



North Tyneside  
Carers' Centre

Young Carers News Summer 2021

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photo gallery!](#)

Can you spot  
yourself?

[Back to school](#)

How are you feeling?

[Celebrating  
Social Action!](#)

What project have you  
enjoyed this year?



Empathetic

Approachable



Empowering



Aspirational

Responsive



# 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 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 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](mailto: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?





# UPDATES!

## Cooking up a storm at wagamama's!

We are pleased to have been chosen as a charity partner by UK Youth of Waggamamas. We are looking forward to working together!

## The return of face to face!

The last few months have been spent mostly online participating in online Social Action and Breaks and Activities sessions, although we are aware many young carers haven't been able to participate. Over the next few weeks we will be re-introducing face to face group sessions again, with the option of online sessions for those who prefer to stay virtual for a little longer.

All sessions will be Covid risk assessed, there will be wipes and hand sanitiser available and everyone of secondary school age will be required to have a negative lateral flow test before attending. If you develop any Covid-19 symptoms, test positive or have been into contact with someone who has tested positive, please do not come to any young carers

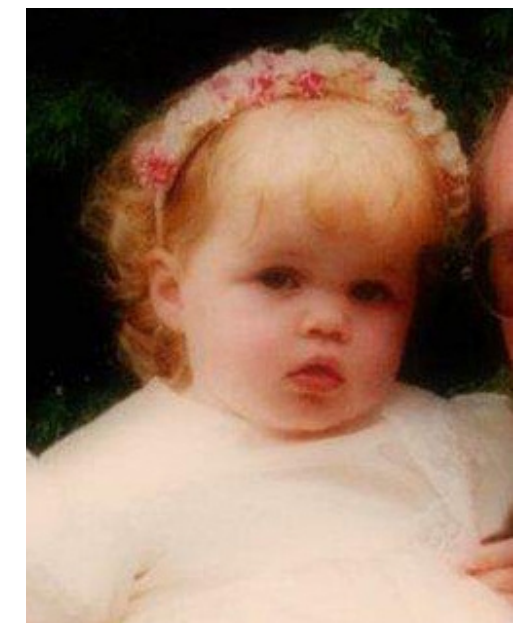
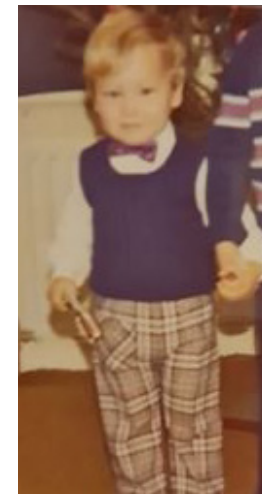
## Celebrating social action

Young Carers recently came together virtually to celebrate all of the social action projects you've been part of this year. We have written a book, taken part in photography workshops, created scrap books, had your voices heard made an anti bullying video and planned a social media campaign to empower young women.

Well done all!

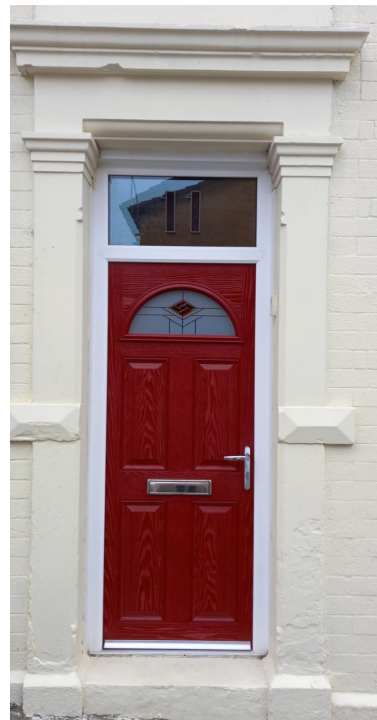
# Who is who in the young carers team?

