

# Y.A.C CHAT



Welcome to the newsletter for young adult carers age 16-25

Carers Lewisham is on Facebook!

August 2011

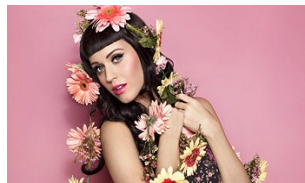
## Stars In Their Eyes is back for Carers!

Stars In Their Eyes is the show where ordinary people become celebrities. A star-studded spectacle where each performance is different and you, the audience, decide the winner! Thursday 13th to Saturday 16th October 2011 will see the Bob Hope Theatre in Eltham taken over by performances in a wide variety of styles, such as 50's, Motown, 90's classics and rock legends (Thursday and Friday). On Saturday there will be a matinee featuring Stars of the Silver Screen and a Gala performance in the evening, with contemporary stars such as Lily Allen and Katy Perry. A great evening out for all the family, tickets cost be-

tween £5 and £10, which will support the work of Princess Royal Trust for Carers, particularly Carers Lewisham.

Thursday-Saturday evening performances are at 7.30pm, with the bar opening at 6.45pm for pre-show drinks. For Thursday's and Friday's performances, adult tickets cost £10 and concessions\* are £8.

**Special offer! For the Saturday matinee performance at 2.30pm, all**



You may spot a Katy Perry look-and-sound-alike!

concessionary tickets are just £5. All other tickets for the Saturday matinee will cost £8.

For the final performance on Saturday at 7.30pm, all tickets will cost £10.

Book your tickets now from the box office by phoning 020 8850 3702 for a great event you can bring the whole family to, all in aid of Carers Lewisham!

Alternatively, you can book tickets online at [www.bobhopetheatre.co.uk](http://www.bobhopetheatre.co.uk).

The Bob Hope Theatre is located on Wythfield Road, Eltham, SE9 5TG.

\*concessions —carers, disabled and senior citizens and BHT members

## Win a Fiat 500!

The Great Big Small Charity Car Draw helps small charities across the UK raise vital funds.



By purchasing a ticket for £2, you are in the running to win a brand new Fiat 500 while supporting charities. Buy tickets now by either visiting Carers Lewisham in Waldram Place, Forest Hill or by visiting: [www.smallcharitycardraw.co.uk/tickets.php?id=care](http://www.smallcharitycardraw.co.uk/tickets.php?id=care). For more information on the programme, visit [www.smallcharitycardraw.co.uk](http://www.smallcharitycardraw.co.uk)

## Chill out zone



On the first Monday of every month from 6-8pm, all young carers between the ages of 16 and 25 are invited to a drop-in at Lewisham Carers. This is an informal session, where you

can meet other young people in the same situation as you, as well as speak to members of staff - or just relax. There are films, games, snacks and other things to do, so you'll be

entertained while you chill out. It is open to all young adult carers, so come along and see for yourself what is on offer!

# In need of a holiday? Why don't you apply for 'Fix Yourself A Break'?

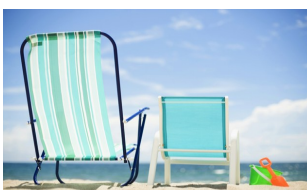
## The Fix Yourself A Break

scheme enables carers and their cared for person to purchase a flexible break with a small grant. You may be awarded up to £200 per person towards the cost of a holiday for you and the person you care for. You can also apply for up to £200 for another person to help you with the cared for person's needs. For more information on Fix Yourself A Break, contact Carers Lewisham on 020 8699 8686.

Another scheme that is also available is The Children's Country Holiday Fund. This is for children whose families cannot afford to go on holiday. If you have a child or younger sibling aged 7-12 years, this scheme can provide cheap affordable activity breaks around the country, so that they can take a break

from their everyday lives and simply be children again. To find out more about the scheme, you can either email: [info@cchf-allaboutkids.org.uk](mailto:info@cchf-allaboutkids.org.uk) or telephone the CCHF children's team on 01273847771.

Our respite service organizes **group holidays** for families where a child has a physical or learning disability. This normally occurs at Knowles Tooth residential centre at Hurstpierpoint in West Sussex. These are run by carers themselves with the support of Carers Lewisham. For more information, contact Marilyn on 020 8699 8686.



## Sitting Service

Our occasional respite services provides a sitting service in your home to look after the person you care for so that you can have a break. Whether you want to **go out with friends, attend a function, go shopping, attend appointments or just have a break**, this service will allow you to do so with the peace of mind that your cared for person is being looked after. To sign up for the service please call Carers Lewisham on 020 8699 8686.

