



North Tyneside  
Carers' Centre

Young Carers News Autumn 2021

## Young carers photo gallery!

Can you spot  
yourself?

## Halloween!

Trick or treat?

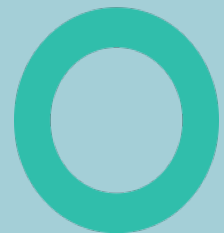
## Who was who?

Did you guess the who  
is who in the young  
carers team from their  
baby photos?



Empathetic

Approachable



Empowering



Aspirational



Responsive



# Welcome to the

## Young Carers' Newsletter



Welcome to the the Autumn 2021 edition of the young carers' newsletter, bringing you all the gossip, events and stories from North Tyneside Carers' Centre.

We are proud to work with all of you brilliant young carers in North Tyneside,

This edition we think about all things halloween, as it is now half term and it really starts to feel like autumn. What is your favourite season? Do you enjoy watching the leaves turn golden at this time of year?

We want to continue to tell your stories, celebrate achievements, give you ideas for things to do and ensure that young carers continue to be supported.

In our termly newsletters you will 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.

In our newsletters you will find:

- An update on what we've been up

to

- A picture gallery activities you have been involved in
- Recopies or things to make
- Learn about your rights as a young carer
- Your stories and more...

As always if you need to get in touch to make comments, for advice or support you can contact your Family Support Worker/Social Action or Breaks and Activities Coordinators or you can contact us directly by phoning the advice line on; (0191) 643 2298 or by emailing [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk) and someone will get back to you.

Young carers are very much not alone, a thriving and supportive community that is continuing to develop as we've started to return to face to face this year. It's one busy term at the Carers' Centre!

We hope you enjoy this terms newsletter, and as always, take care and stay safe! 🍷

# Young Carers' photo gallery...

Can you spot yourself?





# UPDATES!

## Amazon Smile

You can help raise funds for us when you shop on Amazon! If you would like to support North Tyneside Carers' Centre using your Amazon account, at no extra cost to you, select us as your registered charity on Amazon Smile.

### Support North Tyneside Carers' Centre with Amazon Smile



amazon**smile**

**Remember the clocks go back an hour on Sunday 31st October!**

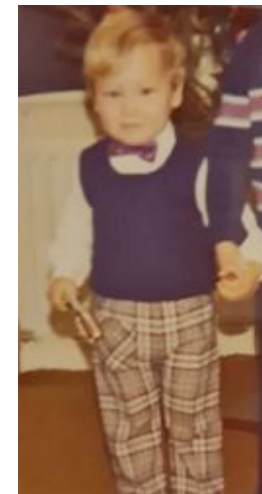


## Social Action and Breaks and Activities back to face to face

Over the last few weeks we have been pleased to return back to face to face groups for young carers. Our Breaks and Activities sessions, Social Action and our Youth Forum have all enjoyed in person sessions, after two years of zoom and Teams. It's good to see you all again!

# Who is who in the young carers' team?

*Did you guess right?*



Peter!



Alice!



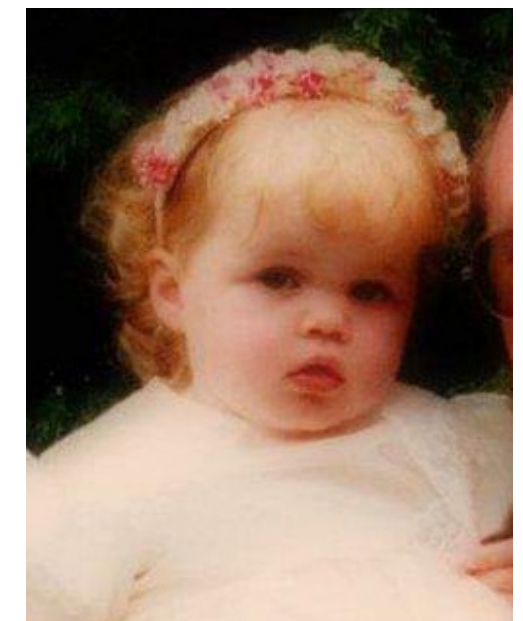
Chloe!



Gail!



Chris!



Faye!

# Carers Rights Day: Do You know Your rights?



**1 IN 5  
SECONDARY SCHOOL  
CHILDREN MAY BE A  
YOUNG CARER**

**Did you know as young carers you have rights? Have you heard about the UN convention of The Rights of the Child? Did you know that article 12 says you have a right to an opinion and for it to be listened to and taken seriously?**

**O**n 25th November it is Carers Rights Day, a day to raise awareness of the rights of carers, both young and slightly older! As young carers you have rights at school, at home and in the community.

