

York Young Carers January Newsletter 2011

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The older group at a very snowy Centre Parcs



The younger group having fun at Eureka!

Events coming up

Wed 19th Jan	Pantomime at York Theatre Royal for everyone	7 to 10.15pm
Tues 22nd Feb	Indoor go karting at Monks Cross for middle/older group	2 to 4pm
Wed 23rd Feb	Spa day at the Cedar Court Grand, York for middle/older group	9.30am to 4.30pm
Fri 25th Feb	Trip to The Deep aquarium in Hull for younger group	9am to 5pm

Remember - if you want to go on any of these trips you must send back your consent form or you won't be able to come!

LAFFS groups coming up

Mon 17th Jan	Middle group	Moor Lane	7 to 9pm
Mon 24th Jan	Older group	Moor Lane	7 to 9pm
Tues 1st Feb	Younger group	Fulford Youth Centre	6.15 to 8.15pm
Mon 8th Feb	Middle group	Moor Lane	7 to 9pm
Mon 21st Feb	Older group	Moor Lane	7 to 9pm

What we've been up to

Happy New Year everyone! Before Christmas we had lots of fun at trips and events. The older group had a great time on their residential at Centre Parcs, which looked like Narnia in the snow! The middle and older group had a pampering evening at the Lush shop and the younger group had fun at Eureka, the children's museum in Halifax. A small group also enjoyed having a go at rock climbing at Energise.

The Young Carers Christmas party went really well - over 75 people attended and everyone got a present and a silly award. Thanks to those of you who gave staff a present or card or donated prizes for the raffle.

The dance workshops at York St John have come to an end now after 8 weeks. The girls worked really hard and performed at the Christmas Party - well done!

A small group also did their bit for the young carer service by bag packing at Tesco - £339.99 was raised in under 2 hours - thank you to those who came.

Food For Thought

There is an exciting new 8 week course for parents starting in York called Food for Thought. This looks at healthy eating, being physically active as a family and taking time out/stress relief. It aims to provide parents with information in these areas in a practical, fun and interactive way.

Please see the enclosed flyer for more information.

Young Carers Revolution

The Young Carers Revolution are re-recruiting! There is more information on the enclosed form. If you are interested in joining please fill in the slip and send it back to us. Places are limited!

Sharron's award

Our Sharron has won a very special award for her amazing work at York Young Carers over the past ten years. In December she was presented with the Yorkshire Region Award at the International Service Human Rights Awards held at the Minster. We are all very proud of her - I'm sure you are too!