



Autumn – Winter Edition





Young Carers Newsletter



Get cosy and dive into a season full of exciting activities, wellbeing tips and heart-warming highlights. From Halloween nights to festive fun – there's something for everyone this term!



Welcome to your young carers newsletter!

Stay connected, stay supported and see what's coming up!

 Flip to Page 2 for a Hello from the Young Carers Team! We've got a special message just for you 

We've been busy! Find out how we've been raising awareness in schools and the community. See page 4!



 Time to recharge! Your activity timetable is here – packed with fun, relaxing and creative sessions just for you! 
See pages 12–15!



 Take a mindful moment!

Turn to pages 8 & 9 and try out our wellbeing puzzle page – a fun way to relax and unwind!



CELEBRATING YOUNG CARERS EVERY DAY!

Welcome



Hello and a big welcome to all our amazing young carers, families and supporters! 🙌

We hope you have enjoyed the summer and finding moments to rest, recharge and do something just for you.

Whether you're new to our young carer community or have been with us for a while, please know how proud we are of everything you do.

Being a young carer takes incredible strength, compassion and resilience – and we see that in every single one of you. ❤️

In this newsletter, you'll find:

- 🌟 Updates on upcoming events
- 📖 Helpful resources
- ... Chatten' 4 Action highlights
- 🌿 Wellbeing tips to support you over the next three months and beyond

We're here to make sure you feel connected, supported and celebrated – always.

Remember: you are never alone, and your voice matters.

With warm wishes,
The Young Carers Team ❤️

Young Carer Awareness: You Matter More Than You Know

Who is a young carer?

If you help someone in your family with things like getting dressed, taking medicine or managing their feelings because they have a health condition, you might be a young carer.

You could be caring for:

- A parent or sibling who is unwell
- Someone with a disability
- Someone with a mental health condition
- Someone who uses alcohol or drugs

You might not see yourself as a "carer" – but the support you give makes a big difference.



You're not alone – support is here

We're here to help with:

- 1:1 support sessions
- Fun trips and meetups with other young carers
- Help at school or college
- Advice for families

"Being a young carer is rewarding but sometimes stressful. The service gives me support on how to manage my caring role and deserved respite."
–Young Carer, Age 16

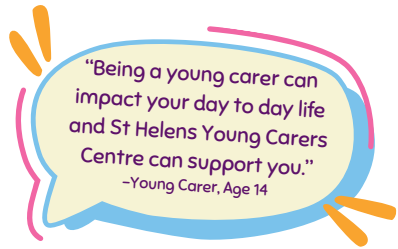


Why recognising your role is important:

Being a young carer can be rewarding but it can also be hard sometimes.

That's why it's important to:

- Know you're not alone
- Ask for help when you need it
- Make time for fun and friends



Online Support Services

Sidekick

Sidekick is a confidential and anonymous text service for young people aged 13 to 18 in the UK – and up to 25 if you have special educational needs.

07888868059 or

sidekick.actionforchildren.org.uk

Kooth

Kooth provides free, safe and anonymous mental health and wellbeing service for children and young people aged 10 to 25 years old.

kooth.com

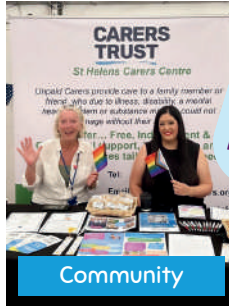
Sibs

Sibs exists to support people who grow up with or have grown up with a disabled brother or sister

sibs.org.uk

Outreach In Action: Empowering Young Carers Through Awareness

We have been out and about visiting schools, agencies and the local community to talk about young carers. It's really important that more people understand what young carers do, so they can offer the right help and support. The greater the awareness, the greater the impact!



Want us to visit your school?
Let your school champion know, and Tanya will be happy to pop in for a visit!



Chattin' 4 Action

Our C4A members have had a busy few months – completing a leadership course and even meeting Ofsted's Chief Inspector, Sir Martyn Oliver, in London! The committee helps to shape our service and raise the profile of young carers.



Want to see where we've been and what we're up to?
Follow us on social media to keep up with our outreach and events!
See last page for details!



