



May 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.

Half Term activities

This next half term we are running two activities, one for our primary age (Budz) young carers (age 7-11) and one for our secondary age (Utime) young carers (11+)! Once you have received the confirmation email for the trip there will now be bank details and a trip reference included for all donations.

Primary age:

Tuesday 28th May – Coffee and Clay 10:45am - 12:45pm

Meeting outside Coffee and Clay on Skipton High Street at 10:45am to begin painting an item of your choice at 11am. One hour of painting followed by around half an hour for lunch that is included and will be served in the café. Pick up at 12:45pm.

Secondary age:

Thursday 30th May – Tag X 9:45am – 2pm

'TAG X is a real-life gaming experience that will have you take on 3 different zones, filled with a variety of Ninja Warrior-like challenges. From scaling a spider web and a hexagonal tower to balancing your way across giant bouncy balls and "beating the wall", your skills will be truly put to the test. Whether you're a seasoned warrior or a first-time adventurer, our courses offer an experience like no other.'

Minibus pick up from Three Links Club in Skipton High St Car park behind Skipton Town Hall at 9:45am to get to the venue for 11:15am where we will have an hour on the course. Drop off back at the Three Links Club at 2pm. Please bring a packed lunch and a drink to have following the activity.

Should you need transport to our initial meeting points please contact mbrennand@carersresource.org

To register an interest in these events please email mbrennand@carersresource.org by Monday 20th May and we will confirm whether spaces are available by Friday 24th May. If your child has food allergies/intolerances please let us know in the email. Please note places are limited and a reserve list will be used if needed.

For any trip donations please now look out for instructions included in your confirmation emails. This will have a reference number and the bank details you need to send your donations to.

Thank you.



Youth Groups

Our youth groups continue to take place on Tuesdays, 16:30-18:30 at Craven Arts House in Skipton. We currently alternate between age groups, with each age group having a youth group every fortnight. We do not run these groups in half term and so therefore have chosen to 'skip' the half term week(s) and resume after the half term with the alternate age group to the one seen the week before. Although I understand this means group may be a week later, it ensures that no age group is missing out!

This means that the first group back after the May half term will be primary age on Tuesday 4th June with the secondary age group on Tuesday 11th June.

We currently have up to around 8 young carers at each session but would love to see more of you there! If you're curious and want to know more about what is going on at group please don't hesitate to get hold of me at mbrennand@carersresource.org or on 07801 577208! Alternatively if issues such as timing or transport is ever an issue, we will make every attempt to support with this.



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'. This artwork will be displayed on the main staircase in Skipton Library between 10th - 16th June 2024. If you do get a chance to visit it would be lovely to hear what you think!

Thank you to all young carers who took part and created something, I look forward to seeing them all displayed!

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.



Parent Carers

Upcoming

Sessions

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

Telephone: 0808 50 15 939

www.carersresource.org/young-carers



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

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



kooth

For ages: **11-25**

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/>



Qwell

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

