



CARERS TRUST

St Helens Carers Centre

Young Carers Newsletter

Spring – Summer Edition



The Young Carers Centre has been bustling with activity—take a look inside to see what we've been up to! We also have plenty of fun and exciting events coming up for all age groups. Check out what's on and make sure you're taking a well-deserved break from your caring role!



Young Carers Action
Day 2025!
See Page 4 to find out
more!



Footy is back!
See page 11
for more details!



Mayor of
St Helens

Charity of the Year
See Page 3!



FOLLOW
US!

We are on
TikTok!
See the back
page to follow
us!



ACTIVITIES
TIMETABLE
Head to pages 12–15
to see what exciting
activities we have to
offer!





News and Updates



Donations

We're incredibly grateful for donations and contributions received to help us. The generosity offered is making a lasting impact, thank you for standing with us and supporting our Young Carers!



Support over the summer

*Good Luck
you got
this!*

As we approach the exam season, we would like to wish our Young Carers all the best of luck!

Remember to take time for you as well as trying your best.



We know summer holidays can be challenging for some Young Carers.

If you need any support through this please do speak to our team!



News and Updates

The Mayor of St Helens Charity of the Year 2024 – 2025

Did you know that The Mayor of St Helens
Councillor Jeanette Banks
chose us as her Charity of the Year?

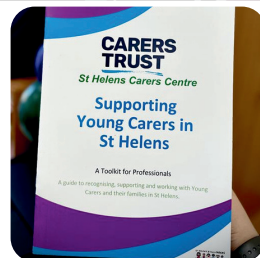
We would like to thank the Mayor for all of her
support and fundraising. We appreciate everything she
has done for our Young Carers and we have really
enjoyed working with you.



Thank
you

News and Updates

Young Carers Action Day 2025!



This year for Young Carers Action Day, we invited professionals to come along to our toolkit launch.

This is a guide to recognising, supporting and working with Young Carers and families.

Who Attended?

- The Mayor of St Helens
- Councillor Jeanette Banks
- Councillor Dave Banks
- Councillor Nova Charlton
- Councillor Liz Dodson
- Many other professionals from schools and agencies



Young Carers from our Chattin' 4 Action committee spoke about their caring role and how it impacts their everyday life, as well as important statistics.

Alan, Sophie, Hollie, Tanya and Amy also spoke about our service offer!

Young Carer Wellbeing Support

What do we do?

We're here for our Young Carers, providing assessments and reviews, one-to-one emotional support, referrals, advocacy in meetings, and collaboration with other professionals and schools.

If you need any support with your caring role, please reach out—we're always happy to help.

We love supporting our Young Carers and think you're all amazing!



Wellbeing Tips!

Get outside and enjoy the sunshine!



Read for 15 minutes before bed



Talk to a friend or loved one



Practice breathing techniques



Get creative!



We have recently registered over

40

New Young Carers

Did you know?

- We have visited 29 schools between January and April to support our Young Carers
- We have completed over 70 assessments and reviews this quarter



Outreach

Out and About

A huge thank you to all the schools and agencies that have worked with us to support Young Carers!

In the last 3 months, we have delivered 2 staff training sessions, 19 assemblies, 4 PSHE workshops,

3 YC Check Ins, 1 coffee morning, and a parents' evening.

This term we visited:

- St Mary's Catholic Academy
- Rainhill St Ann's
- St Mary's Blackbrook
- De La Salle
- Wargrave C of E
- Legh Vale
- Queen's Park
- Haydock English Martyrs
- Billinge St Mary's
- Rainford Brook Lodge
- St Mary's & St Thomas
- Eccleston Mere
- Bleak Hill
- Billinge St Aidan's
- St James C of E
- Newton-Le-Willows
- St Peter's C of E
- St Aidans
- St Helens College



UPCOMING EVENTS

Keep your eyes peeled... We have lots of visits booked in for the coming months:

- Ash Meadow School
- Garswood Primary
- Rainford CE Primary
- Oakdene Primary
- Wargrave House
- Corpus Christi
- Rainford C of E



YC Check In!

We will be visiting some of your schools to check in and have a chat about how we can support you!



We've visited more places over the last few months to raise awareness about Young Carers in St Helens, including:

- The Chrysalis Centre
- Early Help Conference
- Governors Forum
- St Helens Children's Social Services
- CGL



If you would like us to visit your school, please let your school champions know and Tanya will be happy to come in!

Chattin' 4 Action

Our Chattin' 4 Action members have been busy this year! Not only have they had afternoon tea with the Mayor but they've also shared their own experiences with Councillors and other professionals on Young Carers Action Day!

