



North Tyneside
Carers' Centre

Young Carers News Spring 2022

Young carers photo gallery!

Can you spot
yourself?

Easter Cakes!

Get baking this Easter

Introducing new staff

We welcome new staff
to the young carers
team



Empathetic

Approachable



Empowering



Aspirational



Responsive

Welcome to the

Young Carers' Newsletter



Welcome to the the Spring edition of the young carers' newsletter.


The last few months have been busy with activities, one to one's, youth forum meetings and new staff joining the team.

In this edition we think about all things Spring, as the clocks have now changed and Easter is around the corner. Meaning warmer days and lighter evenings. Have you spotted any signs of Spring while you've been out and about?

In our termly newsletters you will always find information about events you can get involved in, pictures of all of our fab activities and where to go if you need support now or in the future. There will also be articles about topics that may interest you, this term we focus on the lead up to exams.

We hope the first few months have been exciting for you, and we hope to bring you more face to face groups, events and trips throughout the rest of the year. There is always fun to be had with the young carers team! We are proud to work with every single young carer in North Tyneside.

As always if you need to get in touch to make comments, for advice or support you can contact your Young Carers Worker or Breaks and Activities Coordinator. You can contact us directly by phoning the advice line on; (0191) 643 2298 or by emailing enquiries@ntcarers.co.uk and someone will get back to you.

We hope you enjoy this terms newsletter, and as always, if you've recently done an activity you think other young carers would enjoy, we'd love to hear about it! 

Young Carers' photo gallery...

Can you spot yourself?



UPDATES!

Breaks and Activities

Our programme of activities for this term have now been sent out to all young carers and their families. Keep an eye on your inbox! Have you received your invite to activities? Please let us know if you haven't received yours.

We have had lots of fun activities so far this year including; badminton, climbing, team building and games. We hope the programme has something for everyone.

Is there an activity you really want to do? or an something new you want to try? Why not let one of the team know and we will see if we can make it happen for you.

The team is very much looking forward to the days getting longer and nights getting lighter so we can plan more outdoor activities.

Youth Forum

Our Youth Forum have been working hard to make a difference to young carers. Lots of useful discussions over the last few weeks. In the next few months youth forum will meet with local school head teachers and the board of trustees here at North Tyneside Carers' Centre to talk about support for young carers.

What is the most important thing you want people to understand about young carers?

Welcome to the team...

We are pleased to welcome Kate Rispon who has joined the young carers team as a Family Support Worker and Helen Chandler who will join Gail, Clair and Claudia as Young Carers Practitioners. We can't wait for them to meet young carers. If you see Helen and Kate around give them a big welcome!



Top Tips For Exam prep...



Many young carers in doing their GCSE's, A levels or studying at college are starting to think about and revise for exams as exam season is just around the corner. For young carers this can be a worrying and anxious time for many, as you juggle school work, revision and your caring role. We've written some top tips for exams as you begin to navigate the next few months.

Use a timer to help organise your time and revision

Using a timer with an alarm is a great way to organise your revision time. You can use your phone, or a visual timer like a "time timer" that helps you see how much time you can left. Breaking your work up into easy chunks can make revising feel easier. So, start read a section for ten minutes, have a break, come back spend 20 minutes writing notes about what you read. Timing your work can be a great way to stay on task and not feeling too overwhelmed.

Have your heard of the pomodoro technique?

The pomodoro technique is a great way to manage your time, and

breaking up tasks into manageable chunks. It can really help with revision. The five steps to the pomodoro technique are:

1. Choose your task and total time to work on it.
2. Set a timer to 25 minutes (either with an egg timer or with an app).
3. Work on the task for 25 minutes.
4. Take a 5-minute break for energy renewal, start another Pomodoro (or task).
5. Take a 20-30 minute break after completing four Pomodoros.

Give it a go and let us know if it works for you!



Take regular breaks

It is important to take regular breaks from revision. It is estimated that a 16 year old can focus between 30 and 40 minutes at a time. Taking a break away from your desk is important for your well-being and will help you to get more done, and remember more. You could walk the dog, sit outside with a cup of tea, play a game or reward yourself with your favourite biscuit.

