

# York Young Carers

## April Newsletter 2011

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York Young Carers have got the X FACTOR!

### Events coming up

Tues 12th April	Go Ape in Dalby Forest for the older group	11am to 5.30pm
Thurs 14th April	Farmers Cart trip for the younger group	10am to 3pm
Wed 20th April	Trip to Meadowhall Shopping Centre for the middle group	9am to 6pm
Thurs 21st April	Ghost walk in York—families welcome	7.15pm to 9.15pm
Mon 25th April	Bag packing at Marks and Spencer	10am to 4pm

Remember to send your consent form back if you want to come to any!

### LAFFS groups coming up

Tues 5th April	Younger group	Fulford	6.15 to 8.15pm
Mon 11th April	Middle group	Moor Lane	7 to 9pm
Mon 18th April	Older group	Moor Lane	7 to 9pm
Tues 3rd May	Younger group	Fulford	6.15 to 8.15pm
Mon 16th May	Middle group	Moor Lane	7 to 9pm
Mon 23rd May	Older group	Moor Lane	7 to 9pm

# What we've been up to

Ten young carers from the middle and older groups had a great time at the X Factor live show in Manchester, although our ears hurt afterwards from all the screaming when One Direction came out! The younger group had a fun night out at the Vue cinema followed by some yummy food at Frankie & Benny's.

LAFFS groups are getting bigger and busier and we've had lots of fun making pancakes, playing on the Wii and we even had a beauty therapist come in to do manicures and other treatments for the young carers!

The Young Carers Revolution group had a fantastic time in London. They went to the O2 Arena for the V Inspired Awards Ceremony and got to see great performances from Natasha Bedingfield and others!

## 18-25 Service

The 18-25 service has re-launched with a weekly group that meets up at York Brewery every Thursday 6 to 8pm. They still attend the pub quiz on the last Thursday of the month at the Hole in the Wall pub in town and have a cinema group. If you are a young carer who is aged 16 or above and would like to join the young adult carers, please discuss this with your worker.

## Me Too Vouchers

A reminder that the 'Me Too' funding is coming to an end in August this year and we want to make sure you all make the most of it. This funding could pay for you to do lots of different activities. It could pay for school trips, sports equipment, dance classes, horse riding, climbing sessions...anything you like really! Hurry before it runs out! Either ask us or your school for more information.

## Feeling stressed out?

We can all get a bit stressed at times. If you feel you could do with a bit of help in managing your stress, please come along to a free workshop! This is on **Monday 13<sup>th</sup> June**, 7.00 to 9.30 pm The Basement in City Screen. Please let us know if you'd like to come.

Please note: There is no activity consent form with this newsletter. The consent form for the May half term activities will be sent with the next newsletter.