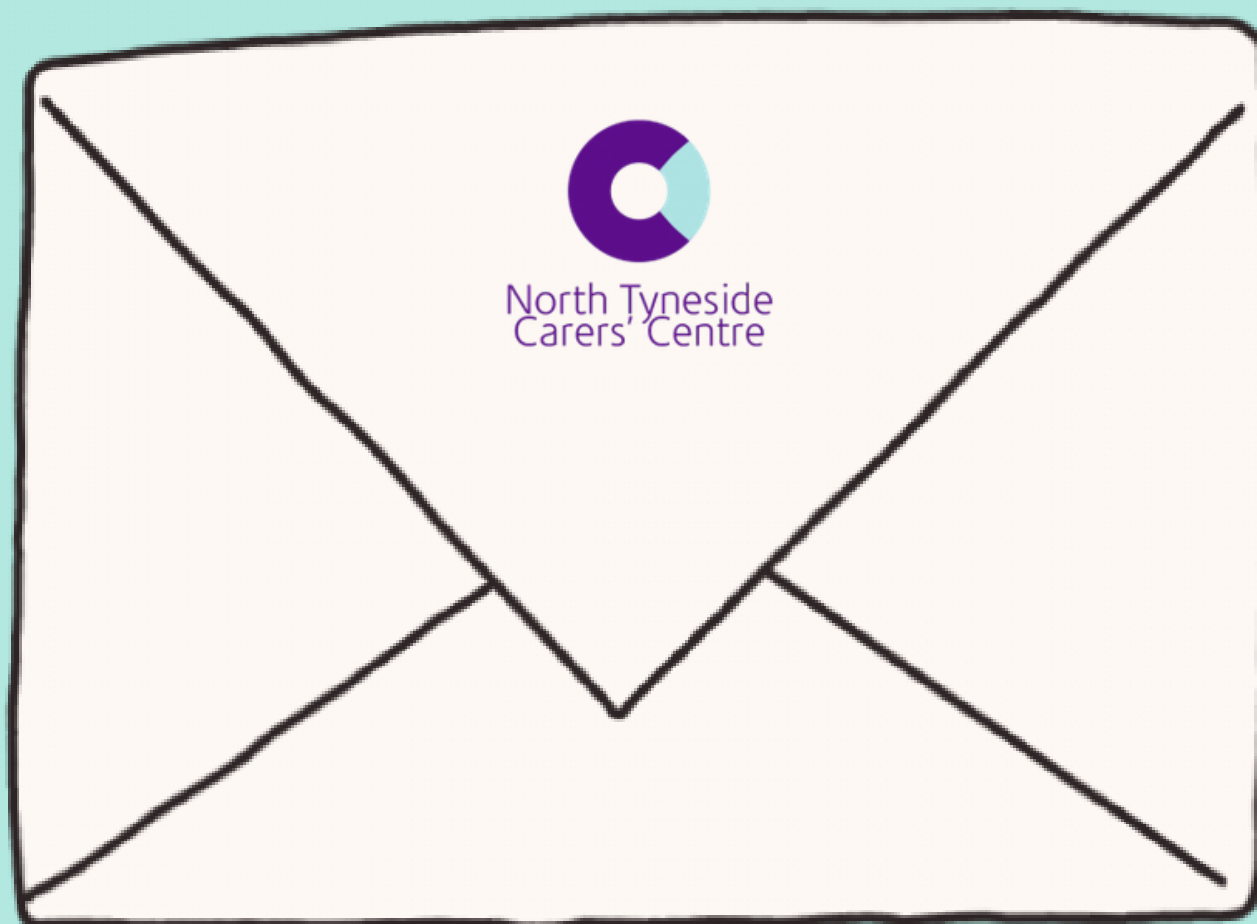




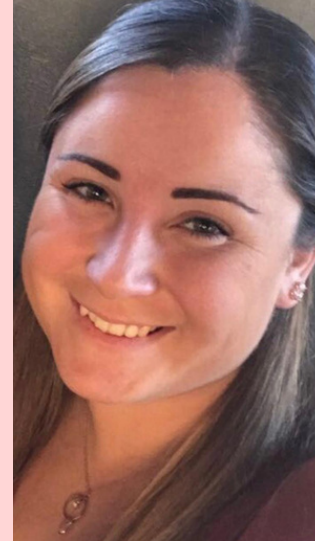
NEWSLETTER

July 2026 - September 2026

Meet the Team!



