

York Carers Centre March Newsletter 2010

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We have been very busy as usual, with Christmas Parties, Pantomime trips (Oh yes we have!) and half term trips bowling and to the Film and Photography Museum in Bradford.

We have also had some great news...we put in a bid to BBC Children in Need for funding to run great trips, events and activities during 2010 and we were successful! We have a plan already but if anyone has any ideas of things they would like to do then please let us know.

All of our regular groups and events have the aim of providing a break, ensuring young carers are able to have some fun, have time to themselves and also time with people who understand their situations.

We are currently working with 59 young carers but know there are many more out there. At present we do not have a waiting list, so please do tell any families you know of where there may be a young carer, all about our service. Anyone can ring for more information: Sharron Smith or Liz Langwade **01904 715490**.

MEET THE TEAM!



The Young Carers Team! From left to right;
Alex Johnson (Activity Worker)
Sharron Smith (Senior Young Carer Worker)
Liz Langwade (Young Carer Worker and Schools Worker)
Vanessa Emslie (Young Carer Activities Co-ordinator)

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Farm Residential

WHAT'S INSIDE

Media Museum

On Monday 15th February the 8-12's group went on a trip to the National Media Museum in Bradford. The young carers had fun being part of the camera crew for a TV programme, becoming reporters on the BBC news and playing in the Magic Factory. Other highlights included the train journey there, buying noisy toys and bouncy balls from the gift shop and going in the lifts! Here are some of the thoughts from the young carers:

"I liked being with my mates and going on the news"

"I liked being away from home"

"I thought today was fun and full of excitement. There were a lot of things to do"



ART WORKSHOP

In February a small group of young carers took advantage of one of York Art Gallery's workshops. We spent an enjoyable afternoon looking at animals and then drawing, painting and making out of clay our own interpretations. York Art Gallery offer art sessions for 12-16year olds each Saturday from 1-3pm and young carers are welcome to go along for free. If you're interested please let Liz know.

BOWLING



The 15-18's group enjoyed a trip to Tenpin in York in February half-term. 8 young carers and Vanessa, Liz, Sharron and Alex played two games and had a yummy, nutritional (!) meal in between. The first game saw a head-to-head battle between Sharron and Matt, with Matt being crowned champion in the end – well done!

FARM RESIDENTIAL

On the last weekend in February Vanessa, Sharron, Alex and 7 young carers from the older group squeezed into two cars and set off down South to a huge farm near Banbury in Oxfordshire. Most of the weekend was spent eating lots of yummy food cooked by our lovely host, Vanzel, attempting to play Cranium, watching the boys play on the X-box and getting VERY muddy! We spent the day on Saturday exploring Banbury (which took all of 5 minutes!), walking through fields in the rain (come on, we know you all loved it really?!), having makeovers from Amy from the Body Shop and watching a DVD before having a peaceful night's sleep (yeah right!).

On Sunday we explored the farm and made friends with some very cute piglets, lambs and cows. However, there were a few shocked faces when we were told that the bacon and sausages we'd had for breakfast had come from the same field! We had a great weekend overall and some of the young carers said...

"The food was the best"

"I really enjoyed having the freedom to do what we wanted"

"Very nice house and food. Cosy and enjoyable!"



SCHOOLS WORK



The Schools project is now in full swing. Liz has done assemblies and lessons at lots of different schools in York and talked to teachers and top council people about young carer issues in school. It is hard work but hopefully we'll get the message across. We've identified some new young carers through this project to help our service to keep growing and growing. As always, please, please talk to Liz if you have any specific issues in school or ideas for what schools might be able to do to help you. Also, take part in a young carer and schools survey and have the **chance to win** an Xbox 360 or an iPod Shuffle. The Princess Royal Trust for Carers is writing an information pack for schools to help teachers understand more about young carers. They want to know more about how schools are helping you and other young carers.

There are only 14 questions in this survey so it shouldn't take you more than a few minutes to complete. Please make sure that you include your name and contact details in the box at the end. All of the personal information you provide will be private and confidential. Your name or details will never be made public.

To take part your parent or guardian must give you permission.

Go to the survey: <http://www.surveymonkey.com/s/9N55H3B>

Upfaders

Upfaders is a groundbreaking new music project in York by professional DJ's, producers and musicians. This unique opportunity is open to young carers aged 13-18, who have a strong interest in modern music. There are no academic entry requirements or need for any previous musical training or experience, you only require a positive attitude and dedication to the project. Participants will join a small group of up to 8 people on a 16-week musical journey that gives a great insight to the modern music industry from studio to stage.

