



“Walking with a friend in the dark is better than walking alone in the light”

- Helen Keller

Contents

- Young Carers Awareness Day [Page 3](#)
- The Story So Far [Page 4](#)
- Guide launched in Norfolk [Page 6](#)
- PRC Drop-In sessions [Page 7](#)
- Pride in Our Carers Awards [Page 8](#)
- Cash Quest for Young Carers [Page 10](#)
- And so much more...

Note from the editor

Welcome to the Young Carers and Young Adult Carers newsletter 'Affinity'.

The aim of the newsletter is to raise awareness of young carers and young adult carers and promote the work we do across Cambridgeshire, Peterborough and Norfolk.

We hope you enjoy discovering what's been happening and future developments. If you are reading an electronic version of this newsletter, the pink wording and buttons are hyperlinks to relevant sites.

As always we would love to hear your views.

Join the editorial team

- Are you a budding journalist?
- Do you have a flare for creative writing?
- Do you have an issue you want to raise?

Get involved in your newsletter.

Become part of the team to spread the word about stories that matter to you.

If you are interested in joining the editorial team or want to know more, speak to a member of the team.

Contact details are on [page 12](#).

Hello from Tracy

Well, what an incredible end to the busiest year ever for young and young adult carers, hampers, presents, parties, and donations! We were truly overwhelmed with all the support we received from many people and organisations over the year, they made it very special for us.

We also welcomed new members of the team - Kate & Bisha. More of their news inside.

2017 will be a busy if challenging year. We want to support as many young carers, young adult carers and their families as we can but we know the financial position is difficult and we will be trying our hardest to secure funds so we can continue doing what we love to do.

We need your help though! Any fundraising ideas you have or if you want to organise an event we can come along, then please let the team know. We unfortunately can't be everywhere so working in partnership with you is really important and will have a fantastic impact for lots of young people.

In October 2016, I was invited to apply to be a member of a NICE (National Institute for Health & Care Excellence) Guideline Committee for end of life care for adults. The position on the committee was to influence the guidelines to involve Young Carers and their support during this time. This is a first for NICE to involve Young Carers and Young Adult Carers. Tracy said "After a particular nerve wracking interview they have invited me to join the Committee as a Topic Specific Expert. This is great news for us as an organisation and I am really happy that hopefully I can influence national policy, etc."

I hope you enjoy this bumper issue of the newsletter and welcome your feedback.

We are so looking forward to a great 2017.



Cover Photos: Top L-R - Young carers during an arts and crafts event, part of Intergenerational project at a Care Home; Ellie having fun during a creative therapy session.
Bottom L-R - Group of Young Carers at Grafham Water residential; Nicky and Lindwe on their awareness stand at Cambridge Regional College.

Young Carers Awareness Day 2017

What is Young Carers Awareness Day (YCAD)?

YCAD is a national day of recognition for the UK's Young Carers.

This year's theme was "When I grow up", meaning a Young Carer should not mean that a child's future hopes, dreams and ambitions are shattered.



Hinchingbrooke School

The Young Carers who attend a group at Hinchingbrooke School, Huntingdon held a cake sale during their lunch break. The group baked cakes with their families, in addition to donations from staff. The cake stand was very popular, with pupils coming back for more cakes when they had tasted them! All the cakes were sold and they raised an amazing £78.80!

St Peters School

St Peters School, Huntingdon, also held a fundraising cake sale. Some of the Young Carers who attend the group got together the week before to bake a few batches of cakes ready for the cake sale. They raised £42.18.



Ramsey Junior School

Ramsey Junior School hosted a Non-Uniform Day to raise funds for Young Carers, raising £104.10. The school held an awareness assembly, where the Deputy Head Teacher spoke to the pupils and staff about identifying Young Carers. Some of the Young Carers who attend the school stood up to speak about their caring role and some of their favourite memories of Young Carers group. A successful day for them!

St Ivo

A big thank you to St Ivo school for allowing us in to speak in assemblies. It was great to speak with hundreds of students about Young Carers and our local support.



'Foot in the Door', Peterborough

Working closely with schools was a crucial part of this year's theme and we were thrilled to be welcomed by 49 Primary Schools and 6 Secondary Schools who allowed us to have a **Foot in the Door** on YCAD 2017.

It wasn't an easy task taking on the areas covered from PE1 – PE9 but Lisa, Danielle and Ella managed to visit a massive 55 schools so we could share with them information about Young Carers, Young Adult Carers and siblings and the support Carers Trust Peterborough can offer them, their families and their schools – thank you all!



Young Carers in Education Conference

Norfolk Young Carers Forum held the first event of its kind in Norfolk, the Young Carers in Education Conference. It was planned and run by the Young Carers from the Forum.

