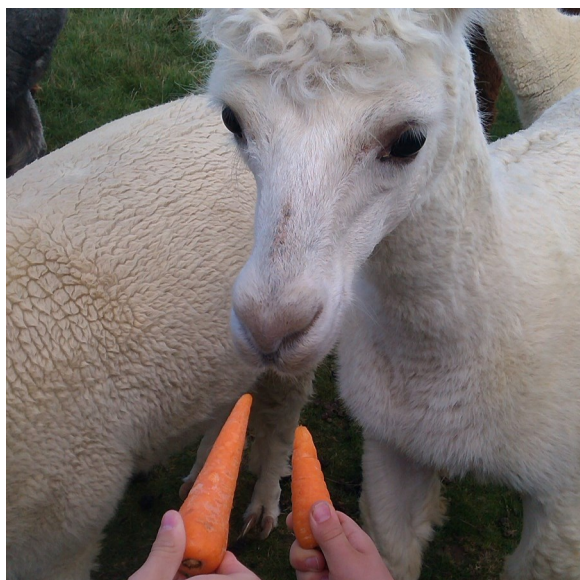


YC Attitude!

Issue 5
Spring 2016

Young Carers & Young Adult Carers



"How wonderful it is that nobody need wait a single moment before starting to improve the world"

Anne Frank

Note from the Editor

Hello, and a belated Happy New Year.

Welcome to Issue 5 of YC Attitude. This newsletter is designed to keep you informed of what we at Carers Trust Cambridgeshire and Peterborough are doing supporting Young Carers and Young Adult Carers.

A lot has happened over 2015, and we recap on a few exciting activities that took place at the end of last year on page 6 and 7.

During 2016, we have a lot to of exciting projects to look forward to.

Please let us know what you want included in YOUR newsletter. What information do you want to hear about. Have you got a story to tell? Let us know.

Phone me on 01733 645234 or email john.turner@carerstrustpeterborough.org.

Kind regards,

John

Competition!

This newsletter has changed over the last year and we feel we need a new name to reflect the audience change, of Young Carers and Young Adult Carers in Cambridgeshire, Peterborough and Norfolk.

We want you to come up with a new name for this newsletter, to replace 'YC Attitude'.

The winner will receive a £25 Amazon voucher. Closing date: 1st April 2016.

Submit your suggestions to John Turner (email address above) or your group lead for the attention of John Turner.

E-Bulletin

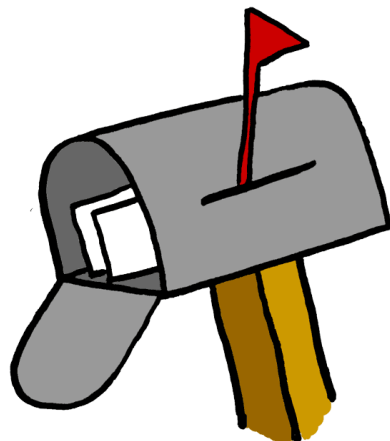


Launching in March 2016, is our new e-bulletin.

There are so many great news stories happening within the Young Carers and Young Adult Carers project, that we want to get the news out to you sooner.

Our monthly e-bulletin will have the latest news, events and group dates arriving straight to your inbox.

If you would like to receive this FREE e-bulletin, then please email: john.turner@carerstrustpeterborough.org with the Subject Line 'Subscribe'



Welcome to the Team

We welcome new members of the team:

- **Nicky** - leads on Young Adult Carers in Cambridgeshire.
- **Ella** - our new YC/YAC Project Worker, recruited as part of the Take the Lead Project.
- **Tania** - our new Policy & Development Officer, leading on national initiatives and offers support to schools.
- **Mae** - new Young Carers Support Co-ordinator for Huntingdonshire.

Our new team members from Norfolk can be found on **page 5**. Full list of members can be found on **page 12**.

