



North Tyneside
Carers' Centre

Young Carers News Winter 2021

Young carers photo gallery!

Can you spot
yourself?

Christmas!

Fun activities to try

Social Action

Raising awareness
of the issues young
carers face



Empathetic

Approachable



Empowering



Responsive



Aspirational

Welcome to the Young Carers' Newsletter



Welcome to the the December 2021 edition of the young carers' newsletter, and your last newsletter of the year!

The last few months have been busy with trips, activities and finishing social action projects!

This edition we think about all things festive as we approach Christmas and everyone's well earned time off work and school. What is your favourite part of this time of year? Do you enjoy the colder weather and being cosy with a hot chocolate? Or maybe you like Christmas activities or carol concerts you do at school?

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.


It has been great working with you all over the last year, a year that has been difficult for many of you.

We hope in 2022 to bring you more

face to face projects, events and trips, and for more 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 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 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 term's newsletter, and as always, take care and stay safe! 

Young Carers' photo gallery...

Can you spot yourself?



UPDATES!

Christmas Closing Times

North Tyneside Carers' Centre will close for the Christmas break on Thursday 23rd December and re-open on Tuesday 4th January, when we will be in touch in the New Year with information about new activities you can be involved in.

If you feel you need support of the Christmas Holidays you can call:

The Mix: If you are worried about how you are feeling you can call: 0808 808 4994 or chat 1:1 online via their website: <https://www.themix.org.uk>

Childline: Childline is available 24 hours a day 7 days a week. Call them on: 0800 1111

We wish you all a safe and restful Christmas and we look forward to seeing you all again in the New Year.

Saying goodbye...

We are sad to announce that both Chloe and Faye are leaving us to start new jobs and education at the end of December. You will know them both as Family Support Workers and Chloe as previously working on the Social Action Programme. They will be missed very much by the team and we wish them both good luck in their new roles!

Welcoming a new Family Support Worker to the team...

We are pleased to welcome Claudia Blake, who will join Clair and Gail as a Family Support Worker in January 2022. If you see Claudia around give her a big welcome!



Social Action: sharing your experiences.



We were pleased to welcome two Social Action groups back to face to face sessions this term ...

This term both primary and secondary age young carers got together to form two six week social action projects. The aim of the projects was to explore young carers experiences during the pandemic, they

all discussed ways they could express how they felt and what was important to them during the last two years.

Some of the group said that "lockdown helped me spend more time with my family" others talked about finding home school and keeping up with online learning. "When lessons were about to start was the time I needed to do my caring jobs" one young person commented. They all agreed that it was a difficult time for them all, and something no one has experienced before.


The primary school group decided that they wanted to make a time capsule to document their experiences. They include stories and artwork, hand sanitiser, a face mask, toy ball to represent daily exercise, an NHS rainbow poster and newspaper cuttings. The time capsule will be buried in North Tyneside (exact location still to be decided) and will hopefully be dug up in years to come!

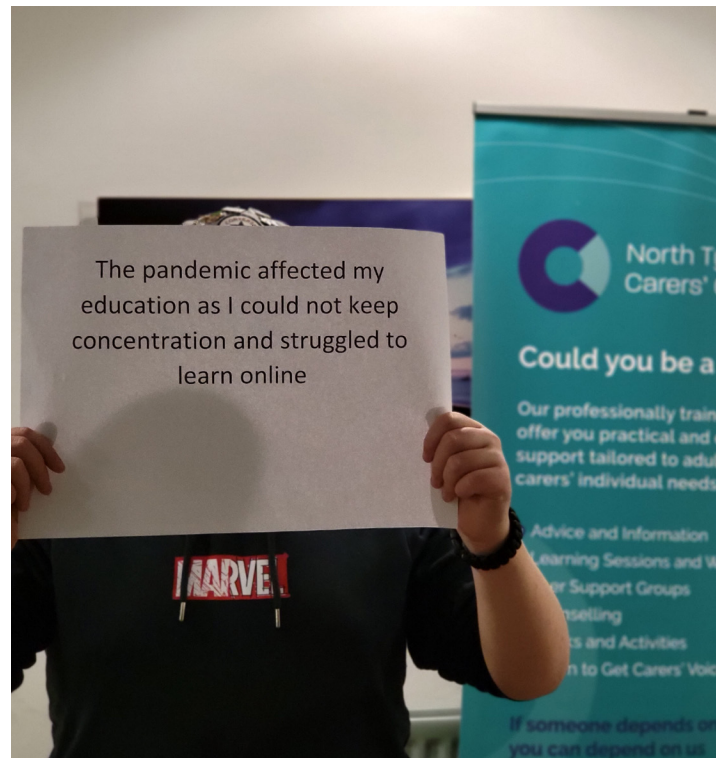
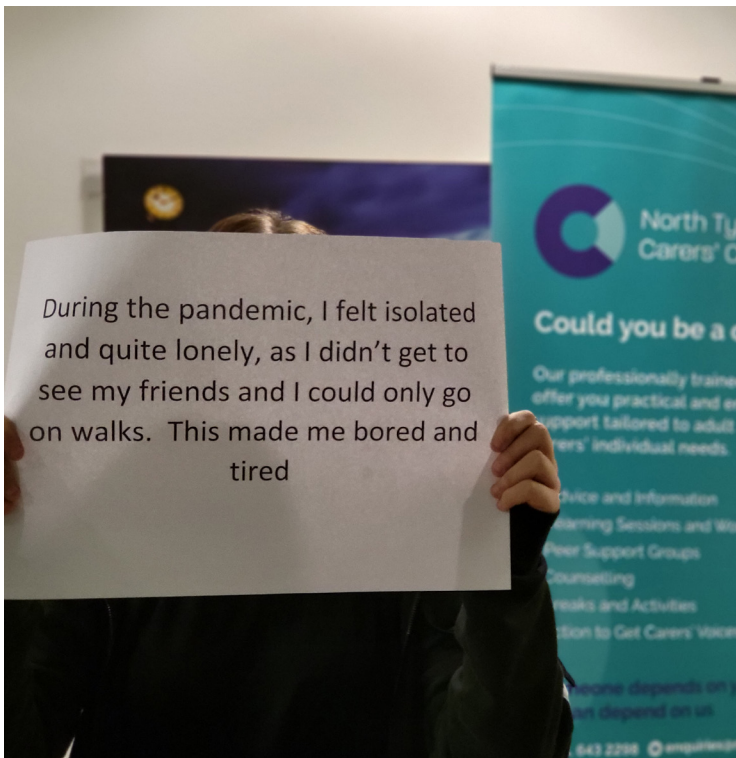
"When lessons were about to start was the time I needed to do my caring jobs"



