

Young Carers Newsletter

Edition 2 – Autumn 2018

West Berkshire's Young Carers Project has worked hard to put on a variety of activities this autumn. Read on for more information.

Space Youth Club

We have worked collaboratively with Newbury YMCA to set up a new weekly youth club called SPACE. The club launched in November, it is not exclusively for young carers, but we will be actively supporting them to attend. The group has 2 staff members who are qualified Youth Workers and 6 volunteers. The Club is split into 3 sessions over a 2 hour period.

Session 1: Welcome and relax - We have games consoles, board games and a tuck shop set up, the participants also like to bring in their own musical instruments to play in a group.

Session 2: Group activity- The leaders plan a different activity each week, this is to encourage the participants to engage with the other members and develop their skills, such as team work, communication and leadership.

Session 3: Group discussion: The last part of the evening there is a group discussion. Each week there is a different topic aimed at encouraging the participants to explore their beliefs and the way they view the world. Future topics will include acceptable use of social media and healthy relationships.

Honey Pot Residential

Twelve young carers from West Berkshire aged between 7 and 12 years old attended a residential break with the charity Honey Pot.



Located in the New Forest National Park, Honey Pot House sits in 7 idyllic acres of beautiful woodland including a stream and a lake. The young carers had a fantastic time and took part in activities such as swimming in the onsite pool, riding bikes and go karts, trampolining, building dens in the forest and going on bug hunts, looking after the Honey Pot pets, arts and crafts, bedtime stories, and trips to the local theme park.

Our young carers are invited back each year until they are 13 years old so they always have their next Honey Pot adventure to look forward to.

Volunteers

The YCP has recruited three volunteers to support with SPACE the weekly youth club, wider young carer's activities and transport. The YCP aims to utilise the Volunteers current skill sets, for example one volunteer has 15 years' experience delivering ELSA support in schools and will be able to offer 1-1 help to young carers. The YCP will also provide additional training to enable the volunteers to become mentors and chaperones.



WestBerkshire
C O U N C I L

Thorpe Park

Terrifying zombies, live-action scare mazes and horror zones. 24 young carers had the opportunity to visit Thorpe Park for fright night.

The major rides were all running throughout the day, but the biggest draw was the small army of actors who role play corpses, zombies, spooks and all manner of ghouls springing Halloween surprises on them.

'Thorpe Park was amazing 10/10, I would go again' (Young Carer aged 15).



Zombie Run

Young carers aged 15 – 17 took part in a thrilling zombie 5k survival run at Newbury Showground. The event was bouncier and more infectious than we could have imagined! The young carers needed to not only survive the exhilarating 5k inflatable obstacle course but also evade the Zombie apocalypse set on infecting them all the way to the finish line! Tremendous fun and a great work out.

Young Carers Awareness Raising Competition

For Young Carers Awareness Day, which is on 31st January 2019 the YCP has organised a competition between all of the schools within West Berkshire.

The title is;

The Most Creative Way of Raising Awareness about Young Carers.

All participating schools will submit a write up of no more than 500 words explaining what awareness raising activity the school took part in and the impact it has had. The schools are also encouraged to give additional evidence, such as photos and videos, which will help the judges to understand their project. There will be two separate awards, one for primary schools and another for secondary schools/ colleges.



Friends of Young Carers


Friends of Young Carers West Berkshire was set up by volunteers in 2013 to increase awareness of the difficulties faced by Young Carers and to raise money for them to take part in fun activities. The support and funding from Friends of Young Carers is a crucial component to the success of the Young Carers Project, so that young carers in West Berkshire continue to take part in fantastic opportunities and get a break from their caring roles.

A Word from Friends of Young Carers

What a wonderful surprise we had this week when we received a donation of £500. It is so rewarding when, following on from BBC Children in Need, people take time to find out what is happening in their local area. Again, Young Carers were represented in this year's appeal and it seems that more and more children are stepping up to some kind of caring role in the home. But, they are still children, with the same needs, anxieties and hopes as their peers and we are as committed as ever to ensuring that we are there to provide the funds for any respite that we can.

Are you a young carer, or know a child who is caring for a loved one?

You can get in touch by emailing Youngcarers@westberks.gov.uk or phoning 01635 503400

 @youngcarersWB

Future Events

University Taster Day

West Berkshire Young Carers project is working in collaboration with other Berkshire young carer's project's and the organisation Study Higher to arrange a University Taster Day at the University of Reading in February 2019. The trip will be for young carers aged between 12 and 17, they will have the chance to take part in various taster sessions and also meet current students that are or have been young carers.

Following a successful event there is further opportunity to invite the young carer participants on a residential experience at a university in summer 2019.

PGL

In March we will be taking up to 16 young carers to the activity centre PGL in Liddington. Below is what a fun packed day will look like.

Typical timings	Activities
07:00	Your Group Leader will wake you up so that you can get up and get ready for the day ahead.
08:00	Off to the dining room with the rest of your group to fuel up for the day, you'll need plenty of energy to keep you going. Breakfast includes cereals, toast, yogurts, porridge, and cooked breakfast – you choose! Don't forget to refill your drinks bottle before you head off to your first activity.
09:15	Session 1 - Archery
10:45	Break. Catch your breath and have a quick drink before your next session.
11:00	Session 2 - Crate Challenge
12:30-14:00	Worked up an appetite? Great – it's time to replenish your energy stores with the dining room. If you have energy to spare after lunch your Group Leader will always be ready for a quick kickabout with a ball or you could relax and chat with your new friends.
14:15	Session 3 - Zip Wire
15:45-16:00	A chance for a breather and a drink before your Groupie takes you to your next activity.
16:00	Session 4 - Climbing