



North Tyneside
Carers' Centre

Young Carers News Spring 2021

Meet the team!

Introducing some of
the young carers staff
team

Things to do!

Keeping you busy!

Your stories!

Can you spot yourself
in young carers
stories this term?



Empathetic

Approachable



Empowering



Responsive



Aspirational

Welcome to the Young Carers' Newsletter



Welcome to the the Spring 2021 edition of the young carers Newsletter, bringing you all the gossip, events and stories from North Tyneside Carer' Centre.

We are proud to work with all of you brilliant young carers in North Tyneside, who throughout this pandemic have shown how truly remarkable and determined young carers can be. We can't wait to see you all face to face again!

We want to continue to tell your stories, celebrate achievements, give you ideas for things to do and ensure that young carers are supported as we emerge from this pandemic and beyond.

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 in the future. You will also hear from your youth forum who are here to represent young carers views at the carers centre.

In our newsletters you will find:

- An update on what we've been up to
- A picture gallery activities you have been involved in
- Young carers book and game reviews
- An introduction from some of the young carers team
- 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. And someone will get back to you.

Young carers are very much not alone, a thriving and supportive community has developed through online groups in this last year. We hope you enjoy this terms newsletter, and as always, take care and stay safe! 🍀

Young Carers' photo gallery...

Can you spot yourself?



Do you want to get involved?

Are you interested in being a writer for our newsletter?

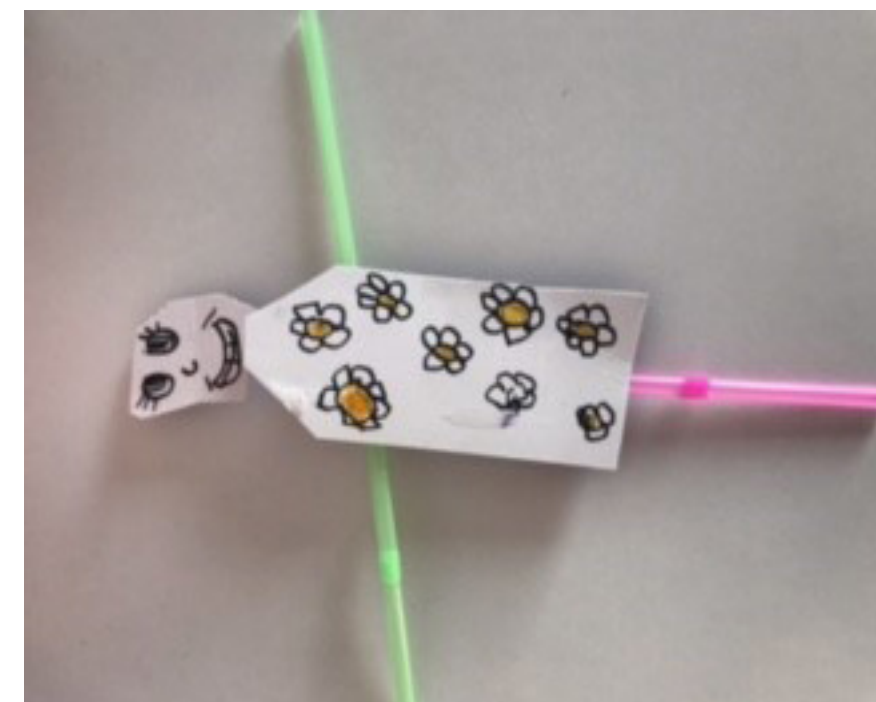
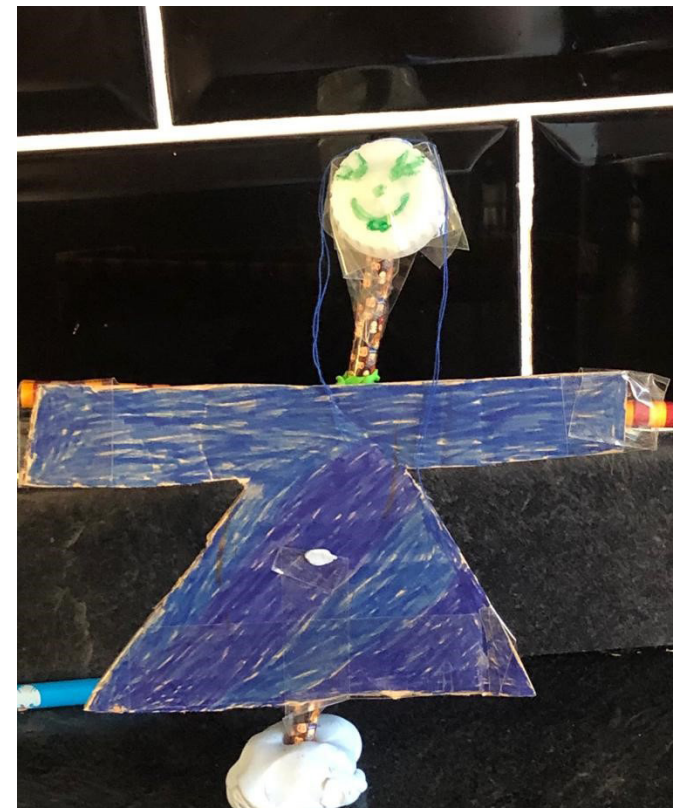
We are looking for young carers to contribute to future editions of our newsletter, you can write articles and reviews, submit recipes, send in artwork and photos, or recommend games, films or places in North Tyneside to go! Send any contributions to alice.hewson@ntcarers.co.uk. We can't wait to read them!