KATE
YOUNG CARERS SERVICE
MANAGER



CLAIRE
BREAKS & ACTIVITIES
CO-ORDINATOR



HELEN
FAMILY SUPPORT WORKER



ANGELA
YOUNG CARERS IN SCHOOLS
PROGRAMME LEAD



MICHELLE
FAMILY SUPPORT WORKER

🌟 Young Carers Enjoy a Summer to Remember! 🌟

This summer, our Young Carers enjoyed an exciting programme of activities that provided opportunities to take a break from their caring responsibilities, make new friends, build confidence, and try new experiences.

From High Borrans Outdoor Education Centre, Coasteering, Gorge Walking and Ocean Beach Pleasure Park, to InflateSpace & Clip 'n' Climb, ML7 Newcastle, Tynemouth Park, Recharge Wellbeing Programme and Get Ready to Bake, there was something for everyone to enjoy.



The feedback from young carers and families was overwhelmingly positive, with 100% of respondents saying the activities were well organised, and staff were described as friendly, supportive and welcoming throughout.

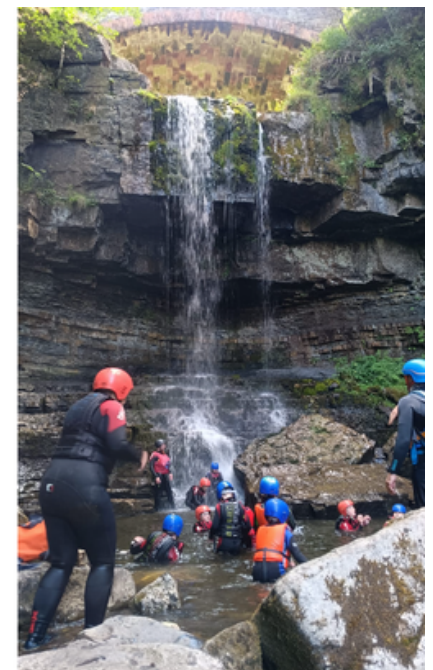
The majority of young carers rated their overall experience 9 or 10 out of 10, with many describing the activities as the highlight of their summer.

Young carers told us that the programme helped them to:

- Build confidence
- Make new friends
- Learn new skills
- Improve their wellbeing
- Take a break from caring responsibilities
- Enjoy new and memorable experiences

Summer 2026 by Numbers

- ★ 100% said activities were well organised
- 😊 100% rated staff as friendly or extremely friendly
- ☀️ Most participants rated activities 9-10/10
- 🏕️ High Borrans voted one of the most memorable experiences
- 💙 Countless memories, friendships and smiles created!



One activity stood out in particular, with many young carers saying that High Borrans Outdoor Education Centre was their favourite experience, helping them gain confidence, challenge themselves and create lasting memories.

Families shared heartfelt comments including:

"The whole summer was made manageable with the help of the events put on."

"Giving young carers time away from caring to have fun is priceless."

"The children haven't stopped talking about the activities."

"The team were absolutely amazing and really supportive."

We would like to thank all the young carers and families who attended our summer programme, as well as our dedicated staff team and funding partners who made these opportunities possible.

Together, we have helped create a summer full of friendship, adventure, confidence and fun.

💙 Thank you for helping us make a difference in the lives of young carers across North Tyneside. 💙









Welcome Back Angela!

We are delighted to share that Angela has returned to the Young Carers Service as our Young Carers in Schools Programme Lead.