Are you a young carer?
Want your voice heard?
Join Chattin 4' Action – our Young Carers Committee!
Help shape support, meet others and make a difference.
Get in touch to join! (YC Age 13+)

Young Carer Wellbeing Support

Starting a new school year can feel like a really difficult time, but rest assured, you're all going to do great! Here are some study tips to help you smoothly transition into the new term.

A Flexible Study Schedule

Plan study sessions around your caring responsibilities, create a timetable with manageable study chunks

Take Care of Yourself

Rest and breaks are important! Try to get enough sleep and plan in some rest time

Organisation

Getting everything neat and tidy and planning when you will study or do your homework can make it much more manageable

Celebrate Your Progress

Keeping on top of school work whilst having a caring role is such an achievement, take a moment to be proud of yourself!

You've Got This!

Useful Websites

- BBC Bitesize
- The National Geographic
- TED Ed
- NASA for Kids
- Khan Academy



Young Carers in Action!



TAKE A LOOK



Young Carers in Action!



CAN YOU SPOT YOURSELF?





Brain Break!

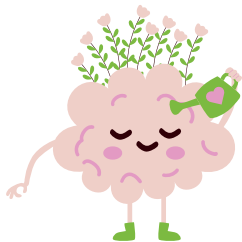


Have a go at our puzzle page to take a break from your caring role!

Wordsearch



Brave
Caring
Family
Friend
Help
Kind
Love
Patience
Resilient
Strength
Support
Trust



Riddle Time!

I'm tall when I'm young
and I'm short when I'm
old, what am I?

What has lots
of keys but
can't open locks?

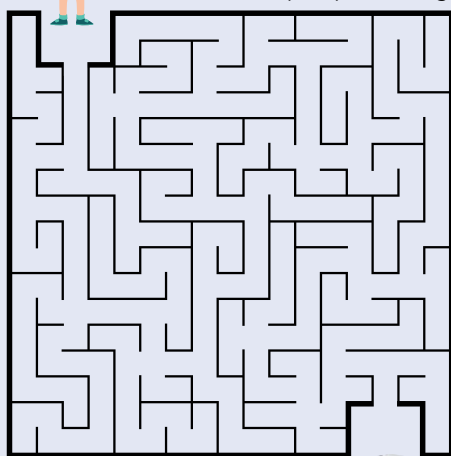
What has to be broken
before you can use it?

Answers at the bottom of page 10

Escape the maze!



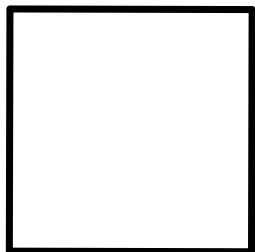
Help Sam to find his way to a
break after a busy day of caring



Get Creative!

shape Art

Use your imagination to turn the shapes into works of art!

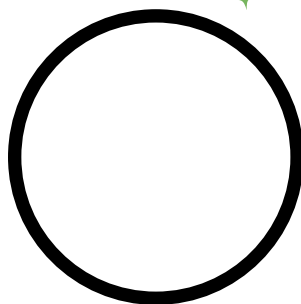
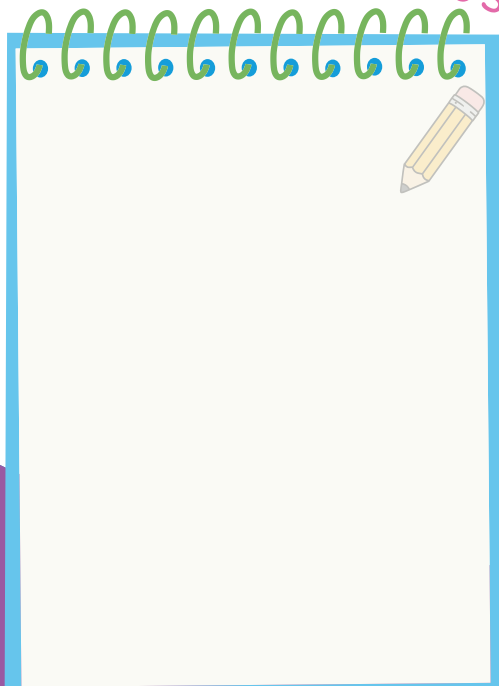


Spot The Difference

Spot as many differences as you can in the images below



Superhero Sketch!