Want to have your say while meeting other young carers and having fun?

Join our **Youth Forum**, a group of young carers who have a say on all of the important issues affecting young carers within the Carers' Centre and beyond! Your voice really is important, and at youth forum your opinions will be listened to. You will work together with other young carers to make changes in North Tyneside. Speak to Chloe or Alice to find out more.



Young carers scarecrows!





This is obviously completely wrong as disability comes in all shapes and sizes. Over the last year many families have felt and experienced hardships because of the coronavirus pandemic, but for young carers this time has been as stressful as ever, with not being allowed to see friends and perhaps dealing with stressed parents and scared siblings at home. Young carers have felt more responsibility than ever before, that's why North Tyneside Carers' Centre has been so helpful to me, with staff supporting carers over zoom and organising opportunities that still adhere to government guidelines. Despite the struggles and difficulties in their life young carers continue to prove that they are strong, brilliant individuals who will without a doubt make a difference to society in the coming years. 🌈

Why the Carers' Centre is important to

Written by Niamh from Whitley Bay

Carers' centres all over the country support young carers in many kinds of situations and circumstances but especially to help them deal with their mental health and well-being which is obviously extremely important for a young persons development. From family support workers to Social Action Coordinators all of whom have been specially trained in supporting and caring for carers and their families as well as noticing behavioural differences, knowing how best to support us in many different situations and caring roles. Young carers' voices should be heard loud and clear because there is so much stigma around them. Many young carers find it difficult to manage their school work, caring for their family member and social life. It can be difficult to be understood. The common belief is that young carers do badly throughout their education because of their immense responsibility at home or perhaps the stigma lies with the belief that young carers only care for those with a physical disability.

"Young carers continue to prove that they are strong and brilliant individuals."



Carers' Week 2021

And finally Chris...

- I wasn't sure so I used an online test and it came out as Professor Oak from Pokemon, not sure I could've expected anything better so I'll take it!
- My favourite subject had to be between Maths and Science but if I had to pick one, I would go for maths.
- The things I like most about the carers centre is being able to plan really big exciting events like the trip to Powburn for Carers' Week
- For my lunch I'll be having something nice and plain like a ham sandwich
- When I was younger I won a competition to be able to go and meet Alan Shearer, so I don't think anything could really top that!
- If I could have any superpower, it would be the ability to stop time so I could get everything I needed to do done and then continue where I left off as there never seems to be enough time in the day!!
- My most memorable moment working with young carers probably has to be just after I started when we got to run the virtual activities on the Saturday of carers week and got to meet so many young carers!



This year for Carers' Week young carers enjoyed a fun day of activities up at Powburn Activity Centre. They had a go at archery, crate stacking, campfire cooking and an assault course!

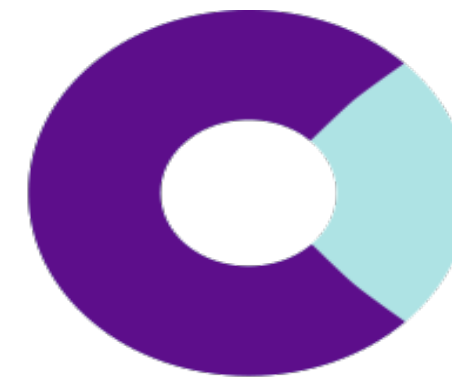
Can you spot yourself?



Did you know all Young carers are entitled to a FREE North Tyneside Council Ease card? Ease cards give you and mate access to all council leisure facilities. So you could have a FREE afternoon swimming or using the gym. Perfect activities for the summer.

Ask your teacher, youth worker or social worker to email: jacqueline.wilson@northtyneside.gov.uk to get your ease card today!





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.

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.

We have moved!

The Carers' Centre has moved venues, see below our moving card and directions to find us!