At school you have the right to a Young Carers Needs Assessment to be carried out. A teacher usually does this. A Young Carers Needs Assessment looks at all of the support and help you need as a young carer; it could be to have a break from your caring responsibilities at home, it could be to do some work to help you understand the illness or disability of the person you care for better, or it could be for school to allow you some time out when things are difficult at home. In a Young Carers Needs Assessment you can also talk about how caring makes you feel too, and it

might be decided that some support with your mental health and emotions will be helpful to you as a young carer.

Young carers have a right to education, as does every young person, whether they are a carer or not. Caring does sometimes affect how you learn, and young carers have told the Carers' Centre that you often worry about the person you care for when you are not there. Have you ever struggled to sleep at night because you were worried about what might happen at home the next day? Have you ever struggled to concentrate at school? Or even forgotten to do homework because you were busy at home caring? Many young carers will answer yes to these questions too. You are not alone, and juggling caring and school work can be tough. As a young carer, you have the right to

reach your full potential at school, go to university if you want to and achieve that job you've always dreamed of. If your caring responsibilities start to affect your school work, it might help to have support at home, so you don't have to do as much caring. Young carers shouldn't be expected to do as much caring as adult carers, and it's okay to tell someone you're struggling. You might want to talk to a teacher at school, your family support worker or social worker if you have one or another member of staff at the Carers' Centre.

Young Carers often enjoy having a break from the caring they do at home, and you all have a right to this. Many of you come to the Breaks and Activities or Social Action groups at the Carers' Centre that offers you that break, and the opportunity to meet other young carers who will understand what it is like to be a young carer. You might care for different people in your life with different

disabilities or health conditions but you all find reassurance that other young carers live in North Tyneside. Many of them will even go to your school. There are 1 in 5 young carers in the UK, which means there could be up to six young carers in every class of thirty. Quite striking when you think of it like that isn't it? You really are not alone.

We also know that young carers, despite all of the difficulties and extra support they may need, are creative, imaginative, determined and caring young people. You support each other and often work harder to achieve than many young people without a caring responsibility. You have found your way through a pandemic, caring for people at home, keeping up with home schooling, finding time for friends and taking part in Carers' Centre online activities. You really are a remarkable bunch of young people, and here at the Carers' Centre we are proud to work with you all. 🧡





# Get cooking this Halloween!



Ever wondered what to do with your left over pumpkin?  
Why not try pumpkin soup this Autumn...

## A simple guide to pumpkin soup...

You will need...

- 2 tbsp Olive Oil
- 2 Onions, finely chopped
- 1 pumpkin, peeled and chopped into chunks
- 700ml vegetable stock or chicken stock
- 150 ml double cream



### Step 1

Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured.

### Step 2

Add 1kg pumpkin, cut into chunks, to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.



### Step 3

Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft.

### Step 4

Pour 150ml double cream into the pan, bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can pour the soup through a fine sieve.

### Step 5:

HEAT UP AND ENJOY!

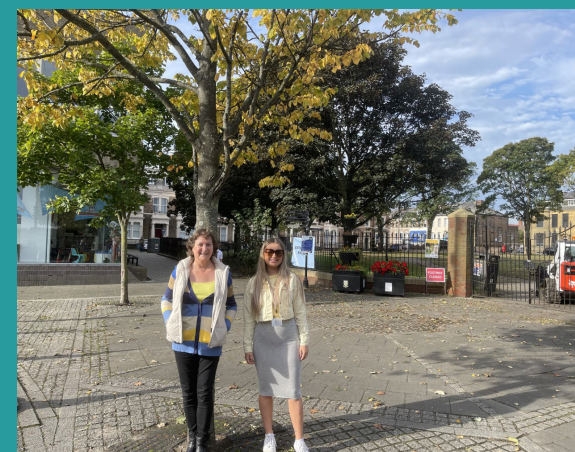




# #HelloYellow



Our Staff team took part in Young Minds #HelloYellow social media campaign, to show that young people are never alone. Chloe and Gail even went on a walk around North Tyneside to find all things yellow!





# Young Carers Speak at the Headteachers Conference



Last month two young carers, Amy, in Year 9 and Ruby, in Year 7, spoke online at the North Tyneside Head teachers conference. The head teachers conference takes place every term, and involves all headteachers of every school in North Tyneside. Amy and Ruby spoke about the impact the pandemic has had on young carers, and explain how schools can help and support young carers. They did a brilliant job and were able to represent all young carers in North Tyneside. The headteachers were so impressed and moved by what they heard, that young carers have been invited to speak again at the next headteachers conference.

