



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 to help you understand more about our lives and to find out what support is available if you are caring for someone yourself.

Believe in
children
Barnardo's


carerstrust
action · help · advice

Newcastle
Carers



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We really hope you enjoy this edition – it includes articles about:

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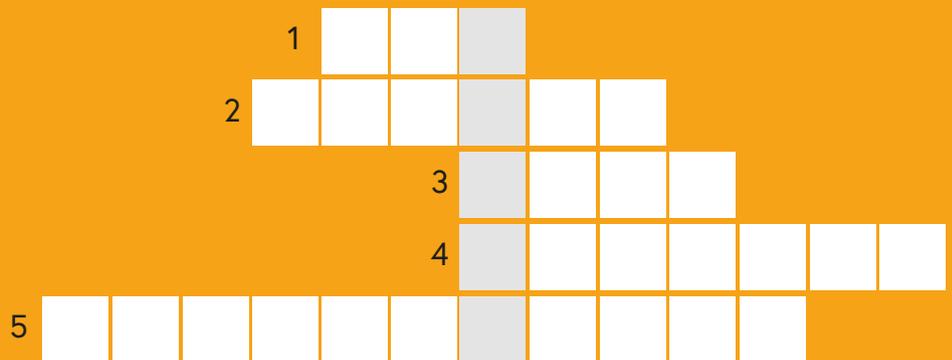
A Word From The Team

Hi, we are a team of young people who have created and designed this newsletter. This edition is about hobbies and can hopefully give you some ideas about getting involved in interesting and productive activities in your spare time. We as a team know that sometimes it's hard to have time to yourself, especially if you are caring for someone who is unwell. It is really important to make time for yourself because caring for someone is really tiring and can be hard work.

Quiz Time!



Fill in the boxes using the clues below to find the code word in the grey boxes:



- 1) Shorter version of Young Adult Carer (Initials)
- 2) This newsletter was sponsored by which organisation?
- 3) You can sit down and relax doing this?
- 4) The Carer Awareness Project was funded and supported by NHS _____ (see page 3 for a clue)
- 5) Tip from page 5, relax by using your phone to take _____

If you would like to enter our competition with a chance to win a £10 gift voucher then email the code word and your name/preferred contact details to claire@newcastlecarers.org.uk . We would also love to hear if you have any ideas for the next edition of our newsletter.

Mindfulness and Exercise

I have started to go to the gym

Why?!? I wanted to go to lose weight and to be healthier
BUT.... I was nervous and I felt like everyone was watching

I decided I should just **GO FOR IT**

I went with another young adult carer that I met at the Newcastle Carers Group – It was easier because we went together so I'd recommend that you try and find someone else to go with for the first time if you are feeling nervous. We did an induction and learnt how to use all the stuff. There was a funny man there that made us howl with laughter. You can do swimming too at the gym I went to and now that I have tried it I have applied for a grant to pay for a membership, you might be able to do that too.

It is sometimes hard to find the motivation and it can make my legs ache but I get a better nights sleep if I go and it puts us in a better mood. I burn off some of my energy.

TIP: Take some headphones with you and you can listen to music, it helps you get in a zone and block everything else out.

- Lexi



Have a look at these websites to see some activities you could try:

www.activenewcastle.co.uk

www.newcastlegateshead.com

www.parkrun.org.uk

www.getnorth2018.com

Sport can help to create a better mind space for you as well as a healthier lifestyle. Sport not only helps to exercise your muscles and body, but it also helps to create a more calm, peaceful and relaxed state of mind. I find the following sports have a really positive impact on my wellbeing:

Swimming

When I feel anxious or stressed swimming can help as it allows for a way to regulate my breathing and to slow it down which can help as a way to reduce anxiety. Breathing in a slow and regular way is also a form of mindfulness which is used to create a calmer state of mind which can help manage your stress and anxiety.

Running

Often, when I'm upset or stressed out, I like to go on runs in order to clear my head and use it as a way to release frustration. Often the hard work of the run and the fresh air can help.