*Can you spot the team from their baby photos?*





# And who do these front doors belong to?



## Top tips for starting secondary school!



Are you going into year 7 in September? Do you worry about being in a big school, making friends and how your caring responsibilities will affect school work. You might also be excited and looking

**"It's completely normal to feel worried or anxious".**

for a day to share worries, fears and expectations. We know change is difficult for many of you, especially as young carers. North Tyneside Carers' Centre is here to support you every step of the way as you start your new school, make new friends and discover more that you love! We've developed

forward to the change. Starting a new school year might be the start of a

some top tips to see you through into September and beyond;



**It's completely normal to feel worried or anxious**

new chapter for you and you can't wait to begin. In amongst all of the excitement, it's totally normal to feel worried too. Young carers transitioning to high school in September got together

Eleven year olds up and down the country are going through exactly what you are feeling right now, leaving primary school and sometimes the friends you made there is tough. Change is difficult, you are moving to another school away from everything you knew in primary, and a lot of this will be unknown to you. It's important to remember that the emotions you feel right now are okay and valid. It's okay to feel sad or even scared about



walking through those school gates in September, but it's also important to remember to tell an adult you trust so they can support you.



### **Talk to your friends about how you're feeling. You are not alone!**

All of your friends will be feeling just as worried or scared about this big change as you! When we are consumed in our thoughts it's easy to believe that you are the only person in the world feeling these things. Chat to your mates about ways they're dealing with the change, you could learn from each other! Chatting to someone who understands your situation is often the first important step.

### **If you walk or bus it to school, practice the route beforehand so you are an expert on the your first day.**

Planning is a great way to ease those first day nerves. If you feel prepared,

there will be less to worry about on the day. Why not ask someone to walk with you the route you'd take to school? Can you practice this with a friend? You might also want to talk through what will happen on your first day with an adult.

### **Tell an adult or someone at carers centre about your anxieties and worries**

If your worries are really affecting you or you struggle to sleep at night, it's always important to talk it through with an adult. Talking things through can really feel like a weight has lifted! You can talk to an adult you live, or a member of staff on the young carers team at the Carers' Centre. We are always here to listen!

### **Write it down! Or draw it!**

Writing or getting creative can be a great way to work through how we're feeling about big changes in our lives. The young carers transition group enjoyed getting creative to make their worries feel smaller, and also writing down what they feel "mad, sad or glad" about starting secondary school. Try writing down or drawing how you are feeling. It could be a positive emotion too. You could feel happy or excited. It's totally normal to experience mixed emotions when we go through big changes in our lives.

### **Pack your bag the night before your first day so you feel really prepared!**

Another top tip for those who like to feel organised, packing your bag the night before can help to relieve some of that last minute panic on the morning of that first day at school. There nothing quite like rushing around trying to find that perfect ruler before realising it's hidden in your little sister's shoe, just as you should have your shoes on and be heading out the door. Having your bag packed and ready to go will really make you feel like an organisation whizz!


### **Take your time**

Life really isn't a race, everyone deals with things at their own pace. If you need longer to adjust to life at

secondary school than Sally in your form class, that's more than okay. Take the time you need. Those of you who take the scenic route will always get better views!

### **Ask if you don't know**

Teachers and older students at your new school will be used to year 7's asking questions, getting lost or not knowing how something works. Ask if you're not sure and someone will be happy to help you. There's a lot to navigate, but also get excited about too. We bet you can't wait to start using Bunsen burners in science!

**And finally good luck!** Let us know how your first few weeks go. 



## **Back to school wellbeing checklist**

- 1) **Take your time:** Everyone adjusts to a new school at a different pace. You're on your own journey and no one else's. Everyone will get there.
- 2) **Listen to others:** Friend might be feeling as nervous or excited as you. You might be feeling a bit confused too. Or not know how you feel. Have a chat with friends and listen to each other.
- 3) **Be prepared:** Packing your bag the night before will help the last minute rush in the morning!
- 4) **Ask for help:** If you don't know or feel worried, ask a parent, teacher or other adult you trust.
- 5) **Try something new:** A new school is a great time to get stuck into a new hobby or activity? Do you want to try a new sport? or learn an instrument? Now is a great time to give it a go!



# Another young carers team interview, and welcoming Chloe to her new role!

You will remember in our last newsletter we asked Chris, Peter and Faye some questions and found out a little bit more about them. This time we asked Chloe, answers the same questions! Some of you will remember Chloe from Social Action. There has been some changes to the young carers team since the last newsletter, and Chloe now takes on a new role as a Family Support Worker! Welcome to your new role Chloe, and we are very pleased to still have you as part of the team.



