

York Carers Centre June Newsletter 2010!

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National Carers Week



Carers Week 2010 will take place from 14th-20th June and over 100,000 carers take part in the thousands of activities going on all over the county. Carers Week is important because...

- It helps raise awareness about who carers are
- It raises money for carers and young carers
- It highlights how carers often miss out on things that other people take for granted
- It gets people to think about what needs to be changed

Here at York Young Carers we're doing our bit by running two events during Carers Week. On Fri 18th June we're planning a big sports day team challenge event (with a buffet too) in Haxby. It'll be in the evening so you can come after school (remember to get your consent forms back in). Then the next day on Sat 19th we'll be packing people's shopping bags in Morrisons to raise money for York Young Carers. So, the harder you work the more money we'll make and then we can do loads of cool trips and maybe even get everyone a t-shirt! Please let us know if you want to come and help out.

Dates for your Diary!

Mon 7 th June	7-10.30pm	Billy Elliot the musical @ the Opera House (12-15s)
Fri 18 th June	5pm-8.30pm (TBC)	Sports day team challenge and buffet, Haxby, Oaken Grove Community Centre
Sat 19 th June	11am-3pm	Bag packing at Morrisons, Foss Islands (12-18s)
Fri 25 th -Sun 27 th		Residential trip to Young Carers Festival, Southampton (12-15s)
Sat 3 rd July	11.30am-10.30pm	Culture Shock Festival, Northallerton (15-18s)
Wed 14 th July	6.30-8.30pm (TBC)	Cinema trip, Reel Cinema (12-18s)
Wed 28 th	8am-5.30pm	Boat trip, Skipton Canal (8-12s)
Fri 30 th July	11am-3.30pm	Actionzone trip, Harrogate (12-18s)

Young Carers Revolution

The Young Carers Revolution is rapidly turning into the most exciting thing York Young Carers have ever seen! A core group of about 15 young carers have spent almost 1000 volunteer hours on the project, which is just amazing; it really shows us (and everyone else) how much this means to them. The campaign is all set to be launched on Friday 11th June at the No Wrong Doors Conference. This means that important people from the City (and nationwide) will get to see what young carers do each day and how they feel about it. We also have our fingers crossed we'll get lots of press coverage, this will deliver the message to schools, social workers, other professions and other young carers who could be accessing the support we offer.

Please check out. www.youngcarersrevolution.blogspot.com



Upfaders

Upfaders is a 12 week music project we mentioned in the last newsletter. It's run separately from young carers but they are doing a project just for us. The group has already been put together and will start working next week on all things musical. It will involve having a go at Dj-ing, mix-ing, playing instruments and lots more. Towards the end of the 12 weeks the group will put on a performance to showcase what they have done. Here are a couple of pictures of the taster session we had at a laffs group.

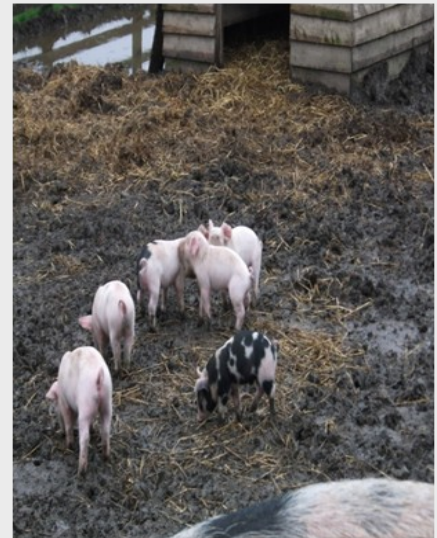


SCHOOLS PROJECT

The school project is now in full swing, we're getting new referrals every week and getting the message across to schools all the time. Liz has now done assemblies for everyone at Fulford School and for year 7, 8, and 9 at Huntington school. Assemblies are a great way of finding young carers we don't know about, informing teachers about young carer issues and letting everyone else in your class know (a little bit of) what it's like for you. If you have any trouble in school with being late, not being able to work done, getting stick from a teacher or anything else, please talk to Liz about it – she can help!

FARMERS CART!

On a rainy (of course it rained!) Wednesday in the Easter holidays Sharron and Liz took a group of welly wearing 8-15 year olds to the farmers cart. We met farmer Geoff and a lot of very cute animals! We held fluffy yellow chicks, fed woolly lambs and seriously thought about kidnapping a piglet or two. We also got a tour of the farm, learnt about all the work that goes into running it and saw all the vegetables growing before they went on sale in the shop. It was a great day and we'll definitely be going back next spring (with a better plan to kidnap a piglet).



New Staff and Volunteers!

There are some new faces around at groups and events! We have been busy recruiting lots of volunteers and sessional workers to help out with the Young Carers. The volunteers are...Lucy, Alex (yes, another Alex!), Bill, Sarah and Debbie. The sessional workers are...Amanda, Lis, Sharrona, Mike, Jane, Rachel and James. You may have met some of them already and we're sure you'll make them all feel very welcome.

Service update

As always we have been very busy at the Carers Centre both behind the scenes and with all the groups, trips and activities. We've also been out meeting and getting to know some new young carers which is great for them (hopefully) and for the service. If you know anyone who might be a young carer please get in touch with Sharron or Liz at the office and we can arrange to send them some information or go out and meet them.

Jumble sale/Cat fundraising

Cat and her family have been doing a great job at raising money for York Young Carers!

Cat organised a fundraising event at her school with yummy marshmallows dipped in a chocolate fountain and lots more. Well done Cat – we're very impressed! - raised £46.50!