# Street League Academy

Street League Academy strives to change the lives of young people through their passion for football.

Established in 2001, Street League delivers football and employability to 16-25 year olds across the UK, who are not in education, em-



Fabio Capello visited last December

ployment or training. The Academy helps young people gain fitness, skills and employability for a brighter future. If you're interested, there are Street Football Sessions running in several locations in London, which can be checked on the website: [www.streetleague.co.uk](http://www.streetleague.co.uk)

However, there are sessions available close to

home, with Catford Power League grounds open to Street League Academy. If you're interested, you can either email:

[london@streetleague.co.uk](mailto:london@streetleague.co.uk) or call 020 8536 5330.

# National Theatre tickets for only £5!

The National Theatre is located on London's South Bank, and is always bursting with productions. Currently, many critically acclaimed shows are being put on, with something for everyone. If you sign up at

[www.nationaltheatre.org.uk](http://www.nationaltheatre.org.uk), all young people aged 16-25 are eligible for £5 tickets for all shows! It's a fantastic opportunity to have a wonderful evening out



for a great price. Visit the website for all details on the shows playing at the moment and see what takes your fancy.

Also, you can bring a friend for just £7.50.

## MENTORS WANTED!

The mentoring project is running well, but we still need more volunteers to spend 2-3 hours per week, for twenty weeks. We offer full training, supervision and cover expenses. Currently we have young

carers on the waiting list to be mentored. It is good to put on your CV but you would also be helping someone who is in need of support.

Whether that is emotionally, or just helping them to get their mind off things. If you are aged 20+ and interested

to hear more about this unique opportunity, contact Allan at Carers Lewisham on **020 8699 8686**.

## Interested in making music?

Choice FM have teamed up with Barclaycard to offer all 16-25-year-olds an exclusive music open day, where you can try out DJing, mixing, singing, MCing and film making.

The best part is, it's all for free! The ambassador is



hot new rapper, Wretch 32, pictured, and there are plans for ongoing projects, so keep your eyes peeled!

**Watch this space!**

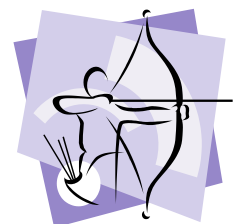
### Boat trip and Picnic

On Sunday 7th August we're planning a Long Boat trip and picnic along the Thames, starting in East London and taking in some of London's famous landmarks. Numbers are limited so call early to book your place! 020 8699 8686



### Archery

Learn all the basics and take part in a mini competition - date to be confirmed. Again places will be limited so book early and someone will call you to let you know the date and time and if you have a place. 020 8699 8686.



Carers Lewisham Centre  
Waldram Place  
Forest Hill

Phone: 020 8699 8686

Fax: 020 8699 0634

E-mail: [info@carerslewisham.org.uk](mailto:info@carerslewisham.org.uk)

[www.youngcarers.net](http://www.youngcarers.net)



*Carers Lewisham supports anyone in the London borough of Lewisham who, unpaid, looks after a mentally or physically ill or disabled relative or friend. We support carers over 8 years old with a range of services including advice, information, emotional support, breaks, opportunities to meet other carers, time out from caring activities such as relaxation days and well being sessions, coping strategies, specialist support for parent carers, carer of people with dementia, carers of people with mental health problems, older carers and carers who are caring for someone who is nearing the end of their life. We currently support over 5000 carers, over 500 of whom are children.*

#### Regular Activities at Carers Lewisham

Coffee mornings	Male carers group	Parent Carers group
	Carers Rights Day	Massage sessions
Counselling	Dementia advice drop in	IT classes
Employment and Training advice		Advice and Information

## If music's your thing...

With summer comes festivals each and every year, and 2011 is no exception! Underage Festival, hosted in Victoria Park on 5th August, will be headlined by Bombay Bicycle Club this year. Other acts performing include Roll Deep, rapper Giggs, Devlin, The Midnight Beast and Fugative! Tickets cost £31.50 and can be purchased from the website. For more details and ticket information, check out [www.underagefestivals.com](http://www.underagefestivals.com)



If you fancy something slightly more diverse, Reading Festival may be for you. No age restrictions with this one, so all are welcome! This year, they have booked some huge acts, including headliners Muse, The Strokes, Pulp and My Chemical Romance. Other names include The View, Two Door Cinema Club, The Kills and The Streets! Reading is a three day-long festival, running from Friday 26th-Sunday 28th August. Last minute tickets and more details are available through:

[www.readingfestival.com](http://www.readingfestival.com)