

October' 23 Newsletter

Welcome to our First edition Newsletter where we will be letting you know what events are available to young carers and parents over the coming months and how to contact us for support.

WELCOME

Welcome to the first edition of our Bradford Young Carers Newsletter! This Newsletter will be available to young carers and families every school half term and will include information from within the young carers team as well as local news around Bradford which might be useful to yourselves. It will also be a place for you to find any upcoming activities we have which may be of interest to you and how to access support from our team. We hope you enjoy our new edition and we look forward to hearing from you.



Carers' Resource, Ronaldsway House, 36 Brook Street, Skipton BD23 1PP

Telephone: 01756 700888

www.youngcarersresource.org

October Holiday Activities

Once you have had a space confirmed via text message for an activity you must give us at least 24hrs notice for any cancellations. If your child does **not** show up for an activity or you give us **less than 24hrs** notice if your child can't attend this can mean we are unable to offer the space to another young carer and create additional costs to Carers' Resource. If your child does not show up for an activity more than once we may have to cancel their spaces on future activities.

Primary Age:

Trampolining Insane Air:- Tuesday 24th October 12.30-14.30pm. Food included, choice of Pizza, burger, fish fingers, chicken nuggets.

Secondary Age:

Lazerzone:- Wednesday 25th 12.30pm-15.00pm. Sandwiches provided.

To register an interest in these events please text **Tom Nowakowski** on **07512321245** with your child's **Full Name** and whether you would need transport for the event by **Monday 16th October** and we will confirm whether spaces are available or whether we are using a reserve list by **Thursday 19th October**. Please note that by registering an interest you are not guaranteed a place on the activity, we work on an equality basis and try to make sure that each young carer attends at least one activity per year.

Young Adult Carers

Young Adult Carers will be meeting virtually on 18th October 16:00-17:30pm to have a casual catch up and for some of our young carers to share their experiences of starting University. We will be talking about how to write personal statements, how to tell Universities you're a young carer and what extra support can be put in place once you're there. If you'd like a link to this please contact Linda Hall on lhall@carersresource.org



Welcome's and Goodbyes

We would like to welcome the wonderful Megan Brennand to the Young Carers Team! She will be the new Craven and Keighley Young Carer Worker. She is starting at the beginning of October but is looking forward to meeting all of you over the course of youth clubs, activities and 1:1's. Her email is mbrennand@carersresource.org should you need to get in touch.

On another note Jo Gregory is now leaving Carers Resource for pastures new as the Youth Engagement Officer for Yorkshire Dales Millennium Trust. From Jo:-

"I would like to personally thank all the wonderful young carers and their families for my incredible time working with them at Carers' Resource. It has been an absolute privilege to get to know you all and be a part of your lives. You have inspired me and made me the person I am today and I am so grateful to know you all. My new role will still mean I get to be involved with young carers from time to time so I hope to see you all soon! Thank you, Jo"

Radical Socials

The Leap have an award programme called Radical Socials, which is aimed at 16 to 25 year olds. The programme looks towards young people who have ideas that could make a good social impact on themselves and their communities. Funding is available for their ideas, with grants between £250 and £2,000 for successful

applicants. Applications opened on 1st September and will run until 27th October. You can find all details about the programme on the Leap website. <https://www.the-leap.org.uk/programmes-1/radical-social-awards-2023>



Every Story Matters

The COVID-19 Public Inquiry is underway and one of the issues under the spotlight is inequality and it is known that almost 60% of COVID deaths were those of Disabled people.

Disabled people experienced great hardship during the pandemic and for some this still continues to be the case. Some were denied health care, some struggled to get social care, some were left isolated and alone, some found that

online shopping deliveries stopped, and some couldn't get out and about. Disabled children and families were often abandoned, left without support for education and care.

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We must tell our stories to the COVID Public Inquiry, so that our experiences are documented and so that lessons are learnt for the future.

The COVID Inquiry is collecting personal testimonies through a campaign called Every Story Matters, to [find where and how to tell your story or share your experiences, visit Every Story Matters website.](#)

School Nurse Texting Service



NHS
Bradford District Care
NHS Foundation Trust

Feeling worried or scared? Text US...

Your school nurse can help.
Confidential NHS advice and support you can trust.

