



# What we've been up to

## St Nicholas Fields

On a lovely sunny afternoon the day before you went back to school (booo!) Young Carers did their bit for the community by volunteering at St Nicholas Fields. This is a nature reserve behind York Environment Centre, in the Tang Hall area. We had lots of fun rescuing baby trees, sawing logs, cutting down weeds and helping to make a fence. If you missed out on this trip, don't worry – we're going again on the Friday of half term!



Volunteering crew!

## York Dungeon

A very brave group had a tour around York Dungeons last week. There were a lot of screams and even more laughs—even in the hairy moment when we thought Vanessa was being burned for misbehaving!



Some of the brave ones!

## And finally...

### Could your family benefit from some extra support?

Hannah, the Family Support Worker, has been working at York Carers Centre for six months now. She can offer some extra support to any adult you care for.

So far, Hannah has helped people with lots of different issues. These include supporting people to sort out their benefits and finances, to get funding for things they need in the home, to get involved in new activities and groups and to look at getting into employment. She also provides emotional support and a listening ear for people who feel they need someone else to talk to.

Hannah will be around until next March and has space to work with a few more families. Anyone can call her on 01904 715497, text her on 07843 908159 or email her at [hannah.morrow@yorkcarerscentre.co.uk](mailto:hannah.morrow@yorkcarerscentre.co.uk). You could also speak to Sharron or Liz, who will ask Hannah to get in touch with your family.