

# York Young Carers December Newsletter 2011

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The middle group supporting Matt Baker's Children in Need challenge in town

## Events coming up

Mon 19th Dec	Young Carers Christmas Party at the Rock Church	6.30pm to 9pm
Tues 10th Jan 2012	Trip to the Pantomime at York Theatre Royal	7pm to 10.15pm
Fri 20th to Sun 22nd Jan 2012	Older group residential to Centre Parcs, Nottinghamshire	Leaving at 4.30pm

## LAFFS groups coming up

Tues 3rd Jan	Younger group	Fulford	6.15pm to 8.15pm
Mon 16th Jan	Middle group	Moor Lane	7 to 9pm
Mon 30th Jan	Older group	Moor Lane	7 to 9pm

Please note—there are no LAFFS groups during December.

# What we've been up to

## Fulford Farm - Younger group



At the end of September ten young carers from the younger group travelled down South for a weekend residential to Fulford Farm. 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 four bedroom cottage for free!

We arrived on Friday evening and got settled in and played some games on the Wii. On Saturday we headed into Banbury and did a treasure hunt in the morning, lots of looking round shops and went bowling in the afternoon. Well done to James A for winning the bowling! We headed back to the cottage for some yummy tea and then went on an evening stroll through the farm. Later that night it was movie time so we all got into our PJs, grabbed a blanket, got some popcorn, and watched the hilarious film, 'Despicable Me'.

On Sunday morning we actually had to drag some of the young carers out of bed (think we tired you out on Saturday!) and went for another lovely walk down to the farm to see some cute animals. We also got the chance to have a little go on the boat on a small lake. After lunch we headed home, with some very sleepy young carers in the cars!



Jess, Charlie, Erin and Ellie walking round the farm



Ahoy! James, Jaimee, Charlie and Jorey having fun on the boat!

# Disney On Ice

On a rainy Saturday in October the younger group boarded a train and headed up to Newcastle to see 'Disney on Ice: Worlds of Fantasy'. The Radio Metro arena was packed and we were all very excited to see four of our favourite Disney stories brought to life. The show started with an amazing Cars section where Lightning McQueen and friends sped across the ice!

Next up were the cast of The Little Mermaid including Flounder and Sebastian the crab, whizzing past us in an underwater kingdom. Tinker Bell and her fairy friends came next, some of them actually flying above the ice.

The last part of the show was my personal favourite, as Toy Story 3 was re-told on the ice with Buzz Lightyear, Woody, Jessie and the rest of the gang.

A great time was had by all, and I'm sure we'll be going again next year!



# Fun Workshop Day

One Saturday morning a group of girls from the middle and older groups made their way to St Peter's School for a day of fun workshops. A group of professional ladies (called Soroptomists) led the day. We learnt about issues like self esteem, confidence, sexual health and relaxation. At the end of the day we also learnt about Colour Analysis, which is finding out which colours look best on you and why. We found out that Molly B should not wear bright pink and Cat should avoid black! We also had a buffet lunch and some very yummy cupcakes.

# York Maze Halloscream!



A group of 16 young carers from the middle and older groups met at York Maze on a very rainy evening just before Halloween and prepared for an evening of terror. We spent the night being chased through the maze by crazy men with chainsaws, being taunted by evil clowns, jumping at very loud bangs and screaming A LOT! Surprisingly, it was actually good fun despite being terrifying and by the end of the night we had all got a lot braver. I hope none of you had nightmares afterwards!



## Creepy Crawlies



In half term the younger group enjoyed a day trip to Creepy Crawlies Adventure Play Park. We had fun sliding down the huge slides, running around the indoor play area, playing outside on the cool climbing frames and meeting some cute animals. After a yummy lunch in the party room some of the young carers also had a go on the eco ice rink and the quad bikes. Lots of fun was had by everyone, although we were all very tired afterwards!



# Fulford Farm - middle group

In November we went on another trip down to Fulford Farm in Oxfordshire, this time with the middle group. We had a slow journey down on the motorway, but we found that an Adele sing-a-long helped to pass the time!

On Friday night we just chilled out and watched a DVD together in the living room. On Saturday morning, after a lovely cooked breakfast, we headed into the local town of Banbury for a spot of shopping! That afternoon we had a couple of games of bowling and there were lots of very impressive strikes—well done! Back at the Farm House we had more time to chill out in front of a roaring open fire, reading magazines and having a good chat. On

Saturday evening after a yummy dinner, it was the highlight of the weekend for the girls: makeover time! Two ladies called Amanda and Amy came to do the **girls' hair and make up and the young carers were transformed into gorgeous models!** Amy also brought bags full of goodies from The Body Shop for the girls, so that the pampering can continue



back at home. Thank you so much to Amy and Amanda for giving up their Saturday night to do that for us. While the makeovers were taking place we enjoyed **watching the best of Saturday night TV (Strictly, X Factor and I'm a Celebrity!)** and **munching our way through a tin of Quality Street choccies. It's a hard life!**



On Sunday morning the girls woke up early to watch some of the Twilight films! Then, after yet another lovely cooked breakfast, we donned our wellies and headed out for **a walk around the farm's countryside.** It was a lovely sunny day and everywhere looked very pretty. After lunch we said our goodbyes and headed back to York. A big thank you to our host, the lovely Vanzel, who cooked lots of amazing food for us

and gave up her time—on her birthday no less! We are very grateful to her!