Cover Photos: Top L-R - Young Carers promoting Young Carers at their school; Peterborough Siblings on their Tesco Farm to Fork Experience. Bottom L-R - Alpaca enjoying a delicious carrot; Fruit skewers created at group. Do you have a **photo** you would like to share for the next issue? Email it to john.turner@carerstrustpeterborough.org

Tracy's Corner

Well what an amazing year 2015 was! Our groups in Huntingdonshire, Fenland and Peterborough enjoyed some amazing opportunities over the last 12 months including: beach trip, trips to London, boat trips and trip to Abbots Ripton Hall (thanks to Lady & Lord de Ramsey).

We couldn't do the majority of our events without external funding so we must thank all our funders who make this possible!

Cambridgeshire Tender

In October we were informed that Carers Trust Cambridgeshire had lost the tender to provide the Young Carers project in Fenland. Sadly this meant losing two members of the team - Debbie King and Mandy Brine, who have transferred to Centre 33, the new provider. However, we still do provide services in Huntingdonshire and take referrals as all our groups in Huntingdonshire have always been externally funded with the exception of the St Neots group.

Family Fund

One of the big highlights for us last summer was the Family Fun Fund. A small amount of money we received through Comic Relief to enable families to have a trip/day out/activity together. As you can imagine, this fund was oversubscribed and we tried to be as fair as possible so as many families could have an experience.

The feedback and pictures we received have proved that families had a great experience, so we will look to try and repeat this year.

Young Adult Carers

We have continued to support Young Adult Carers through **Take Action & Support**, a personal development project for Young Carers/ Young Adult Carers 16+ to support them in developing their skills for interviews, college and job applications. This fund has now finished but we are delighted to report that we received a substantial amount of funding to support YAC in Peterborough. We still support YAC throughout Cambridgeshire

Young Carers in Schools

We were delighted to co-host the regional Young Carers in Schools conference, which is a national programme to support schools in identifying and supporting Young Carer in schools. Find out more on page 8.

Funding

We have also been successful in a funding proposal that will support 15 Young Carers at 14-16 through planning for their future. This programme will support for one year and if successful will be continued.

Peterborough

Our Peterborough service has now moved into Thorpe Hall, and Carers Trust Peterborough has completed its first year, reaching and supporting more family carers than ever before.

There are as usual far too many things to discuss within a short word count, but from the team and myself, thank you to all our Young Carers, Young Adult Carers and families for your support. You inspire us everyday.



Tracy
😊

Carers Trust Norfolk

At the end of September, Carers Trust Cambridgeshire expanded its operations into Norfolk, establishing Carers Trust Norfolk, following the sad decision to close Crossroads Care East Anglia (CCEA).

The Norfolk Young Carers Forum (NYCF), funded by the Big Lottery Fund, and the Young Adult Carers support services, funded by Carers Trust, has also transferred to Carers Trust Cambridgeshire and are managed by Tracy Hyland.

YC Views Exchange

On 28th January NYCF held 'YC Views Exchange' their event for Young Carers Awareness Day.

This was hosted in partnership with the Outreach Department at University of East Anglia - the fourth time UEA and NYCF have worked together to host events for Young Carers and Young Adult Carers.



The event comprised an art exhibition - showing the 'Build A Person' artwork from a workshop run by forum members for 127 Young Carers at the Norfolk Young Carers Forum festival in August 2015.

The aim of the workshop was to give Young Carers the chance to talk together, sharing examples of good and poor practice to then build 'people' of significance in their lives. 'People' exhibited on the night included a social worker, teacher, college tutor, paramedic, GP, friends, YC Group Leaders, family members, mental health workers, police officers and 1:1 workers. In addition, the 'YC Superheroes' created by Young Carers aged 6-11 at the festival were on display as well.

Also at the event was a Young Carers Question Time. This lasted for one hour where Young Carers got to post questions to four panel members (Chloe Smith MP, Norwich North; Simon Vavasour GP; Linda Shepherd, Deputy Dean of Students at UEA and Councillor James Joyce, the Chair of the Children's Services Committee at Norfolk County Council).

47 Young Carers and Young Adult Carers from across Norfolk attended, supported to attend by workers from five services who provide Young Carer and Young Adult Carer support networks. 51 adult guests also came including professionals from Norfolk County Council, CAP, health services, Young Carers services, schools, UEA Ambassadors, county councillors and some parents.



