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NEWSLETTER

Young Carers - Summer 2025

Meet the Team!



Kate

Young Carers Team Lead



Cara

Young Carers in School
Lead (Mat Leave)



Kiersten

Young Carers in School
Lead



Claire

Breaks & Activities
Worker



Helen

Family Support Worker



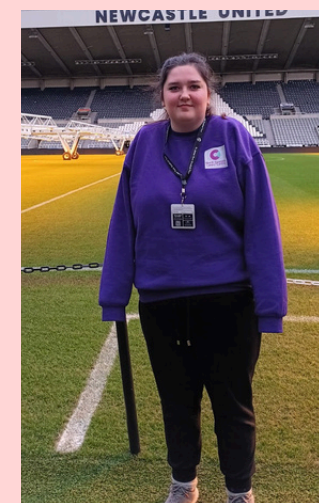
Michelle

Family Support Worker



Angela

Young Adult Carers Worker



Amy

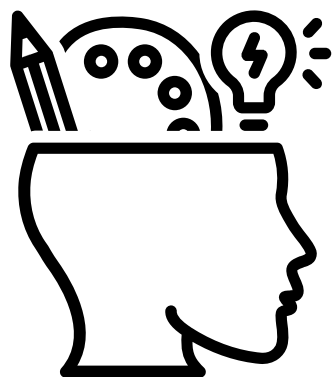
Sessional Worker

Young Adult Carers

We are pleased to welcome Angela to our team!
Angela has tonnes of experience working with young people, and we are extremely lucky to have her on board.

Should you need support, want information or advice, or would like a chat about how we can support you, please get in touch.

Next group meet-up:
Tuesday, 9th September
Shiremoor Resource Centre
5:00 pm - 7:00 pm



To:



Young Carers' Forum



Next meeting: Monday, 29th September
4:30 pm - 6:00 pm
Floor 2,
Wallsend Community Hub and Library, Wallsend
NE28 8JR

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

Summer 2025 has been action-packed so far for those involved in our Breaks and Activities groups.

We were over the moon and very grateful for our funding application to be approved by North Tyneside Council Participation Team, which enabled us to take 24 young carers to High Borrans Outdoor Education Centre.

We arranged the following activities:

A trip to the beach

Young Carers Collaboration Day with Newcastle and Northumberland Carers Centres

Circus Du Hilarious

Fitness sessions

Cooking with Nourish Foods and Fun Little Foodies

Moorhouse Activity Centre trip

And a drop-in session every Friday afternoon at Howdon Community Hub for those who want a relaxed time, completing craft activities.

Our staff have worked so hard to put together a range of activities, and we hope all carers have enjoyed the sessions.

Again, we are so grateful for those who support our charity and offer their support/services to enable us to provide carers with such amazing opportunities.



High Borrans 2025



Summer Activities 2025



Updates and News

- We have shared an Update Information Form on our Community WhatsApp page for all parents/guardians to complete. We kindly ask that you provide us with a 6-month update on their caring role to ensure we are aware of your family's situation and circumstances. This will give us information to support your child should they share information or we identify a gap in support for your family. Link to document: <https://forms.office.com/e/ASV32TyL4u>
- Breaks and Activities sessions are very popular, and spaces are limited. When registering your interest in our sessions, please note that we may not always have spaces available; however, we will look to offer an alternative. The adult-to-child ratio is 8:1; however, depending on the individual needs of members, we may adjust this ratio.
- Being a charity organisation, we rely on funding. Please can you complete any feedback forms which are sent following our events or direct support. We really appreciate all feedback to help shape and improve our service.
- A huge Congratulations to all of those who have sat 2025 exams...



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!!

Fun Zone

What did the beach say to the sand? “Long time no sea!”

Why did the octopus beat the shark in a race? Because it has eight legs!

Why did the dolphin cross the ocean? To get to the other tide!

Why did the sun go to summer school? To get brighter!