On Thursday 26th January they were at Lynn Grove Academy and on Tuesday 31st January at Downham Market Academy. Those attending the event included Young Carers aged 9 to 18; professionals from schools, a university, Norfolk Constabulary, Norfolk County Council and Norfolk Young Carer providers.



We presented at Downham Market Academy and Magdalene Gates Primary School with the NYCF 'Young Carer Friendly Tick' Award. We got really good feedback from the day and lots of schools want to be the next ones to get our Young Carer Friendly Tick Award.

The Story So Far ...



This year celebrates 18 years of support for Young Carers provided by Carers Trust Cambridgeshire.

To mark this occasion, on Young Carers Awareness Day, we launched a film featuring stories of young carers, entitled 'The Story So Far'.

The inspirational stories of Young Carers past and present have been created as a timeline to showcase their journey. The film also includes a contribution from Professor Saul Becker providing a glimpse into his academic research.

The Story So Far is part of three planned projects, funded through a grant from the Big Lottery Celebrate Fund.

We thank everyone who took part in this film project. You can watch it on our YouTube channel.

 youtube.com/CarersTrustCambs



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A project supporting young carers delivered by



STEP is our young carers project, supporting 5-16 year olds across Huntingdonshire and Peterborough.

 **/STEPYoungCarers**

 **@STEP_YC**

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Update from Huntingdonshire

Intergenerational work — 1940's Christmas Tea Dance Success!

A group of Young Carers planned three Christmas Tea Dances in care homes across Ramsey, Huntingdon and St Ives, during December. A wonderful time was had by all, a resident at Rheola Care Home in St Ives said *"It was a wonderful afternoon; it was a pleasure to meet the Mayor and even have my photo taken with her. It really made me smile having the children around me, it was a lovely afternoon that I will never forget."*

Well done to all of the Young Carers involved and a big thank you to Ian 'Rosie' Rose who delivered the fantastic entertainment.

Young Carers are continuing to host 'chat and craft' sessions in the care homes. If you'd like to make a difference to an elderly persons' life, you can join our Intergenerational Project. Monthly sessions will be running in care homes in Huntingdon, Ramsey and St Ives until August 2017. Get in touch with Tania if you want to join a group.

Help is needed for a Making Memories Project — How do you like to make memories with friends and family?' Get in touch with Tania.

Update from Peterborough

We were given the opportunity to raise money for Young Carers in Peterborough at two events, in October at Peterborough United Football Club, we raised £105.39 and five Young Carers were given the opportunity to watch the match for free.



The other was at Asda Peterborough's Rivergate store, we split the day into three sessions and had a total of 15 young people attending to help us bag pack as well as two volunteers. We raised a total of £210.40. Thank you to everyone who came to help us at these events.



On Saturday 10th December, three Young Carers attended The Children's Commissioners Office for part two of our work with Anne Longfield and The Children's Society. This was to look at all the information gathered by The Children's Commissioner and the support offered nationally for Young Carers and ways in which to improve this.

Here is the link to the report compiled with the Young Carers input.



bit.ly/2nA37Dc

The Forum has been very busy over the last couple of months with meetings, encouraging Young Carers to join the Forum and attending local Young Carers groups. We are reaching out to more Young Carers so that they can have their voices heard locally and nationally.

Some highlights from the end of 2016:

- We had our first Forum session with West Norfolk Carers.
- Two Young Carers co-presented at a Disability and Neglect workshop alongside Andy McGowan
- Our first Forum meeting with new and old members, during this meeting we met with the Sharon Brooks – Carers Council Norfolk and looked at the Quality Standards for schools in Norfolk.
- In November Tracy, Andy, Ricky and a Young Carer attended an interview for an exciting project about anti-bullying. The Young Carer in this interview told her own story of being bullied. We were awarded the funding for this nine month project for North Norfolk - more details to follow in a future issue.
- Ricky and Andy went along to Great Yarmouth and Gorleston Young Carers (GYGYC) for their first Forum session.

Young Carers Guide launched in Norfolk

On Carers Rights Day 2016, two members of the Norfolk Young Carers Forum helped launch the first ever guide to Young Carers Needs Assessments at an event in Norwich. Guests included representatives of Norfolk County Council, local Young Carers Projects, Carers Trust Norfolk, Norman Lamb MP and Professor Jo Aldridge, a leading academic on Young Carers.

The guide explains the statutory right to a Needs Assessment for Young Carers. It has been produced by Carers Trust Norfolk with members of the Norfolk Young Carers Forum in partnership with Norfolk County Council.

Mr Lamb, North Norfolk MP and a former Care Minister, said *"It is critically important that we support young carers."*

Guests were told by members of Norfolk Young Carers Forum that the new guide would provide Young Carers and their families with appropriate and timely support. Professor Aldridge stated that she believed the guide to be the first of its kind to have been produced in the country.

