

Young Carers Newsletter

Edition 4 – Spring 2021

Your chance to keep up to date with everything that is happening with Young Carers in West Berkshire.

In this edition you can read about your new Young Carers Project Worker, find out what's been happening in our virtual weekly groups and our plans for them in future. There is information about West Berkshire's Community Support Hub and your first chance to see our Easter Activity Schedule.

A Big Welcome to Nell our New Young Carers Project Worker

"I would like to take the opportunity to introduce myself as the new Young Carers Project Worker. My name is Nell and I have worked within West Berkshire Council for 12 years. In my current role I am working as a Family Support Worker within the Children in Care Team supporting children, young people, their family and carer's.

I am very excited to start working with you all and have heard great things. I look forward to getting to know you over the next coming weeks and supporting you with some fun along the way."



Goodbye from Joe

Joe will be leaving the Young Carers Project after 4 years at the helm. Joe will be moving on to work with children and young people in Wiltshire, ensuring they get their voices heard by those making decisions. Joe said

"I have really enjoyed working with all of the Young Carers and their families. I have had opportunity to deliver lots of fantastic activities and made so many great memories. Young Carers are inspirational and I will never forget the dedication and love they have for those they care for."

Community Support Hub

We know that this is a difficult time for everyone and that no one in the community remains unaffected by this global emergency. That said, the current situation will leave some of our residents in greater need of support with their daily lives, whether this be help with food, shopping or a listening ear. If you are one of these residents, the Community Support Hub is here to help.

The Hub is open five days a week, from Monday to Thursday 8:30am to 5pm and on Fridays 8:30am to 4:30pm and has already been used to help hundreds of local people. If you need to get in touch, please call us on 01635 503579, email us on westberksbct@westberks.gov.uk or you can ask for help from our Community Support Hub service online. For out of hours emergencies, please contact **01635 42161**.



West Berkshire
COUNCIL

Update about our Weekly Groups

Young Leaders Course

A group of our Young Carers from the Thursday Youth Club have been taking part in an accredited Young Leaders Course. The course is being run in conjunction with Get Berkshire Active and the Community Youth Project.

The course provides numerous opportunities for positive assessment, which is used constructively and deliberately to build self-confidence, self-esteem and personal self-worth for young people. It improves skills in decision making, problem-solving, planning, assertiveness and self-control.

The participants are putting the skills that they learn on the course into practice in their day to day lives and then feeding this back to the rest of the group the following week.

One participant commented:-

“Since starting the course I am starting to see things in a different way and it is positively changing how I interact with my friends and Teachers”

After the Young Leaders Course is finished we will be going back to running the Thursday group as a youth club. This will be done virtually until the Covid restrictions are lifted and then will move back to the Greenham Community Centre.

Day: Thursday's (Term Time Only)

Time: 6:30pm – 8:30pm

Monday after School Group

Due to the Covid restrictions we have successfully moved the Monday Group for primary school aged Young Carers to a Zoom session. We have been running the group online for a month and have delivered sessions such as; scavenger hunts, online games, origami and much more.



Easter Activity Programme

This Easter Holidays we will be running a full line up of diverse activities. We will be running 2 activities a day, the younger group will be in the mornings and the older group in the afternoon with the exception of the Path Hill Outdoor Activity, which is for the younger group only and will be all day.

Monday 5th April –
Bank Holiday

Tuesday 6th April –
Bush Craft

Wednesday 7th April –
Horse Riding

Thursday 8th April –
Dance Workshop

Friday 9th –
No Activity

Monday 12th April –
Path Hill Outdoor Activity Day (Younger Group Only)

Tuesday 13th April –
Masterchef Cooking and Beauty Workshop

Wednesday 14th April –
Wide Games at Greenham Common

Thursday 15th April –
Cartoon Art Workshop

Friday 16th April –
No Activity

To sign up to an activity please complete the booking form and Email it to
Youngcarers@westberks.gov.uk

Alternatively you can send it in the post to:-
Young Carers
CAAS Team
West Point House
46 – 48 West Street
Newbury, RG14 1BD

The deadline for returning the forms is the 8th March.

New Group for Primary aged Children

After Covid restrictions are lifted we will be having two groups for the primary school aged Young Carers. The Thatcham Group will remain the same as before, this will be on a Monday, 4pm – 5.30pm at the Thatcham Family Hub. We will also be launching a new group at Greenham Community Centre in Newbury.

This group will be held on a Wednesday starting at 4pm and finishing at 5.30pm term time only. The decision to add this group was made so that more young carers from a wider area can take part in weekly sessions.

Challenge

We do not have official names for our Young Carers Groups. Thus far the two groups have been known as 'The Older Group' (secondary school aged) and 'The Younger Group' (primary school aged). We want to hear your suggestions for a new group name to be used instead.

We also welcome any feedback about the activities on offer. If there is anything else Young Carers would like to see included in our weekly groups, or activity programmes we would love to hear from you! You can email youngcarers@westberks.gov.uk with your suggestions.

How to Make a Young Carers Referral

If you are a professional referring on behalf of a family then please phone:

01635 503190

If you are a member of the public referring yourself or a family member then please phone:

01635 503090

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 503090



@youngcarersWB