They are also a part of Young Carers National Voice where they have been involved in writing a letter to Ofsted and some of them represented our Young Carers in Birmingham for the annual meet up.

IN CASE YOU MISSED IT...



so proud of You

We featured in our local newspaper St Helens Star!

Would you like to join the Young Carers Committee and help to make a difference?
Come in and speak to Tanya!



Photos



TAKE A LOOK



Photos



CAN YOU SPOT YOURSELF?



Activities

Take a look at some photos from our recent residential to Petty Pool!



Our Young Carers enjoyed taking part in different activities!



Fire Lighting



Zip Line



Archery



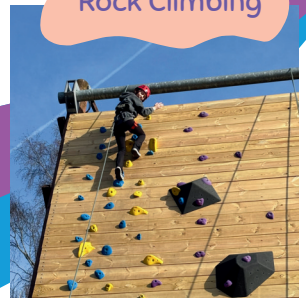
Canoeing



Leap of Faith



Rock Climbing



Activities



HAVE YOU SEEN OUR CENTRE'S NEW LOOK?

Not only have we changed things in the centre, but we have also added some amazing new games. Next time you're in a session, why not see if you can beat Alan's high score on the new Pac Man machine!!



Football is back!



Group C & D football at Sutton Leisure Centre on:

- Wednesday 21st May
- Wednesday 18th June
- Wednesday 16th July
- Wednesday 13th August

Meet outside the leisure centre for 4:45pm.

Football to start from 5pm-6pm.

Spaces are limited!











To book on to activities please go to our website: <https://www.sthelensyoungcarers.org/activities> or scan the QR Code!
Or call 01744 677279



SCAN TO BOOK

Group A (School Years 1-3)

Date	Time	Location	Activity	Details
Wednesday 7 th May	5pm-7pm	Young Carers Centre	 Lego Building & Cake Decorating	Have a go at different Lego designs and design your own cupcake!
Monday 19 th May	5pm-7pm	Young Carers Centre	LEVEL UP Arcade Night	A fun evening of arcade games - Who will collect the most tickets?
Monday 2 nd June	5pm-7pm	Young Carers Centre	Make your own slime & Messy Arts	 Enjoy getting messy with slime making and messy arts!
Monday 16 th June	5pm-7pm	Young Carers Centre	 All Around The World - Spain	Celebrate Spanish traditions!
Monday 30 th June	5pm-7pm	Young Carers Centre	Hill Vale Animals	 A fun, interactive afternoon with a wide range of animals!
Monday 14 th July	5pm-7pm	Young Carers Centre	 Den Building	Work together to build the biggest den!
Monday 28 th July	10am - 4pm	Farmer Teds	A Fun Day at Farmer Teds! LIMITED SPACES	 Meeting at Young Carers Centre, Transport and lunch provided!
Monday 11 th August	2pm-4pm	Victoria Park	 Outdoor Games	Meet at the park! A fun afternoon playing outdoor games.
Thursday 28 th August	2pm-4pm	Young Carers Centre	 Playdough Creations	Create your own playdough masterpiece!






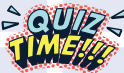




Group B (School Years 4–6)

Date	Time	Location	Activity	Details
Monday 12 th May	5pm–7pm	Young Carers Centre	Pizza, Paint & Popcorn 	Enjoy a pizza whilst getting creative!
Tuesday 27 th May	2pm–4pm	Young Carers Centre	Sand Art Creations 	Get creative using sand!
Monday 9 th June	5pm–7pm	Victoria Park	Outdoor Activities 	Meet at the park! A fun evening playing outdoor activities!
Monday 23 rd June	5pm–7pm	Young Carers Centre	All Around The World – Spain 	Celebrate Spanish traditions!
Monday 7 th July	5pm–7pm	Young Carers Centre	Dylan's Reptiles 	Would you like to meet some reptiles? If so, book on!
Monday 21 st July	5pm–7pm	Young Carers Centre	Tie-Dye Tshirt Making 	Design your own tshirt!
Monday 4 th August	10am–4pm	Blue Planet Aquarium	A Fun day at the Aquarium! 	Meeting at St Helens Young Carers, Transport & Lunch provided!
Thursday 14 th August	2pm – 4pm	Young Carers Centre	Character Creations! 	Bring your favourite characters to life!
Monday 18 th August	1:30pm–4pm	Roll Model Arcade & Games 	A Fun Afternoon at the arcade!	Meeting at Arcade Unit 41, Gerards Park, WA10 1FZ Transport not provided!