Questions asked were:

1. **"What do the panel understand or know about Young Carers and Young Adult Carers and about what we do"**? Asked by Danielle from West Norfolk.
2. **"Do panel members think there is a danger that the mental health needs of Young Carers are just dismissed as 'being a teenager' and not addressed properly?"** Asked by Melissa from East Norfolk.
3. **"Can you help fund more groups to help us relax, get a break and get away from trouble"**? Asked by Hope from Norwich.
4. **Young adult carers have previously waited up to 2 years for a carers assessment. The law has now changed and Young Carers can get an assessment too - do the panel feel confident this will happen quicker?** Asked by Ricky from East Norfolk.
5. **Do the panel think the housing needs of Young Adult Carers are understood? And do current budget cut proposals mean the situation could be about to get worse for us all not better?** Asked by Catherine from mid-Norfolk.
6. **"Do you think there would ever be an allowance for Young Carers, where they get a weekly amount without their parent losing any of their own benefits? Many of our parents can't afford to give us any money"**. Asked by Emma from East Norfolk.

The debate was lively and a little heated at times - audience members (Young Carers) also shared stories of struggling with their mental health issues, finding it difficult to get to school when they do not have sufficient money for bus fares and feeling that getting professionals to understand and engage can sometimes be hard especially when Young Carers and Young Adult Carers can lack confidence to speak up.

After the debate adults got to watch a film from Unit 23 about the Freefall project which can offer workshops to schools in Norfolk, Cambridgeshire and Suffolk while young people had the chance to look at their artwork and enjoy a buffet tea.



Norfolk Team

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Social Media - Norfolk

 [@NorfolkYCFForum](https://twitter.com/NorfolkYCFForum)



[/NorfolkYCFForum/](https://www.facebook.com/NorfolkYCFForum/)

Look back on 2015 - Huntingdon

Alpaca Experience

Seven Young Carers were lucky enough to receive an invitation to visit Lodge Farm, for an Alpaca Experience. A wonderful talk about the animals history and a demonstration on how their fleece is spun on a spinning wheel into yarn. The next stage was to meet the Alpacas in the field.

"We were all very excited although a little apprehensive, as they are quite big animals up close and there were quite a group of them".

The male and female Alpacas are separated into two fields. The Alpaca were curious to meet us and very friendly. The Young Carers fed them fruit and vegetables, as well as a chance to stroke them. The owners provided refreshments and time to play in their garden.

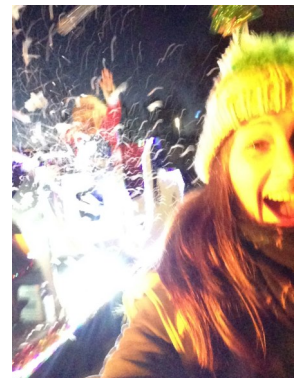


Christmas 2015



We were invited by Huntingdon & District Round Table to join them on their annual Santa Charity Collection rounds on 20th December.

Nicky said *"We had great fun helping with the Father Christmas Sleigh, collecting money with the Round table for Young Carers. Thank you to our Young Adult Carers - Jess, Kieran and Steph, who helped out on what was a mild December evening. The Christmas lights and scenery in Houghton were magical."*



On Sunday 13th December 2015 we held a Young Carer Christmas party for the Huntingdon group. 28 Young Carers attended and had a brilliant time - we made gingerbread houses, gingerbread shapes and decorated them, mince pies and Christmas crafts. All enjoyed a lovely buffet, kindly donated by Inner Wheel, a charity based in Huntingdon. We played games whilst listening to Christmas music. All had a brilliant time.

Huge thanks to Howdens for a generous donation enabling us to gift a selection box to each Young Carer in Huntingdon that we worked with throughout December 2015.

Don't forget **Babble & Matter** are there for you!



babble.carers.org



matter.carers.org

Look back on 2015 - Peterborough

Froglife



A group of Young Carers took part in Froglife's Green Pathways Project over four sessions, during Easter and Summer Holidays.

