



DO YOU CARE?

Made by young carers, for young carers

Young Carers and Young Adult Carers are young people who look after someone in their family who has an illness, disability, mental health condition or addiction, and who couldn't manage without their support

This newsletter is written and illustrated by Young Carers and Young Adult Carers. We wanted to create a newsletter to help you understand more about our lives and to let you know more about the support that is available if you are a carer too.

In this edition we have focused on education as it is such an important part of every young person's life!



Volunteering

Why Volunteer?

I wanted to start volunteering to build up my confidence and meet new people and learn new things. I feel like I'm learning every day when I'm there.

How to become a volunteer?

I went to the Volunteer Centre and looked at a few different options and an opportunity volunteering at a charity called Age UK jumped out at me.

What I did?

My volunteering role is in a Day Centre for older people. I help them by making drinks and playing games to keep everyone entertained, we play hoopla and card games.

The best things

My favourite thing that we did, so far, was chair Zumba. It was so fun – like the best thing. It has really opened up my eyes and I have learnt more about how other people live, it has made me appreciate things more and feel more positive. It has helped me with my caring role because it has given me new experiences and helped me to learn more about how to look after my Mum.

Challenges

I was a little bit nervous before I went and was wondering how I would manage but it wasn't as stressful as I thought. I have even learnt new bus routes and now I can travel there on my own. You should give volunteering a go as you get a new experience!

By Lexi



How to cope with school/college when you have a lot going on at home - by Basma and Maddie



Work out who to ask for help in school/college



Drink lots of water



Eat something healthy, like fruit



Talk to teachers if you need help like an extension on your work

In School



Try not to worry too much about exams



Try and clear your mind of problems at home - create a mental separation between home and school



Make a timetable to help organise your life

Try and include:
Time for yourself to relax
Meditation
Time to develop a hobby
Time for study/homework

Outside of School



Try and have a regular bedtime - not too late!



Make up a good sleep routine.
This could include:

Turn off social media/games/internet 20 minutes before sleep
Clear your mind - try writing down your thoughts if you can't stop thinking about stuff
Turn down the lights

A poem about caring for my mam

Strong but then weak
Happy but then sad
Sometimes feeling hopeful
Always feeling the bad

Scared and uncertain
Where will it end
Way too frightened
To peer past the bend

Why has life thrown this
Challenge our way
I used to feel great
Now there's pain everyday

I know I can't beat it
But I know I can cope
When I have people around me
That give me hope.

Poetry by Ashleigh



Do you want to improve your #DigitalSkills?

Free training

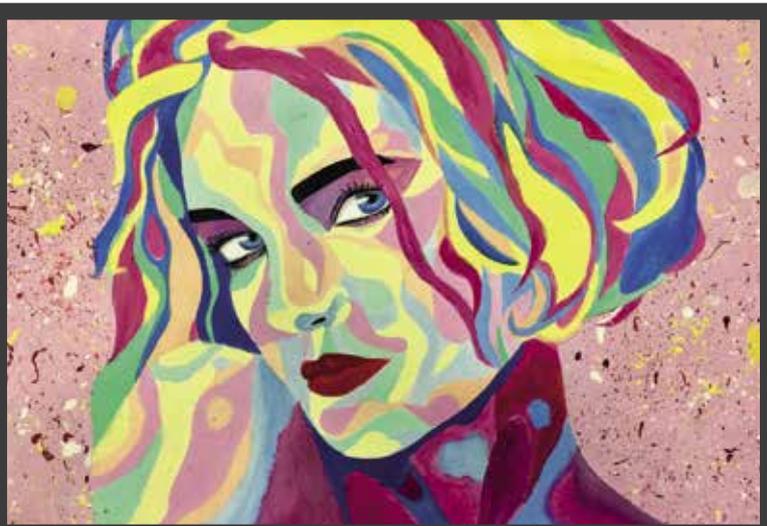
Understand computers better

Learn about online safety

Learn more about health info online

Get in touch to find out more!

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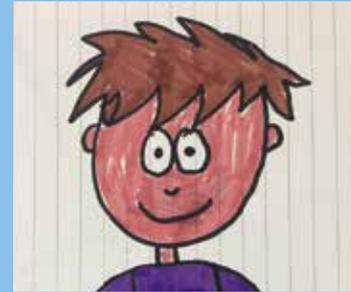
A painting by Basma

Fill in the blanks to complete this acrostic poem.

Youthful
Optimistic
Understanding
Never gives up
G _____

Caring
Apprehensive sometimes
R _____
Enthusiastic
Rewarding
S _____

**As a young carer were you supported in education?
What were the positive effects of getting support,
and what support did you get?**



Scooter

Amber

I found it difficult and hard to explain because nobody knew about my responsibilities. They assumed my mum was faking her illness.

Telling people took the pressure off my shoulders and I received counselling and links to support.

Ashleigh

When I was at school I thought support was rubbish. I told the teachers but it didn't help. I started thinking I was alone.

