

HELLO

autumn



North Tyneside
Carers' Centre

Young Carers News Autumn 2022

Did you go to High Borran's?
Could you be a Money Hero?
Congrats Young Carers!
Young Adult Carer Group starts
Young Carers invite to Uni
Heads Up!
Trip to SAGE for Young Adult Carers
Dramatherapy



Approachable



Aspirational

Responsive

Welcome to the Young Carers' Newsletter



The Bush dogs we saw at Kirkley Hall in August

Welcome to the the autumn edition of the Young Carers' newsletter.

We can look back at a busy summer with activities and trips such as the 3 days in High Borran, the amazing animals at Kirkley Hall, and some of us attended the Heads Up sessions. Now it's back to school and autumn but we can look forward to Halloween and the new term time groups. If you need to get in

touch to make comments, advice or for support you can contact us on 0191643 2298 or by emailing enquiries@ntcarers.co.uk. As always, if you've done an activity you think other young carers would enjoy, we'd love to hear about it! We want to see pictures of any pets or animals you like and show them in the next newsletter, send them to enquiries@ntcarers.co.uk

Young Carer weekly activities

Every week during term time there are activity sessions for primary school young carers and for secondary school young carers.

This autumn the groups will be doing a Board Games Night, Biscuit decorating, Pom Pom making and Pine Cone Crafts. The Primary group meets on a Tuesday evening and the older group meets on Thursday evenings.



Young Carers' photo gallery...

Can you spot yourself in High Borrans?





Money Heroes

from Young Money

Kate who is a Family Support Worker for Young Carers is going to be going round schools talking about that terrible/wonderful thing called money. Lots of people when they are grown up say they wished they knew more about money when they were young. Look out for any mention of Money Heroes at your school.



Congrats!

Superb work Young Carers!

Congratulations to all our
young carers who achieved
their results at GCSE and
A-Level

We are here for
what happens
next

Young Adult Carer Group starts

Are you a carer aged between 16 to 25 years old? Would you like to meet fellow carers in a safe, supportive, and fun space? Then come along to our Young Adult Carers' Group!

We are pleased to announce that Lucy Hodgeon, our Carers Into Work Advisor, will be taking over the Group at our Centre.

The Group will run on alternative Wednesdays from our Centre at the Saville Exchange. The first session will take place on the 28th of September, at 6pm to 8pm. We would love to see you there!

Please keep an eye out on our social media for further details about the Group but, if you're interested and wish to attend, contact Lucy at 0191643 2298 to let her know.

If you have any ideas for the Group, we'd be happy to hear them too!



**North Tyneside
Carers' Centre**

YOUNG CARERS INVITE TO UNI

Choices together is a programme for local Young Carers and former Young Carers to discover all about being a university student.

It doesn't matter if you haven't thought about College or University-everyone is welcome! You can join at any point from ages 11 to 18.

To Apply go to:

<https://www.nerap.ac.uk/students/choices/>

Or speak to a Young Carer worker at the Centre



Heads Up!

In August Young Carers took part in the Heads Up project at the Meadow Well Connected Centre in North Shields. The big ideas were health and wellbeing.



More Heads Up sessions are planned later on this year, so keep your eyes peeled.



Young Adult Carers: The insider tips on getting that job

The Centre is working with Sage, the international software company, to give young adult carers like you, a session on what you need to know and do to get the job you want. It should be a fun, relaxed day in one of the coolest buildings in the UK.

The session will be hosted by expert workers from Sage, who will share some top employability tips and advice. These are the people who do the hiring at one of Britain's top companies. You will create your own CV with one-to-one help from a member of the



Sage team. You will then complete a 45-minute mock interview, where you can show off and practice all the skills that you have developed over the course of the session.

This is a wonderful opportunity for you to learn new skills from leading industry experts. The session will be a fun, engaging and relaxed way to prepare for your next steps and meet fellow carers at the same time.



The session will take place during half-term, on Wednesday 26th of October, 11am to 1pm at Sage's glorious facilities at the Cobalt Business Park. If you are a carer and are aged 16 to 25 years old, please contact us at 01916432298 to bag your place at the session.

Be quick-there are only 20 places available and we know they will be in high demand!

Meet the staff team!

Peter Thorp: Young Carers'
Service Manager

Anne Longstaff: Young Carers' Link Worker

Gail Duxfield: Young Carers' Practitioner

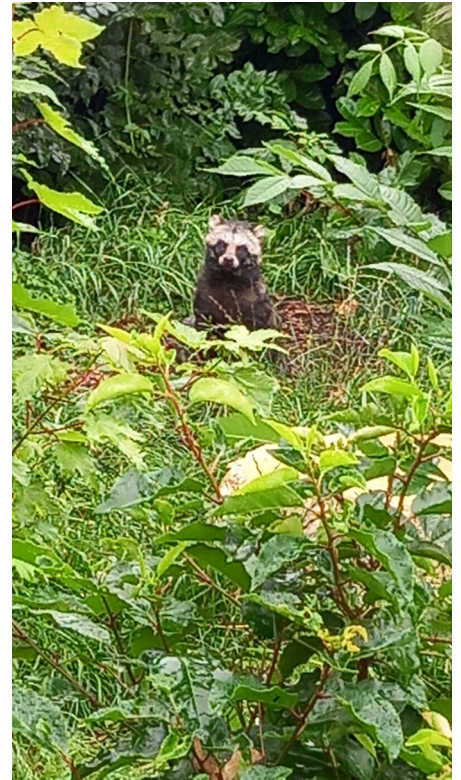
Claudia Blake: Young Carers' Practitioner

Helen Chandler: Young Carers' Practitioner

Kate Rispon: Family Support Worker

Olvina Gkegka: Sessional Worker

Michelle Henderson:
Breaks and Activities Worker



Dramatherapy for Young Carers

The Young Carers' service has a very interesting way of helping some young people to feel better and happier. It is called Dramatherapy and our Drama therapist Kirsty supports young people from the ages of 5 to 18.

Dramatherapy allows you to explore your thoughts and feelings through playing and creativity. Kirsty said that in her sessions, "Some people talk and some people play". Sometimes emotions and situations can be really difficult to manage alone and Dramatherapy can give you this space.





North Tyneside Carers' Centre

We hope you have enjoyed this edition of the Young Carers Newsletter; as always you can get in touch with the Carers' Centre for advice & support on a variety of issues or to get involved in groups and activities.

Speak to your family support worker about future opportunities for young carers at the Carers' Centre or you can call us on: 01916432298 or email: enquiries@ntcarers.co.uk.

If you do not wish to receive this newsletter or have received this in error please contact us on the number above and we will take you off our mailing



We want to see pictures of your pets or drawings of magical animals and put them into the next edition of the newsletter in December. Give the photos or pictures to a Young Carer worker or email them to enquiries@ntarers.co.uk

Try to send your picture before Thursday 1 December.