



Keeping.In.Touch.

Spring Term Activities

Junior activities are as follows : 21st January- Drama; 11th February- Arts and Crafts; 11th March- Cookery

Senior activities are : 28th January- Drama; 25th February -Arts and Crafts; Last weekend in March a trip to XFACTOR Tour (TBC). During February half term break on the 13th we will be taking the Junior Quaser, including meals at NANDOS. 14th—Bike Maintenance with YLP & on the 17th Seniors Paintballing, All trips have 12-15 places so we prioritise the new and level 1's, all place are subject to availability and fairness. To book a place please call 08000 198841, someone will put you on the list and you will be contacted closer to the date if you have a place. Do not assume you have a place until someone has confirmed usually a couple of days before the trip.

Carers Lewisham
Young Carers
Service

Issue 83

January—March 2012

- ☺ In this Issue
- ☺ Fundraising Success
- ☺ Spring Term Activities
- ☺ Mentoring
- ☺ Drop ins
- ☺ Art therapy
- ☺ Jack Petchy Wimmers
- ☺ Facebook / Twitter
- ☺ Young Carers Forum
- ☺ School News
- ☺ Money

FUNDRAISING SUCCESS



Well done! Abbie, Carly, Chelsea, Rieru, Edesiri, Alisha, Chloe, Elijah, Ricky, Latasha, Dannah, Matthew, Monica and Amoya for all your efforts on Sat 17th December 2012, raising funds and bag packing down at Sainsbury's Supermarket. A whopping £875.94 was raised in total!!! This money will be used to pay for more fun and exciting activities for everyone. None of this would possible without your team work, commitment and drive so thank you once again from the Young Carers Team.

Message from our New Worker

My name is Philip Mills, new Young Carers Service Manager at Carers Lewisham. Since starting back in September 2011, I've had great pleasure meeting some of you already which I am proud to say are committed individuals. I am excited about what's ahead and for being part of a Young Carers service, to support and value you. See you all soon.



Schools News

As you know Carers Lewisham are committed to getting support for Young Carers in school. We have developed a Young Carers Schools Charter and so far we have 17 schools signed up. They are, Prendergast Hilly Fields, Haberdashers' Aske's New Cross Primary Phase, Edmund Waller, St. Augustine's St Bartholomew's, Rathfern, Gordonbrock, Forest Hill, St. James Hatcham, St Stephen's, John Ball, Deptford Green, Conisborough, Christ The King, Abbey Manor Lee, Haberdashers' Aske's Knights Academy and Bonus Pastor. If you want your school to sign up to our Schools Charter speak to them and tell them to contact me Marilyn 020 8699 8686 or marilyn@carerslewisham.org.uk

Tola continues to work in Haberdasher's Aske's New Cross on a Tuesday, if you are a student there make your self known to her. She's in the lower site in the morning and the upper site in the afternoon. On Wednesday Tola is in Conisborough and again make yourself known to her if you go there. Rachel supports the Young Carers in Sedgehill and has weekly groups, does she know you go to her school?

Mentoring

After three years of funding from Children In Need the mentoring service here at young carers is well established and has supported over 25 young carers so far. Dedicated mentors offer young carers a chance to get a break from their caring role, do fun and educational activities and have someone who is there for them for a chat and to get problems of their chest. This has proved to be a great possibility for young carers to get the help they require in their lives.

A young carer said: "Thank you for helping me come out of my shy bubble". A parent of a young carer said: "The mentor has been a diamond. He has been supportive, understanding and encouraging". We look forward to supporting more young carers in Lewisham through our mentoring service. With Allan Taylor now taking on a new role as the Young Carers Activities Coordinator, for further information please contact the Young Carers Service Manager, Philip Mills.

JACK PETCHY AWARDS WINNERS

Last month Jack Petchy Awards winners are: Jasmine Brooks; Gabrielle Codlin; Adrian Hoskins. This year we have are offering a total 9 awards to recognise young carers achievements and to help costs toward running fun activities and games for the benefit their peers.

Drop-ins

Our drop ins are back on a Tuesday and Thursday after school between 3.30 and 6pm, for your opportunity to meet others, chat, use the internet, eat some hot food and just chill out at the centre. It all happens at the Carers centre !!! Got an instrument and love playing?? Our JAMMING sessions this month on 19th Jan at drop ins and the 3rd Thursday of every month thereafter!!

Arts Therapy

This will begin in January for up to 10 young people aged 11-18 years old , who want to develop their emotional literacy, learn to recognize feelings, name emotions, gain group support, learn better communication skills, explore identity, all in a safe and non-judgmental environment, using artistic materials/ techniques.

Join us on Facebook & Twitter

Keep updated and find out everything that's going on with young carers service. Log on and get involved with our Facebook and Twitter for young carers and young adult carers and feel free to post comments.

Twitter: @icarelewisham

Facebook group: iCare Lewisham

Young Carers Forum

Have Your Say! Be part of a group of 8-10 young carers who will meet regularly to make decisions that help ALL young carers in Lewisham on a range of different issues. Interested? To find out more information, get in touch with one of YC Team.

I know my rights?

Young carers say: "We have the right:

- ◇ To be children as well as carers.
- ◇ To be listened to and contribute in decision making that affects me
- ◇ To be valued by services irrespective of background, culture, race, religion or gender
- ◇ To practical help and the right advice
- ◇ To fun, friendship and respite from caring
- ◇ To parents empowered and well-supported
- ◇ To a safe, trusting environments where we are protected from harm
- ◇ To fair assessments of what we need as individuals, without judgement
- ◇ To useful information about health problems affecting within my family

How to keep in touch?

**Carers Lewisham Young Carers Service,
Waldram Place,
Forest Hill,
London
SE23 2LB**

Freephone: 08000 198 841

Fax: 020 8699 0634

E-mail: youngcares@carerslewisham.org.uk

Text: 07906 368 143

Website: www.carerslewisham.org.uk

Do you want to find out more information about the health problems of the person you look after?

Do you worry sometimes about what might happen to them or how it is might affect yourself?

Then why not check out

www.youngcarers.net

www.youngminds.org.uk

www.rethink.org

www.fwa.org.uk

Grants, Schemes and Breaks

If you haven't had a holiday for 2 years then you may be able to apply for Fix Yourself a Break money up to £200 towards a break for you and your family in the UK or Europe only. For more information or an application form contact Marilyn on 020 8699 8686.

You can apply through the Princess Royal Trust for Carers for

- ◇ Explore More grant of up to £300 towards an educational or leisure pursuit WHICH YOU HAVE ALREADY TRIED OR NEED TUTORING/ EQUIPMENT to complete.
- ◇ Or, the Explore More! Together grant up to £500 for events and activities for young carers to deliver structured and supervised group activities which provide young carers with recreational time out of their caring responsibilities.

Please be aware that it can take up to 3 months to receive money from a successful application. For more information / application form contact the Young Carers Team on 020 8699 8686.

Jack Petchy Achievement Award Scheme for gold participants is designed to give the winner the opportunity to make a financial contribution to the organisation you are involved with or community project you support. Buy equipment for sports, arts and crafts, cookery etc; arrange a trip; get some training; or help organise a fun event. Voting will take place throughout this month so come along to a drop in to have your say!

Next Issue will be in March.