



North Tyneside
Carers' Centre

Young Carers Newsletter

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Young Carers News

We want to hear from you....

Welcome to the Summer edition of the Young Carers Newsletter.

We are so excited to restart sharing news with you all about the work we have been doing as a centre, what you young people have been up to and what our plans are for the future.

We would love for you to share with us any photos of you, your family or projects you have been involved with to our enquiries email address: enquiries@ntcarers.co.uk. We will then publish these in future newsletters.





Congratulations to Amy, Coby and Maddison!!!

The young carers were nominated, recognised and rewarded for their achievements in advocating, leading and making positive change for young people at the NEYA Youth Voice Awards which was held on 30th May at Wallsend Boys Club.

Kate Rispin from North Tyneside Carers' Centre said, "We are so proud of Amy, Coby and Maddison and all the other young people involved in the event. Thank you to North East Youth Alliance for running such a wonderful event to celebrate and reward many young people across the North East of England".



Young Adult Carers

We are very excited to have Caroline join our team to support young adult carers. She has been busy offering transition assessments and meeting with young people 121



WATCH THIS SPACE FOR MORE EXCITING OPPORTUNITIES FOR 16- 24 YEAR OLDS.

Young Carers Forum

Young Carers Forum is growing in capacity!!

We now have 14 members invited to forum each month.

The Forum meet once a month to discuss changes, events, opportunities, and issues within North Tyneside Carers' Centre and the wider community. The contribute to making change, discuss ideas and help shape the future of the centre.

If you would like to be involved, please email Kate at Kate.Rispin@ntcarers.co.uk

Pictured: Team Lead-Kate, Emily, Ruby, Amy, Chelsea and Jacob.



Breaks and Activities

We currently have 45 young carers accessing our Breaks and Activities session, which is fantastic and reflects the hard work Claire and Robyn are putting into each session they deliver.

We are also lucky to have the support of Logan, he is volunteering his time to support groups.



Heads Up!

Michelle, Helen and Gail ran our Heads Up Wellbeing group in April. We had 7 young carers attend and the feedback from the sessions was fantastic.

We will be offering 4 week courses of low level support and advice around Mental Health and Wellbeing in the future. If you would like to be invited to future sessions, please email Kate at Kate.Rispin@ntcarers.co.uk

“He liked it was a small group and the duration of the course. The staff were great with him too”

“I think what was covered in the four week course was just right and was a good starting point and intervention”.

“He was very sad when it finished and would like to do more”



Carers Week 2024

We had lots of fun during Carers Week!

We visited schools to deliver assemblies and lessons, spoke to professional at the Caring for Carers' Professional Conference (big thanks to Coby for supporting) and...

we had a huge Nerf gun and inflatable party!!

The theme this year was ' Putting Carers on the Map'. We wanted to share how special all carers are, raise awareness, ask professionals to identify young carers at the earliest stage and offer support.

We also shared young carers voices via social media, we asked what they like and dislike about caring.



2024 so far...

Some photos of things we have been up to





Thank You



NTCC Website



Please could you complete our feedback form

As well as the Young Carers' Team at North Tyneside Carers' Centre there are many other professionals and organisations that you could talk to and ask for help from.

These include:

- School Nurses
- Pastoral teams or your 'head of year' at school. Anyone at school that you know you can trust and ask for help from
- Your doctor or local GP
- Social Workers
- Friends or family members you can trust and talk to
- Kooth is also a brilliant website, packed with information and support for young people in North Tyneside. Kooth is free, safe and offers anonymous online support for young people