Visit the [NYCF webpage](#) on our website to download a copy of the Guide.





STRIVE

STRONGER ★ TOGETHER ★ RESPECTED ★ INDIVIDUAL ★ VALUED ★ EMPOWERED

A project supporting young adult carers delivered by

carerstrust
Cambridgeshire
Crossroads carer service
action · help · advice

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Peterborough
carers centre
action · help · advice

carerstrust
Norfolk
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STRIVE is our young adult carers project, supporting 16-25 year olds across Cambridgeshire, Peterborough and Norfolk.



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matter.carers.org

Update from Cambridgeshire

STRIVE members at the Fenland Group have been enjoying meeting at the new venue of Costa Coffee. Costa opens up especially for community groups and it provides a relaxed environment in which to meet.

Nicky continues to raise awareness of Young Carers and Young Adult Carers with talks to students and staff in local schools and colleges.

Huntingdon Regional College Drop In sessions

These continue to run on the third Tuesday of the month 12-2 in the college, and are an opportunity for Young Adult Carers to catch up, seek support and advice and to meet with other Young Adult Carers who are learners at the college.



Update from Peterborough

Peterborough Regional College Drop In sessions

Students with caring roles can now access fortnightly drop-in sessions on Thursdays from 8.30am in the Youth Centre ensuring that the support on offer can now come directly to you and since starting there we have identified 11 new Young Adult Carers. [The need has been so great we're looking at going weekly]

Support through T4C Bursary and FCP (Family Carers Prescription) has seen us provide financial and practical support to Young Adult Carers. For example it has enabled trips to the cinema, bought headphones to support a college course and purchased another bicycle! That's 3 bicycles for young people now so yes we're nearly there with putting the next Olympic team together! Want to find out more? Get in contact with us.

Every carer can access a FCP to enable them to have a "break" practically, physically or emotionally from their caring role.

Pride in Our Carers Awards 2017

Nominations Now Open!

The Pride in Our Carers Awards are for family carers of all ages who have made a difference to someone else's life.

The Awards are also for organisations and individuals who are carer friendly and regularly go above and beyond in their support for family carers. The Awards are open for those in Cambridgeshire and Peterborough.

Award categories are:

- Carer of the Year • Young Carer/Young Adult Carer of the Year
- Carer Friendly Employer of the Year • Carer Friendly School or College of the Year
- Carer Friendly Social Care Award • Carer Friendly Health Care Award
- Carer Friendly Voluntary Organisation Award

You can nominate via our website or download the Nomination Form and send it to us via email or post.



www.carerstrustcambridgeshire.org



Local achievements

Shannon Meachen a Young Adult Carer received the Cross Key Homes Residents Special Recognition Award for caring for both her grandparents and is now training to be a Care Support Worker.



Chloe Munns was awarded the Ramsey Young Citizen Award by Ramsey Rotary Club. Chloe was nominated for her dedication to caring.

She cares for her mum, Brenda, who has fibromyalgia and can be extremely poorly at times. Chloe helps her Dad and younger sister care for Brenda, taking on more responsibility than other girls her age might do, by providing support wherever possible.

Chloe does not see her caring role in a negative light, but takes pleasure in providing help and support to her mum and family.



Lilia Plato was awarded the Ramsey Star Award from the Ramsey Rotary Club in December.

Lilia, 10, was given this award as recognition for the support she gives her family in caring for her younger brother, James. As part of her caring role Lilia helps her mum change James' nappies, plays with him and helps her mum when he is poorly.

Lilia is a great support to her family and takes pride in her caring role. Lilia is a fairly new to our service but we look forward to seeing Lilia at our Young Carer groups and activities in the near future.



Festive cheer at Christmas 2016

What an amazing December we had at Carers Trust. A thank you to all the Young Carers and Young Adult Carers for supporting us and a huge thanks to the organisations and individuals who helped make it possible.

With your help we managed to make and deliver over 100 hampers, 35 turkeys, 200 selection boxes and hundreds of small gifts. We made a difference - thanks to you!



"It was such a fun day to deliver hampers to families in need for Christmas. Just seeing the children's faces when they saw me and Jade at their door dressed as Elves was amazing; it just added that little extra touch to Christmas". – Ricky

Quote from a family in Norfolk 'Myself and my family were very grateful for the hamper we received. We enjoyed all the games that were included and eating the chocolates and would like to say a thank you to everyone'.

Young Carers in School

Cromwell Go for Gold!

Cromwell Community College in Chatteris has submitted a gold application demonstrating their incredible support for Young Carers in School.

The college has expanded their provision for Young Carers, including nominating Young Carer leads within school, extra drop-in sessions, a Young Carer Policy and changes to the school improvement plan.

