



Young Carers News
Young Adult Carer
Young Carers Forum
Breaks and Activities
Support
Get Involved
Fun Zone

NEWSLETTER

Young Carers - Spring 2025

Meet the Team!



Kate - Young Carers Team Lead



Michelle - Family Support Worker



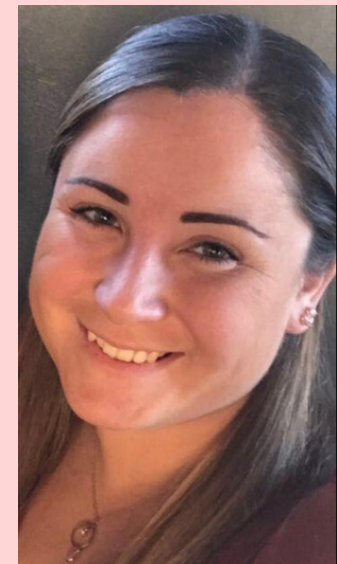
Kiersten- Family Support Worker



Helen - Family Support Worker



Cara - Young Carers in School Worker



Claire - Breaks & Activities Worker

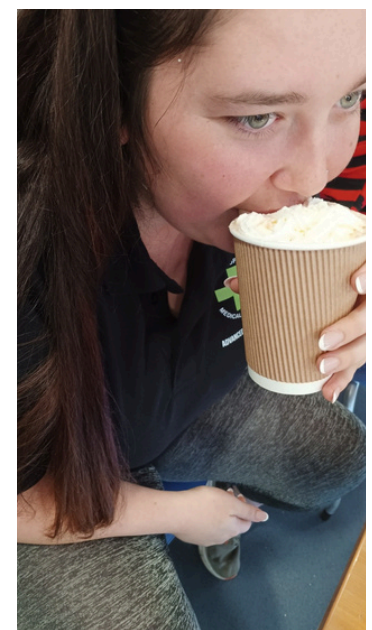
Young Adult Carers

Recently, Caroline successfully secured a role supporting adults in our organisation (Good Luck Caroline)!

Therefore, we have had a gap in service however, great news.....

We are currently recruiting for a part-time worker to support young adult carers

Link to application: <https://www.northtynesidecarers.org.uk/get-involved/vacancies/>





North Tyneside
Carers' Centre

Young Carers' Forum

Young Carers Forum have been meeting monthly to voice their thoughts, ideas and advocate for carers.

All forum minutes can be found here: <https://www.northtynesidecarers.org.uk/young-carers/young-carer-forum/>

Some recent discussions have been:

- Website Improvements
- Young Carers Paperwork
- Breaks and Activities
- Communication
- Carers Week 2025
- Staffing
- Creating Social Media Content

Thank you to the members who continue to dedicate their time to supporting our service.
If you would like to be involved, let us know!

Breaks and Activities

Our Breaks and Activities sessions provide young people with a range activities, new skills, and experiences whilst building confidence, friendships and giving a break from your caring role

Young Carers accessing Breaks and Activities have been busy learning new skills and exploring:
Some of the activities they have been doing are:

- Tynemouth Treasure Trail
- Shiremoor Adventure Playground
- Making Fidget Toys
- Sports
- Bracelet Making
- Pizza Party
- Boardgames
- Card Making
- Bingo
- Smoothie Making
- Painting
- Shiremoor Adventure Playground
- Discovery Museum
- St James Park Tour



Weekly sessions:

Primary : Tuesday 4:30pm-6:00pm
Mixed (8yrs-16yrs): Wednesday 5:00pm - 7:00pm
Secondary: Thursday 5:00pm-7:00pm

Breaks and Activities

We have been very lucky to team up with Bigfoot Arts to develop creative poems, music, and video recordings over the last few weeks.

The young people involved have shone in their creativity, developing some amazing content which will be shared once complete.

More information on Bigfoot Arts can be found here: <https://bigfootartseducation.co.uk>



A Community WhatsApp group has been created to allow us to share events, information and centre news. If you wish to be added, please let us know.

Seeking Support

We know that speaking to people can be difficult at times but we want you to know that we are here to help, as are many other organisations.



Helpful organisations:

Hub of Hope

Talk to Frank

NHS

Young Minds

Props

Harbour

Acorns

Carers Trust

Healthwatch

Living Well North Tyneside

North Tyneside Council

North Tyneside VODA

YMCA North Tyneside

And a lot more....



Please reach out to us if you need support!!



Calling all adult /parent carers

Tell us about your life as a carer to help shape improvements to carer support services in North Tyneside:

<https://www.smartsurvey.co.uk/s/Carers2025NT/>

Take part in our survey for the chance to win a £100 high street voucher



**North Tyneside
Carers' Centre**



North Tyneside
Carers' Centre

Carers Week 2025
June 9th - 13th

Creative Writing & Drawing Competition

Create a story, write about your
experience, draw a picture and
share your voice

We want to hear from you!

Prizes will be given - Open to all ages

Email submissions by 6th June 2025 to:
Enquiries@ntcarers.co.uk





Creative Writing & Drawing Competition

As part of Carers Week 2025 (June 9th–13th), we're inviting you to get creative!

Share your story, draw a picture, or write about your experience as a carer (or someone who knows one). We'd love to hear your voice. Open to all ages - adult carers and young carers – prizes to be won!

****Young carers should say which school they attend and their age.
Email your submission by Friday 6th June 2025 to:
Enquiries@ntcarers.co.uk**



**North Tyneside
Carers' Centre**

Carers Week 2025: 'Caring About Equality'



Share your voice at www.carersweek.org

9-15 June
2025



North Tyneside
Carers' Centre



Fun Zone



Why couldn't the bicycle stand up by itself? It was two-tired!

How does a train eat? It goes chew chew!

Why did the math book look sad? Because it had too many problems!

What kind of shoes do spies wear? Sneakers!

What did one plate say to another plate? Dinner is on me!

What did one wall say to the other wall? I'll meet you at the corner!

What did one elevator say to the other elevator? I think I'm coming down with something!

Why did the computer go to the doctor? It had a virus!

Why don't some couples go to the gym? Because some relationships don't work out!

Why did the bicycle fall over? Because it was two-tired!

Why did the scarecrow become a successful politician? Because he was outstanding in his field!

What do you get when you cross a snowman and a vampire? Frostbite with a hint of garlic!

What did the blanket say to the bed? "Don't worry, I've got you covered!"

How do you organize a space party? You "planet" it in advance!

What did the ocean say to the beach? "Wave" hello!

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