Our Secondary school Social Action Group decided to make a video. After discussions they recognised there were three main areas that affected them as young carers during the pandemic; school, mental health and family/caring responsibilities. They wrote about why these areas affected them, took photos and edited the images together into a video.

Thank you to both groups who took

part in this autumn's Social Action, and to all young carers who have participated in Social Action Projects this year, whether you've written stories, made anti-bullying videos, created art, designed a social media campaign or made videos. You have all contributed to having young carers' voices heard and your stories told. Well done to you all, you've worked so hard! 



Easy Christmas biscuits to make this christmas time!

Get baking this Christmas & make some tasty biscuits...

You will need:

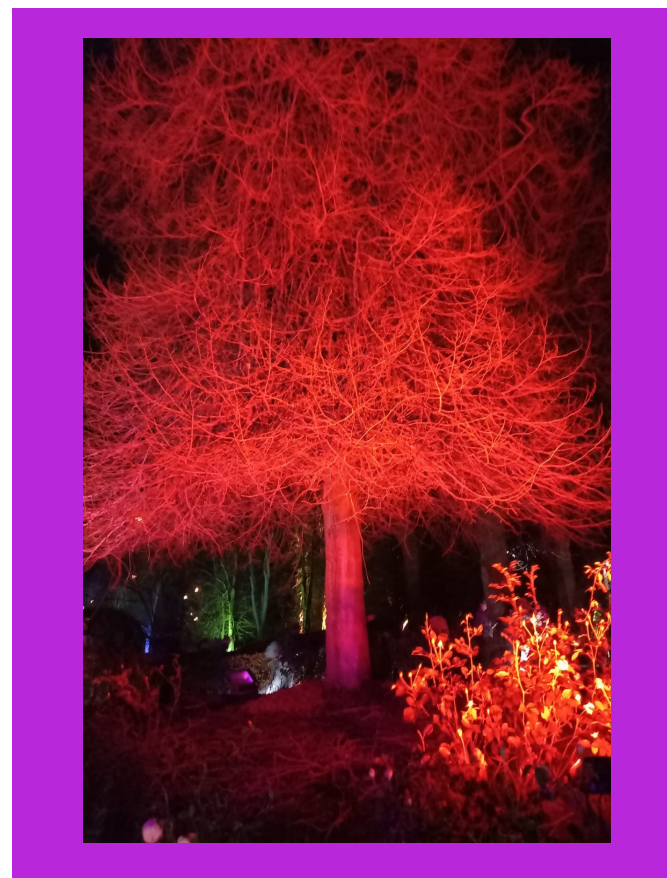
- 100g/3½oz unsalted butter, softened at room temperature
- 100g/3½oz caster sugar
- 1 free-range egg, lightly beaten
- 1 tsp vanilla extract
- 275g/10oz plain flour
- To decorate
- 400g/14oz icing sugar
- 3-4 tbsp water
- 2-3 drops food colourings
- Edible glitter



1. Preheat the oven to 190C/375F/Gas 5. Line a baking tray with greaseproof paper.
2. Cream the butter and sugar together in a bowl until pale, light and fluffy.
3. Beat in the egg and vanilla extract, a little at a time, until well combined.
4. Stir in the flour until the mixture comes together as a dough.
5. Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in.
6. Using biscuit cutters or a glass, cut biscuits out of the dough and carefully place onto the baking tray. To make into Christmas tree decorations, carefully make a hole in the top of the biscuit using a straw.
7. Bake the biscuits for 8-10 minutes, or until pale golden-brown. Set aside to harden for 5 minutes, then cool on a wire rack.
8. For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.
9. Carefully spread the icing onto the biscuits using a knife and sprinkle

Alnwick gardens!

This year young carers (and staff!) enjoyed a trip to Alnwick Gardens to see the light trail. Were you there? What was your favourite part?



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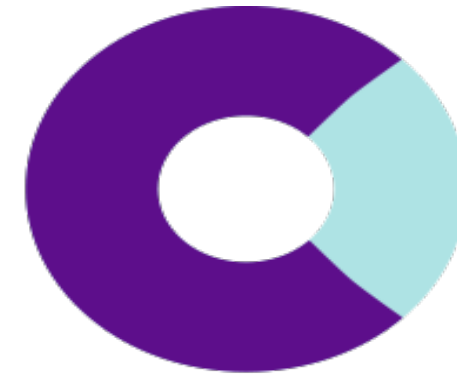
Gail, Alice and Chloe became santas helpers for the day!!



And finally...



See you all in the New Year for more groups, activities, family support and social action with the young carers team!



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.



