



Inside This Newsletter You Will Find Details Of Your New Activity Timetable & Details Of How To Book On!

Find Out How To Watch Our New Young Carer MOVIE!



See Page 3

STHFC Are Back!

Join our Young Carer Footie Team!

See Pages 6 & 13

Are You In Our Latest Gallery of Photos??!!

See Pages 6 & 13

Schools In The Spotlight

See Pages 4 & 5

Message from our Young Carers team!



We want to say a massive Hello to all of our new Young Carers, who have registered with our service since our last edition in August, all **65** of you! Welcome to our Winter Edition.

We thought we would take a moment to introduce ourselves!

Young Carer Wellbeing Officers: Amy, Jasmin, Hollie, Soph! - You may have spoken to one of us when you had your assessment or review! Our work involves supporting both Young Carers and the person they care for, by offering 1:1 practical/emotional support which helps Young Carers to cope better with their caring role. We make referrals into external agencies; speak to professionals to explain the impact of caring so that they can better understand the situation and much more!

Activity Coordinator: Tjay is responsible for planning and delivering all the activity sessions, both during school term-time, during school holidays and the residential breaks.

Outreach Officer: Eleni is often out and about, raising awareness of Young Carers and our service across St Helens - in schools, colleges, agencies and in the community.

Team Manager: Kayleigh manages the Young Carers Team, allocates all the work coming in and co-ordinates the day to day running of the service.

I'm sure you will all join us in wishing in our activity lead Tjay McDavid who has become a Daddy(!) all the best wishes for the arrival of his their baby girl Isla!! Congratulations to him and his partner.



We also want to wish Jasmin good luck in her new career and home as she relocates away from St Helens in the New Year! - Thank you for all your work with Young Carers!

Raising Awareness of Young Carers

It is vital that we raise the profile of Young Carers, and our service across St Helens and beyond, so that hidden Young Carers can be identified, and that Young Carers are recognised and supported as much as possible.

“Hidden” - The Movie!

As you may be aware, we have been involved in supporting Cusp Films to produce a short film centred around the life of a hidden Young Carer- played by our charity ambassador and talented young actor Jude Riordan! Our staff and some of our very own Young Carers were kindly asked to consult with the script of the film and even featured in an accompanying documentary- which talks about our service and the support we offer to our families. We were so excited to host a premiere at Lucem House Cinema and watch the films for the first time. Thank you to all who attended and to Michael Stephenson for championing and empowering Young Carer voices.



You can watch the movies by scanning the QR code or by going to our website.

How The Staff Have Been Raising Awareness

On the 16th October, the team attended the Young Carers Conference at the Etihad stadium. We were inspired by speakers such as the Childrens commissioner, and Young Carer pioneer Professor Saul Becker! It was great to learn best practice from Young Carer services across the country.

We hosted a stall with Adult Carers Centre at the Homestart ‘FIVE’ festival in October. It was lovely to meet so many members of the community and all the wonderful services that support local families!

We were invited to St Helens College wellbeing days, we loved spending two days at the STEM centre and main campus, meeting students and raising awareness about our service.

Shout Out To Schools:

Huge Congratulations to Merton Bank and Queens Park Primary School!

Thanks to their continued efforts to upholding brilliant Young Carer practice within their schools- they have successfully been awarded their Young Carer In School Bronze Award. This is an amazing achievement- congratulations to the wonderful Young Carer Champions and staff teams!



Eaves Lane Primary School

We delivered a training briefing to the whole staff team at Eaves Lane Primary during an inset day on the 1st September- we spoke about who Young Carers are, how schools can identify them and talked about the whole school responsibility to support them and ensure Young Carers education and school experience isn't negatively impacted!

It was an informative day, and we received some great feedback such as: *'I feel more aware of the 'tell tale' signs that some young carers may show in school, and feel more aware of how to put them in touch with appropriate support'*.

In 2023, we have delivered 23 assemblies in schools across St Helens to talk about who Young Carers are and our service. We hope that these assemblies give hidden Young Carers opportunity to self-identify and learn how to access our support. We would like to thank the Triangle Trust in their support to enable us to do this work.



Chattin' 4 Action - Young Carers Committee

We have consulted with our Young Carer committee to hear what matters to them and they have played an important role in designing resources and presentations. We are keen to re-launch our school package in the New Year and are excited to work closely with schools to design and uphold Young Carer policies and implement strategies to reduce the negative impact that caring roles can have on their education, attendance, and school experience.

In 2024 we hope to continue to expand our work with schools and colleges, and we would love to hear your feedback along the way!



Our Maths Workshops have been a success since they began in September. Our Young Carers have been playing bingo, breaking codes and competing against each other all whilst learning algebra, fractions, averages and much more! We can't wait to get stuck in after Christmas to do some more. If you're in year 10 or 11 and would like a bit of extra support, please get in touch to find out more.

