

# Newsletter Summer

## Harrogate Young Carers

Welcome to the latest edition of our newsletter.

Not long till the Summer Holidays

Good Luck to Young Carers doing their GCSE'S

Our groups are still running every week

We would really encourage all those new to the service to come along to our youth groups. We understand it might be daunting at first but being with other young carers can really help to relieve some of the pressure and help young people to know they are not on their own.

We have lots going on such as craft activities, Xbox, Nintendo Wii, Ping Pong, Pool Table and Board Games to name a few. We have a tuck shop at UTime where we sell pop, crisps and sweets at a reduced price. Plus quiet areas should anyone just want some time on their own.

Please let us know if you would like to pop in to see what it's all about where you will receive a warm welcome.



## Youth Groups

Our UTime (11 – 19 years) and Budz (7 – 11 years) groups will run once a fortnight for each age group.

### Group dates up until end of July

Thursday 6th June	Budz 3.45pm to 5.15pm
Thursday 13 <sup>th</sup> June	UTime 6pm to 7.30 pm
Thursday 20 <sup>th</sup> June	Budz 3.45pm to 5.15pm
Thursday 27 <sup>th</sup> June	UTime 6pm to 7.30pm
Thursday 4 <sup>th</sup> July	Budz 3.45pm to 5.15pm
Thursday 11 <sup>th</sup> July	UTime 6pm to 7.30pm
Thursday 18 <sup>th</sup> July	Budz 3.45pm to 5.15pm

UTime Group is held at the St Georges Community Centre, 2 Mornington Terrace, Harrogate, HG1 5DH.

Budz Group is held at the United Reformed Church, 1 Woodfield Road, Harrogate, HG1 4LN.

We have lots of information about other services available for young carers and families on our website (<https://www.carersresource.org/>) under the Young Carer Tab. Please take a look!

### **Information and resources**

Lots to look forward to ....

## Summer Holidays Activities

Mission Out 1<sup>st</sup> August 16 Places age 8 to 14 ...16 Places  
Assault course, Jump tower, Rafts , Mini Golf plus more

Lightwater Valley 8<sup>th</sup> August Primary 16 Places  
Fabulous fun day out

Masterchef Day 30<sup>th</sup> July Mixed 18 places  
Food tasting, Pizza Making , Brownie Making a fun filled day in teaching kitchens

Yorkshire Wildlife Day 13<sup>th</sup> Aug 10 Places **Feast Activity**  
Animal experiences, Ranger talks, Shows , Play areas, Dinosaur Discovery lunch provided

Woodlands Day 20<sup>th</sup> Aug Older 20 Places Venue to be confirmed  
Connect to Nature , Heritage Crafts , Bush Crafts , Looking after Your Wellbeing.

Paddleboarding 22<sup>nd</sup> Aug Mixed 12 Places **Feast Activity**  
Paddleboarding and Kayaking on Wetherby River lunch provided

PLEASE LET US KNOW WHAT TRIPS YOU ARE INTERESTED IN AND WE WILL BE IN TOUCH TO LET YOU KNOW WHICH YOU ARE ATTENDING.

## ATTENTION !!!

You may be aware that we receive funding from the FEAST project to deliver some of our activities. This gives us more opportunities to provide some really wonderful experiences for our Young Carers. Young Carers are entitled to a FEAST code which enables them to attend many different clubs / activities run by other organisations throughout the school holidays.

FEAST codes are given out by your school. Please check out the FEAST website for more information

<https://northyorkshiretogether.co.uk/feast/>

***\*\*Please note that for any of our future activities that are funded by FEAST, we will require parents to obtain and provide us with their FEAST codes before acceptance on any activity.***

Contact Numbers Carers Resource 0808 501 5939

[lhall@carersresource.org](mailto:lhall@carersresource.org)

[nstocks@carersresource.org](mailto:nstocks@carersresource.org)

Kind regards Young Carer team