Make posters with key facts on them and place them in places you will see them

Think about the best way you learn and plan your revision to suit your style, you don't have to sit and read all day, and some people don't learn best that way. You could make posters with key facts and information on them, and stick them up in places you see will see them in the house. You could put one in the bathroom so you can revise geography while brushing your teeth. Or in the kitchen if one of your caring responsibilities is supporting your family with cooking. There are lots of ways you can revise for exams and it doesn't always have to involve



sitting at a desk all day. You could also try recording your revision notes and listening to them while you are doing jobs around the house

Look after yourself

Preparing yourself for exams is stressful and difficult for most teenagers, and as young carers you have extra responsibilities to consider too. During this time it is more important to take care of yourself and make sure you're looking after your well-being. Put some time aside in your week to do something you enjoy, it could be; going for a walk, reading, listening to music or watching Netflix. Anything that can take you away from work for a short time. Be kind to yourself over the next few months.

Ask for help if you are struggling

Teacher are paid to help you and they want to see you do well, if you are finding a subject difficult or you need something explained again, ask them as soon as you start finding something hard. That way you'll be able to stay on track with your work and your teacher will be able to monitor how you are doing. Similarly if you are struggling with overwhelm, stress or your mental health there are always people you can talk to. You should never feel that you are alone. You could try to speak to someone you trust at school or home and you can even speak to a member of the young carers team here at the carers centre. You can also try a young persons helpline, the

Mix offers emotional support to young people over the phone, email, text or 1:1 messenger. You can call them on 0808 808 4994 or find other ways to contact them on their website: <https://www.themix.org.uk/get-support>

Drink plenty of water and eat well

When you are revising and using your brain to work hard, alongside usual responsibilities of being a young carer, it is important to remember to drink plenty of water and eat well. Breakfast is one of the most important meals of the day, so don't forget that! Busy lives and running late can often mean many people skip breakfast. Having a bottle of water with you can also help to remind you to drink water throughout the day.

Pack your bag the night before

And finally, to avoid last minute panic before exams, its great to get into the habit of packing your bag the night before. Make sure you have your bus pass, any money you need for the day, stationary and lunch if you need it ready and waiting for you when you

get up. In the morning you will then just need to focus on getting ready and any caring jobs you do before school.

And remember: doing your best is all anyone can ask for

Exams are hard for most people and sometimes everyone has a bad day on the day of the exam. All you teachers, family and staff in the young carers team want is for you to do you best, no one will expect anymore. If you do have a bad day on exam day or don't do as you'd hoped there are so many options when you leave school, whether that's more study, apprenticeships, university or employment. Many people often change their mind about what they want to do from the time they were at school, and so many people opt for career changes. You will be fine. Take everything at your pace and you will map out your own path. Everyone's on their own journey, and sometimes things take a bit longer than others. Its absolutely okay to take your time.

Good luck with the next few months! We're behind you every step on the way. 🍀



Easy Easter Brownie Bites!

Get baking this Easter...

You will need:

- 75g butter, chopped
- 150g dark chocolate
- 250g light brown soft sugar
- 85g self-raising flour
- 50g cocoa powder
- 3 large eggs, beaten
- 100g milk chocolate chips
- 24 mini chocolate eggs, plus extra to decorate



Method

1. Heat oven to 180C/160C fan/gas 4. Line 24 holes of a mini muffin tray with paper cases. Put the butter, dark chocolate and sugar in a pan and heat it very gently, stirring all the time until the butter and chocolate have melted. Remove from the heat and leave to cool for a few mins.
2. Meanwhile, sift the flour, cocoa and a good pinch of salt into a large bowl. Stir in the warm, melted chocolate mixture and the beaten eggs, then add half the chocolate chips and mix until just combined.
3. Divide the mixture between the cases and place a mini egg into the middle of each muffin, pushing down gently. Bake for 12-15 mins until cooked but still gooey in the centre – they will continue cooking a little as they cool down. Leave to cool for 10 mins in the tin before transferring to a wire rack to cool completely.
4. Melt the rest of the chocolate chips in short bursts in the microwave, or in a bowl set over a pan of simmering water, stirring frequently. Leave to cool until it is quite thick, then dot a small amount on each cake and stick on some more mini eggs.

Young carers burry Social Action time capsule at North Tyneside Covid reflection event

Four Young Carers were delighted to be invited to Silverlink Biodiversity Park by North Tyneside Council to burry their time capsule at the unveiling of the first Covid contemplation area



Covid-19 memorial...

It was an honour to attend the unveiling the first of five areas of reflection and contemplation in North Tyneside.



Interviewing new members of the team...

You will remember a few newsletters back we asked members of the young carers team some questions and found out a little bit more about them. Since then we have welcomed three new members of staff to the team, Helen Chandler, Claudia Blake and Kate Rispon. Helen and Claudia join is as Young Carers Practitioners and Kate as a Family Support Worker. We'll let them introduce themselves...