The aim of the project is to improve confidence, social skills, positive behaviour and transferrable conservation skills. Increase knowledge of the environment and enjoyment of the outdoors.

The sessions had a maximum of six young people under 12 taking part in a mixture of activities at different locations. This included fossil hunting and bird watching at Kings Dyke; hunting for snakes and tree climbing at Hampton Nature. They also took part in some community gardening at The Olive Branch Community Garden & Allotments, looking after plants and picking fruit and veg to take some home; pond dipping, arts and crafts and cooking some jacket potatoes and melting marshmallows on a bonfire. The final session was an outing to London Zoo to learn about the animals and how the keepers care for them.

Peterborough United

Thanks to the **FreeKicks Foundation** we have been donated a season ticket for Peterborough United home matches, which are distributed to different families for each match who are interested in attending a game. This gives Young Carers the opportunity to have a one to one time with a loved one and a day out.



Mascot packages have also been gifted to the project throughout the year, our first one of the year was Josh who happened to be FreeKicks 500 Mascot package! In July, seven young people were invited by FreeKicks to a friendly match, as a sponsor package, which included a 3 course meal, meet the players, have a tour of the stadium, be part of the official match photo on the pitch and pick the man of the match.



Champions

So many great opportunities took place for our Young Carer Champions in 2015. In July we held a Champion's Hub Day at the Peterborough office for all YC Champions nationally, organised by Children's Society and Rethink. The Hub Day was around mental health and wellbeing, getting an understanding and knowing how to keep yourself safe and happy.

In August, our Champions were asked to take part in the Young Carer's Quality Assurance Panel for the Schools programme. This was a productive day looking at submissions from schools and the evidence to see what level they had achieved in supporting Young Carers.

In December, Sami was invited by The Children's Society to their annual Advent Service to give a short reading. She was then introduced to HRH The Duchess of Gloucester.



Young Carers in Schools



Young Carers in Schools programme is an exciting initiative that aims to make it as easy as possible for schools to support Young Carers and awards good practice. It is run jointly by Carers Trust and The Children's Society Young Carers in Focus partners and funded by The Queen's Trust and Big Lottery Fund.

Carers Trust Cambridgeshire appointed Tania Bingham to support and develop this programme with schools across Cambridgeshire and Peterborough.

Carers Trust Cambridgeshire were delighted to co-host the regional Young Carers in Schools conference in November, when schools came together to discover more about the initiative and the support available. A link to Cambridge TV's coverage of the conference can be found here:



bit.ly/CambsTVYCiS

It is fantastic to hear that Thongsley Fields Nursery and Primary School and Hampton College have both been awarded with the Young Carers in Schools Bronze award. Congratulations!

If you would like to know more about the programme, please contact Tania Bingham - contact details on **page 12**.



www.youngcarersinschools.com

Takeover Challenge on #YCAD



Young Carers in St Ives had the opportunity to take over the Carers Trust Cambridgeshire offices for the day; they sat in the CEO's chair, asked key staff questions about the support available for Young Carers and took part in a social media campaign!

This was all part of the national Takeover Challenge and to raise awareness of Young Carers on the national Young Carers Awareness Day 2016.

Before the event, a competition was run asking YYoung Carers: **If you were the CEO of Carers Trust Cambridgeshire for the day, what would you change?**

Tania said, *"Thank you to all of those who took the time to apply for our YCAD competition, we had over 40 entries and the winners of 1st, 2nd and 3rd place won an Amazon voucher and love2shop vouchers!"*

If you were the CEO of Carers Trust Cambridgeshire for the day, what would you change?

"More awareness of why children like us come to young carers because of difficulties, trouble at home and bullying. This can be made more aware by having a community programme for young carers"

1st



If you were the CEO of Carers Trust Cambridgeshire for the day, what would you change?

"First aid lessons and mental health awareness support and lessons. Day trips and help with CVs and job searches. Support in school and help with moving on in further education"

2nd



If you were the CEO of Carers Trust Cambridgeshire for the day, what would you change?