Cromwell Community College's provision for Young Carers was also commended in their recent Ofsted inspection making specific reference to the range of support in school for Young Carers.

Young Carers in Schools could support Young Carers in your school, contact Tania Bingham.

SPACE - Peterborough Siblings

Things were a little more civilised on the project's recent trip to the cinema to watch Moana which was funded by ASDA and their Community involvement Green Token scheme. Silence for 1 hour 53 minutes may have been a new record but the comfy seats may have had something to do with that!

SPACE is looking at running a one off focused session so if your child is linked to SPACE Sibling Project, do let me know.

Lisa



Introducing Kate



Hello, I'm Kate the Volunteer Co-ordinator for Young Carers and Young Adult Carers. I totally advocate volunteering. How can you resist making a difference to people's lives, learning new skills, meeting new friends whilst having fun along the way.

For me it's even brought on a career change after being a mentor for Chance UK, so as you can see I have had first-hand experience of how effective and life changing it can be. So my aim is to ensure all volunteers have a great time and are supported.

The year has started well already, welcoming six new volunteers to our popular monthly Sunday Young Carers Group in Huntingdon.

Our new volunteer Steph Smith said "Volunteering for Carers Trust Cambridgeshire is such an enjoyable experience. It's brilliant spending time with such a lovely bunch of young people; playing games, sports and participating in craft activities. I knew that I would like to begin volunteering for Carers Trust Cambridgeshire after hearing about the great work that they do and the amazing families that they help. I am glad to be part of the organisation and to be supporting where I can."

We have lots of opportunities available for you to get involved and make a difference to Young Carers lives, please get in touch if you would like to find out more or visit our website.

Kate

Living Theatre for Carers Week 2017

Calling all budding thespians, dancers, singers, musicians, photographers and artists in and around Peterborough who are supported by the teams here.

We are producing a piece of Living Theatre to be performed for Carers Week on Friday 2nd June.

Over the Easter holidays, and potentially some Saturdays before (to be agreed) we will be running performance development and rehearsal workshops.

This is your opportunity to express yourself in your chosen medium! Interested?

Call or text Lisa Masters on 07956 455 680

Cash Quest for Young Carers

Cash Quest for Young Carers will run from 13 June until 5 September 2017. It is an opportunity for a team to develop and deliver innovative and fun ways to raise money; to get as much return from £50 as possible.



There is no minimum amount that you have to raise but we are hoping that each team will be aiming in the region of £500 to £1,000 (the only rule being it must be done ethically and legally!).

To enter a team, visit our website to complete an Entry Form and submit it by 31 May 2017.

Details will be available on our website shortly.

Group Dates

STEP Young Carers Groups - Huntingdonshire

Huntingdon	Huntingdon Youth Centre	Monthly	Sunday	10.30am-12.30pm
Ramsey	Ramsey Youth Centre	Fortnightly	Tuesday	3.15pm-4.15pm
St Ives	Broadleas Centre	Fortnightly	Wednesday	3.00pm-5.00pm

STEP Young Carers School Groups - Huntingdonshire

Hinchingbrooke School	Room 101	Fortnightly	Tuesday	3.30pm-4.30pm
St Peter's School	Community Lounge	Fortnightly	Tuesday	3.05pm-4.05pm
Longsands Academy		Fortnightly	Wednesday	3.00pm-4.00pm

STEP Young Carers Groups - Peterborough

12 Plus	Thorpe Hall	Fortnightly	Wednesday	5.30pm-7.00pm
Under 12	Thorpe Hall	Fortnightly	Friday	4.30pm-6.00pm

STEP Young Carers School Groups - Peterborough

Jack Hunt School		Monthly	Tuesday	3.15pm-4.15pm
Hampton College		Monthly	Wednesday	3.15pm-4.15pm
Ken Stimpson		Monthly	Wednesday	3.15pm-4.15pm
Ormiston Bushfield Academy		Monthly	Thursday	3.15pm-4.15pm

SPACE Siblings Groups - Peterborough

	Thorpe Hall	Monthly	Saturday	12.00am-3.00pm
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STRIVE Young Adult Carers Groups

Fenland	March Library Meeting Room	Monthly	1st Wednesday	Drop In: 5.30pm-6.30pm Group session: 6.30pm-8.30pm
Huntingdon	Tesco Community Space, Tesco Huntingdon	Monthly	3rd Friday	Drop In: 5.30pm-6.30pm Group session: 6.30pm-8.30pm

Groups are open to Young Carers and Young Adult Carers who have been referred into our project and assessed. You can find a list of dates on our website or for more details on groups, 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, Carers Trust Peterborough and Carers Trust Norfolk.

We couldn't do it without you!

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