Then on the 18th April Cat's mum, Marie, very kindly organized a jumble sale in aid of York Young Carers and Kids Camp. Cat's family and friends also helped out and in a fantastic £170 was raised in total. Half of that has been being donated to Young Carers so thank you so much to Marie and everyone who helped out!

If anyone else has any ideas for fundraising ideas or wants to run their own event, please let us know and we'd be very pleased to help you organise it.



Meadowhall

On the 14th April a small group from the 15-18's set off on the train for a day of shopping at Meadowhall in Sheffield. We walked round and round the huge shopping centre, exploring the hundreds of shops and having a yummy lunch at an Italian restaurant.





On the 8th April the 8-15 year olds had a great time bouncing around on the trampolining trip. We went to St Olaves School and Harry (a qualified trampolining coach) showed us how to do tricks on the 2 very bouncy Olympic-sized trampolines. By the end of the two hours the young carers were all professionals – doing tucks, pikes, somersaults, backwards flips and all sorts! Thanks to Harry for a great day.

TRAMPOLINING

Xscape!

On Friday 16th April 20 young carers and Liz, Vanessa, Alex and Amanda set off on a bus to Castleford, near Leeds. We spent the day at Xscape – a huge centre with an indoor ski slope, cinema, shops, cafés, arcades, LazerZone and much more! In the morning the Young Carers had fun doing sledging on the ski slope, although after about 5 minutes everyone's hands were freezing! Never underestimate the importance of gloves!

After an hour or two of playing on the arcade games, having lunch and drinking the biggest hot chocolates you have ever seen, we moved on to the afternoon activity....LazerZone! Everyone was split into teams, given a laser gun and taught the rules by a man who took it very seriously. They then had to explore the multi-level maze, which was filled with smoke and flashing lights and zap their opponents to gain points. Congratulations to the winning team – I can't remember which colour it was!



Laffs ☺

We've been having a great time at the monthly LAFFS groups over the past 3 months. We now use Fulford Youth Centre for the 8-12s group – a great centre with a pool table, table tennis, table football and air hockey. The 8-12s have enjoyed doing team challenges, making jewellery, designing greeting cards and learning how to juggle!



The 12-15s group have been busy making bracelets, baking fairy buns and doing lots of chatting! On the 12th of April they got the chance to be a DJ for the night when a professional DJ, Dan, came in and taught us how to mix and scratch! If you want to get involved with Upfaders let us know.

At Easter time the 15-18s group made some delicious chocolate nests and had fun competing in the 'Protect the egg' challenge – there was lots of broken eggs on the floor that night! They've also made their own pizzas and done some team games.

Tues 1 st June	6.15pm-8.15pm	8-12s LAFFS group, Fulford
Mon 14 th June	7-9pm	12-15s LAFFS group, Moor Lane
Mon 21 st June	7-9pm	15-18s LAFFS group, Moor Lane
Tues 6 th July	6.15pm-8.15pm	8-12s LAFFS group, Fulford
Mon 12 th July	7-9pm	12-15s LAFFS group, Moor Lane
Mon 26 th July	7-9pm	15-18s LAFFS group, Moor Lane
Tues 3 rd August	6.15pm-8.15pm	8-12s LAFFS group, Fulford
Mon 9 th August	7-9pm	12-15s LAFFS group, Moor Lane
Mon 23 rd August	7-9pm	15-18s LAFFS group, Moor Lane

What's on in York?

There are some great local events coming up including...

- Sun 6th June,** York Carnival: lots of activities for young people, music, parades, workshops etc.
- Sat 5th/Sun 6th June, 19th/20th June,** City of York Folk Festival: FREE music at the Black Swan Inn
York Cycle Show 2010 at York Racecourse: Arena grass track racing, fun events, stunt displays, exhibition marquees, vintage bikes, children's entertainers and much more
- Sun 27th June,** York Youth Festival: Mary from Arty Farty Kids will be making carnival animals and big willow frames with the young carers. Let us know if you fancy coming along.

Horse Trek

On a BOILING hot day in May eight of the young carers piled into 2 cars and headed to the North York Moors. We wound our way down tiny country lanes, had some near misses with tractors coming the other way, and finally found ourselves out in Boltby at the Horse Trekking Centre. After meeting a very friendly dog and having a picnic lunch, the young carers went to meet the horses they would be riding that afternoon. There were some very nervous faces as they clambered up onto the horses as most people had never been on one before. We set off into the gorgeous countryside down little bridle paths, up a huge hill (which poor Vanessa and Amanda had to walk up!), through a wood (trying to avoid getting hit in the face by branches) and even across a stream! By the end of the trek the young carers had gained lots of confidence and were even trotting. We expect to see you all in the Grand National next year! A great day was had by all and hopefully we'll be going again in a few months time – so keep your eyes peeled if you would like to go.



Young Carers on the TV! (and radio!)

This week it's been hard to miss us. On Wednesday 26th May at 8am (very early!) Sami and Liz were live on BBC Radio York talking about young carer issues, the young carer service and promoting the revolution. If you missed it and you have access to the internet you can listen again on the BBC Radio York website.

Also that day (I'm not sure how we coped with the excitement!) Jade Varley and her family were featured on CBBC's Newsround. Jade did a press pack report on her life as a young carer. This was a great opportunity for publicity for young carers and showed the positives of everything you do! If you missed that you can see it on the Newsround website – it's definitely worth a look!

http://news.bbc.co.uk/cbbcnews/hi/newsid_8700000/newsid_8707300/8707306.stm