Group C (School Years 7-9)

Date	Time	Location	Activity	Details
Tuesday 6th May	5pm-7pm	Young Carers Centre	Jewellery Making 	Make your own jewellery and enjoy delicious pizza!
Tuesday 20th May	5pm-7pm	Young Carers Centre	The Weakest Link – Young Carers Edition 	Will you be the weakest link?
Tuesday 3rd June	5pm-7pm	Young Carers Centre	Tie-Dye Tshirt Making 	Design your own T-Shirt!
Tuesday 17th June	5pm-7pm	Young Carers Centre	All Around The World-Spain 	Celebrate Spanish traditions!
Tuesday 1st July	5pm-7pm	Young Carers Centre	Paint & Pop! 	Create your own canvas design and enjoy some fizzy pop!
Tuesday 15th July	5pm-7pm	Young Carers Centre	Dylan's Reptiles 	Would you like to meet some reptiles? If so, book on!
Tuesday 29th July	2pm-4pm	Victoria Park	Outdoor Games 	Meet at the park! A fun afternoon playing outdoor games!
Wednesday 6th August	8am – 6pm	Alton Towers	A fun day at the Theme Park! LIMITED SPACES! 	Meeting at St Helens Young Carers, transport & lunch provided!
Tuesday 12th August	1:30pm-4pm	Roll Model Arcade & Games	A fun afternoon at the arcade! 	Meeting at Arcade Unit 41, Gerards Park, WA10 1FZ Transport not provided!
Tuesday 26th August	2pm-4pm	Young Carers Centre	Clay Modelling 	Design your own sculpture using clay!
Wednesday 27th August	6pm – 10pm	St Edmund Arrowsmith Catholic High School	Shrek The Musical LIMITED SPACES 	Meeting at St Helens Young Carers, transport & snack provided!

Group D (School Years 10–13) up until the age of 18 years old

Date	Time	Location	Activity	Details
Wednesday 14 th May	5pm–7pm	Young Carers Centre	Darts & Doughnuts 	Channel your own Luke Littler with a game of a darts!
Wednesday 28 th May	2pm–4pm	Young Carers Centre	The Weakest Link – Young Carers Edition 	Will you be the weakest link?
Wednesday 11 th June	5pm–7pm	Young Carers Centre	Game Console Night 	Enjoy a game on the Switch with sweet treats!
Wednesday 25 th June	5pm–7pm	Young Carers Centre	All Around The World – Spain 	Celebrate Spanish traditions!
Wednesday 9 th July	5pm–7pm	Young Carers Centre	Barclays Life Skills 	Gain life skills through a workshop led by Barclays!
Wednesday 23 rd July	5pm–7pm	Young Carers Centre	Quiz Night 	Are you a quiz whizz? Come and enjoy a quiz with pizza!
Wednesday 6 th August	8am – 6pm	Alton Towers	A Fun Day at the Theme Park! LIMITED SPACES 	Meeting at St Helens Young Carers, transport & lunch provided!
Tuesday 12 th August	1:30pm – 4pm	Roll Model Arcade & Games 	A Fun Afternoon at the arcade!	Meeting at Arcade Unit 41, Gerards Park, WA10 1FZ Transport not provided!
Tuesday 19 th August	2pm–4pm	Young Carers Centre	First Aid Workshop 	Gain first aid skills through a workshop led by British Red Cross!
Wednesday 27 th August	6pm – 10pm	St Edmund Arrowsmith Catholic High School 	Shrek The Musical LIMITED SPACES	Meeting at St Helens Young Carers, transport & snack provided!

Contact Us

If you would like to speak to a member of our team, please don't hesitate to get in touch! Our team is dedicated to providing support to all of our Young Carers and their families.

Opening Times:
Monday – Thursday
9:30am – 4:30pm
Friday
9:30am – 4:00pm

To find out more visit our website!

SCAN ME



www.sthelensyoungcarers.org



St Helens
Young Carers Centre

Contact Details

01744 677279

info@sthelenscarers.org.uk

 [Sth.yc](https://www.instagram.com/Sth.yc)

How to find us:

St Helens Young Carers Centre
18 Cotham Street
St Helens
WA10 1SJ
(Just opposite the
St Helens Town Hall)

Follow us on TikTok!

SCAN ME

St Helens Young Carers
[@sthelenscarerscentre](https://www.tiktok.com/@sthelenscarerscentre)



TikTok



St Helens Young Carers is part of St Helens Carers Centre which is a registered charity in England and Wales (No. 1089663) registered as a company limited by guarantee in England & Wales (4203210)

Registered office: 31-35 Baldwin Street, St Helens, WA10 2RS.