Draw Yourself as a 'Young Carer Superhero' – what powers would you have?



Wellbeing Support

It is important to take some time for yourself and look after your wellbeing.
Here are some techniques Hollie & Sophie like to use!

You are
Amazing!






Doodle Away

Grab a piece of paper and a pencil and try and doodle how you are feeling or take your pencil for a walk!

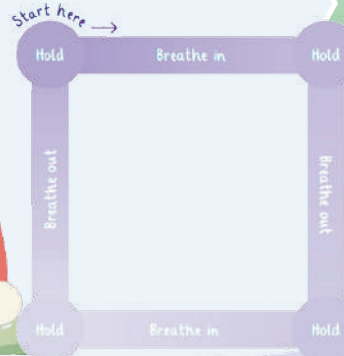


Distract your mind

Here are a few ways to distract your mind:

-  Notice all the green objects you can see
-  Count in 3s as far as you can go
-  Count backwards from 50
-  Spell the names of friends in your head
-  Imagine your favourite place

Breathing Techniques



Riddle answers: 1. A candle, 2. A keyboard, 3. An egg.

Activities

🍁❄️ Autumn–Winter Fun for Young Carers!

Hey Young Carers! 💛

Our new activity programme is here – packed with cool stuff like Halloween crafts, bonfire fun, cosy movie nights and Christmas parties! 🎃🔥



Come chill, create and have fun with your friends!

🎯 Don't Forget:

Make sure you book the right group for your age – it helps us plan the best sessions (and snacks!) 😊

Not sure? Just ask a member of the team!

📅 17 How to Join:

Check the timetable and sign up – spots go fast, so don't miss out!

See you soon! ✨

Big Thanks to Our Awesome Sessional Staff!



You bring the fun, the good vibes and the big hearts – and we couldn't do it without you!

Thanks for being amazing with our young carers and making every session extra special. You're simply the best! 💛👏



SCAN TO BOOK

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



Group A (School Years 1-4)



Date	Time/Location	Additional Information
Monday 15th September 2025	5pm - 7pm St Helens Young Carers Centre	Rocket into fun! Space Themed Activity 
Monday 29th September 2025	5pm - 7pm St Helens Young Carers Centre	 Team Games & Friendship Bracelets
Monday 13th October 2025	5pm - 7pm St Helens Young Carers Centre	Sparkle Yoga Tote Bag and T-Shirt Designs 
Monday 27th October 2025	2pm - 4pm St Helens Young Carers Centre	 Halloween Games and Crafts HALF TERM WEEK
Monday 10th November 2025	5pm - 7pm St Helens Young Carers Centre	Make Your Own Kindness Comic Book (In support of World Kindness Day) 
Monday 24th November 2025	5pm - 7pm St Helens Young Carers Centre	 All Around The World - Italy
Monday 8th December 2025	5pm - 7pm St Helens Young Carers Centre	Christmas Karaoke and Card Decorations 
Monday 15th December 2025	5:30pm - 7:30pm Ruskin Sports Village	CHRISTMAS PARTY Ruskin Sports Village, Ruskin Drive, WA10 6RP Arrival from 5:15pm, more information to follow... 



Quick Booking Reminder

Before completing a booking form, please double-check the young carer's group and the school year it covers. Some groupings may have changed with the new school year. This helps avoid confusion and ensures every child is booked into the correct session. Thank you!



SCAN ME
TO BOOK
ON!