## This is what they said:

**Amy:** *Do teachers know I am a young carer? How are teachers in your school made aware of who is a young carer in their class?*

**Ruby:** *We often don't realise we are a young carer, and many young carers don't recognise caring until someone explains what being a young carer means. Caring for us is just life.*

**Ruby:** *As young carers quarantine hasn't been the easiest. I've realised that as a young carer I needed school more than I thought I did. We've missed out on well over a year of school.*

**Amy:** *I haven't had a full year of high school yet, and I am in year 9.*

**Amy:** *We feel schools need to use form time, so that other students can understand about young carers. It's important that teachers are trained about the issues we face, and that teachers know who is a young carer in their class.*

**Ruby:** *Sometimes we might feel upset or struggle to concentrate because we have difficult times at home, and we aren't always given the time or understanding by teachers in class.*

**Ruby:** *In future, we hope for every staff member in schools to understand the*

*needs of young carers and the challenges we face in schools.*

**Amy:** *We also would like other young people to learn about what it is like to have a caring responsibility.*

**Amy:** *As a headteacher in North Tyneside what can you do for us and all young carers in every school?"*

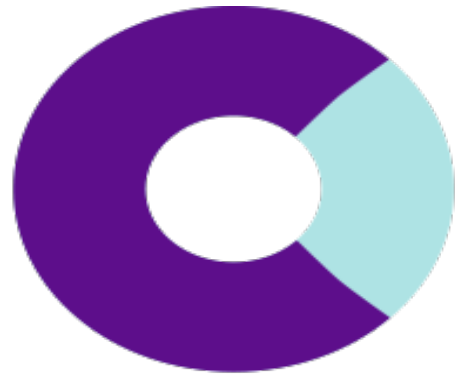
Well done to you both!



## And finally...







## 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: (0191) 643 2298 or email: [enquiries@ntcarers.co.uk](mailto: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.





# Carers Rights Day: Supporting Young Carers to Know Their rights



**1 IN 5  
SECONDARY SCHOOL  
CHILDREN MAY BE A  
YOUNG CARER**

**Do you support young carers you work with to know their rights? Have you talked about the UN convention of The Rights of the Child? Do you put into practice article 12; that young people have a right to an opinion and for it to be listened to and taken seriously?**

On 25th November it is Carers Rights Day, a day to raise awareness of the rights of carers, both young and slightly older! Young carers have rights at school, at home and in the community.

At school they have the right to a Young Carers Needs Assessment to be carried out. A teacher or other local authority professional usually does this. A Young Carers Needs Assessment looks at all of the support and help a young carer may need; it could be to have a break from their caring responsibilities at home, it could be to do some work to increase their understanding of the illness or disability of the person they care

for, or it could be for school to allow the young person some time out when things are difficult at home. In a Young Carers Needs Assessment they are able to talk about how caring makes them feel too, and it might be decided that some support around their mental health and emotions will be helpful to the young carer. You can find some training about how to carry out Young Carers Needs Assessments as a professional on North Tyneside Council's Learning Pool.

Young carers have a right to education, as does every young person, whether they are a carer or not. Caring does sometimes affect learning, and young carers have told

the Carers' Centre that they often worry about the person they care for when they are not there. Often struggling to sleep at night because they are worrying about what might happen at home the next day. Have you ever noticed young carers struggling to concentrate at school? Or even forgetting to do homework because of their caring responsibilities? Many young carers will emphasise with these experiences. Juggling caring and school work can be tough. Young carers have the right to reach their full potential at school, go to university and achieve that job they've always dreamed of. If caring responsibilities start to affect their school work, accessing support at home often helps to decrease the amount of caring a young person does on a daily basis. Children and young people shouldn't be expected to do as much caring as adult carers.

Encouraging young people to talk about their worries or to identify when they might be struggling is important to identify difficulties early.

Young Carers often enjoy having a break from the caring they do at home, and they all have a right to this. Many come to the Breaks and Activities or

Social Action groups at the Carers' Centre that offers that break, and the opportunity to meet other young carers who will understand and share experiences. They might offer different levels of care to different people in their life with varying disabilities or health conditions but they all find reassurance that other young carers live in North Tyneside. The feelings of, "you understand this too", can be powerful. There are 1 in 5 young carers in the UK, which means there could be up to six young carers in every class of thirty. Quite striking when you think of it like that isn't it?

We also know that young carers, despite all of the difficulties and extra support they may need, are creative, imaginative, determined and caring young people. They support each other and often work harder to achieve than many young people without a caring responsibility. Young carers have found a way through the pandemic, caring for people at home, keeping up with home schooling, finding time for friends and taking part in Carers' Centre online activities. They really are a remarkable bunch of young people, and here at the Carers' Centre we are proud to work with all young carers in North Tyneside. 🌈