Angela will be working closely with schools across North Tyneside to help create carer-friendly environments where young carers are recognised, understood and supported to thrive.

As part of the programme, Angela will support schools to:

- Increase awareness and understanding of young carers and the impact of their caring role
- Identify young carers earlier and ensure they receive the right support
- Develop effective support systems within schools
- Embed good practice through the Young Carers in Schools Programme
- Give young carers a voice and help shape the support available to them
- Strengthen partnerships between schools, families and North Tyneside Carers' Centre

By working collaboratively with education settings, Angela will help ensure that young carers feel seen, valued and supported to achieve their full potential both inside and outside the classroom.

We are thrilled to have Angela back on the team and look forward to continuing to improve outcomes for young carers across North Tyneside through our Young Carers in Schools Programme.   

Supporting Young Carers and Their Families Every Step of the Way

Our Family Support Team is here to help young carers and their families across North Tyneside. A young carer is someone who helps look after a family member who is ill, has a disability, mental health difficulties, or struggles with alcohol or drugs.

Our Family Support Workers spend time getting to know each family and finding the best ways to help. This might include:

-  Visiting families at home
-  Working with schools and colleges
-  Supporting emotional wellbeing
-  Helping families access other services and support
-  Speaking up for young carers and their families
-  Connecting families with activities and opportunities in the community

We know that being a young carer can sometimes feel challenging. That's why we help young carers have time to be children, spend time with friends, enjoy activities, and achieve their goals.

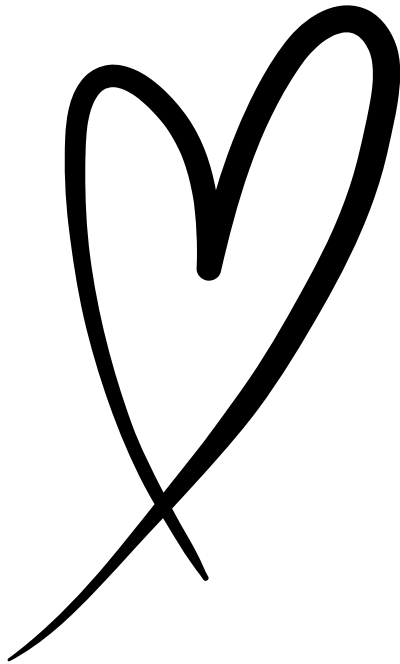
Our team also supports families through difficult times, helping them with changes at home, health appointments, school or college transitions, and finding the right support when it's needed most.

Most importantly, we want every young carer to know:

- ♥ You are important.
- ♥ You are not alone.
- ♥ Your voice matters.
- ♥ Support is available.

If you help care for someone at home and would like support, we'd love to hear from you.

Facts & Figures



There are over 800,000 young carers in the UK, although the true number is thought to be much higher as many remain unidentified

The North East has the highest proportion of unpaid carers in England, with 10.1% of residents providing unpaid care

Young carers often support someone with:

- Physical disability or long-term illness
- Mental health difficulties
- Learning disabilities
- Substance misuse issues
- Age-related conditions

Young carers miss an average of 23 days of school each year because of their caring responsibilities

33% of young carers and young adult carers report struggling to balance education with their caring role

40% say they rarely or never receive support from their school, college, or university.

36% have experienced bullying because of their caring responsibilities.

Why Support Matters

Research consistently shows that when young carers are identified early and receive support, they experience improved wellbeing, higher school attendance, better educational outcomes, reduced isolation, and increased resilience.

Did you know? Many young carers do not recognise themselves as carers. Early identification by schools, health professionals, and community organisations is vital to ensuring they receive the support they need.

Recharge

Our Recharge sessions offer young carers the opportunity to take a break, focus on their wellbeing, and spend time in a safe and supportive group environment.

These sessions are designed to help young people relax, recharge, and build resilience, while taking part in a range of fun and meaningful activities.