# LAFFS groups

LAFFS (Laughs, Advice, Fun, Friendship and Support) groups are the monthly youth clubs just for young carers in our service. We have three age groups: the younger group (8-11 year olds), middle group (12-15 year olds) and older group (15-18 year olds) and each group meets once a month.



Over the past few months the younger group have enjoyed playing cricket, playing on the Wii and bringing out their theatrical sides with a drama workshop. They also learnt some cool magic tricks during a magic workshop (the photo on the left shows Julian making a handkerchief disappear!)

The middle group have had their nails painted, baked some yummy savoury snacks and played lots of sports and games.

The older group have been playing lots of Guitar Hero and Just Dance on the Wii and carved some amazing pumpkins at Halloween. They also enjoyed meeting Sharron's baby, Ewan.



Beth with baby Ewan—awww!



Did you guess right last month? It was Helen, Beth and Emma!

## Carer's Rights Day - 2nd Dec

Each year Carers UK runs Carers Rights Day, working with hundreds of local groups, businesses and charities across the country to support carers in their area. **The theme of this year's Carers Rights Day is Money Matters** because, without support, carers can end up in debt, struggling to pay bills and can sometimes get ill from the stress of it all.

Carers Rights Day is about getting carers the information and advice they need to **claim benefits, get a carer's assessment and access support.**

# Information section

## Service Update

We now have almost 100 young carers regularly being supported by our service. This is the most we have ever had and it really shows just how many young people in York (and everywhere else in the country!) are caring for someone at home.

The Schools Card has been successfully rolled out in the pilot schools and we have started getting forms in. If you would like this in your school please talk to Liz.

Lots of people around the city have been busy fundraising for York Young Carers. Staff from Barratt Homes cycled 200 miles and raised over £2000 for us!

Dringhouses' Embroidery group have donated the proceeds of their Christmas fair and The Little Society have made a generous donation which means we can make give each of you something special for Christmas. Thank you so much to everyone! We have lots of ideas about how we can best use this money but if you have any thoughts, then please let us know.

## BBC Children In Need



You might have watched BBC Children in Need on TV—it was on Friday 18th November. York Young Carers are funded by Children in Need, so we're always very grateful to everyone who donates money. Matt Baker (from The One Show) cycled a rickshaw from Edinburgh to London for Children in Need and passed through York on Monday 14th November. The middle group went down to St Helen's Square by Betty's to see him arrive and some of them were even on live TV on The One Show! Thanks to everyone for their support on the night and representing the charity so well. We hope Matt enjoyed the amazing cake that Hayley made (see left)!

# Surveys

You will have received the annual survey with the last newsletter. I cannot stress enough how important these are to us! We run the Young Carers Service based on what you and your families want. This is an ideal chance for you to let us know if we can do anything better in supporting you as young carers. It is also important to **let us know if you think we're doing a good job as we can use this to prove to funders how important the money they give us is to you.** If you need another survey please just let us know.

If anyone would like to speak to Liz or the Centre Manager, Carole, about the service then please call the office on (01904) 715490.

# Uniform money

We have let you know in previous newsletters we have some funding to help with buying school uniforms. There is a little bit of money left so if you could really do with a new winter coat (because it suddenly got freeeeezing!), some new shoes (because wet feet are rubbish), or anything for your actual uniform, please let us know and we will try use up the money as fairly as possible.

Call Liz at the office or talk to one of us when you next see us.

# Chance Project

In January and February a new art project is starting, called the Chance Project. It will be run by Kev and CJ from Inspired Youth (the guys that did the Young Carers Revolution DVD). The Chance project is funded by the Arts Council and will focus on choices, chances and positive and negative risks. The project can offer you a way of exploring the choices you make and will tackle a range of social issues, including young carers.

The project is open to anyone over 11 years old and will be held over 5 weeks in January and February at Moor Lane Youth Centre. There are a maximum of 10 spaces available. Please complete the attached consent form if you want to be involved.



# Baby update!

Sharron, Marc and baby Ewan are all doing well. As you can see from the photo, Ewan has grown lots and is a very happy little chappy! Sharron says hi to you all and she is missing you lots. She is enjoying her time off though and Ewan is keeping her very busy!



# What's on in York?

If you fancy a bit of Christmas cheer, why not head to one of the events below...

