

Summer '24

Welcome to our Young Carers Summer Newsletter



We had a great time at Mission Out during the May half term, thank you to all who came, we hope you had a good time. We also had a lovely session at The Old Girls' School in Sherburn, thank you to those that came along.

Upcoming Youth Group Dates

Dates for our Budz and Utime groups up until the Summer break are as follows:

5th June – uTime at Communi-tea in Selby - **CANCELLED**

12th June – Budz at Communi-tea in Selby

19th June – uTime at Communi-tea in Selby

26th June – Budz & uTime at Sherburn Old Girls' School

3rd July – uTime at Communi-tea in Selby

10th July – Budz at Communi-tea in Selby

17th July – uTime at Communi-tea in Selby

We would like to invite those Young Carers who will be starting secondary school in September to come along to our uTime groups on the 3rd and 17th July; this will be a nice opportunity to get to know some of our older young carers. Please let us know if you will be coming. If we have any young people who are a little apprehensive about the transition to uTime please let us know so we can offer support.

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

Telephone: 0808 50 15 939

www.carersresource.org/young-carers

We have some really exciting trips planned for the summer this year and we can't wait!

On **Tuesday 23rd July** we will be visiting Hazlewood Castle for a day of Old School Sports
<https://live-for-today.com/activities/old-school-sports-day>

Take part in activities such as Rollerball, Hula Hoop Relay and Welly Wanging to name a few.
This trip is for Young People aged from 8 years + and spaces are limited to 18.

On **Wednesday 31st** we will be experiencing a thrilling session on the Aquapark at Hatfield Outdoor Activity Centre.

This trip is for Young Carers aged from 11 + and those that are able to swim a minimum of 25 metres unaided. Please note that you must be physically fit in order to be able to pull yourself up on to the inflatables. (This is a FEAST activity and you will need to obtain a code from your school in order to secure your place on this trip.)

<https://www.dclt.co.uk/hatfield-outdoor-activity-centre-campsite/activities-watersports/aquapark/>

After our successful trip to the Yorkshire Wildlife Park last year, we will be going again, but this time along with some Young Carers from Harrogate and Craven. This trip will take place on **Tuesday 13th August** and is open to all ages. Spaces are limited to 10. (This is a FEAST activity and you will need to obtain a code from your school in order to secure your place on this activity.)

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

Please note that due to an ever-increasing number of Young Carers joining our service, we will need to limit one trip per young person. This is to ensure everyone gets an opportunity to go on at least one trip. Waiting lists will be opened up for all trips.

Further details and invitations will be sent out in due course.

There have been some occasions when some Young Carers have requested a place on a trip and then not turned up on the day without letting us know. We do ask that you inform us if you can't attend for any reason so we can offer the place to someone else. We always have other Young Carers on our waiting list. We also have to pay for our trips in advance so sometimes this means we are paying for spaces that are not getting used. Therefore, we will be looking to ask for a £5 donation to secure a place on certain trips and activities (this will be stated in any trip invite).

FEAST activities

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.***

Transition to Secondary School

We have a number of Young Carers who will be transitioning to secondary school in September; whilst this is an exciting new chapter, this can be a difficult time for some, especially for those who have additional responsibilities at home.

These are some of the things that our older Young Carers say that they sometimes have difficulties with in school because of their caring role:

- Getting to school on time
- Needing to phone home to check on the cared for during the school day
 - Getting homework done on time
 - Being overly tired in lessons
- Teachers not understanding their situation

We recommend that you inform your new school of your child's Young Carer status and their involvement with our service, as well as asking about the kind of support that can be put in place should it be required.

If you need any support around the transition to high school then please do get in touch and we will help where we can!

Carers Week 10th – 14th June

Our Young Carers art display will be up in Selby Library during Carers Week. Please do go along and take a look. If you have anything that you would like to add please do let us know.

Selby Family Fun Day – Sunday 23rd June

Carers Resource will be having a stall at the Fun Day in Selby on Sunday 23rd June. We are looking for some Young Carers to come along and help raise some much-needed funds. If you think you might be able to spare a little bit of time please do get in touch.

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

Selby District Team Contact Details

Kate Vincent – Selby District Young Carers Support Worker
kvincent@carersresource.org 07508859231

Chris Windsor – NY Young Carers Manager
cwindsor@carersresource.org 07761510606

Carers Resource contact number 0808 50 15 939

Useful Information

NEURODIVERSE PARENTS GROUP

AN INFORMAL GROUP FOR
PARENTS AND CARERS OF
NEURODIVERSE CHILDREN TO
SHARE ADVICE AND SUPPORT
EACH OTHER TO NAVIGATE
THE COMPLICATED WORLD OF
NEURODIVERSITY

**YOUR CHILD DOES NOT NEED
ANY FORM OF DIAGNOSIS IN
ORDER FOR YOU TO ACCESS
THIS GROUP**

Location:
The Summit, Scott Road, Selby, YO8 4BL
7PM - 9PM

For more information email:
neurodiverseparentgroupselby@outlook.com



DATES:

27TH MARCH 2024
24TH APRIL 2024
29TH MAY 2024
26TH JUNE 2024
17TH JULY 2024
21ST AUGUST 2024
30TH OCTOBER 2024
27TH NOVEMBER 2024



SELBY NEURODIVERSITY ADVICE EVENT

SUPPORT, ADVICE AND SIGNPOSTING

*This is a FREE event for parents and carers
of children with neurodiverse conditions*



**1.30pm Talk
The Retreat**



**2.30pm Talk
SENDIASS**

WEDNESDAY 12TH JUNE 2024

THE SUMMIT, SCOTT ROAD, SELBY, YO8 4BL

12PM-3PM

**Your child does not need a diagnosis in order for you to attend!
(No booking required)**

FOR MORE INFORMATION CALL 01757 244980

OR EMAIL MONTANA.BALDWIN@NHS.NET

Attending services include: The Retreat, North Yorkshire Council, Selby Town PCN, Spirit of Christmas, Carers Resource, Inspiring Healthy Lifestyles, Bee Able, Connecting Neurodiverse Families, Parent Carer Voice, SENDIASS, DWP, Humber and North Yorkshire ICB, Up For Yorkshire, Home Start, FEAST, North Yorkshire Together Wellbeing In Mind, NLY Community Sport, Daisy Chain, York Down Syndrome Support Group, The Final Whistle, The Yorkshire Energy Doctor, Recovery College Online, Everyday Enable - plus many more to be confirmed!

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