- Finn

Carer Awareness Project

A group of 11 young adult carers have been working on a fab project this year – we have named it the Carer Awareness Project!

THE IDEA

We created an idea to put posters on billboards and bus-stops in order to raise awareness of young adult carers who do not know that they are carers. To start off we interviewed different design teams. We decided to work with a design company called Sail Creative.

THE TEAM

There were 11 of us involved in the project – here are a few of us!



THE PROCESS

We looked at other advertisements and made collages out of things we liked, and things we didn't like.



THE LAUNCH

We launched the project at the 'Carer Friendly Community Awards' at the City Library



THE FINISHED DESIGNS

Here are the designs that we came up with...



The campaign encourages Young Adult Carers to email support@newcastlecarers.org.uk to find out more. Get in touch!

WHAT WE LIKED

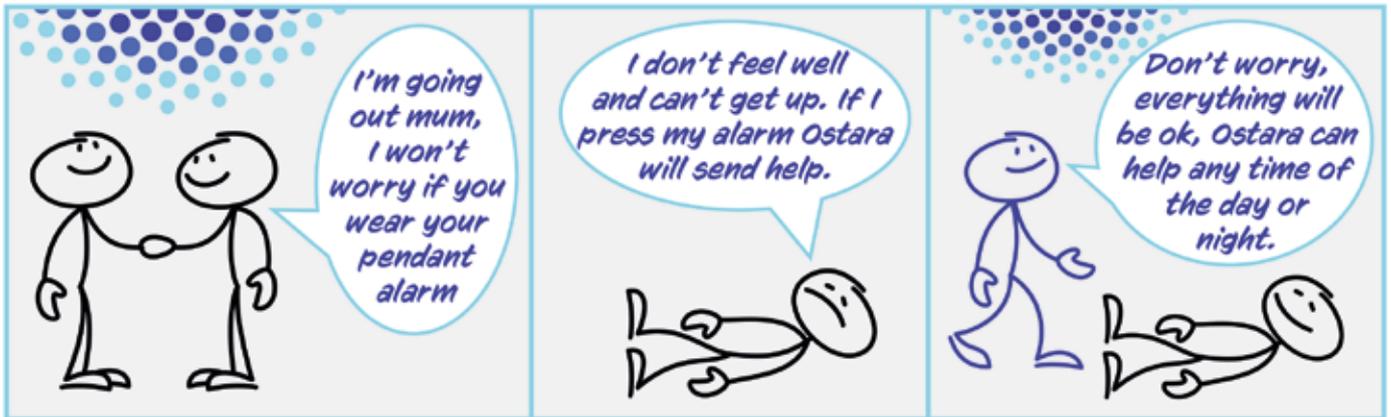
- Interviewing designers
- Being part of a team
- Being part of a bigger project that can make a difference
- Seeing the finished project after weeks of work
- Launching the campaign
- Seeing such a big project come together
- Picking actors and models to be involved in the photos

LOOK OUT FOR THE CAMPAIGN
ALL OVER NEWCASTLE – it goes
live from
13th August 2018

This project was funded and supported by NHS England North Regional Safeguarding and Quality Team

A Word From Our Sponsors

How Ostara helps my family



Ostara provides simple alarm buttons and other equipment that is linked to their office. If the person you care for feels unwell or needs help they can press their button and Ostara will ring them or visit them to check they're ok. If you are out they can also call you on your mobile if you want them to.

There is a small weekly charge for the service but this can sometimes be covered by certain benefits.

Ostara works 24/7 every day of the year so you can go out at any time and have peace of mind that help is always at hand at home.



You can request a free information pack at www.ostara.org.uk or on 0191 277 7470.

Ostara

Many Thanks to the Ostara Team for funding the printing of this newsletter, it is greatly appreciated by the young carers and young adult carers involved.