This is a really great opportunity develop any interest you might have in music or just to try something new. It should be starting in the summer so please let Liz know if you are interested.

YOUNG CARERS PLAY

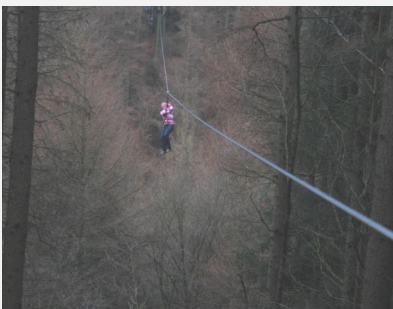
Adrian McKay is a local writer who has written a play which is about young carers. The play is great, and shows many of the issues young carers face, whilst at the same time being fun and entertaining.

Some young carers have read through the play, and they are going to do a read through for key staff from the PRTC who may include it in their soon-to-be-launched schools pack. The idea is that schools will buy the rights to perform the play, and some of the proceeds will go towards young carers services.

The play will also be performed at Oaken Grove Community Centre in Haxby in May.

Go-Ape!

On a freezing Friday in Feb half term, Liz, Alex and 3 young carers went ape! We've haven't gone mad – have a look at the photos for an idea of what we were doing!



Young Carers Revolution

This is the group aimed at giving young carers a voice about things that matter to them, and has now been granted funding to do a media campaign. This means we will be making posters, and creating a DVD! And is a very exciting time for you to get involved if you want to.

Below is more information about the sessions, which start on Tues 9th March at 4.30pm. If you want to come, you will need to let Sharron know on: 07852 907345 – Don't worry if you can't make it on Tues 9th but still want to get involved, you can come along to any of the sessions.

This is a fantastic opportunity, and I hope lots of you can get involved in some way. The success of this depends on how much you put in individually and we have high aspirations for your work! We need 10 people in order to start the campaign well and we'll be looking to work with a maximum of 20 over the course of the campaign.

For those of you who can't make every session due to your other responsibilities please keep in touch with the project BLOG at www.youngcarersrevolution.blogspot.com Please send any comments on the campaign to youngcarersrevolution@gmail.com and I will post your comments as BLOG entries.

The first session begins with renowned Stencil Artist Jim Cereal. Jim's work has recently been covered by an international Street Art magazine and been shown at an exhibition at the UK Headquarters of Reebok in London. He has also done work with Goldie, Lethal Bizzle, MOBO Awards, clothing line Stussy a whole host of other impressive clients. Now he is working with you! Don't miss it!

Young Carers Revolution

Tues 9th March - 4.30-7.30

Canvas Concepts

Sat 13th March - 12.00-5.00

Paint Session

Tues 16th March - 4.30-7.30

Technical Skills (Lighting, composition, and hopefully some shooting)

Sat 20th March - 12.00-4.00

(on location?) Shoot

Tues 23rd March - 4.30-7.30

Design Concepts

Tues 30th March - 4.30-7.30

Design draft presentation from Snowglobe and feedback

~ Easter holidays begin ~

Tues 6th April - 11.00-5.00

Creative Writing

Weds 7th April - 11.00-5.00

Performance Arts

Thurs 8th April - 12.00-4.00

Pre production day

Friday 9th April – All day SHOOT (on location)

Mon 12th to Thurs 15th April –All day SHOOT (on location)

Tues 27th April – 4.30-6.30

Edit Review

Tues 4th May – 4.30-6.30

Edit Review

Mon 24th May – TBC

Reproduction orders for DVD & showcase exhibits

Tues 25th May – 4.30-6.30

Conference Planning Meeting

Tues 1st June – 4.30-6.30

Conference Planning Meeting

Fri 11th June – All day

City of York Council 'No Wrong Doors' Conference, Exhibition and Workshops.

HUMPTY-DUMPTY

This year's annual Christmas trip was to see Humpty-Dumpty at the theatre royal, York.

We filled 30 seats with carers from all age groups! It was good to see you all there!

I think it's safe to say... everybody had a really enjoyable evening! -Didn't hear many of you singing along to the songs though... (Chick-Chick, Chick-Chick! Chicken.... Lay a little egg for me!!ha-ha.)

Anyone, who's already familiar with the Pantomime, should already know the old tradition of throwing wagon wheels into the audience? I think someone managed to catch one! But, they didn't share it with me...

BIG DRAW

York Carers Centre worked in partnership with Arts Action York to organise a series of art workshops for adult carers and young carers, as part of the Big Draw 2009.

