

York Young Carers

June Newsletter 2011

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The younger group having fun on a tractor ride at The Farmers Cart!

Events coming up

Mon 13th June	Stress Management Workshop at City Screen Basement	7pm to 9.30pm
Sat 18th June	Cultureshock Festival, Harrogate	11am to 11pm
Fri 1st to Sun 3rd July	Middle group girls residential to Fulford Farm	Meet at 4pm
Tues 26th July	Actionzone trip for middle/older group	10am to 3pm
Thurs 28th July	Horse Trek in the North York Moors for younger/middle group	9.30am to 3.30pm

LAFFS groups coming up

Tues 7th June	Younger group	Fulford	6.15 to 8.15pm
Mon 20th June	Middle group	Moor Lane	7 to 9pm
Mon 27th June	Older group	Moor Lane	7 to 9pm
Tues 5th July	Younger group	Fulford	6.15 to 8.15pm
Mon 11th July	Middle group	Moor Lane	7 to 9pm
Mon 25th July	Older group	Moor Lane	7 to 9pm

What we've been up to

X Factor

Back in March a group of 10 young carers from the middle and older group travelled over to Manchester on the train. These lucky few were going to see the X Factor Live Tour 2011 at the MEN arena! There were amazing lighting shows, fireworks and stages, bridges and platforms popping up all over the place!



The winner, Matt, and finalists Rebecca, Cher, One Direction, Aiden, Katie, Paige, Mary and my personal favourite, Wagner (!), all graced the stage and performed the most popular songs from the TV show. It was a great day, although it did take our ears 3 days to recover from all the screaming when One Direction came out!

Sorry if you missed out on this trip - 30 young carers returned their consent form within 2 days and there were only 10 places! We will try to go to another concert soon and those who didn't get to go on this trip will be given priority.



Dinner and the movies!

At the end of March the younger group had a night out... at Clifton Moor. Ok, so it's not as glamorous as Hollywood, but we did have fun! After stocking up on a lot of popcorn at Vue Cinema, we went to see the latest animated film, Rango. This was a pretty random story about a lizard/chameleon (not sure which!) that ends up becoming sheriff in a very bizarre town in the Wild Wild West!

We left the cinema feeling slightly bemused and headed next door for dinner at Frankie and Benny's. We had yummy burgers, chips, pizza, pasta and finished with some amazing chocolately puddings! The whole restaurant sang Happy Birthday to one of the young carers, Jess, whose birthday it was the next day—hope you weren't too embarrassed!



Ellie, Casey and Sam at Frankie & Benny's restaurant

Bag Packing

On Easter Monday a handful of dedicated young carers descended on Marks & Spencer in the city centre in an effort to raise money for the Young Carer Service. We spent a few hours packing people's shopping bags but unfortunately it was very quiet as it was a lovely sunny day and everyone was outside! Nevertheless, we still managed to raise a fantastic **£316.26**. Thank you to everyone who helped out! This may go towards re-ordering hoodies for those who haven't had one yet, or towards upcoming trips.

Bag packing is a really good way of fundraising for the service, but we need lots of dedicated and hard working people to help out. We will be doing another round at a big supermarket in the summer so please help out if you can.

Go Ape!

During the Easter holidays a group of young carers turned into little monkeys for the day (!) to swing through the trees at Dalby Forest! Go Ape is a high wire adventure course with Tarzan swings, zip wires, wobbly bridges and various obstacles to make your way through. After a few wobbly starts everyone really enjoyed themselves and completed the course. Well done to everyone for being brave and conquering fear of heights!

Go Ape is a great place to go for a day out or a birthday and there are courses all over the country. If you want to check it out, go to www.goape.co.uk.



Meadowhall

In April 13 girls from the middle group, three female staff and one male (sorry James!) went on a shopping spree to Meadowhall in Sheffield. Meadowhall is a HUGE indoor shopping centre and also has a cinema too. We spent the morning hitting the shops and in the afternoon headed to the cinema to see Red Riding Hood. By the end of the day we were exhausted and gradually made our way back to York on several delayed trains, weighed down by all our huge Primark shopping bags!

