

Young Carers Magazine

Winter 2023



A Network Partner of
CARERS TRUST


ERIC WRIGHT GROUP

 **BBC Children in Need**

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

I'M BACK

After three months away from work recovering from knee surgery, I'm finally back doing what I love best, working with young carers. I have missed you and if you need to speak to me you can ring, text or WhatsApp me.
Carole x



Our new workers

Hi, Sarah here. I have been working with Young Carers since June – I have met some of you and hope to meet the rest of you shortly.

I have previously worked and lived in Saudi Arabia with young people and after moving back to the UK and having my beautiful daughter Poppy, 2, I applied for the post at young carers as I want to be involved with young people and I am passionate about improving the lives of young carers.

Sarah 😊



Hi, my name is Jennifer, I am a social work student from the University of Central Lancashire, I have been on placement with the young carers team since September. It was lovely to meet some of you recently, during half term. I really enjoyed joining in with the activities and getting to know you all.

I am here until Christmas which means that I will be involved in lots more things. I'm very much looking forward to seeing some of you again and getting to meet the young carers that I have not yet met. I feel extremely lucky to be on placement with such a fantastic team, and to have the opportunity to work with some amazing young carers.

As well as caring for their family members, going to school/college and in some cases working part time, the young carers we work with never fail to surprise us and here are just 2 examples.

Congratulations Tilly Holden

Five members of a Ju-Jitsu club were chosen for the Great Britain team to compete in the WCJJO World Championships.

The team from Hyndburn based Kuon Ji Ju-Jitsu travelled to The British Judo Centre of Excellence in Walsall to compete. They were part of a 20 strong GB Team which managed to come out on top of the World Medal Table.

Tilly Holden – one of our young carers from Oswaldtwistle was amongst those to represent the GB team.

Tilly stepped up a weight division, fighting out of her skin, with an outstanding performance to bring home the gold medal in both Jujitsu and Grappling.



**We are so proud of you
Tilly - congratulations!**

Congratulations Malachy

Malachy, 17, cares for his family members and has done for many years. Alongside his caring role Malachy attends college full time and works some evenings and weekends.

Malachy saved up hard and paid for driving lessons, we want to say congratulations on passing your driving test first time.

What a great achievement in such a short time!



Here are some things we've been up to

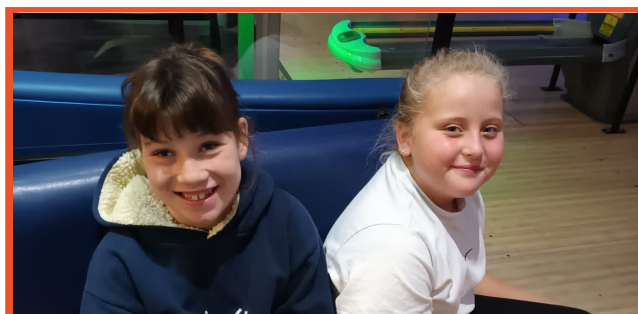
Bushcraft at Coldwell



Mindful Crafts at Carers Link cafe



Bowling



Children In Need

BBC Children In Need support our young carers project; without them we could not help all of you. This year 2023 BBC CIN launched

SPOTacular

St Johns Primary School in Great Harwood raised funds for CIN, we work closely throughout the year supporting pupils in this school.

This year the head 'Tracey Parker' said "we are grateful for the support and time you give to our young carers in school" so we held a non-uniform day and a 'naughty tuck shop' for which the staff supplied the goodies. All proceeds were given to Carole from Young Carers to send to BBC CIN.



We had a drop in at our Carers Link Café Blackburn Road, where we handed out information about Young Carers and offered a free Spotacular cookie with very drink purchased.



CHRISTMAS 2023

We loved our Christmas party with you and hope you all had a great time! There were impressive dance moves, lovely colouring in, and a special karaoke sing song!



We have had some amazing donations this festive period!

Thank you to:

Shamarah

Prosperity for the Selection Boxes

Kerry - Community Champion at Tesco Gt Harwood

Burnley Pantomime Society

*The Staff at Coldwell at Activity Centre
for their support throughout the year*

To our wonderful volunteers who help in many ways!



CHARM 2024



This year's CHARM event to celebrate Talent and Achievement will take place on **Thursday 21st March 2024 at The Hollins (138 Hollins Lane, Accrington, England, BB5 2QY)**. 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.

Tickets will be on sale soon.



We wish all our young carers and their families a

Merry Christmas



and a Happy New Year and look forward to seeing you again in 2024

Services for Children and Young Adults over the festive period

- **Childline** - Private and confidential service where children can talk about anything. Call 0800 1111 Available 24/7. Or visit www.childline.org.uk
- **MindEd** - Educational resource for adults on children's mental health. Visit www.minded.org.uk Available 24/7 (online only)
- **Papyrus** - Support for teens and young adults dealing with suicide, depression or emotional distress. Call 0800 068 4141 or text 07786 209697. Available weekdays 10am-10pm, weekends 2-10pm, bank holidays 2-5pm. Languageline support available. Or visit www.papyrus-uk.org
- **Young Minds** - Advice for parents/carers concerned about the mental health of a child or young person. Call 0808 802 5544. Available weekdays 12-10pm. Text YM to 85258 for 24/7 crisis messenger. Languageline support available. Or visit www.youngminds.org.uk
- **Kooth** - Safe and anonymous online counselling and support for young people. Visit www.kooth.com Available weekdays 12pm-10pm weekends 6pm-10pm
- **Healthy Young Minds** - Online self-help materials, resources and guidance. Available 24/7. Visit www.healthyyoungmindsisc.co.uk
- **Charlie Waller Trust** - Resources and educational tools to help young people look after their mental wellbeing. Available 24/7. Visit www.charliewaller.org