Introducing Helen...

I'm very excited to have joined the Young Carers team as a Young Carers Practitioner. I'm looking forward to getting to know the lovely young people and their families. I have recently worked at Norham High School as a Family Support Worker and also Marden High School as lunchtime and class support. I enjoy spending time with my family, going for long walks with my dogs and Christmas shopping all year round!

Which book, TV or cartoon character represents you most and why?

Garfield because I love food and an afternoon nap.

When you were at school, what was your favourite subject?

Couldn't pick as they were all bad.

What do you like most about the Carers' Centre?

How friendly everyone is.



What are you planning to have for lunch today?

Chicken curry and rice (my favourite)

Have you met anyone famous? If you haven't, who would you like to meet?

I would like to meet Robson Green, Ant and Dec

If you could have a superpower, what would it be and why?

To be able to fly

Tell us about your most memorable moment working with young carers.

When we designed and spray painted a wall in school.



Introducing Kate...

I am delighted to join North Tyneside Young Carers Team as a Family Support Worker and I am very much looking forward to getting to know everyone. Previously I have worked in Banking and Education, moving from Churchill Community College where I was Young Carers Lead I am married to Robin and we have four children, Ellie, Charlie, Alex and Isabelle. I enjoy going for long walks to the coast or countryside with our puppy called Albie, shopping and watching Netflix.

Which book, TV or cartoon character represents you most and why?

My favourite all time film is Mary Poppins and I would relate to her as I always have a bag full of 'stuff' and children around me. I also like to play games and have fun however have to have routine

When you were at school, what was your favourite subject?

I loved Food Technology at school and still love baking/cooking.

What do you like most about the Carers' Centre?

The people here are amazing, very supportive and passionate about the work we do.

What are you planning to have for lunch today?

I have had a rubbish lunch today of a cereal bar, fruit and crisps...



Have you met anyone famous? If you haven't, who would you like to meet?

I have met Alan Shearer in a nightclub in Newcastle, Sam Fender outside Iceland in North Shields. I have also met 911, Michelle Heaton and Peter Andre.

If you could have a superpower, what would it be and why?

I would have the power to fly as sitting in traffic has to be one of the most annoying things.

Tell us about your most memorable moment working with young carers.

Meeting a Young Carer for the first time for a 121 session and being tested on my gaming knowledge, I really need to get more clued up!

Introducing Claudia

Hi! I am Claudia, the new Young Carers Practitioner at North Tyneside Carers' Centre. I am massively excited to be joining the team and meeting everyone. I most excited about being able to get to know you, the Young Carers! Before I joined this amazing team, I worked in a secondary school in North Tyneside. I supported mental health and wellbeing as well as inclusion and support with learning needs. I have lots of interests and hobbies like comedy, animation, art, nature and wildlife, Climate awareness, cooking, walking and binging on Netflix!

Which book, TV or cartoon character represents you most and why?

Lyra Silvertounge from Philip Pullmans Dark Materials. I was much like her growing up and I think that we share a need for adventure, justice and a bit of rule breaking!

When you were at school, what was your favourite subject?

I loved Art as it was a way I could express myself.



What do you like most about the Carers' Centre?

I love how the Centre is full of massively supportive and committed people. It is a very welcoming and safe place to be. I feel very lucky to be working there.

What are you planning to have for lunch today?

Today I am going to have spicy noodles and seaweed.

Have you met anyone famous? If you haven't, who would you like to meet?

I met Ray Mears a few years ago. He is well known for being a woodsman and presents TV shows about survival and bush craft. I would also like to meet David Attenborough because he knows so much about the planet and the changing climate.

If you could have a superpower, what would it be and why?

I have never really known how to answer this question! I have always wanted to fly but if I could have a power that helped me heal the oceans from pollution, it would probably be that.



Meet the staff team!

Peter Thorp: Young Carers' Service Manager

Alice Hewson: Media and Communications Officer

Anne Longstaff: Young Carers' Link Worker

Gail Duxfield: Young Carers' Practitioner

Clair Cetin: Young Carers' Practitioner

Claudia Blake: Young Carers' Practitioner

Helen Chandler: Young Carers' Practitioner

Kate Rispon: Family Support Worker

Chris Selby: Breaks and Activities Worker

Olvina Gkegka: Sessional Worker

Abi Moffat: Sessional Worker

Ell Wheeler: Sessional Worker

And finally...



We hope you enjoy the longer nights, and Spring weather!



North Tyneside
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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: (0191) 643 2298 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 list.

