

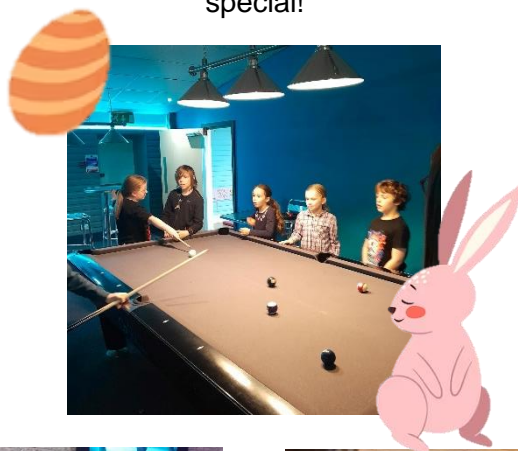


April 24 Newsletter

Welcome to our latest 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.

Easter fun

We had a lovely time over Easter at our youth groups and activities, bowling, playing pool, hunting easter eggs, playing games, crafting and much more! Thank you to all the young carers who came and made it so special!





CARERS TRUST

YOUNG CARERS ACTION DAY

WEDNESDAY 13 MARCH 2024

Fair Futures for Young Carers

Being a young carer shouldn't be a barrier to a young person's dreams. It should be a stepping stone to a brighter future.

Together, let's create a future where young carers can dream without limits.

Your voice matters. Support us on Young Carers Action Day so every young carer can learn, earn, and thrive!

Student gamer son carer

Student daughter carer apprentice

Find out more and get involved:
Carers.org/ycad
 #YoungCarersActionDay

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Young Carers Action Day was on Wednesday 13th March this year. To celebrate, some young carers made some beautiful artwork around the theme of 'fair futures for young carers' that is due to be displayed in Skipton library later on this year! If you haven't yet had chance to make a piece of artwork and would like to/need access to the materials to do so, please let me know on: mbrennand@carersresource.org or 07801 577208.

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 (UC) for a young person and the particular issues thrown up if your child is still in education. Claiming Universal Credit 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, sleep etc.



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

Telephone: 0808 50 15 939

www.carersresource.org/young-carers

Parent Carers Upcoming Sessions



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

Wednesday 24th April and 15th May, 9.15 – 11.15am.

Free refreshments are provided. It's an opportunity to meet up with other parent carers and also to ask any questions you might have. If parents would like to come, contact 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

 Qwell
kooth

For ages: **11-25**

 kooth

Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:



Magazine

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



Discussion Boards

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



Chat

Young people can chat with our helpful team about anything that's on their mind



Daily Journal

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



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

<https://www.kooth.com/>

<https://www.qwell.io/>



Community support means everything to us

Explore our supportive and anonymous mental wellbeing community 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

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

