

18 -25's Update

Nov/ Dec 2010

Pub Quiz

25th November

Join me and exercise the grey matter – test you memory – decode the anagrams and chat with fellow young adult carers

(and possibly win!!!!!!)

The Hole in the Wall 8.30 onwards

...and every last Thursday of the month.

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Sponsored Walk

28th November

‘Walk on the Walls’. 10.15

Meet at outside York Art Galley begins on Bootham Bar at 10.30

York Personal Wellness Coach Renata Perini is organizing for participants of a community challenge to raise money for York Carers and York against Cancer. All young / young adult carers are invited to **join in and raise money for the carers centre** by getting sponsored to complete the 3 mile walk around the walls then please get in touch with Helen.

Sponsorship forms available from Helen/ on the web site.

Carers Discount Card Launch

2nd December

York Brewery, Toft Green 6-8pm.

Come and join us to celebrate the launch of the Carers discount card for a drink and crisps. Let me know if you're coming so we can cater for numbers. **Meet Toft Green (behind Micklegate)6pm.**

Christmas Events

All young adult Carers are invited to join the young Carers for their Christmas Party at **ENERGISE** on the **18th December 3-5 pm.**

It would be great to see as many young adult carers there as possible – you might be in line for a small festive token - and would be great for you to support the young carers and let them see that you do go on to become the most wonderful people after all!!!!

Bag Packing **Tesco**

19th December-

Askham Bar- Let's try to raise some money for Christmas events for the 18-25's and support the young carers who will be taking part too.

Film Night

Monday **13th December** –
Details of films showing to follow.

£3.50

CONGRATULATION CONGRATULATIONS CONGRATULATIONS

To those who are part of the Carers Revolution and to all those who have supported them.

They did really well to win the 'Community Pride Award' and the 'V Inspired Award' which is now and going on to the National stages.

Brilliant stuff – you should be very proud of yourselves and for raising awareness and inspiring other young carers into adulthood.

YOUNG ADULT CARERS

CHRISTMAS SPECIALS

Ten Pin + Frankie and Benny's

Details to follow (based on money raised)