Recharge sessions focus on:

Emotional wellbeing and understanding feelings

Building confidence and self-esteem

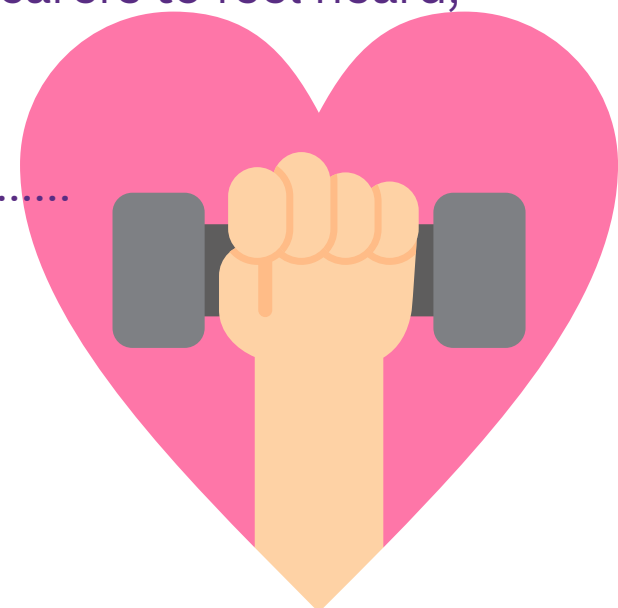
Learning coping strategies and relaxation techniques

Connecting with others and building friendships

Through a mix of creative activities, group discussions, and calming exercises, young carers are supported in taking time for themselves and developing skills to manage everyday challenges.

These sessions provide a valuable opportunity for young carers to feel heard, supported, and empowered.

We will be delivering more sessions soon.....



Exams, Results and New Beginnings ✨

As summer comes to an end, many of our young carers are celebrating achievements, reflecting on exam results, and preparing for exciting new adventures.

Whether you've moved up a year at school, started secondary school, college, university, training, or a new job, we know that change can bring a mix of emotions. Alongside their caring responsibilities, young carers often work incredibly hard to balance education, family life, and looking after their own wellbeing.

We're incredibly proud of all our young carers. Exam results do not define who you are. The determination, resilience, kindness, and responsibility you show every day are achievements worth celebrating.

For those starting something new this September, remember:

- ☀️ It's okay to feel nervous
- ☀️ Take one day at a time
- ☀️ Ask for support when you need it
- ☀️ Your caring role matters, and your new school, college, or workplace can help support you
- ☀️ Be proud of everything you have achieved

Our Family Support Team is here to help young carers navigate transitions, access support, and build confidence for the future. Whether you're settling into a new school, starting college, exploring career options, or simply adjusting to a new routine, we're here for you every step of the way.

♥️ Good luck to all our young carers embarking on new beginnings this autumn. We can't wait to see what you achieve next! 🍀 ✨



Service Spotlight: PROPS North East



Supporting Families Affected by Alcohol and Drug Use

This month, we are shining a spotlight on PROPS North East, a specialist charity providing support to individuals and families whose lives are affected by someone else's alcohol or drug use. PROPS understands that substance use impacts not only the individual but also the wider family, including partners, parents, children, siblings, and carers.

PROPS offers a range of tailored services designed to help families feel supported, informed, and empowered, including:

- ✓ One-to-one emotional and practical support
- ✓ Family support and advocacy
- ✓ Support groups, both face-to-face and online
- ✓ Specialist support for children and young people
- ✓ Training and information to help families understand and cope with challenging situations
- ✓ A dedicated helpline available every day of the week

The service works across North Tyneside and Newcastle, helping families improve their wellbeing, build resilience, and access the right support when they need it most.

At North Tyneside Carers' Centre, we recognise that many unpaid carers may be supporting a loved one affected by substance use. PROPS provides invaluable specialist support that complements wider carer services and ensures families do not have to face these challenges alone.

