

York Careers Centre September Newsletter 2010!

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Events coming up

Tues 7 th Sept:	Younger group LAFFS,	6.15-8.15pm	at Fulford
Mon 13 th Sept:	Middle group LAFFS,	7-9pm	at Moor Lane
Mon 27 th Sept:	Older group LAFFS,	7-9pm	at Moor Lane
Tues 5 th Oct:	Younger group LAFFS,	6.15-8.15pm	at Fulford
Mon 18 th Oct:	Middle group LAFFS,	7-9pm	at Moor Lane
Mon 25 th Oct:	Older group LAFFS,	7-9pm	at Moor Lane

* York Dungeons trip: Thursday 16th September– Please get your form back ASAP!

* Dance workshops: Starting every Wednesday starting 27th Oct (half term) to 5th December, 4.30—6.30pm, York St. John University.

Activity Section!

Young Carers Festival Southampton.

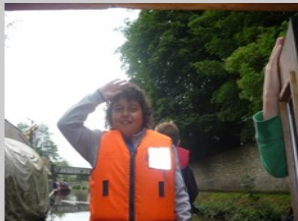
Can anyone remember the hottest weekend of the year? This was the weekend the middle group went to Southampton for the annual Young Carers Festival. We joined almost 2000 other young carers from all over the country at the event – regularly referred to as ‘the best residential you could ever go on’!

We smothered on the sun cream and got stuck into rock climbing, abseiling, team games, swinging through trees, boat rides, silent discos, noisy discos and so much more!



Canal Boat

One very cold and wet July (!) day the younger group boarded a narrow boat on Skipton canal. After a quick driving lesson we set sail on the open water. After several hiccups we got the hang of driving and operating the locks and a great day was had by all!



Filey Beach trip – team Liz!

We all had our fingers crossed for a sunny august afternoon lazing around on the beach, is that what team Liz got? NO! Because the train to Filey was so busy and other people were blocking the doors, Liz’s group of young carers (and Liz) were unable to get off the train! We had to make a detour to Scarborough then search out the bus to back to Filey! When we finally arrived in Filey we set out looking for the rest of the group, of course we were looking on the wrong part of the beach so when we eventually got there we were almost 2 hours late! All was not lost though, we had a lots of laughs and a bit of a surprise lesson in public transport too!

Filey Beach trip—team Sharron!

Much as I hate to gloat – team Sharron all got off the train at the right stop, and had a lovely day on the beach before team Liz finally found us (after worryingly trying very hard with an upside down map- I mean really Liz, sea on one side, land on the other –how?). Young carers got soaked head to foot from only being knee deep – was it a big wave or a game of soak your friend? We then had a game of tig on the beach and then went up to the park which had some brilliant playground equipment. It was lovely to meet up with the other young carers from North Yorkshire too, and the journey back was stress free - some of even go to go in the signal box to use the loo – very interesting!!

MP Visit

Hugh Bailey, MP for York inner visited the Carers Centre and met up with some of the Revolution group. He is going to talk to a Minister who has proposed a bill about identifying carers and write to us to let us know what he will do to support it. Also he listened to the group and asked them about their own situations and watched the DVD. He is keen to support the Carers Centre in any way he can, and of course there was a press release!

The Revolution group are through to the next round for the Best Community Project award & have a posh dinner to attend on 21st October. There is still the opportunity to join the group if

Upfaders

Those of you who did the Upfaders project were fantastic!! I went along to watch the show & was extremely impressed at how Cat and Emma N looked so at home on the decks & they showcased their own music – we even had a sample of Cat's singing!!

Grumpy section

People dropping out of trips – we often have to pre book and pay for trips and events and the costs of people dropping out means that we are wasting money that could be used for other events. An example of this is Filey beach where 10 people dropped out and we waited on the platform not knowing if they were coming or not! This means we have wasted not only train fares but have paid extra staff to work and it does add up! Over the summer the cost of people not attending events has been £ which would of paid for... (*Vanessa to add in if time*). Please ensure you know what trips you are booked on & let us know as soon as possible if you can't go

Taxi's & organising groups – when we organise taxi's for events or LAFFS groups, we are finding that some people change their minds or decide they want to attend at the last minute. We don't want anyone to miss out, but do need to organise transport in advance. In future we will ring you the week before a group, and transport will be arranged 24 hrs before the group is due to go ahead. Please let us know in plenty of time if you want to attend, as anyone leaving it until the last minute will miss out.

Phone's & messages – just a reminder that our mobiles are switched off when we are not at work or when we are driving. Please note that if you have any queries about a trip or group, Vanessa is usually the person to contact but she only works part time. Also if she is off sick or on holiday Sharron or Liz will be covering. The best option is to give us plenty of notice or in office hours (Mon – Thurs 9-5) contact the main number on: 01904 715490.

Me too Funding

Me too is an exciting new fund available in York which all young carers are able to access. If you've ever wanted to try something new but it was a little bit too expensive – maybe football, horse riding or gymnastics - then this money can pay for it. It could also pay for a school trip you really want to go on but can't because money is tight at home. Each school (both primary and secondary) hold their own budget for this so you can contact them directly – just ring the school office, or ask Liz or Sharron to do it for you. More information is available at www.yor-ok.org.uk/me-too

Volunteering?