"If I was the CEO of Carers Trust then I would change the way we advertise because not many people know about us and many people may need it but they don't know, so I would put more advertising in schools"

3rd



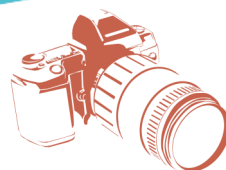
Click the link to watch a video of the event, by Cambridge TV



bit.ly/CambsTVYCAD



STRONG...TOGETHER...REAL...INDIVIDUAL...VULNERABLE...EQUAL



Photography Project

We have been invited to undertake an amazing project with renowned local photographer Ruth Jones.

Ruth says about herself and her work *"I am a photographer who loves to travel, explore new cultures, and meet new people. My work has taken me around the world, shooting assignments, documenting the work of charities, and developing personal projects"*.

Ruth is interested in meeting young adult carers, those aged 16+ from Peterborough and surrounding areas to explain her thoughts and ideas for this new piece of work that she wants to do. This piece of work, as with all of Ruth's work; will be over set over a period of time to enable her, and those who are involved, a chance to develop an understanding of you (the individual) and your lives.

Examples of Ruth's work can be found here <http://www.ruthjones.org> and if you are interested in meeting Ruth and finding out more about the project please contact Lisa.

What is a Transition Plan?

Nicky explains

I have been working with lots of Young Adult Carers on completing a Transition Plan. The plan means I can support individuals with all different aspects of their lives to set , short, mid and long term goals. Some of the work has included:

Finding out about apprenticeships, Police Cadets, jobs, Dyslexia assessments, sports clubs and evening classes, housing and counselling.

Young Adult Carers have gone on to engage further with one to one support and to be involved in projects.

If you would like to chat about support you may need or want to have to help you with education, employment, training - or anything else!

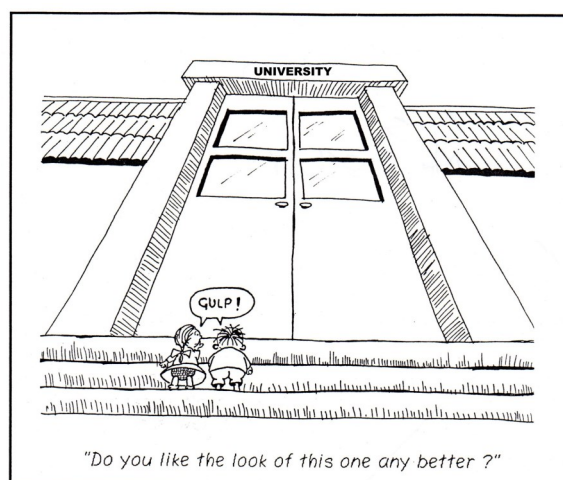
Please get in touch
nicky.hornsby@carerstrustcambridgeshire.org

Thinking about going to Uni?

*Are you thinking of university as a possibility?
Unsure of what life in campus may be like?
Concerned about leaving home and support available?
Not sure if its for you?*

Would you like the opportunity to have a look around and chat to students of your own age?

Lisa is organising a visit and wants to hear from you if you're interested in coming along. For any Young Carers and Young Adult Carers aged 16 and over (or soon to be 16). Contact Lisa, details on **page 12**.



Introducing STRIVE Peterborough

Young Adult Carers Support – for those aged 16-25

The summer saw the start of designated support for Young Adult Carers aged 16+ in Peterborough arriving as an additional source of support for new & existing Young Carers. This support is tailored in its approach and you **CAN STILL** access YC Groups, Activities and support, you don't have to pick or choose - contact **Lisa** for more information.

We started off this new support and took a **STRIKE** at an evening of bowling. I must admit I thought I was rather good at it until I encountered the near professional skills of the group - there will be a rematch and I still think the person with the lowest score is the winner!!!



This support started with a designated project and a residential at Grafham Water. It kick started the project and brought a group of young people together for a team building trip away comprising of a series of challenging land and water based, mental and physical activities over three days. It also included a “fun” 10 mile (bottom numbing) bicycle ride around the reservoir through some beautiful woods and scenery and not forgetting up some major hills!!!!