The Young Carers Centre

Our team have been busy decorating the centre and adding new features to make your session that little bit better! If you haven't already seen the centre, look at the photos below or better still, book onto the next session of activities!



St Helens Young Carers Football Club!



SHYC FC will be returning in January 2024 for our secondary and YADS group. This will be based at Sutton Leisure Centre and will be outside on the football pitches. We advise for our YC's to wear appropriate footwear and have a jacket with them due to the weather. See Page 13 for dates and times.

Well Done Dylan!

In July, we were presented with an opportunity by the St Helens Rotary Club to facilitate a place for one of our Young Carers to attend a Pety Pool residential. Dylan spent four days with a group of new peers from different places across the country- learning new skills, taking part in fun adventures, and building confidence! Dylan absolutely loved his experience and to commemorate it all- he was invited to attend the Rotary Meeting in November, to have dinner with the members and was even presented with a certificate. We are very proud- this couldn't have happened had you not said YES to the opportunity! Thank you to The Rotary for putting us forwards to take part in this initiative to empower young people!



Our Young Carer Activities & What We Offer

We usually host our activity programme at the Young Carers Centre. However, throughout the holidays, we try and get out and about as often as we can. We do this so our Young Carers can have a break from their caring role and have some fun!

We have multiple rooms in the Young Carers Centre that allow us to run arts and crafts, have some competitions on our Nintendo Switch, air hockey table & football table or lets you relax in our own cinema room.

Between the months of September – December, we have had 162 Young Carers attending our activities. Here's what some of our Young Carers had to say:



"The sessions are creative and there is always lots to do"

"Being with my friends is fun and the staff make me laugh".

"I never feel alone and I love everyone around me"

'Thank you so much! You guys definitely helped my confidence, no way a couple of years ago I would have been able to do something like that!'

Our next programme of activities and sessions are now open to book, you can find details on the next pages depending upon your age/school year. Remember you must book in advance. Please note that for each of these sessions, we will have a planned activity taking place, but they are always optional. If you don't want to get involved, we have separate rooms, We have a movie room, air hockey table, football table, Nintendo switch and plenty of board games!

Photos From Our Recent Activities:

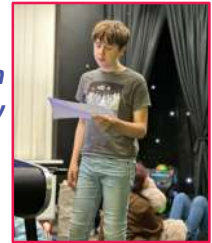
All groups enjoyed our animal workshops!



Halloween Parties!



Drama Class With Secondary Group



Our Secondary B & YADS all escaped the Van!



Drumming Sessions For Primary & Secondary Groups



Cabbage Hall Allotments - Clock Making



Other Photos From Centre Based Sessions



Book Your Activities:

Primary Group A - Years 1-3

No	Date	Time	Where is my Activity?	Extra Information
January				
1	Monday - 8 th January 2024	5:00pm-7:00pm	St Helens Young Carers Centre	Canvas Painting & Hula Hoop games!
2	Monday - 22 nd January 2024	5:00pm-7:00pm	St Helens Young Carers Centre	First Aid Workshop
February				
3	Monday - 5 th February 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Parachute fun!
4	Monday - 12 th February 2024	2:00pm - 4:00pm	St Helens Young Carers Centre	Half term Team building activities & Pancakes
5	Monday - 19 th February 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Make your own playdough
March				
6	Monday - 4 th March 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Dylans reptiles
7	Monday - 18 th March 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Wonder Arts
April				
8	Tuesday - 2 nd April 2024	2:00pm - 4:00pm	St Helens Young Carers Centre	Half term To the park for a scavenger hunt! *Weather dependant*
9	Monday - 15 th April 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Glass Painting & Twister
10	Monday - 29 th April 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Picture frame design & making rice crispy cakes!

How can I book on?

Bookings are on a first come first-serve basis so it's important that you book soon to avoid any disappointment!

To secure your place, please follow one of the steps below:

You can visit our website via - www.sthelensyoungcarers.org

By doing so, you will be able to access your activity group on the front page.

You can call us on 01744 677336 and book via a phone call.

Alternatively, you can email our activities co-ordinator:

tjayreecemcdavid@sthelenscarers.org.uk for any queries or bookings.

Book Your Activities: Primary Group B - Years 4-6

No	Date	Time	Where is my Activity?	Extra Information
January				
1	Monday - 15 th January 2024	5:00pm-7:00pm	St Helens Young Carers Centre	Glass Painting & Hula Hoop Games
2	Monday 29 th January 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	First Aid Workshop
February				
3	Monday - 12 th February 2024	2:00pm - 4:00pm	St Helens Young Carers Centre	Half term Team building activities & Pancakes
4	Monday - 26 th February 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Dylans reptiles
March				
5	Monday - 11 th March 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Martial Arts Workshop
6	Monday - 25 th March 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Wonder Arts
April				
7	Monday - 8 th April 2024	2:00pm - 4:00pm	St Helens Young Carers Centre	Half term To the park for a scavenger hunt! *Weather dependant*
8	Monday - 22 nd April 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Lego and Jenga evening