Farmers Cart

The younger group spent a day being farmers at the Farmers Cart near Strensall. We had our very own tour of the farm on a trailer being pulled by a tractor and learnt lots about the different fruits, vegetables, crops and animals they have on the farm. We even ate rhubarb and asparagus straight out of the ground! We made some new friends including some huge pregnant pigs, cute calves and even cuter baby lambs, which we had the opportunity to feed.

We also looked round the lovely Farm Shop, had a picnic and chilled out in the sun.



Erin and Morgan feeding a very cute lamb!



James, Erin, Casey, Olivia and Jay admiring a very big, pregnant pig!

Ghost Walk

One evening near the end of the Easter holidays, a group of brave young carers met at the Minster for a spooky ghost walk. We were told all sorts of stories about haunted churches, ghosts with no feet and moving sausage rolls (maybe I imagined that last one - it had been a long day!) The young carers had lots of their own stories to tell too, proving that York really is one of the world's most haunted cities!

LAFFS groups

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!

We've been enjoying the lovely, sunny weather and lighter nights recently and have been outside playing football, rounders and other games.

We have been lucky enough to receive some funding from Trustmarque Solutions, who have given us some money just for LAFFS groups. That means that for the next few months we be hopefully be able to have professionals come to groups to do specific sessions or workshops. For example, a beauty therapist is coming to the middle and older group's LAFFS in June to do nail art and other treatments. Other groups could involve graffiti art, DJ skills, sports tournaments and music workshops. If you have any other ideas, please let Vanessa know.

Young Carers Revolution

Young Carers Revolution now have a regular place on the Carers Strategy Group and have fed into the latest meeting. The group held a welcome day in April to open the group up for new members. A total of 18 young people attended this event, where they received media training.



Their next steps are to work towards offering peer mentoring in secondary schools and to do something creative for primary schools. There will be more sessions soon to help build relationships with the new members and build on confidence.

Trips and events

As many of you will know, the number of young carers in our service has been growing and growing recently. We now have a waiting list and the group sizes are very big. As a result, we can't guarantee that everyone in a group will be able to go on every trip. From now on we will be giving priority to those who have shown us consistent good behaviour at groups and trips. This is important because we need to run trips which are safe, inclusive and fun for everyone.

News section

Awareness sessions

In April we held our first specialist session. It was for people who care for someone with a mental health problem. It was an informal group where young carers talked openly about their own feelings and experiences and were amazing at supporting each other. One young carer said "I can't believe how similar some people's situations are, it really helps to know you're not on your own."

We have another session planned for June 2nd so please let Liz know if you'd like to come along or if you have any ideas for the next session. We are also hoping to hold some other specialist sessions for sibling carers and carers of people with a physical health problem.

Community Idol

Are you aged between 11 and 19? Can you sing or dance? Then when not enter York's Community Idol? You could be the next Will Young or Girls Aloud! Heats will be held at Clements Hall, Nunthorpe Road on the 2nd and 12th August at 2pm. Application forms available from saferyork.org.uk, minsterFM.com and yorkpress.co.uk.



First Base

Do you look after someone with a drug or alcohol problem? If so, you could get more support from First Base, the young people's drug and alcohol treatment service based in York. SMILE is a group within First Base that was set up by young people for young people who are affected by the substance misuse of others. It offers a safe space to talk, advice on how to cope with a parent who uses drugs or alcohol, some First Aid training and drug, alcohol and tobacco awareness. First Base can also provide support if you are misusing drugs or alcohol yourself.

If you feel this service could be useful to you, ask Sharron or Liz for more details. You can also contact First Base directly on **01904 526240** or **07894 622214** (text or call). First Base are also on Facebook as 'Sam Firstbase'. Alternatively, if you want confidential advice on substance misuse you can talk to FRANK on **0800 776600**.