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

The character I most relate to is Queen Elsa. We are both calm, loyal and family-oriented. I look up to her as an empowering and inspiring hero. I also like to tell myself sound just like her when performing "Let it Go" (but anyone who has heard me sing might say otherwise). Plus, I'm a December baby who loves the winter!



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

My favourite subject in school was ICT. I've always loved how the subject was always evolving and changing. There were always new skills to learn and new ways to create.

## 3) What do you like most about the Carers' Centre?

I feel so privileged to work with such amazing and inspiring young people, who

each have their own unique gifts. They bring me happiness and laughter every single day and I feel such a sense of pride that this is my job. Working at the Carers' Centre is never boring, and I also get to be a big kid myself, which is always fun!

## 4) What are you planning to have for lunch today?

I'm glad you've asked this on such a good day, I'm actually having a tuna salad (but Chris and I have ordered 3 takeaways for lunch this week).



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

I haven't met anybody famous, but I have seen this person perform live. I would love to meet Tulisa Constavlos, best known for being a member of the band N-Dubz and an X-Factor judge. I enjoyed her music from being young, so she has always been somebody I looked up to. I also recently learned that she has cared for her Mum since childhood, who struggles with her mental health, so I would love to hear more about her journey as a young carer.



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

As a busy person, I'm always thinking to myself that I wish there were more hours in the day so if I could have any superpower, I would like to be super speed. With this power, I could do everything faster than the speed of light and have more free time to spend seeing my family and friends!

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

My most memorable moment with young carers has to be our visit to Powburn in Carers' Week 2021. This was the first time I had met most of the young people we work with in person. It was such an amazing and fun experience after such a challenging year, and I will never forget it!





## Empowering young women

A group of young carers who identify as young women came together and formed a social action project to explore issues important to them. Everyone had lots of ideas about what they would like to explore in over the week, eventually deciding to focus the influence social media has on women and girls. Do you experience pressure when using social media? How do you think women and girls can be supported online? Whilst the members of the group recognised there are positives of social media, and as the recent lockdowns show social media connects young people, helping to tackle loneliness, there are ways social media can have a negative effect on young people's mental health. The group designed a social media campaign incorporating positive affirmations, puzzles and images, to encourage young women and girls to feel empowered and valued. They even created their very own hashtag! #uniteyoungwomen. The campaign will go live during October half term on North Tyneside Carers' Centres social media channels. Look out for any positive messages written by and for young women and please retweet or share their messages and hashtag. 🌐



## Forest school fun!

Twenty young carers took part in a Forest school experience last week. As part of the sessions they made crafts out of clay and sticks, cooked lunch on an open fire and enjoyed downtime on the hammocks! Thanks to North Tyneside Council and the Wildside for providing this fantastic opportunity. We hope those of you who took part had a great time! 🌐



## Powburn 2 - the return!

Over two days in August we welcomed both primary and secondary school young carers back to Powburn Activity centre for another busy day of activities. This time they tried campfire cooking, grass sledging and crate stacking! 🌐

Can you spot yourself?





# Carers into Work Project

Supporting carers 16 + to secure employment or training

Watch out for a letter dropping through your door!

The Return to work carers project is not just about accessing employment, it is also about exploring different opportunities including applying to college or university, enrolling on a training course, study programme, Traineeships, Apprenticeships, work placements, voluntary work and much more.

To date the Return to work carers project in North Tyneside has connected with 44 registered carers from age 16 to over 60.

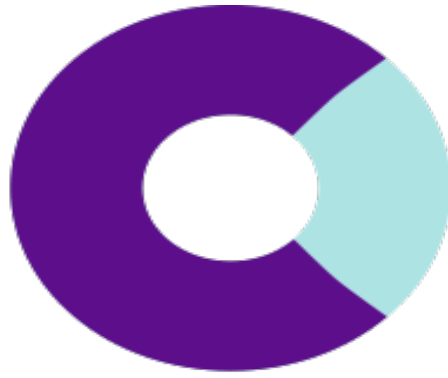
Our Carers into work adviser, Stirling, is able to support you one to one, tailored to your needs.

Return to work carers project; supporting you every step of the way.

Stirling.







# North Tyneside Carers' Centre

**W**e 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.

## **We have moved!**

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

