

# Easter Newsletter '24



Hello and welcome to the Easter ~~addition~~ edition of our Selby and District Young Carers Newsletter.

First of all we are delighted to inform you that Chris Windsor has returned to Carers' Resource as North Yorkshire Young Carers and Selby Development Manager.

## **Easter Activities**

Activities for the Easter half term will be as follows; due to the increase in the number of Young Carers in the Selby District, these activities will be invitation only.- Please check your emails as invitations will be sent out shortly.

Tuesday 26<sup>th</sup> March – Oxygen ActivePlay, York (7-11 years)  
Thursday 28<sup>th</sup> – Axe Throwing, Yorkshire Paintball Centre, Skipwith (12-18 years)

Carers' Resource, Community House, Portholme Road, Selby, YO8 4QQ

Telephone: 0808 50 15 939

[www.carersresource.org/young-carers](http://www.carersresource.org/young-carers)

### **Bag Pack Fundraiser – Tesco**

As you may be aware during the February half term we held a fundraising bag pack in Tesco. [Seven-7](#) young carers joined us and raised an amazing £183.59. -Thank you so much to those that gave up some of their half term break to do this. -All money raised will go straight back to young carers activities and groups.

We will be planning many more fundraising opportunities and would love more Young Carers to get involved; the more that help out the more we can raise allowing us to have a lot more experiences for more young people.

We will be planning something for Selby Family Fun Day on Sunday 23<sup>rd</sup> June. -Please look out for further information nearer the time.

### **uTime and Budz**

Dates for our uTime and Budz groups up until May half term are as follows:

21<sup>st</sup> Feb – Budz

28<sup>th</sup> Feb – uTime

6<sup>th</sup> March – Budz

13<sup>th</sup> March – uTime (Young Carers Action Day)

20<sup>th</sup> March – Budz

10<sup>th</sup> April – uTime

17<sup>th</sup> April – Budz

24<sup>th</sup> April – uTime

1<sup>st</sup> May – Budz

8<sup>th</sup> May – uTime

15<sup>th</sup> May – Budz

22<sup>nd</sup> May – uTime

All groups run from 5pm – 6.30pm at Communi-tea on Abbey Walk in Selby. **Groups run term time only**

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### **Young Carers Action Day**

Young Carers Action Day is on Wednesday 13<sup>th</sup> March this year and the theme is "Fair Futures".

We sent out some information regarding how we would like Young Carers to get involved. We will be creating a display to be shown during the week of YCAD in Selby Library. -We want the display to show what it is like to be a Young Carer, as well as aspirations for the future. -We would like to include photographs, pictures and quotes from the Young Carers themselves. -We would like the photographs to be a snap shot of something you do in your caring role, this could be:

- Cooking meals
- Walking siblings to school
- Helping with medication
- Providing emotional support

You do not have to be in the photographs unless you want to be, it can just be a simple picture – we will do the rest!

We would really appreciate as many Young Carers getting involved with this, please send any photos, pictures or quotes to [kvincent@carersresource.org](mailto:kvincent@carersresource.org) by Friday 1<sup>st</sup> March. -If you have any questions then please do ask.

### **Facebook**

Did you know we have a Facebook page? Keep up to date with all things "Young Carers" in the Selby District. Please encourage your child (if old enough) to follow us as well so they can check out what we are doing.

Find us at – Carers Resource – Selby Young Carers

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**Selby District Team Contact Details**

**Kate Vincent** – Selby District Young Carers Support Worker  
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**Chris Windsor** – NY Young Carers Manager  
[cwindsor@carersresource.org](mailto:cwindsor@carersresource.org) 07761510606

**Carers Resource contact number** 0808 50 15 939

**Useful Information**

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\*Includes the emotional effects of the COVID-19 pandemic

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Ever been curious to know what is going on in their brain?

Interested to look at you and yours differently?

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...BABY  
...CHILD  
...CHILD WITH ADDITIONAL NEEDS  
...TEENAGER  
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AND MORE...

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**WELLBEING IN MIND TEAM**

**PARENT/CARER SUPPORT SESSION ON ATTENTION DEFICIT AND HYPERACTIVITY DISORDER (ADHD) - 12TH MARCH 2024 AT 17.30PM - 18.30PM ACCESS VIA MS TEAMS.**

**Topics Covered:**

- Common characteristics of ADHD
- What can parents do?
- ADHD & sleep
- ADHD & girls
- Accessing assessment and diagnosis
- What support is available locally.

**To book a place please email; [teww.wimthamandrich@nhs.net](mailto:teww.wimthamandrich@nhs.net)**

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