Contact PROPS North East

 0191 226 3440

 www.props.org.uk

 The Linskill Centre, North Shields & Fenham Library, Newcastle

"Supporting families, strengthening resilience, and helping people move forward together." ❤️



Support Us

Did you know you can support our work at no extra cost to you?

By signing up to easyfundraising, you can raise free donations for us every time you shop online with thousands of retailers.

It's quick and easy to get started—just sign up using the link below:

👉 <https://www.easyfundraising.org.uk/causes/north-tyneside-carers-centre>

Your support helps us continue providing vital services for young carers—thank you!



A SMALL
DONATION
MAKES A
DIFFERENCE





SUMMER TIME

How Many Can You Tick Off?

See how many of these summer activities you completed this year!

Tick each one you've done

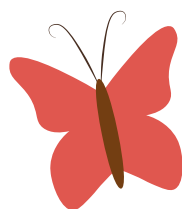
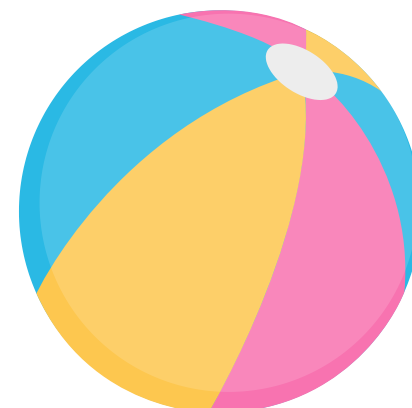
- ☐ Had an ice cream 
- ☐ Visited the beach 
- ☐ Built a sandcastle 
- ☐ Had a picnic 
- ☐ Watched a sunset 
- ☐ Went on a walk in nature 
- ☐ Tried a new food 
- ☐ Read a book 
- ☐ Played a board game 
- ☐ Watched a movie 
- ☐ Made someone smile 
- ☐ Spent time with friends 
- ☐ Learned something new 
- ☐ Took a photo of something beautiful 
- ☐ Had a day just for YOU 



 My Summer
Score

I completed: ____
out of 15 activities!

Remember: Summer isn't
about how many activities
you do, it's about making
happy memories, trying
new things, and taking
time to look after yourself.



😂 Young Carers Joke Corner 😂

Q: Why did the pencil go to school?

A: To draw on its knowledge! 🖋️

Q: What do you call a bear with no teeth?

A: A gummy bear! 🐻

Q: Why couldn't the bicycle stand up by itself?

A: Because it was two-tired! 🚲

Q: What is a bee's favourite subject at school?

A: Buzz-iness Studies! 🐝

Q: Why did the computer go to the doctor?

A: It had a virus! 💻

Q: What kind of tree fits in your hand?

A: A palm tree! 🌴

Q: Why did the banana go to the nurse?

A: Because it wasn't peeling well! 🍌

Q: What do you call a dinosaur that is sleeping?

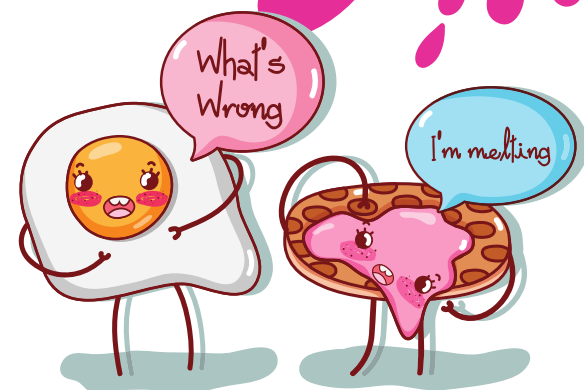
A: A dino-snore! 🦖💤

Q: Why did the football coach go to the bank?

A: To get his quarterback! ⚽

Q: What did one wall say to the other wall?

A: I'll meet you at the corner! 🧱



JOKE

HA HA HA HA HA

💖 Remember: Laughter is one of the best ways to brighten your day! 💖 😊