

York Carers Centre JULY Newsletter 2010!

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We've been busy having lots of fun in June! During half term we went to Flamingo Land and enjoyed sunning ourselves and going on lots of exciting rides. The younger group went on a residential to Winmarleigh Hall activity centre and had a great time doing rock climbing, zip wire, team challenges, quad biking and much more. Well done to all of you for challenging yourselves and achieving your goals! A few days later a group of Young Carers went to see Billy Elliot the musical at the Grand Opera House and had a great time and at LAFFS groups we've been baking biscuits, playing badminton, watching films and much more!

National Carers Week



June 14th-19th was National Carers Week. On the Friday night we played lots of team games (including throwing eggs!) at Oaken Grove Community Centre in Haxby and had lots of laughs. On Sat 19th we were busy packing people's shopping bags in Morrisons and raised a huge **£446.51** for York Young Carers. THANK YOU so much to everyone who helped out! We are going to use this money to get all of the Young Carers a hoody with our logo on and your name on the back. This costs around £1000 so we're only half way there. To raise the rest of the money we're going to do another round of bag packing at Morrison's on Wednesday 4th August – please come and help out!

EVENTS COMING UP

JULY:

- Wed 14th: Trip to Reel Cinema (middle and older groups)
- Wed 28th: Canal boat trip in Skipton (younger group)
- Fri 30th: Actionzone trip (middle and older group)

AUGUST:

- Mon 2nd: Archery and Nite Line at Dalby Forest (older group)
- Wed 4th: Bag packing take 2 at Morrisons, Foss Islands (everyone!)
- Thurs 5th: Beach trip to Filey – with young carers from Selby, Scarborough and Harrogate (everyone!)
- Tues 10th: Trip to York Maze (younger and middle groups)
- Thurs 12th: Paintballing trip (middle and older groups)
- Mon 16th: Picnic and games in Homestead Park (younger group)
- Tues 17th - Thurs 19th: Residential to Fulford Farm (middle group girls)
- Thurs 19th: Go karting trip (middle and older groups)
- Wed 25th: Forbidden Corner trip (younger group)
- Fri 27th: Team challenges day (middle and older group)



Young Carers Revolution

After 9 months of EXTREMELY hard work from everyone involved in the Young Carers Revolution, the campaign was launched on 11th June 2010! The premiere was at the No Wrong Doors Conference in front of all the people who work with children and young people in the city. The team received a standing ovation and there was not a dry eye in the house when the film was shown. Please find a copy enclosed. The disc includes the 15 minute film, poetry, art work and session plans.

Any feedback you have would be greatly received and if you would like more copies please just let us know.

Feel free to take the DVD & show it to those who need to understand young carer issues, such as your teachers and friends!

Laffs ☺

- Tues 6th July, 6.15-8.15pm at Fulford Youth Centre (Youngest group)
- Mon 12th July, 7-9pm at Moor Lane (Middle group)
- Mon 26th July, 7-9pm at Moor Lane (Oldest group)
- Tues 3rd Aug, 6.15-8.15pm at Fulford Youth Centre (Youngest group)
- Mon 9th Aug, 7-9pm at Moor Lane (Middle group)

• We are having a re-shuffle of the age groups so we may be asking you to move up into the next group during this time. Vanessa, Sharron and Liz will talk to you individually about this.



Carers Emergency Card Scheme

We now have 21 young carers who have registered on the Carers Emergency Card Scheme which is fantastic that so many people have signed up. Of these, 14 have completed an evaluation which we'd like to share with all of you.

It shows that most young carers say the card helps them feel better about what would happen in an emergency, and also helps them feel more confident/ less stressed. It also shows that young carers feel their caring role will be more understood, and that the person they look after will feel better knowing emergency plans are in place.

Generally, young carers have found it easy to register, and say that having the card is really positive.

I hope you agree that this has so far been a really good scheme. If anyone who hasn't yet registered wishes to do so, please speak to Sharron or Liz.