Moving groups

It's that time of year again when we are moving people around in groups. This is so that we can ensure the right age groups are all together, and that we have a more evenly spread of numbers. Those of you at secondary school and currently in the younger group will be moving up to the middle group. Those of you aged 15 or above will move up into the older group. We will speak to you individually about this. The moves will happen as from 1st July so those moving will have their last group in current groups this month.

Donations



If you or anyone you know would like to donate money to 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 - as Tesco say 'Every Little Helps!'

Carers Week

Carers Week is a National event that takes place every year and this year it is being held from 13 to 19th June. A big part of Carers Week is about celebrating the contribution that the UK's **6 million** carers and young carers make every day. It is also about raising awareness, finding 'hidden carers' and encouraging local organisations to help in whatever way they can. This year Carers Week is aiming to highlight how:

- ◆ The huge contribution made by carers is often not recognised by society
- ◆ Carers need and deserve access to better support and service
- ◆ Recognition from professionals can help to make a massive difference

To find out more about Carers Week, and how you can get involved, contact info@carersweek.org or call **0845 241 2582**. Events in York are on our website www.yorkcarerscentre.co.uk or ring **01904 715490** to find out more.

Sharron's Maternity Leave

Sharron is due to be starting her maternity leave in July. Liz will be taking over as Senior Worker during Sharron's maternity leave so congratulations to Liz who had to go through a gruelling interview! We will soon be advertising for 2 part time workers to help look after all our cases and do the one to one work. Liz will keep some of her cases. We will speak to you about this individually but if you have any questions just ask.



Me Too Funding

Is there a school trip you'd really like to go on but can't because it's expensive? Would you like to try a new activity after school but can't because it's expensive too? This is a problem for lots of families. 'Me Too' is a pot of money which your school has to pay for young carers to do things they might not be able to do otherwise. The money needs to be spent up by the summer so if there's something you'd like to do, you need to be quick! Please contact your school for more details.

Other Funding

We have raised lots of money recently (in addition to our Children in Need money). Since April 2010 we have raised £ 3,451.62. We have already spent some of this money on hoodies so that leaves us with just over £2,700. We would like to put some of this money into staffing costs to help us take on people from the waiting list, and also for the cost of one to one's. Other suggestions have been t-shirts for everyone. This is your money – so please let us know what you think?

We also have the Children in Need money and a further £10,610.00 that has to be spent on activities (raised through various funding applications). This may sound like a lot but bear in mind that a residential can cost over £3,500 and things such as go-karting can be around £500 per trip. Vanessa will always take your suggestions for trips and events on board, so please do tell her what activities you think this money should be spent on!

Also, a big thank you to Ella's grandma who held a fundraising event over Easter and raised £340 for the Young Carer Service!

Youth Music Theatre Residential

Are you 11 to 21 years old? If so there is a very exciting opportunity coming up in the summer that you may want to get involved in. Youth Music Theatre are running a one week residential music theatre workshop in York. This gives young people like you the chance to devise and produce your own piece of music theatre and perform it at the end of the week.

During the week you will work with theatre professionals to improve your skills in drama, music and dance using lots of different techniques. You will spend a whole week away from home, get to meet lots of new people, achieve something great and have loads of fun!

To go on this course you will need to raise £325, but don't worry - we can help out! We can apply to local trusts and help you to fundraise through events and sponsorship. The fee includes a week's accommodation at the Mount School, all your food, tuition, pastoral care and a t-shirt.