Eventually at college I had a support tutor who helped me. I also received counselling for the stress.

John

I have received good support at Newcastle College. They have listened to my worries about my caring role and have helped me loads.

I have had extra learning support. They are also flexible with homework deadlines and have been understanding about what life is like for me.

Health Champions

In 2016 the NHS England Carers Programme worked with some of its partners (Carers Trust, Carers UK, and The Children's Society) on a project - to create a new team of young adult carers called "Health Champions" to help shape health services and to hold NHS England to account on their Commitment to Carers Programme for young and adult carers. Find out more in our next newsletter!

Keep in touch
www.nerap.ac.uk
twitter @nerap_team
email info@nerap.ac.uk

You-NE Cares

A word from NERAP

The North East Raising Aspiration Partnership is very excited to be involved with the 'Do you Care?' newsletter group and the fantastic work they do to raise awareness of Young Carers in the community.

What is NERAP?

As a partnership between the 5 universities in the North East, we're passionate about working with young people in the region to ensure everyone has the opportunity to make informed decisions about Higher Education.

A word from the Young People

We attended the You-NE Carers 2017 events and activities for Young Carers. NERAP was a good way to gain new experiences and to discover more about the Uni's in the Northeast.

What we did

We visited lots of Unis such as Newcastle, Northumbria, Durham, and Teesside where we learnt more about the campuses and the courses they offer. We had workshops on Journalism and Business, Sports and Psychology – we even had a go at wheelchair basketball and fencing! It was a brilliant opportunity to explore what subjects we could do at Uni and what jobs we could do in the future. We also looked around the universities and met some students.

What do we do?

Our project **You-NE Cares** gives young carers the opportunity to visit university campuses and find out more about higher education, as well as meeting new people and growing in confidence.

Taster Days: Bring the whole family along for a family taster day and see what university is all about!

Residential: Come to our 3-day summer residential and experience what life is like as a student. Stay in student accommodation, try taster sessions at three different universities and make new friends. All completely free!



Why it was good

NERAP was loads of fun! We met new, amazing friends and spend lots of time getting to know each other – this was the best part of it. There was a residential at the end of the sessions and we went to the theatre and bowling and had dinner out. On the last day we had the best party ever!

Get involved!

If you want to learn more about going to Uni and to get loads of support and encouragement to manage university alongside your caring role then NERAP is definitely worth getting involved in.

By Lauren and Basma

A review of Unspoken

Newcastle Carers worked in partnership with Northumbria University to produce an alternative drama piece. The play highlights the difficulties young adult carers face in education. The purpose of creating this play was to raise awareness for university tutors.

I was an audience member, who heard about the play through Newcastle Carers. My understanding of the play's plot was to challenge what people think about carers illustrated in dramatic scenes. Through watching the play, I felt it was almost like documentary as it shared people's real experiences.

The play was presented to the public as a one-time performance on the 22nd November 2017. However, a DVD of the performance will be released in early 2018.

Dates for your Diary 2018

January

January 25th: Young Carers Awareness Day
Get in touch to find out about events
#youngcarersawarenessday

January 27th: You-NE Carers Family Taster Day 1
University of Sunderland



February

February 23rd: Newcastle Jobs Fair
10am - 2pm
The Assembly Rooms,
Newcastle upon Tyne,
NE1 5XU

April

April 14th: You-NE Carers Family Taster Day 2
Durham University

June

11th - 17th June: Carers Week
Packed full of exciting events including an award ceremony to celebrate Carer Friendly Communities

August

1st - 3rd August 2018: You-NE Carers Residential

For more information on carers, visit www.newcastlecarers.org.uk/whats-on

CONTACT US

If you feel that you or a family member could benefit from support from the young carers service please contact us.



Newcastle Young Carers Service
Barnardos
Montagu Community Centre
Houghton Avenue
Cowgate, Newcastle
NE5 3UT
Tel: 0191 271 4615
Email: nyc@barnardos.org.uk

Our dedicated support workers will:

- Listen to you and understand your situation.
- Help you understand about the illness or disability of the person who needs care.
- Speak up for you when no-one wants to listen.
- Help to get advice and support for the person you look after
- Support you at school/college or at work



135-139 Shields Road, Byker
Newcastle upon Tyne, NE6 1DN
Tel: 0191 275 5060 Fax: 0191 265 1191
SMS: 075874 100 043
www.newcastlecarers.org.uk
Email: info@newcastlecarers.org.uk
[facebook/NewcastleCarers](https://www.facebook.com/NewcastleCarers)
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Newcastle Carers provide information, advice and support to adults with a caring role. We have dedicated young adult carer service for 18-25 year olds and offer one-to-one and group support, helping carers understand what they are entitled to. We also provide counselling, complementary therapies and training, we will work with you in a flexible way to suit your needs. Speak to Claire, our young adult carer worker, to find out more.