A series of art sessions saw young carers having fun together while taking a break and trying out some creative activities. These sessions gave all who took part a great opportunity to try using different media from painting with chocolate, using wax crayons to decorate their own ponchos, to drawing with light and creating a banner decorated with giant knickers!

The project culminated in 2 full day workshops for young carers and adult carers who joined together to try some drawing. A collection of objects brought in by the artists were used as a focus for the art work done... the drawings then being exchanged for a cake and a drink.. a great incentive for being creative! This was a great chance for everyone to have a go at some mark-making and to use different media. Carers also used the tag-tool to draw with light and used this in a live interactive drawing session at the Museum Gardens as part of the Illuminating York festival.

This was a great project with some fantastic work being produced by all the carers involved. It was enjoyed by everyone attending and was great way for carers of all ages to come together.

A booklet to celebrate the project is now available. A copy will be available to all those who were involved, but if you would like a copy please let us know by ringing us on **01904 715490**

THINGS TO REMEMBER!

Laffs ☺

2nd March Fulford Youth Centre	8-12's
8th March Moor Lane	12-15's
22nd March Moor Lane	15-18's
6th April Fulford Youth Centre	8-12's
12th April Moor Lane	12-15's
26th April Moor Lane	15-18's
11th May Fulford Youth Centre	8-12's
17th May Moor Lane	12-15's
24th May Moor Lane	15-18's

If you are involved in the young carers revolution some of the events might clash so only return your consent form if you can go to the event.



Dates for your Diary!

Wednesday 7th April:

Trip to The Farmers Cart, York for 8-15 year olds. 10am – 1pm (pick ups from 9am)

Thursday 8th April:

Trampoline session at St Olaves School, York for 8-15 year olds. 10am-12pm (pick ups from 9am)

Wednesday 14th April:

Trip to Meadowhall, Sheffield for 15-18 year olds. 9.40am-5.30pm (meet at York station)

Friday 16th April:

Tobogganing and Lazerquest @ Xscape for all groups. Leaving York by bus at 9.30am and arriving back approx 4pm.

Friday 30th April:

Ghost walk for all groups. Meet in St. Samson's Square (outside Browns) at 7pm. Finishes at The Black Swan (Peasholme Green) approx 8.45pm. Feel free to bring family and friends.

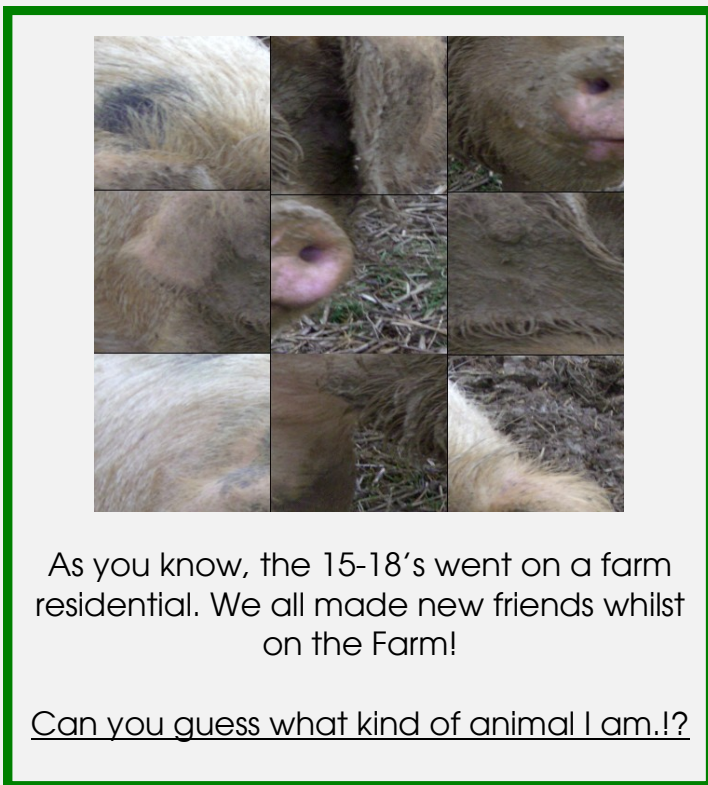
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FUN & GAMES!

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

Can you find all words?

- HOMEWORK
- PANTOMIME
- PHOTOGRAPHY
- RESIDENTIAL
- RESPONSIBILITY
- SUPPORT
- RELATIONSHIPS
- FUN



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