Group B (School Years 5-6)



Date	Time/Location	Additional Information
Monday 8th September 2025	5pm - 7pm St Helens Young Carers Centre	Make your own Keyring or Bag Charm 
Monday 22nd September 2025	5pm - 7pm St Helens Young Carers Centre	Make Your Own Cake Pops 
Monday 6th October 2025	5pm - 7pm St Helens Young Carers Centre	Wellbeing Night with Sparkle Yoga Make your own calm jars (In support of World Mental Health Day) 
Monday 20th October 2025	5pm - 7pm St Helens Young Carers Centre	Seasonal Crafts 
Monday 3rd November 2025	5pm - 7pm St Helens Young Carers Centre	Bonfire Bonanza (Activity themed around Bonfire night) 
Monday 17th November 2025	5pm - 7pm St Helens Young Carers Centre	All Around The World - Italy 
Monday 1st December 2025	5pm - 7pm St Helens Young Carers Centre	Christmas Karaoke and Card Decorations 
Monday 15th December 2025	5:30pm - 7:30pm Ruskin Sports Village	CHRISTMAS PARTY Ruskin Sports Village, Ruskin Drive, WA10 6RP Arrival from 5:15pm, more information to follow... 



Quick Booking Reminder

Before completing a booking form, please double-check the young carer's group and the school year it covers. Some groupings may have changed with the new school year. This helps avoid confusion and ensures every child is booked into the correct session. Thank you!



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Group C (School Years 7-9)



Date	Time/Location	Additional Information
Tuesday 16th September 2025	5pm - 7pm St Helens Young Carers Centre	Deal or No Deal Game Show 
Tuesday 30th September 2025	5pm - 7pm St Helens Young Carers Centre	Make Your Own Cake Pops 
Tuesday 14th October 2025	5pm - 7pm St Helens Young Carers Centre	Autumn Mood Board & S'mores 
Tuesday 28th October 2025	2pm - 4pm St Helens Young Carers Centre	Fang-tastic Film Afternoon 
Tuesday 11th November 2025	5pm - 7pm St Helens Young Carers Centre	Fireworks Art 
Tuesday 25th November 2025	5pm - 7pm St Helens Young Carers Centre	All Around The World - Italy 
Tuesday 2nd December 2025	5pm - 7pm St Helens Young Carers Centre	Christmas Decorations 
<u>Wednesday</u> 10 th December 2025	5pm - 7pm St Helens Carers Clubhouse	CHRISTMAS PARTY Arrival from 4:45pm, venue is downstairs from the YC Centre More information to follow...



Quick Booking Reminder

Before completing a booking form, please double-check the young carer's group and the school year it covers. Some groupings may have changed with the new school year. This helps avoid confusion and ensures every child is booked into the correct session. Thank you!



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Group D (School Years 10- Upto your 18th Birthday)



Date	Time/Location	Additional Information
Wednesday 10th September 2025	5pm - 7pm St Helens Young Carers Centre	Time Out: Chill & Challenge 
Wednesday 24th September 2025	5pm - 7pm St Helens Young Carers Centre	 Deal or No Deal Game Show
Wednesday 8th October 2025	5pm - 7pm St Helens Young Carers Centre	Make Your Own Charms or Keyring 
Wednesday 22nd October 2025	5pm - 7pm St Helens Young Carers Centre	 Pumpkin Carving
Wednesday 5th November 2025	5pm - 7pm St Helens Young Carers Centre	Food and Firework Crafts 
Wednesday 19th November 2025	5pm - 7pm St Helens Young Carers Centre	 All Around The World - Italy
Wednesday 3rd December 2025	5pm - 7pm St Helens Young Carers Centre	Christmas PJs and Hot Chocolate 
Wednesday 10th December 2025	5pm - 7pm St Helens Carers Clubhouse	 CHRISTMAS PARTY Arrival from 4:45pm, venue is downstairs from the YC Centre More information to follow...



Quick Booking Reminder

Before completing a booking form, please double-check the young carer's group and the school year it covers. Some groupings may have changed with the new school year. This helps avoid confusion and ensures every child is booked into the correct session. Thank you!



SCAN ME
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ON!



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



St Helens
Young Carers Centre

FOLLOW US

Stay Connected!

Be the first to hear about events, support & stories from other young carers!



sthelenscarerscentre



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sth.yc



Contact Details

01744 677279

info@sthelenscarers.org.uk

www.sthelensyoungcarers.org

How to find us:

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18 Cotham Street
St Helens
WA10 1SJ
(Opposite the
St Helens Town Hall)

SCAN ME
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WEBSITE



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)

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