



# York Young Carers December Newsletter 2010!

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Young Carers Revolution winning the Community Pride Award

## Events coming up

Mon 13th Dec	Lush open evening	6.30 to 8pm
Sat 18th Dec	Christmas Roller Disco Party at Energise	3 to 5pm
Sun 19th Dec	Bag packing at Tesco (Askham Bar)	11am to 1pm and 2 to 4pm
Tues 21st Dec	Eureka Trip	8.45am to 5.30pm
Wed 19th Jan	Pantomime at York Theatre Royal	7 to 10.15pm

Remember if you want to come to any of the above, you must send back your consent forms!

## LAFFS in January

Please note: We do not run LAFFS groups in December

Tues 4th Jan	Younger group, Fulford Youth Centre	6.15 to 8.15pm
Mon 17th Jan	Middle group, Moor Lane	7 to 9pm
Mon 24th Jan	Older group, Moor Lane	7 to 9pm





# What we've been up to

## Fulford Farm Residential

In October eight young carers from the younger group with Vanessa and Sharrona headed off to Fulford Farm in Oxfordshire. After a few hiccups along the way we finally arrived at the lovely farmhouse that our amazing host, Vanzel, lets us stay in for free. On Saturday we headed into the local town, Banbury, and did a photo scavenger hunt, lots of shopping and went bowling (well done to Olivia for winning, even with a broken arm!) In the evening we had a birthday party for AJ and played lots of hilarious games and ate a yummy cake. On Sunday we went on a lovely walk around the huge farm and saw lots of animals. We had a great time going into the chickens' coop and collecting eggs while they were still warm! We had a fantastic weekend overall and some of the young carers said:

"It was absolutely amazing"

"It was fun seeing the animals on the farm and the food was amazing"





# Rock climbing

In October half term 9 young carers went to Energise to do some rock climbing. We were taught by an instructor and everyone had a go at climbing up different routes and the bouldering wall. Well done everyone!

## An important meeting!


During half term we had an important meeting with Conservative MP for York Outer, Julian Sturdy, and Nigel Ayre, a Councillor in York. A group came to the office to chat with them about young carer issues and answered their questions really well. We're hoping that both men can help the service in different ways and the meeting was very positive. Thanks to those of you that came along.




## St Nicholas Fields

At the end of half term Vanessa and six young carers from the middle group headed to St Nicholas Fields, a nature reserve in the Tang Hall area. Everyone worked really hard doing conservation work and made a real difference to the environment and community. Well done!





# Diggerland



The younger group had a fantastic time at Diggerland in Castleford, an exciting adventure park where you can drive and ride in real diggers. Young carers enjoyed getting dizzy on a fast spinning ride, riding in a 4x4 truck, driving diggers and escaping from the rain in an indoor play area.



## York Maze Hallow scream

A group of 14 young carers met at York Maze on an evening just before Halloween and prepared themselves for an evening of terror! The night certainly lived up to its name as we screamed all night long (Vanessa probably more than anyone else!) We spent the night being chased through the maze by crazy men with chainsaws, being taunted by scary clowns and generally just being absolutely terrified. Despite feeling exhausted by the end due to all the running and screaming, we had a great time and some of the young carers said it was the best trip they'd ever been on!





# LAFFS groups



We've been busy having fun at the recent LAFFS groups. Activities have included making chocolate apples, making jewellery, baking butterfly buns, carving pumpkins, making Christmas cards and doing lots of chatting. There are no LAFFS groups in December due to other trips and closure over Christmas, so we will be starting back again in January.



Ashleigh and Emma's terrifying pumpkin

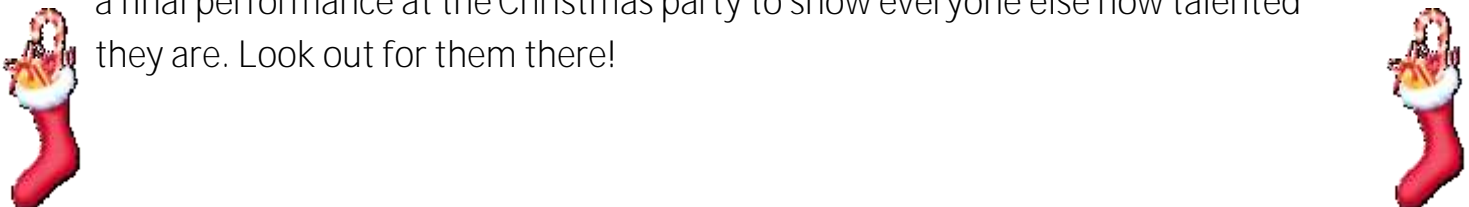


Sophee and Beth with a very original pumpkin!

## Dance workshops



The dance workshops run by students at York St John University have been a wonderful success! A core group of around 10 young carers have made their way down to the Uni every Wednesday night for the last 6 weeks, for 2 hours of fun and dancing. Liz is so very impressed with the skills of this group she hopes they can do a final performance at the Christmas party to show everyone else how talented they are. Look out for them there!