So if you're enthusiastic about performing arts and are interested in going on this course, let one of us know ASAP. All skills levels are welcome, so it doesn't matter if you've never done anything like this before. The dates of the residential are the **15th to 20th August.**

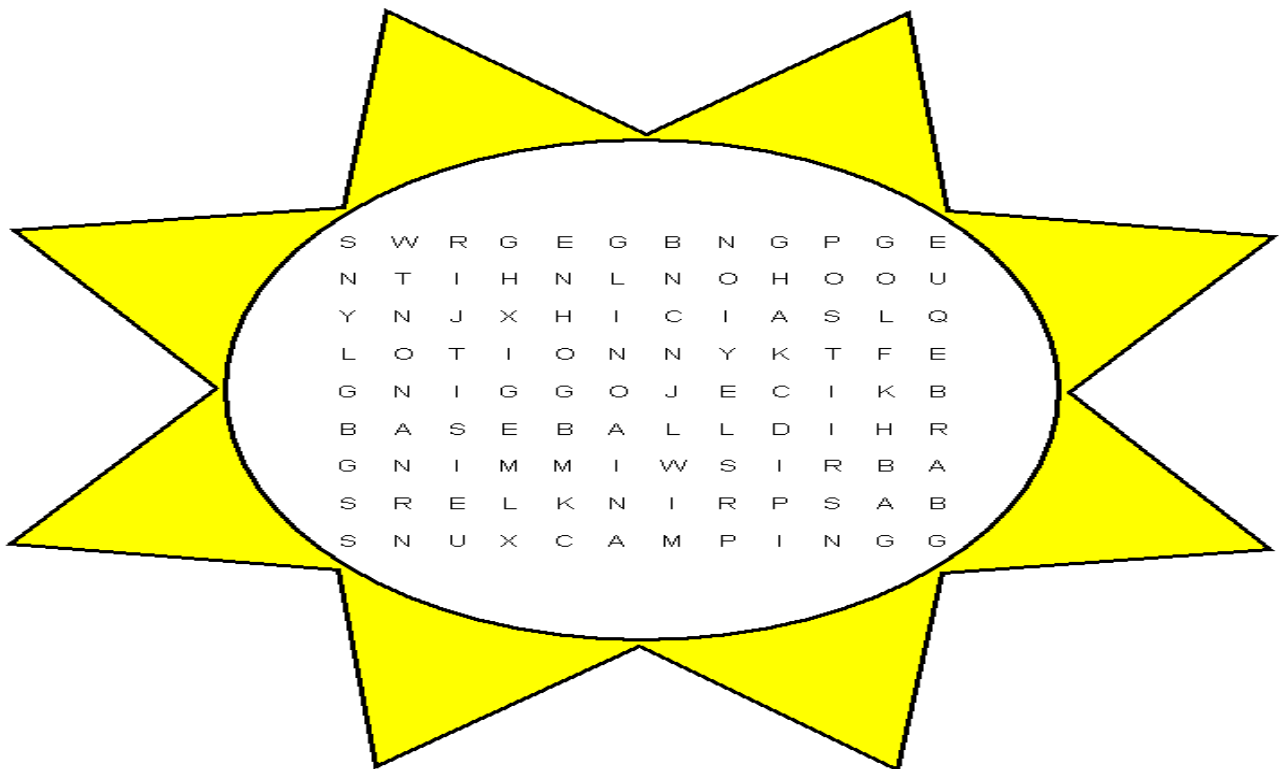
School Uniforms

We all know it costs a lot of money to buy school uniforms but help is out there if you need it!

For everyone who receives free school meals, you are entitled to a £60 voucher if you're going into year 7 or £30 if you're going into years 8, 9 and 10.

Everyone who is entitled to a voucher will automatically get one sent to their school, but if you don't get one you may need to ask for it. Ask Liz for more details if you're not sure.

Fun page!



BARBEQUE
BASEBALL
BICYCLE

BOAT
CAMPING
GARDENING

GOLF
HIKING
JOGGING

LOTION
SPRINKLERS
SWIMMING

Fact for the day

June takes its name from the Roman Goddess, Juno, the goddess of marriage. For this reason June is looked upon as the best month to get married!

Joke corner!

Q: What did the sea say to the sand?
A: Nothing. It just waved!

Q: Why did the chewing gum cross the road?
A: It was stuck to the chicken's leg!

June birthdays!

Rob

Toni-Leigh

Melissa

Helen

Beth L

Kelsey

Olivia

Billy

Taylor

Jade V

Happy birthday!