

# Young Carers Newsletter

Welcome to our Winter Newsletter! We would like to let you know about what we have planned, as well as re-cap a few positive things from the last few months. We hope that you'll find this interesting and useful!

May we also take this opportunity to wish you all a very Happy Christmas and a peaceful New Year.

## Young Carers Summer Programme

Over the Summer Holidays, Young Carers from around Somerset attended six events at different locations, as part of our Summer Programme. As always these days were a huge success and we hope that everyone had a great time!



We kicked off our programme this year with the ever-popular Greenbank Swim & BBQ – this is always a fantastic evening and our thanks goes to Shepton Mallet Rotary for coming along and providing the delicious food! This was followed by a trip to AirHop and the Cinema in Bristol. This was a thoroughly enjoyed trip with no major injuries! It was then time for our Junior and Senior trips; juniors went to @ Bristol and had a great day exploring and experimenting, and seniors went to Go Ape.

We took 40 young people away on our three-day residential trip; this year we went to Skerne Lodge in Bideford; everyone who took part in this should be really proud of themselves, we were amazed at how many people took part in activities despite being really nervous or scared! We will never forget John's Disco Dancing in his slippers... To finish off we took a group of young carers to Kilve Court for the day – again, loads of people faced their fears and worked really well in their teams to get through all of the activities!



## Staffing Changes – South Somerset

In October we said goodbye to Kate Overd and wish her well in her new adventures 😊

We welcome Nick Dunford as part of the Young Carers Project Worker team. Many of you will know Nick as the friendly voice reminding you about group and trips! Nick will be leading the South Somerset Junior's and junior group and Dave Willis will lead the Senior's and senior group. We welcome Nick to his new role.

Nick Dunford: 07976 800533 [NDunford@somerset.gov.uk](mailto:NDunford@somerset.gov.uk)

## Young Carers Facebook



Facebook will be used to keep in contact with young people that are in contact with our service.

It provides a good way of getting information to a number of people such as reminding young people about group and trip opportunities, as well as information about local opportunities. The Young Carers Facebook page is open to young people aged 13+ only. If you do not wish your child to access this please tick the relevant box on the 2018 annual consent form. Your child will not be sent a friend request from us; however we will talk to our groups about this opportunity, or private message them about this and they will be able to add us as a friend. We will not post on individual walls; and young people cannot view other friends of Young Carers. The Young Carers facebook page will be closely monitored by staff and checked several times a week.

## Reminders ...

Please remember that energy drinks are not allowed at young carer groups or during holiday activities. Children and young people's behaviour is generally very good. To maintain this high standard, please read and sign the agreement on the 2018 annual consent and return this as soon as possible. Finally, if you know you cannot attend a group or trip please let us know as early as possible as we are charged for missed transport.

## October First Aid Events

The October half term was a busy time. Twenty-three young people from across Somerset learnt important skills and knowledge in first aid, and how to put these skills into practice. A full day was held in the East and West of the County. The children and young people were a credit to themselves asking thoughtful questions and listening carefully – well done to all! It was also great to see many young people taking part in these days who had not taken part in a first aid event with us before.



## Upcoming Events (oh no it's not!!)

You probably guessed it! We start 2018 with a trip to Theatre Royal in Bath to see Snow White. This will take place on Sunday 7<sup>th</sup> January. Please complete the attached consent and return as soon as possible – places are limited.

During February half term we will have a cinema and bowling trip (details TBC) and looking ahead to Easter, we will be running two wellbeing days, one for the juniors and one for the seniors. Children and young people found these days informative and relaxing last year, taking care of your physical health and emotional health is good practice for us all 😊

## Good News Stories

2017 has seen 100+ children and young people referred to our service. This is really positive and means that more children and young people are being supported with their caring role and having a regular break by attending group and holiday activities. Our groups are really well attended and it's great to see new faces and new friendships forming. The project workers work hard to provide a diverse, fun and interesting programme. The new terms group dates and programmes will follow in the New Year



## Community Council for Somerset

From October 2017 a new Service for Somerset Carers was launched, called Somerset carers service. This service is for adult carers 18+, however the young carers service will work closely with this new service where there are young carers approaching 18 (from 17 ½ ) to ensure these young carers get support with the transition to adult services and being a young adult carer.

You can refer yourself or another person to the Somerset Carers Service, contact the friendly team or visit the website for more info.

Advice line: 0800 31 68 600 Text: 'Carer' to 78070 [www.somersetcarers.org.uk](http://www.somersetcarers.org.uk)

