

York Young Carers

September Newsletter 2011

17 Priory Street, York, YO1 6ET, tel: 715490 email: enquiries@yorkcarerscentre.co.uk



Playing games at the Fun Day



Ready to face the assault course!

Events coming up

Wed 7th Sept	Cooking Class 1 at The Cooking Rooms	5pm to 7.30pm
Wed 14th Sept	Cooking Class 2 at The Cooking Rooms	5pm to 7.30pm
Wed 21st Sept	Cooking Class 3 at The Cooking Rooms	5pm to 7.30pm
Fri 23rd to Sun 25th Sept	Younger group residential to Fulford Farm, Oxfordshire	Leaving at 4pm
Sat 8th Oct	Disney On Ice trip for younger group	12pm to 7pm

LAFS groups coming up

Tues 6th Sept	Younger group	Fulford	6.15pm to 8.15pm
Mon 12th Sept	Middle group	Moor Lane	7 to 9pm
Mon 26th Sept	Older group	Moor Lane	7 to 9pm
Tues 4th Oct	Younger group	Fulford	6.15 to 8.15pm
Mon 10th Oct	Middle group	Moor Lane	7 to 9pm
Mon 24th Oct	Older group	Moor Lane	7 to 9pm

What we've been up to

Actionzone



At the start of the holiday we caught a mini bus to Harrogate for a spot of outdoor laser quest. After getting in the mood by covering our faces with cameo paint and putting on some gorgeous khaki overalls we were ready! We split into two teams and played a variety of games in the woods and fields. We definitely saw some people's competitive sides come out! We had lots of fun and it's safe to say we'll be going back again next year.



Horse trek

On a gorgeous sunny day we headed out into the lovely countryside on the edge of the North York Moors to meet some friendly horses! Eight young carers, most of whom had never ridden before, bravely climbed aboard the horses for a rural trek. We headed out on country lanes, through some fields and even through a stream! Afterwards we had a nice picnic and had fun bouncing on a trampoline, before winding our way back down the county roads to York.



York Maze

On Yorkshire Day (1st August) we headed out of the city to York Maze and had an a-maze-ing time (sorry, couldn't help myself!). We spent the day getting lost in the huge maze (which was a huge Harry Potter this year), sliding down the inflatable slide, jumping on the bouncing pillow, getting wet in water fights and chilling out/ drying out in the sun! We even got to feed some very cute animals at the farm. If you couldn't make it this year—don't worry we'll be going again at Halloween!



Bag packing

On a hot day in August, a small group of very dedicated young carers gave up their time to raise money for the Young Carer Service. This time we were bag packing at Sainsbury's at Monks Cross. Unfortunately, as it was so sunny not many people were in there doing their shopping! We still managed to raise £202 in just two hours which will go towards a trip of the young carers choosing. Thanks to those that helped out and well done!

Adrenalin North Yorkshire

A very brave group spent the day at Adrenalin North Yorkshire, in Richmond. We got to wear very attractive green overalls and throw ourselves around on high ropes. Everyone got soaking wet on the assault course but had a great time doing it! A very tiring (judging by how everyone was asleep on the way home!) but very fun day!



Benningbrough Hall

After quite a glum (weather wise) morning, the sun started making its way out, just in time for our trip! We spent the first half at Benningborough, exploring the mansion. We got ourselves kitted out with audio guides, which looked like a mobile phone throw backs from the 1980's, although useful as it meant we didn't have to read, just listen. Not sure if we got around all of the 120 portraits of famous eighteenth-century figures, but we had a good go. The top floor seemed to be a favourite, this was where we could dress up as people from the olden days and have fun with the virtual portraits.

After that we obviously worked up such an appetite that it was time for lunch...a picnic, on the grounds, in the sun! After lunch we all spent the afternoon chilling, playing football and not forgetting the numerous games of ...splat!!



Fulford Farm residential



In the middle of August we went on another trip down to Fulford Farm, this time with the older group. Fulford Farm is in Oxfordshire, near a town called Banbury. The farm is owned by a lovely lady called Vanzel and she lets us stay in a cottage for free! If you haven't had a chance to go down to Fulford Farm yet, don't worry as there will be plenty more opportunities.

