

BRADFORD YOUNG CARERS

Summer 2024



As the summer gets started, we are happy to share with you our...

Bradford Young Carers Summer Activities Program 2024

Our aim is to have as fun and safe a summer as possible!

We are hoping that everybody who is interested can be allocated a space on at least ONE activity.

To help us plan and confirm places we would appreciate it if you let Tom Nowakowski know what are your top 3 choices of activities- along with the dates and/ or session number(s) and full name(s) of young carer(s)] by:

Monday 9th July

All summer activities except Bowling are funded by Holiday Activities and Food (HAF)



By signing up to a HAF activity you agree that we can share your name, postcode and school with Bradford Council and the Dept of Education who provide the funding for those

You will be notified after Tuesday 10th July if you have a place on an activity. If not, you will be placed on a reserve list.

Bradford Young Carers Team, Carers' Resource, Park View Court, St Paul's Road, BD18 3DZ, Tel: 0808 501 5939;
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TARGETED BYC SESSIONS

	<h2 style="text-align: center;">SIBs Group</h2> <p style="text-align: center;">FUN _ FOOD _ FRIENDSHIP</p> <p>Based at Carers' Resource Shipley the group will provide a safe space to explore the highs and lows of caring for a sibling due to disabilities, special educational needs and long term conditions. <i>An all age group to share experiences of caring for a sibling [brother or sister]</i></p>
<h2 style="text-align: center;">Resilience Group</h2> <p style="text-align: center;">SKILLS _ STRATEGIES _ PIZZA</p> <p>Workshop delivered by Mental Health UK with our young carer team for young carers aged 13+ to support their mental health resilience.</p> <ul style="list-style-type: none"> • Young carers learn skills and strategies to keep them mentally healthy • Young carers feel supported, and able to make successful life transitions now and into the future • Lunch provided after the workshop 	 <div style="border: 1px solid purple; background-color: yellow; padding: 5px; display: inline-block;"> <p style="text-align: center; margin: 0;">CALLING ALL TEENAGE YOUNG CARERS</p> </div>
	<h2 style="text-align: center;">Mental Health Group</h2> <p style="text-align: center;">SAFE SPACE _ SUPPORT _ DISCUSSION</p> <p>A group for Young Carers supporting somebody who has an issue with mental health.</p>

BYC Summer 2024

Times shown include travel time and will vary depending on young carer's own address

Yellow = primary school age activity, Blue = secondary school age activity, Green = mixed age activity

Trip	Age Group	Date	Postcode	Earliest start time	Latest end time
1) White Scar Cave	age 8 - 18	29/7/24	LA6 3AW	9.45am	3pm
2) Bradford Bulls Multi Sports	age 5 - 11	31/7/24	BD10 9JB	10am	3pm
3) Mental Health Group	all ages	2/9/24	BD18 3DZ	contact us	for details
4) Infinity Soft Play	age 5 - 11	5/8/24	BD10 9TQ	10am	3pm
5) Mountain Bike Adventure	all confident cyclists	6/8/24	BD17 3JH	10am	3pm
6) Outdoor Forest School Session	age 11 - 18	7/8/24	LA2 8DP	9.45am	3pm
7) Sibling Carer Group	all ages	9/8/24	BD18 3DZ	contact us	for details
8) Shipley Bowling	all ages	12/8/24	BD18 3QD	1pm	5pm
9) Ilkley Lido Swimming	11-18, confident swimmer	13/8/24	LS29 0BZ	2pm	6pm
10) Cooking	all ages	14/8/24	BD1 3SQ	10.30am	3.30pm
11) Resilience Workshop	age 13 - 18	16/8/24	BD18 3DZ	11am	3pm
12) The Big Swing Playground	age 5 - 11	19/8/24	BD10 0EU	10am	3pm
13) Bradford Bulls Multi Sports	all ages	20/8/24	BD10 9JB	10am	3pm
14) Outdoor Forest School Session	age 11 - 18	29/8/24	BD10 0EU	9.45am	3pm

(All activities except Bowling and the Groups require us to share attendee's name, postcode and school with Bradford Council).