



North Tyneside
Carers' Centre

YOUNG CARERS' NEWSLETTER



WINTER
EDITION

Welcome to our debut edition of 2025!

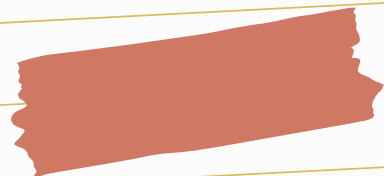
The holiday season was a whirlwind of energy, support, and festive cheer!

We hope you soaked up some relaxation and made wonderful memories together.

From January to December 2024, we had the joy of supporting 262 amazing young carers and 120 fantastic young adult carers.

We teamed up with schools across North Tyneside to sprinkle some magic with staff training, lively assemblies, fun workshops, and group sessions.

We're buzzing with excitement for 2025 and all the fantastic opportunities it has in store!





BREAKS AND ACTIVITIES

We have more members than ever joining our primary and secondary groups! which we are super excited about!

We can't sing enough praises for our amazing staff, who work their magic each week to give carers a much-deserved breather and tackle isolation. Claire and Robyn are the dynamic duo behind our weekly groups and holiday fun, whipping up a delightful mix of skills-based activities that keep everyone buzzing with excitement while making new friends and building confidence!

Now, we love having a full house, but sometimes we can't squeeze everyone in for every session. Fear not! We're always brainstorming fresh ways to support our fabulous carers and ensure everyone gets a fair shot at some much-needed help.

We totally understand that getting to the groups can be a bit of a challenge. Our team is all about offering transport options, but sometimes our superhero staff might be stretched a little thin.

If you or your child need a lift to the sessions or find it tricky to get to the groups, don't be shy! Come chat with us, and we'll explore all the possibilities to ensure you access support!

Upcoming Event

DROP-IN:

JUL 17

DATE: 25TH FEBRUARY

TIME: 1 PM - 3 PM

LOCATION: WALLSEND LIBRARY

WHAT HAVE WE BEEN UP TO?

tRIPS TO:

The magical Alnwick Gardens Light Trail & the whimsical Lilidorei!

PANTOMIME extravaganza at Whitley Bay Playhouse!

PUMPKIN-PICKING fun!

Spooktacular Halloween and jolly CHRISTMAS Parties!

Sessions Galore:

Team Building shenanigans!

Silly slime-making!

Crafty bracelet making!

Brain-busting quizzes!

Classic board game battles!

Gameshow night madness!

Artistic painting tutorials!

Smoothie-making shenanigans!



FAMILY SUPPORT

Our dynamic duo of Young Carer Family Support Workers, Michelle and Helen, are on a mission to supercharge young carers and their families!

Their superhero support includes:

- WHOLE FAMILY SUPPORT
- Guidance to REDUCE CARING ROLES
- Tailor-made one-on-one sessions for carers, whether at school or COMMUNITY
- Clear signposting, guidance, and referrals—like GPS for support!
- Advocacy to make sure their voices are louder than a rock concert

Plus, they host fabulous well-being group sessions called "Heads Up!" These fun meet-ups help young carers of similar ages bond with our amazing support workers, tackle various issues, forge friendships, and spill their thoughts and feelings in a cozy, supportive atmosphere.

Exciting news: We have a new family support worker, Kiersten!



YOUNG CARERS IN SCHOOLS PROJECT

Cara and Robyn are working closely with schools in North Tyneside to roll out a thoughtful range of initiatives. Their efforts include staff training, educational sessions, young carer awareness programs, assemblies, and the formation of young carer groups.

Their heartfelt mission is to shine a light on the importance of supporting young carers in the school environment. Each school has chosen a young carers champion, who is there to provide assistance and conduct assessments with care and professionalism.

In addition, Cara and Robyn host a quarterly meeting for these champions, creating a warm sense of community and ensuring everyone stays informed and connected.

We are truly grateful to the schools for their dedication to supporting these remarkable young carers. To honor their hard work, we have provided our young carer champions with a special badge to wear at school—take a look at the accompanying image for a glimpse!



YOUNG ADULT CARERS

CAROLINE, our exceptional young adult carer, is the driving force behind our one-on-one support and the facilitator of a monthly Young Adult Carer Group focused on fostering connection, skill development, and enjoyment.

In addition, CAROLINE conducts transition assessments to explore the enriching world of caregiving roles, aspirations, and goals. Once she gathers insights, she collaborates with participants to help turn those aspirations into reality.

We warmly invite all remarkable carers aged 16 to 25 to join our monthly YAC group

Please mark your calendars for the upcoming session:

- Date: Wednesday 12th February
- Location: Shiremoor Family Hub
- Time: 5 PM - 7 PM

We look forward to seeing you there! 🎉



YOUNG CARERS FORUM

Our awesome forum, led by Kate, meets up every month to brainstorm and share ideas. Everyone gets involved in discussions that tackle changes, face challenges, and share insights to make our organization and the community even better.

This year, our young carers forum has teamed up with the North tyneside safeguarding children partnership to tackle the serious issue of knife crime. They're super passionate about pushing for change and making their voices heard on this important topic.

in January, our forum gave the North Tyneside carers' centre website a thorough review. Their feedback was like having a team of digital pros, helping us improve our online services.

The thoughts and ideas from our members are key to our success!

If you want to get involved and make a difference, feel free to reach out to Kate at 0191 249 6480.

FUN ZONE

FUN SEARCH

I	T	H	G	C	R	O	L	H	T	O	R	S	U
T	G	A	M	E	Y	R	S	N	A	G	E	O	T
N	R	U	G	G	H	H	R	L	F	K	O	A	H
I	U	L	U	E	F	G	I	O	C	L	C	C	M
U	T	H	V	L	A	A	E	E	K	A	N	N	I
N	L	O	E	L	H	A	F	C	L	T	R	T	D
O	L	A	K	G	P	A	E	P	O	H	C	E	A
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E	N	U	E	P	H	H	T	E	I	I	K	H	R
G	C	N	T	I	S	M	A	E	R	D	K	C	F
Y	O	U	N	G	L	C	U	V	F	P	M	I	U
D	O	K	R	G	I	O	H	O	G	L	O	E	N

FRIEND
TRIP
HOPE
GAME
TALK
CARER
THINK
HUG
LOVE
YOUNG
GOAL
FUN
DREAMS
CHANGE

Play this puzzle online at : <https://thewordsearch.com/puzzle/7982085/>

How many dance instructors does it take to change a light bulb?

Five ... six ... seven ... eight!



Did you hear about the stolen dog collar?

Police are looking for leads.



How do lumberjacks know how many trees they've cut down?

They keep a log.