If you're 11-19, just text
07312 263223

SCAN ME



ChatHealth

Support for Parent Carers

[Contact - For families with disabled children](#) has lots of information about [claiming UC for a young person](#) on their website, including a factsheet outlining how to claim Universal Credit for a young person and the particular issues thrown up if your child is still in education. Claiming Universal Credit (UC) for a young disabled person in education is a complex process and unfortunately, many students are refused this benefit. Contact's closed Facebook group ran a workshop on claiming UC as a student. To access the group and read the workshop Q and As, parents just need to join Contact (private) Facebook Group 🙌 bit.ly/Contact-FB

Events for Parent Carers

As well as offering a service to young carers aged 7-18, Carers' Resource also supports parents who care for children with additional needs throughout Craven, Harrogate and Bradford districts.

Whether you are a parent new to Carers' Resource, or are already registered with us, if you would like to participate in any events please let us know.

There is a 'private group' Parent Carer Facebook page for each location. In Craven, there are upcoming virtual sessions where you can join Natalie Baxter (Locality Worker for Parent Carers, Craven and Harrogate) to ask her any questions and meet other parent carers.

For dates/times please join the Facebook group:



<https://www.facebook.com/groups/572692976091167> or type "Craven Parent Carers" into Facebook search), or you can contact Natalie on 07801 577196, email: nbaxter@carersresource.org.

Popular events in the past have included workshops on topics such as benefits (DLA and PIP), SEND issues in schools, or sleep etc.

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Parent Carers Upcoming Sessions

Parent Carer Coffee & Cake Meet Ups- At our office in Skipton

- Thursday 20th April 9:30 -11:00am

Free refreshments are provided. It's an opportunity to meet up with other parent carers and also to ask me any questions that they might have. If parents would like to come they can let me know via phone or email 07801

577196 nbaxter@carersresource.org

Ways we can help

We are keen to support young carers to thrive and achieve their personal goals. One way we can do this is to help them access activities by finding funding streams to support their needs. This could be one-off grant applications for a whole range of activities and might include: sports kit, club subscriptions, music or extra-curricular lessons and activities, driving lessons, transport costs etc. If there is something that your child would like to access, but household finances can't provide for them please let us know and we can look out for suitable funding. Small funding streams often come available at short notice and for limited periods, so we always encourage you to contact us.

Other ways we can help are:

- ✓ Regular video/telephone/ face to face support to young carers and parents
- ✓ Liaising with schools
- ✓ Researching grant applications.
- ✓ Providing proof of caring letters and/or carer ID cards
- ✓ Signposting to other services

External Agency News

Big changes in our lives can be overwhelming at times.

Discover how the Kooth community can support your mental wellbeing today.



kooth

Sign up for free at **Kooth.com**

Qwell

Parents needing extra care?

Don't forget about your own self-care. Discover our supportive online mental wellbeing space for adults.



- Chat online to qualified counsellors
- Read and write articles
- Get online support from the Qwell community
- Set personal goals and record how you feel

qwell.io

Qwell

Struggling to attain a healthy work/life balance and feeling physically and emotionally drained?

You're not alone! Explore our supportive mental wellbeing community today.



- Chat online to qualified counsellors
- Read and write articles
- Get online support from the Qwell community
- Set personal goals and record how you feel

qwell.io



#DontDoItAlone

Kooth's new campaign for young people

[Watch Video](#)

Formerly known as Compass BUZZ they are now known as Compass Phoenix

BUZZ US is a **text** messaging service run by **Compass BUZZ** for young people aged 11-18 who live in North Yorkshire

Text a wellbeing worker on
07520 631168
if you are experiencing any of the following:

-  **Bullying**
-  **Low Mood**
-  **Anxiety**
-  **Stress**
-  **Self Esteem**
-  **Self Harm**
-  **Eating Problems**
-  **Emotions**

West Yorkshire OWLS late night counselling service

West Yorkshire Night OWLS is a confidential support line for children, young people, their parents and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield. This is a pilot scheme originally funded until March 2022 and now extended to June 2022.

If a child or young person you care for is in a crisis and you are concerned about their emotional wellbeing contact **Night OWLS**

<https://www.lslcs.org.uk/services/night-owls-helpline/>