When we arrived at the house we chilled out, played on the Wii and after a yummy dinner of bangers and mash we went out for an evening stroll on the farm. On Saturday we headed into Banbury for some retail therapy and a couple of games of bowling. In the evening we headed to a very smart Pizza Express and filled our tummies with delicious pizzas and even more delicious chocolate deserts! After we'd eaten as much as we could, we headed to the Odeon cinema to see the final Harry Potter in 3D, which was great. On Sunday we had a nice lie in and then we were very lucky because we got to have a go on some quad bikes, which was A LOT of fun! It's the younger group's turn to go to the farm next—send in your forms if you want to come!

Forbidden Corner

I've never been to Forbidden Corner before, and I don't know why because it was brilliant! In the fourth week of the holidays, two teams from the younger group (girls vs boys, obviously) arrived there and set off to hunt down all the sights in the guide sheet. We must have walked for miles, looking for all the weird things that were there, not to mention getting stuck in the maze for ages, trying to find a way through! My personal favourite 'sights' were the mountain made of glass, the singing rats who told us about the dangers of cats and the fountain of the boy who

weed on you when you tried to walk past! I



hope it was just normal water! I think the girls who we were with liked the fountain the best, where they borrowed cups from the nearby café and soaked each other from head to toe. Luckily everyone had change of clothes, or I don't think they would have been allowed in the car home! There was also an underground room which was round with loads of doors to chose from and a floor that spun—very confusing! Just before we went in, we had a picnic on the benches. It would have been lovely, except for the hundreds of very tame ducks who crowded round us, trying to get some of our food! In the end, a few of us ended up sitting on the tables so the ducks couldn't nibble at our feet! We also went to the gift shop, and bought some fun stuff, including a load of sweets (mainly the boys!). I don't know which group got back first between the girls and the boys, but I think everyone had a great time, and even the weather stayed fine!

Young Carers Fun Day

On Thursday 18th August young carers took over Moor Lane youth centre for a whole day packed with activities. It was a great chance to meet new people too with young carers from York, Hambleton and Richmond, Selby and Harrogate there, as well as quite a few new young carers who have just come off the waiting list.

Everyone got on really well, and there were loads of activities to try. The weather was great, so outside the climbing wall was really popular, as well as the bouncy castle, rollerskates and inflatable gladiator joust, where you got to knock your friends off a pole! The nice men from youth services even taught some of us how to juggle! Inside, there was face painting, massages, and, of course, Guitar hero to keep people entertained! The food was great, with really nice sandwiches, and loads of different cakes and desserts too. The best thing was there was loads left, so we all got to take some home if we wanted! The whole day went really fast, and everyone who came had a great time!



First Aid Course



The first aid course was a great success! Well done to everyone who came and went away with certificates for their record of achievements!

If you missed out on the first aid course but would like to do one, please let Liz, Jess or Hayley know and they should be able to help you find something suitable.

Megabowl Trip

The older group got the last trip of the summer before the holidays are over :-)

They went to mega bowl, everyone did some bowling, ate some chips and even had a go a laser quest! A great time was had by all!



LAFFS groups

We've had lots of fun at the laffs groups over the holidays! The younger group went to eat at Frankie and Benny's (while the youth centre had a make over!),

The middle group were treated to hand massages and the older group made smoothies and just generally chilled out!

As usual, if there is anything you'd like to do at one of the laffs groups then please let Vanessa know!

News section

New faces!

Hello, my name is Hayley, and I am a new face!! I have met most of you guys now as I came to a couple of trips, LAFFS and the fun day. I am the new Young Carer Worker and I will be working with some of you, supporting you on a one to one basis.

Hey, I'm Jess & I started in August. I've already met quite a few of you at the groups & on trips, which has been loads of fun! I love chocolate & cake, and I'm not that into heights or getting covered in mud, as some of you who saw me at the Adrenaline day might know!

New Carer Centre Manager

Carole Zagrovic joined us at the end of July and had 25 years charity work experience. She will mostly be working in the office but is keen to meet young carers so you might meet her at a group or trip sometime soon!

Baby News!

If you've not heard already, Baby Smith is here! Ewan James Smith was born on Tuesday 16th August at 10.28am, he weighed 7lb5oz. Sharron, Marc and Ewan are all doing very well and would like to thank everyone for their best wishes and congratulations. Here are a couple of very cute photos;