# Awards!

Have you ever been disappointed when one of us rocks up to pick you up in our boring old cars? Well, the Young Carers Revolution were definitely not disappointed when they opened their door to find a LIMO to take them to the Community Pride Awards! 12 members of the group dug out their best frocks (and suits) for a very sparkly night! We were treated to a great 3-course meal at the Racecourse and **Sophee said, "These are the poshest toilets I've ever been in!"** Of course the best part of the night was **WINNING!!** Young Carers Revolution; Best Community Project Winners. The group were of course over the moon and Sharron and Liz were the proudest people in the room. Brilliant work guys!

As if that wasn't enough excitement, the group have also won the Vinspired Shout Out! Award. They fought off competition from other projects all over Yorkshire and Humberside to win and will now go through to the National finals.

We're definitely going to have to invest in an awards cabinet because I have yet another award to tell you about. After 10 years of running the Young Carers Service amazingly well (I hope you'll agree), **Sharron has won the International Service Human Rights Award!** Everyone at the office is very proud of her and the work she does for you, so please give her a big pat on the back the next time you see her.





# Other news



## Hoodies

Most of you have your Young Carers hoodies now and it's great that you've been wearing them all the time! Can the following people please pick up your hoody from the office ASAP:

Morgan, Hannah A, Aimee, Ellen, Megan, Joseph, Hannah C, Rosina, Emma S, Lewis, Jenny and Rob.

## Christmas Party

The Young Carers Christmas Party is just around the corner! It is taking place on Saturday 18<sup>th</sup> December, 3 to 5pm at Energise Leisure Centre in Acomb (next to York High School). The young carers will be having a roller disco in the main hall and roller boots will be provided. Families are welcome to come along and enjoy the buffet in the party room next door. We will also be holding a raffle to raise money for the service. If you would like to donate a raffle prize, please let us know.

## Open Day at Castlegate

Some of you will know Castlegate well but for those who don't, it's a drop in centre for 16 to 25 year olds. It's just next to Fenwicks in the Coppergate Centre. They have lots of information on everything from legal advice, to help with employment and training. They have 2 new sessions coming soon and have asked us to let you know about them.

- A new group for young women aged 16 to 25 has just started. It is called Myspace, runs every Tuesday from 3pm-5pm and the worker running it is called Meghan. They are covering topics such as confidence, self-esteem, body image, and communication (text, Facebook, etc).
- There is a Health Day on 4<sup>th</sup> December. This is a drop in session for anyone between 16 to 25 and they will have specialist workers to give information and advice on anything health related.

Please let Liz know if you are interested in either of these events - she can give you more details or maybe pop down with you.





# What can York Libraries do for YOU?

Libraries are no longer places of quiet hush hush reading. They are working towards being much more fun places to be and offer a wide range of things to do:

- Free computer usage at all libraries
- Homework helpdesk
- Free workshops to improve your basic computer skills and build your confidence in using computers and the internet. Receive free email address as well as learn to keep safe on the internet
- Central library and Acomb library have great cafés to chill out in
- Chatterbooks reading groups for 8 to 11 year olds who enjoy reading and making new friends at York Library and Tang Hall Library
- Craft groups
- Reading groups for all ages: reviews, recommendations and stories from the web
- **Competitions, games, interviews... and if you get a login from your local library you can send in your own stories to be displayed in the gallery**

Why not check out your local library or the main library in town – you might be surprised. [www.york.gov.uk/leisure/libraries](http://www.york.gov.uk/leisure/libraries) or Tel: 01904 552828 (main library)



## Waitrose

Many supermarkets in York donate money to charities that have been nominated by customers. The new Waitrose (Foss Islands) is currently looking for local causes to receive support from their Community Matters project.

If you are in Waitrose please complete one of their forms and nominate York Young Carers. If you see similar schemes at other supermarkets please could you nominate us and let us know about the scheme.





# Fundraising

In our never ending quest for funds we have written to all Secondary Schools in York to ask them to hold a non-uniform day for us. This will hopefully raise some money for you and also help to raise awareness of young carer issues to everyone in the school.

If you know of a teacher at your school is in charge of this please bug them about it!! **Soon we'll write to all the primary schools too so if you are at primary school and want to mention it to your Head Teacher first, that would be a wonderful help!**

## Carer's Rights Day

Carers rights day happens every year in December, this year it's on Friday 3<sup>rd</sup> December. We will be having stands at Tang Hall, Clifton and Acomb library, so if you're in any of these areas after school then please pop in and show your support.

## School's Project Update

The schools work is very busy at the moment. Liz had been out and about doing lots of assemblies all over York, finding new young carers and letting other students know a little about what it's like to be a young carer.

We're hoping to have lots of new faces starting before Christmas so please (I know you will!) make them all feel very welcome.



## Christmas closure

Like most people we really like to have some time off at Christmas. The office will be closed from 5pm on Thursday 23<sup>rd</sup> December 2010 and will not open again until Tuesday 4<sup>th</sup> January 2011. Our mobile phones will be off during this time. If you need to contact us you can leave a message on either the office phone or one of our mobiles and we will get back to you as soon as we can.