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Book Your Activities:

Secondary Group A - Years 7-9

No	Date	Time	Where is my Activity?	Extra Information
January				
1	Tuesday - 9 th January 2024	5:00pm-7:00pm	St Helens Young Carers Centre	Canvas Painting & relay games
2	Tuesday - 23 rd January 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	First Aid workshop
February				
3	Tuesday - 6 th February 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Rock Painting
4	Tuesday - 13 th February 2024	2:00pm - 4:00pm	St Helens Young Carers Centre	Half term Team building activities & Pancakes
5	Tuesday - 20 th February 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Wonder Arts Project
March				
6	Tuesday - 5 th March 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Martial Arts Workshop
7	Tuesday - 19 th March 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Video game design
April				
8	Wednesday - 3 rd April 2024	2:00pm - 4:00pm	St Helens Young Carers Centre	Half term To the park for a scavenger hunt & games! *Weather dependant*
9	Tuesday - 16 th April 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Design your own tote bag
10	Tuesday - 30 th April 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Mug design

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Book Your Activities: Football Group - Years 7-13

No	Date	Time	Where is my Activity?	Extra Information
January				
1	Wednesday - 17 th January 2024	5:00pm- 6:00pm	Meeting at Sutton Leisure Centre	Please meet outside for 4:45pm
2	Wednesday - 31 st January 2024	5:00pm - 6:00pm	Meeting at Sutton Leisure Centre	Please meet outside for 4:45pm
February				
3	Thursday - 15 th February 2024	5:00pm - 6:00pm	Meeting at Sutton Leisure Centre	Please meet outside for 4:45pm
4	Wednesday - 21 st February 2024	5:00pm - 6:00pm	Meeting at Sutton Leisure Centre	Please meet outside for 4:45pm
March				
6	Wednesday - 6 th March 2024	5:00pm - 6:00pm	Meeting at Sutton Leisure Centre	Please meet outside for 4:45pm
7	Wednesday - 20 th March 2024	5:00pm - 6:00pm	Meeting at Sutton Leisure Centre	Please meet outside for 4:45pm
April				
8	Thursday - 4 th April 2024	5:00pm - 6:00pm	Meeting at Sutton Leisure Centre	Please meet outside for 4:45pm
9	Wednesday - 17 th April 2024	5:00pm - 6:00pm	Meeting at Sutton Leisure Centre	Please meet outside for 4:45pm

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Book Your Activities:

Secondary Group B - Years 10-11

No	Date	Time	Where is my Activity?	Extra Information
January				
1	Tuesday - 16 th January 2024	5:00pm- 7:00pm	St Helens Young Carers Centre	First Aid Workshop
2	Tuesday - 30 th January 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Mug design
February				
3	Tuesday - 13 th February 2024	2:00pm- 4:00pm	St Helens Young Carers Centre	Half term Team building activities & Pancakes
4	Tuesday - 27 th February 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Wonder Arts project
March				
5	Tuesday - 12 th March 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Quiz and games night
6	Tuesday - 26 th March 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Baking evening
April				
7	Tuesday - 9 th April 2024	2:00pm- 4:00pm	St Helens Young Carers Centre	Half term Canvas painting
8	Tuesday - 23 rd April 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Design your own tote bag

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Book Your Activities: YADS (Young Adult Carers) - Years 12+

No	Date	Time	Where is my Activity?	Extra Information
January				
1	Wednesday - 10 th January 2024	5:00pm- 7:00pm	St Helens Young Carers Centre	Glass Painting
2	Wednesday - 24 th January 2024	5:00pm- 7:00pm	St Helens Young Carers Centre	Film night
February				
3	Wednesday - 7 th February 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Wonder Arts
4	Wednesday - 14 th February 2024	1:00pm - 3:00pm	St Helens Young Carers Centre	Half term Book folding
5	Wednesday - 28 th February 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Team Building Challenges
March				
6	Wednesday - 13 th March 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Jewellery making
7	Wednesday - 27 th March 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Quiz and Games Night
December				
8	Wednesday - 10 th April 2024	2:00pm- 4:00pm	St Helens Young Carers Centre	Half term Baking afternoon!
9	Wednesday - 24 th April 2024	5:00pm - 7:00pm	St Helens Young Carers Centre	Indoor Raft Races!

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CARERS TRUST

St Helens Carers Centre

ST. HELENS YOUNG CARERS



How To Contact Us:

St Helens Young Carers Centre, 18 Coham Street,
St Helens, WA10 1SJ

Monday to Friday 9.30am – 4.30pm (4pm Fridays)

Please note we close at 1pm on the last Friday of every month

Telephone:

Our Office Telephone Number: **01744 67 72 79**

Email:

info@sthelenscarers.org.uk

Website:

www.sthelensyoungcarers.org

Instagram:

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

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