3rd—18th Dec	Christmas market	Parliament Street
15th Dec—4th Feb	Pantomime	York Theatre Royal
11th Dec	Festival of Angels (Ice sculptures)	Swinegate area
Until 23rd Dec	<b>Santa's Steam Adventure</b>	Railway Museum
Until 8th Jan	The Ice Factor—ice rink	The Designer Outlet
Until 8th Jan	Christmas Adventure	Stockeld Park

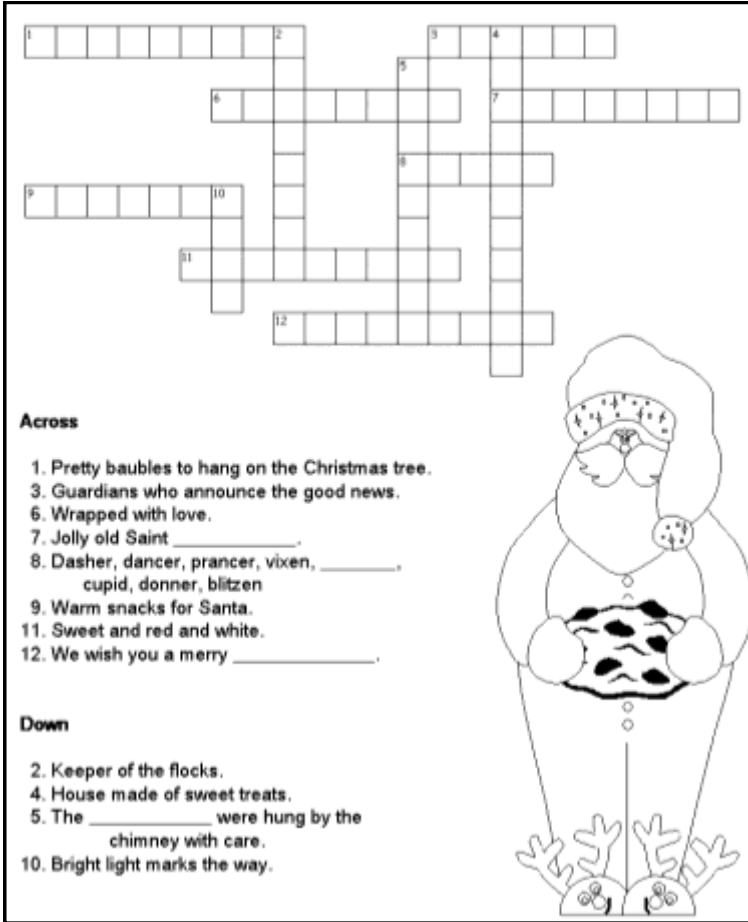
# Christmas Holidays



Like most people, we like (and need!) a bit of time off over Christmas. The Young Carer Service will be closing at 5pm on Wed 21st December and opening again at 9am on Tues 4th January 2012. We will have our work phones switched off during these dates and won't be checking emails.

If you need urgent help when we are closed, contact City of York Council's Initial Assessment and Safeguarding Team on (01904) 555111. If they are not available, contact the Council's Emergency duty team on 0845 034 9417.

# Fun Page!



**Across**

1. Pretty baubles to hang on the Christmas tree.
3. Guardians who announce the good news.
6. Wrapped with love.
7. Jolly old Saint \_\_\_\_\_.
8. Dasher, dancer, prancer, vixen, \_\_\_\_\_, cupid, donner, blitzen
9. Warm snacks for Santa.
11. Sweet and red and white.
12. We wish you a merry \_\_\_\_\_.

**Down**

2. Keeper of the flocks.
4. House made of sweet treats.
5. The \_\_\_\_\_ were hung by the chimney with care.
10. Bright light marks the way.


### Gingerbread man recipe

- 350g plain flour
- 1-2 teaspoon ground ginger
- 1 teaspoon bicarbonate of soda
- 100g butter or margarine
- 175g soft light brown sugar
- 1 egg
- 4 tablespoons golden syrup

Makes about 20 biscuits.

1. Put the flour, ginger and soda into a bowl and rub in the butter.
2. Add sugar and stir in the syrup and egg to make a firm dough.
3. Roll out to about 5mm thick and cut out your gingerbread men.
4. Bake at 190C/Gas 5 on greased baking trays (spaced out, as they will spread) for 10 to 15 mins until golden brown.
5. Leave to firm up for a couple of minutes before placing on a wire rack to cool. Once cooled, decorate with icing.

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



candycane	ornament
chimney	presents
Christmas	reindeer
cookies	Rudolph
cranberries	Santa
elves	sleigh
family	stockings
holly	stuffing
lights	tinsel
mistletoe	turkey

Ho ho ho!!!

Q: What happened to the man who stole a calendar at Christmas?

A: He got 12 months!

Festive Fact

Six million rolls of Sellotape are sold in the run-up to Christmas. That's 369,000km of the sticky gift wrapping stuff, 55 times the length of the River Nile!