If you are interested in volunteering for a green charity then BTCV York Rangers could be for you! This is a conservation group for 14-16year olds in York. They travel around the city and volunteer on lots of exciting green projects. If you are interested please see www.btcv.org/yorkyouth for more details.

Schools Project.

Obviously it's the school holidays right now but we're still working hard on the schools project. Just before you breaking up for summer all pupils at 6 of the 10 secondary schools in York received a leaflet about the young carers service. We hope this will highlight young carer issues to families, teachers and hidden young carers in the city.

We are working with the Youth Parliament and the school councils to get the Young Carers Revolution DVD shown at as many schools as possible in the new school year. As always, if you have any ideas on what we could do in your school or if you're having trouble we can help with, then please let Liz know!

Bag packing

After 2 very successful days bag packing at Morrisons at Foss Islands, and a brilliant funding application by Vanessa, we now have enough money to buy you all hoodies. These will be blue with the young carer logo on the front and most of you who have requested it, will have your names on the back. They should arrive fairly soon so we hope you will wear them with pride! Well done to all those who helped with the bag packing, each day raised over £450!!

York Youth Festival *(this doesn't have to go in)*

This was a day to celebrate young people in York & was held at Rowntree Park. Many young carers were at the Southampton festival, so we took a stall along and promoted the good

Go Karting

12 young carers joined us for go karting at F1 which was a brilliant session. James (member of staff) won but he obviously has driven before so he doesn't count (ha ha). Young Carers really enjoyed it and loved the competition. Harriett however, said it was worse than a roller coaster & screamed the whole way round, much to everyone else's amusement. Well done guys you all did very well and were good company! *(photos to attach)*

CultureShock Festival

CultureShock is a youth arts festival that offers young people the opportunity to take part in loads of fantastic workshops and watch music and dance on lots of different stages. It took place in Northallerton on 3rd July and the older group and the young adult carers had a great day there! Workshops included graffiti art, street dance, t-shirt design, manga drawing, jewellery making, DJ skills, break dance and circus skills. We had lots of fun attempting to play the didgeridoo (well done Aidan for being the only one to master that!), doing some salsa and African dancing, having our faces painted and making jewellery. We'll be going again next June – so keep a look out for details if you want to come.

Trip to Reel Cinema

On Wednesday 14th July the middle group met on Blossom Street for a trip to the Reel Cinema. After stocking up on drinks and popcorn and much debating about which film to see, half the group went to see Twilight: Eclipse, while the other half of the group saw Shrek Forever After in 3D. Everyone enjoyed both films (except sessional worker James, who came out of Twilight and said “well that’s two hours of my life I’m never going to get back!”). If you missed out on this trip – don’t worry as we’ll be going to Reel Cinema again soon.

Action zone

On Fri 30th July a group of Young Carers found themselves in the deepest darkest woods near Harrogate at the Action Zone centre. Action Zone is a huge outdoor laser combat game where you chase each other through woods, hide in bushes and creep through mazes trying to shoot a member of the opposing team and win the game. Here’s what some of the young people said about this exciting trip:

“Great fun with good team building skills while also very energetic”

“Awesome, fab, great and active”

“Great team building, enjoyed the flag attacking and defending. The day was fab”

“It was amazing, especially when we had to invade”

“It was very fun, I would do it again!”

“Camouflage was good and I liked going around and having freedom. I would go again.” (by Jade)

“Today was really good. It was good because we had to split into team then work together which I thought made the new people get to know each other more. I also hope that we can do it again.” (by Celine)

Dalby Forest

In the depths of Dalby Forest on Monday 2nd August a group of young carers from all three groups tried their hand at Archery. At first we had difficulty holding the bow the right way round (or was that just me?!) but by the end of the session there were some skills on show that even rivalled Robin Hood himself! Next up was the team challenge, 'Nite Line', where everyone was blindfolded and had to make their way through the trees as a team. Sounds easy? Not when faced with hundreds of obstacles along the way including climbing through tyres, crawling under netting, walking over wobbly bridges and not to mention being attacked by branches! They must have been able to hear the screaming and laughing back in York! Finally the team was faced with the low-ropes challenge: to carry two pots of water all the way along the course without spilling any, without stepping down onto the ground and staying all together as a team. The team completed this easily without spilling a drop of water and no one even stepped onto the ground once – YEAH RIGHT! Let's just say that a LOT more practice was needed on this one!

York Maze

On Tuesday 10th August, York Young Carers met up with Selby Young Carers and together we got lost in York Maze! Lots of fun was had getting soaked on the Monkey Mayhew ride, jumping on the huge inflatable pillow, going cross-eyed in the maze of illusions, trying not to crash on the quad bikes and speeding down the giant inflatable slide. Here's what some of the Young Carers said about the trip:

"It was really fun and exciting. I loved all the games and rides and it makes me want to go there again" (by Casey)

"I enjoyed all the number and going to the park" (by AJ)

"I enjoyed everything but my favourite ride was Monkey Mayhew and the big slide" (by Ellie)

Paintballing

There were some nervous and excited young carers as we pulled up to the Harrogate Paintball Centre on the 12th August. After changing into full camouflage suits and goggles we were transformed into soldiers and ready to begin our mission! We played various tactical games including capture the flag and hill assault and worked as a team to try and beat our opponents. Some comments from the Young Carers included:

"Awesome experience – can't wait till next time!"

"Great fun, really enjoyed it even though it hurt", by Harriet

"We must do it again – liked all of it"