an arty activity like scrap booking or making jewellery, playing on the Nintendo Wii, playing some sports in the hall (basket ball, table tennis, snooker, football etc) and doing lots of chilling and chatting!

Vanessa will contact you by text or phone call at least 3 days before a LAFFS group to check if you would like to come. Please respond as quickly as possible to let us know either way. Thanks.



Toffee apples!

Chocolate game!



Face paints and fun games!

# News section

We are very happy to announce that Sharron is pregnant. She aims to start her maternity leave sometime in July. The team will ensure that her work is covered and that things continue to run smoothly, and we will keep you informed of the plans to cover her caseload.

If you have any questions, related to the service please just ask!

## Funding

We think we have got some more funding from Children in Need. We are waiting to have this confirmed, but hopefully this will cover groups and trips for the next two years—hurray!

## Annual consent form

If you have not yet returned your annual consent form for 2011, please do so.

Any people who have not returned them will not be invited to any groups or events after the end of March.

If you need any help filling in forms or have any queries, please let us know.

## Calling all volunteers!

Do you know anyone who is over 18 and interested in volunteering at the Young Carers service?

We are looking for more volunteers who can help out at groups, trips and on residential. If you know of anyone, please give them Vanessa's number or ask them to call the office on (01904) 715490.

## Donations

If you or anyone you know would like to make a monetary donation towards the service, you can do so by sending a cheque made payable to: 'York Carers Centre'.

If you/ they are a UK taxpayer please ask us for a gift aid form. This means we can reclaim around 25p more for every pound donated back from the Government.

Any amount would be very gratefully received.

# Smoking



We have a new policy on smoking in the Young Carer Service. From now on, smoking is not allowed at any groups or trips, even if your parent has given their consent. It may be allowed on residential, but the rules on this will be discussed with the individual prior to the residential.

If you are caught smoking at a group or trip you will be sent home immediately and banned from coming to the next event.

This is necessary because smoking is illegal for under 18's so we need to reinforce that when you are with us. We also want you all to be happy and healthy!

If you are thinking of quitting, these websites may be useful to you:

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk) or [www.quit.org.uk](http://www.quit.org.uk)

# Carers Discount Card

You may have heard about the carers discount card, the good news is young carers can now have theirs! We will be handing them out at groups, trips and 1:1's over the next few weeks. You will get your own card and booklet that lists all the places you can use it. If you have any questions please just ask!

# School's Project

The schools project has been going for two years now and unfortunately has come to the end of the funding. During this time we have found almost 30 new young carers and done assemblies and lessons for 1000's of students and teachers in the city, letting them know about young carer issues and how they can best support you. Although the project won't be running anymore we hope to keep up the good links made with schools and if you have any issues at all please let either Liz or Sharron know. We know that schools work is very important to almost everyone so we are doing our best to secure more funding to do more work later this year, we will keep you posted!

# MIP's speech

Some of you may remember meeting Julian Sturdy, MP for York Outer when he visited us last October. He was so impressed with the young carers he met, he took some of your issues to the Houses of Parliament! He spoke to the children's minister, Tim Laughton about how the government can help young carers and told him what a great job you all do! He said really nice things about the Young Carers Revolution and York Young Carers Service. You should all be very proud! You can watch what he said at: <http://www.parliamentlive.tv/Main/Player.aspx?meetingId=7405> or there is a link on our website.

# Our website

Did you know? York Young Carers have a website! You can see some photos and check out details of the upcoming groups and trips. Go to [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk) and click on Young Carers.

# Carers Emergency Card

If you have been registered on the CEC scheme for a year look out for the annual update letter you should be getting in the post very soon. The update is to check the information we have for the purposes of the scheme is still current and up-to-date. If you don't already have a carers emergency card and would like one, please let us know!

# What's on in York?

- |                           |   |
|---------------------------|---|
| <b>11th to 13th March</b> | 'Spookfest' - a weekend festival celebrating all things spooky with events across the city. Go to <a href="http://www.spookfest.co.uk">www.spookfest.co.uk</a> for more info. |
| <b>11th to 20th March</b> | York Festival of Science and Technology—lots of free events across the city. Go to <a href="http://www.scy.co.uk">www.scy.co.uk</a> for more info.                            |
| <b>Sun 27th March</b>     | The Chuckle Brothers at the Grand Opera House (tickets £13)   |

# Fun page!

## Spring Word Search

O M G Q R A I N B O W S T H G  
 E N I H S N U S F Z Y P E S Y  
 J D A L V B N J C K S O K A S  
 G N I T L E M I P V T R C L P  
 E M I T G N I R P S O D A P R  
 G A D A F F O D I L O N J S O  
 G N L S E I Y W Z H B I M E U  
 R R I L P H Q A E T R A T C T  
 Z E O N E I I I L M E R A J E  
 F G W W E R L H T R B Z V J E  
 H E D O T D B U Y A B H F L G  
 U U Q V L H R M T W U M D R I  
 S E E D S F K A U O R D E J R  
 O R N D M C T Z G V U E A N F  
 Q F I Z W Y E Z Y P N A F Z P

daffodil  
 flower  
 gardening  
 green  
 growth  
 jacket  
 melting  
 puddle  
 rainbow



raindrops  
 rubberboots  
 seeds  
 splash  
 springtime  
 sprout  
 sunshine  
 tulips  
 umbrella

## PANCAKE SONG

Mix a pancake,  
 Stir a pancake,  
 Pop it in the pan.  
 Fry the pancake,  
 Toss the pancake,  
 Catch it if you can.

By Christina Rossetti

Q: Why is the letter  
 'A' like a flower?

A: Because it's  
 followed by a bee!

Q: What did the big flower say to the  
 little flower?

A: Hey bud!

Q: Can February march?

A: No, but April May!

## Did you know?

- ◆ The world record for the biggest pancake was set in Rochdale, Yorkshire in 1994. The super-pancake measured 15 metres in diameter, weighed 3 tons and had an estimated 2 million calories!
- ◆ The tradition of eating pancakes on Shrove Tuesday is almost 1000 years old.
- ◆ One pancake fan ran a marathon while continually tossing a pancake for 3 hours, 2 minutes and 27 seconds.