The activities were aimed to push individuals through comfort zones, develop new skills and showcase strengths. It may have been a tiring three days but I'm sure those who were there would agree it was also full of laughter!

Other highlights of the year have seen some creative workshops on emotional wellbeing taking place with a real focus on future planning. January sees us running Stand & Deliver - a free workshop to increase confidence in public speaking and planning presentations. 2016 will be a big year for Young Adult Carers in Peterborough and we hope you take advantage of this tailored support aimed to fit around your need, capacity and life goals!

There is more to the support we offer than just groups and 1:1 support; CTC and CTP has always believed in power and strength in the voice of Young Carers and Young Adult Carers. Over the summer some of you have been invited to share your experiences and feelings at several forums and events. In August we were visited by Feylyn Lewis PHD, who is conducting national research with young adults alongside Professor Saul Becker at the University of Birmingham and wanted to interview Young Adult Carers about their caring experience. This was an amazing opportunity not only for the young people she met to be involved in but also for us to be part of such a project and share with Feylyn, a carer herself from America, ideas on how to improve and develop the support for and identification of young and Young Adult Carers when she returns back to the States.

If you are interested in being involved and sharing your views and opinions on a range of subjects affecting young people who care let us know.



Lisa

Group Dates

Huntingdon Young Carers Groups

Huntingdon	Huntingdon Youth Centre	Monthly	Sunday	10:30am-12:30pm
Ramsey	Ramsey Youth Centre	Fortnightly	Wednesday	3:15pm-4:45pm
St Ives	Broadleas Centre	Fortnightly	Wednesday	3:30pm-5:00pm

Huntingdon Young Carers School Groups

Hinchingbrooke School	Room 101	Fortnightly	Tuesday	3:30pm-4:30pm
St Peters School	Community Lounge	Fortnightly	Tuesday	3:05pm-4:05pm
Longsands Academy		Fortnightly	Wednesday	3:00pm-4:00pm

Peterborough Young Carers Groups

Over 12	ASDA Community Room	Fortnightly	Wednesday	5:30pm-7:00pm
Under 12	Tesco Community Space, Hampton	Fortnightly	Friday	4:30pm-6:00pm
Young Carers Champions	John Lewis Community Room	Bi-monthly	Thursday	5:00pm-6:30pm

Peterborough Young Carers School Groups

Voyager Academy		Fortnightly	Tuesday	3:15pm-4:15pm
Jack Hunt School		Fortnightly	Tuesday	3:15pm-4:15pm
Hampton College		Fortnightly	Wednesday	3:15pm-4:15pm
Ken Stimpson		Fortnightly	Wednesday	3:15pm-4:15pm
Ormiston Bushfield Academy		Fortnightly	Thursday	3:15pm-4:15pm
Thomas Deacon Academy		Fortnightly	Thursday	2:45pm-3:45pm

Siblings SPACE Groups

	Tesco Community Space, Hampton		Tuesday	5:00pm-6:30pm
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STRIVE - Young Adult Carers Groups

Fenland	March Library Meeting Room	Monthly	1st Wednesday	Drop In: 6:00pm-6:30pm Group session: 6:30pm-8:30pm
Huntingdon	Tesco Community Space, Tesco Huntingdon	Monthly	3rd Friday	Drop In: 6:00pm-6:30pm Group session: 6:30pm-8:30pm

For more details on groups and dates, please contact a member of the team. Details on [page 12](#).

Thank You!

We would like to thank the many supporters and benefactors who have helped Young Carers, Young Adult Carers and Siblings over the years. We would also like to thank all the staff, trustees and volunteers within Carers Trust Cambridgeshire and Carers Trust Peterborough.

We couldn't do it without you!

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Social Media

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@YoungCarers_CTC



/CTCYoungCarers

Young Carers - Peterborough



@YoungCarers_CTP



/CTPYoungCarers

Young Adult Carers



@STRIVE_YAC

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