NHS Champions



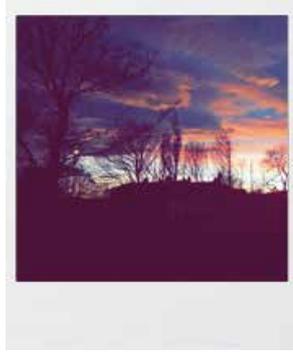
Hi! I'm Becca and last year I found out about a national project ran by NHS England, I decided to give it a go and become a NHS England Young Adult Carer Champion. This means that I meet up with young adult carers from across the country and we talk about how we can make things better for carers. First we did team building, got to know each other and learnt to trust each other. We came up with ideas about what differences we can make for carers in the NHS. This year I am going to be a mentor for new people getting involved.

If you want to know more, get in touch! Contact Claire at Newcastle Carers – details are on the back page.

Photography as a Positive Activity



We all deal with mental or emotional struggles at one time or another in our lives. Taking photographs helps to make time to re-focus and gain perspective. One tool you can use might be right in your pocket attached to your phone.....a camera.



Just by taking a photo you are taking a moment to stop and look at your environment through a new lens. This moment can be the moment that changes your day from a negative to a positive or at least gives you a moment of distraction and calm.
- Samira

Hi! My name is Emma and i love to take photos of the natural scenery. Here is one of my best pictures i would like to share.



The Maze Runner: Film Review

The Maze Runner (PG) is set in Australia, in a world where a virus has wiped out most of humanity and there is a huge maze. The main characters are a group of friends who met in the maze - they only know each other's names – they know nothing of each other's pasts.

We then meet a character called 'Thomas' who turns up in the maze – he doesn't know his name and is so scared. Thomas tries to run away but gets trapped in the maze. Thomas then learns his purpose – which is to escape the maze and save as many people as possible but they don't all make it!

Maze Runner is one of my favourite films because the characters bond really well and work together as a team to get out of the maze.

There are two more Maze Runner films to watch after this one – 'Maze Runner - The Scorch Trials' and 'Maze Runner – The Death Cure'.



- Bethany

Activities You Can Do At Home

Mindful Colouring

This is relaxing and therapeutic. If you have got a bit of time in the house give it a go, I can sit for an hour and colour in books. You can get the books all over, I go to Home Bargains & I don't think they are very expensive. If you want to relax you should try it – concentrating on colouring can help you to forget everything else for a while and have a little escape.

- Lexi



Artwork by
Isobel - our
youngest
contributor



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Recipe

Cookery is very therapeutic, it passes time and EVERYBODY LOVES FOOD! It is good for your health and wellbeing and it is good for making me and my mum happy. My mum can't cook because she is too poorly so I like making this lemon flan for us with special ingredient – LEMONS.

You will need

- 4oz digestive biscuits, crushed
- 2oz butter
- 1/4 pint double cream (150ml)
- 170ml sweetened condensed milk
- Juice and zest of 2 large lemons
- 7 inch flan dish

Method

Melt the butter in a saucepan. Add the crushed biscuits and mix well. Put this mixture into the flan dish and press it down to make the base. Put in the fridge to chill while you make the filling. Mix the double cream and condensed milk together. Add grated lemon zest, then slowly beat in the lemon juice. Pour the mixture into the flan dish and chill for several hours until firm. Decorate just before you eat it - whipped cream, grated chocolate - whatever you fancy - although it is delicious just as it is!



- Eva

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

Charity Registration No. 216250 and SC037605



135-139 Shields Road, Byker,
Newcastle upon Tyne, NE6 1DN
Tel: 0191 275 5060 Fax: 0191 265 1191
SMS: 07874 100 043
www.newcastlecarers.org.uk
Email: info@newcastlecarers.org.uk
[facebook/NewcastleCarers](https://www.facebook.com/NewcastleCarers)
[twitter @NCLCarers](https://twitter.com/NCLCarers)

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.

This newsletter was designed by Elvira Morris. All of the young carers, young adult carers and staff would like to thank Elvira for volunteering her time and incredible skills to help us get our ideas looking great and make this newsletter a success – THANK-YOU.