

Young Carers Magazine

Spring 2023



A Network Partner of
CARERS TRUST


ERIC WRIGHT GROUP

 **BBC Children in Need**

 **Carers Link Lancashire**
IMPROVING LIFE FOR YOUNG CARERS

Welcome Our New Young Carers



**Ellie Mae, Ebony, Harley, Eleanor, Amelie,
Charlie, Logan, Annalise, Alana.**

Christmas Party

We had a fantastic time at our Christmas party. Thank you to Kerry the Community Champion and David Moss who collected so many presents for our young carers. Also to Jackie Japp and all at the Rotary for supplying gifts for our older young carers, Trinity Care for the selection boxes and to Bank Mill House for providing drinks and treats for the Christmas party and presenting us with a cheque to spend on the young carers. You all put smiles on our young carers faces this Christmas.



Half Term Residential

We had a fantastic two day residential at Coldwell during the February half-term. During our stay we did a bughouse workshop, where we all learnt new skills and how to make a wooden bughouse for our little creatures. We also had a relaxation/yoga evening with Bernie, which sent Carole to sleep zzz.

The Young Carers chose Beethoven for our movie night with treats and popcorn and we finished our residential at the Jumpworks for a morning of trampolining. Special thanks to Joanne, Claire and Glenn, not forgetting Frank the little pooch too for making our young carers feel so welcome.



Camera & Mac Book Project

We have been lucky to receive funding from BBC Children in Need to purchase some cameras and Macbook Pro's. During the holidays, some of our young carers tested them out and produced some fantastic photos and learnt how to edit them.

If you are looking to develop your skills in photography or if you are interested in a photography/editing activity please let us know and we will note down your names! We have some fantastic ideas of what to do with these photos.



Thank You & Goodbye

Hi everybody.

After an extremely hard decision and many, many talks with a lot of people I have made a life changing decision to bring my time at Young Carers to a close and move to the big city of London. This has been an extremely difficult and emotional decision for me as I absolutely love every second of my job and spending time with each of you, however, London has been a dream of mine since I was in my teenage years, and I now have an opportunity to live that dream and make it a reality.



As many of you know, I was a young carer myself, very shy and quiet. If it wasn't for Carole and other members of staff throughout the years I would not have turned into the confident and charismatic person I am today. This is all thanks to the endless support that I have been so lucky to have been given during my time as a young carer, a volunteer and now a staff member.

I am not quite sure where London may take me, but I have many supporting friends that will point me in the right direction. Always remember to believe in yourself. You are a lot stronger than you think you are and with a mix of self-motivation and determination you can do what you want and be who you want to be. This is a sad goodbye for now, but it doesn't mean it is goodbye forever.

Thank you, Sam.



Info for Schools & Professionals

Young Carers Action Day 2023

What is it?

Young Carers Action Day is all about raising public awareness of young carers and young adult carers and seeking to bring about change for them and their families.

This years theme is 'Make Time for Young Carers.'

When is it?

Young Carers Action Day 2023 will take place on Wednesday 15th March.

Our Aim at Carers Link

This Young Carers Action Day our Young Carers will be contacting our local MPs to ask them questions, asking them to pledge their support for young carers.



How can Carers Link Lancashire help?

- Free and confidential information
- Give you time out from your caring role
- 1 to 1 support, including in school
- Make new friends
- Fun activities including days out and residential
- Regular support groups
- Information and training about illness & disabilities
- Someone to talk to
- Signposting to other services
- Free magazine twice a year

If you have any referrals, please contact Carole Moulton on carole@carerslinklancashire.co.uk or 01254 387444

Information for Parents

We are currently working with 130 young carers.

If you have any queries please email Carole on carole@carerslinklancashire.co.uk

If you are a parent carer caring for a child or an adult carer for your partner or relatives then our adult carers service can help you too. If you feel this is you, please contact 01254 387444 and speak to one of our adult team.



A Big Thank You to Marsden Heights Community College

We would like to thank the pupils at Marsden Heights Community College for their generous donation of £1034.96. The money raised will go towards activities for our Young Carers!



CHARM



This year's CHARM event to celebrate Talent and Achievement will take place on **Thursday 23rd March 2023** at the **Civic Arts Centre & Theatre, Oswaldtwistle, BB5 3HZ**. Doors open **6:30pm!**

CHARM is an inter-schools event, celebrating the talents and achievements of young people throughout Hyndburn. The event was created to give the opportunity for outstanding young people to gain recognition for their talents and achievements. It's estimated that half of mental health problems start before the age of 14. Recognising and celebrating the amazing achievements of young people can have a positive impact on their mental health. It can help raise their self-esteem and create a positive foundation for future life goals.

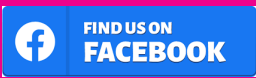
You can buy tickets directly from the Civic Theatres website: <https://www.ticketsource.co.uk/civicartscentre/t-dvjpgjn>

Check out some of the images from last years event below!



A place for the whole community to enjoy..54-56

Blackburn Road, Accrington, BB5 1LE



@54/56carerslink

BUSINESS HOURS:	
Mon.	9: 00 to 4: 00
Tues.	9: 00 to 4: 00
Wed.	9: 00 to 4: 00
Thur.	9: 00 to 4: 00
Fri.	9: 00 to 4: 00
Sat.	CLOSED to
Sun.	CLOSED to



Our Community Cafe is fully stocked with delicious cakes from local bakers Hans Bakes. We have Bakewell Tart, Chocolate Flap Jacks, Double Chocolate Brownies and Lemon Drizzle! Enjoy with a cup of tea or latte for just £3.50