

# York Young Carers

## May Newsletter 2011

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The younger group meeting some new friends at the Farmer's Cart!



## Events coming up

<b>Fri 27th to Sun 29th May</b>	Younger group residential to Winmarleigh Hall	Meet at 4pm
<b>Tues 31st May</b>	VIP evening at Browns Department Store	6pm to 8pm
<b>Wed 1st June</b>	Big Fun, Hull	1pm to 6pm
<b>Thurs 2nd June</b>	Mental health awareness session	1pm to 3pm
<b>Fri 3rd June</b>	Lightwater Valley Theme Park	9am to 5.30pm
<b>Mon 13th June</b>	Stress Management Workshop at City Screen's Basement	7 to 9.30pm
<b>Sat 18th June</b>	Culture Shock Festival, Harrogate	11am to 10.30pm

## LAFS groups coming up

<b>Tues 3rd May</b>	<b>Younger group</b>	Fulford	6.15 to 8.15pm
<b>Mon 16th May</b>	<b>Middle group</b>	Moor Lane	7 to 9pm
<b>Mon 23rd May</b>	<b>Older group</b>	Moor Lane	7 to 9pm
<b>Tues 7th June</b>	<b>Younger group</b>	Fulford	6.15 to 8.15pm
<b>Mon 20th June</b>	<b>Middle group</b>	Moor Lane	7 to 9pm
<b>Mon 27th June</b>	<b>Older group</b>	Moor Lane	7 to 9pm

# What we've been up to

We were busy over the Easter holidays with lots of trips, including swinging through the trees at Go Ape in Dalby Forest, a trip to the Farmer's Cart, a shopping day at Meadowhall and a ghost walk around York. We also spent Bank Holiday Monday doing bag packing at Marks and Spencer and raised a fantastic £306.26 for the Young Carer Service. There will be more about these trips, including photos, in the bumper June issue of the newsletter.

LAFFS groups have been busy and fun. We've been playing outside in the sunshine and the middle group were lucky enough to have Indian Head Massages at their group. In the future we are hoping to have more professionals coming to groups to do specialist activities with you, such as graffiti art and nail painting. If you have any ideas for activities to do at LAFFS groups, please let Vanessa know.

## Young Carers Revolution

On Thursday 21st April the Revolution held a 'welcome day' to open the group up for new members. A total of 18 young carers attended this event, where they got some media training and guidance. If you missed this day but would still like to get involved, don't worry—there will be more meetings in the near future! Let one of us know if you are particularly interested.

## Sharron is pregnant!

In case you haven't heard yet, our Senior Worker, Sharron, is pregnant! She will be starting her maternity leave at the end of July and we are currently working on plans to cover her leave and ensure her cases have the support they need in her absence. We will let you know more about this in the next newsletter but there's no need to worry about anything!

She has recently found out she is having a baby boy and is open to suggestions for names—if you have an idea, let her know!

## 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.