

Young Carer

Newsletter

May 2021 - Carers Northumberland

Hi Everyone

I hope you are all good. We are planning our activities for Summer please help us out by completing the questionnaire at the end of the newsletter. We also want your feedback on the Active Northumberland card, have you used yours? Let me know. We also have a competition too on page 2. Can't wait to see your entries!

Take care *Anne-Marie*

active
Northumberland

**YOUNG CARERS
ACTIVITY PASS**

Do you have an Active Northumberland Pass? (If you are not sure, please get in touch and I can check)

Did you know that the Active Northumberland Leisure Centre's have reopened? You can now book swimming and clip and climb, and for those of you aged 14 plus you can book, gym, swimming and classes! Don't forget you can take a friend too!

If you have a pass and can't use it for some reason, please text me and let me know why, that way I can see if we can help. It is really important that the passes are used, they are funded by our friends at Northumberland County Council and they would really like to know if Young Carers find them helpful to take a break.

If you have been using your pass, I would also love to hear from you, let me know what your favorite thing is about the leisure centre !

Text / WhatsApp me on 07500 886 319

Are you registered?

I may have written out to you with registration forms, if you haven't had a chance to complete these, don't worry! You can do them online at

<https://tinyurl.com/yxj57dny>

Or Scan the QR code.



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Congratulations to Tara aged 14 who won last months Get Creative competition with this amazing entry, Tara you are very talented. There is a £20 Amazon voucher on the way to you! Happy shopping.

Would you like to me our next competition winner?

Send me your best creations and we will share them in the next newsletter. You could win a £20 Amazon voucher.

It can be anything! A photo, a drawing, poem or short story, anything you feel proud of.

Send me your creations!



Text or WhatsApp
07500 886 319

Email: info@carersnorthumberland.org.uk



Artwork by Tara aged 14

Covid Vaccine

Young Carers aged 16 & 17 can now be added to the carers list to get the Covid Vaccine.

Carers Northumberland are working with local GP surgeries, please do not call your surgery, if you would like the vaccine contact us and we will add you to the list

DID YOU KNOW?

Fun fact of the month... It's impossible to hum while holding your nose... You just tested it, didn't you? 😂 😂 😂 Normally, when you hum, the air is able to escape through your nose to create the sound, and of course, it can't do that when you're holding it shut. This is one of the weird facts you can test out for yourself. Go ahead, try it.

Do you have a fun fact to share?
Get in touch.



Specialist Employment Support for Young Carers aged 16-17 years

Are you confused about your future?

Would you like support to get into employment or further education?

We can help....

Being a young carer can often mean putting your own hopes and aspirations to the back of your mind in order to continue supporting someone else. The past year has been particularly difficult for young carers, especially those aged 16 and over, with disruption to the normal school year and the added worry of keeping those who are vulnerable safe throughout the pandemic.

Carer Northumberland is working in partnership with Newcastle Carers and North Tyneside Carers Centre on a project funded by the North of Tyne Combined Authority which can support you to explore your options.

The project has a dedicated **Carers into Work Advisor** who work with you on a one-to-one basis to:

- **Find out what interests you**
- **Look at opportunities available to support you to stay in or return to education**
- **Look for suitable training courses or other ways to enhance your skills**
- **Support you to look for employment and volunteering opportunities**

The Carers into Work Advisor will help to address the barriers to education, training and employment and can support you with work experience, volunteering opportunities, sourcing an apprenticeship, preparing you for work (e.g. CV writing, application forms, job searches, confidence building and interview training).

There are lots of ways Carers Northumberland can help you to plan your future and take advantage of the opportunities available. If you are a young carer aged 16 or 17 years old, please get in touch with Anne-Marie or contact us on 01670 320025
info@carersnorthumberland.org.uk

[How to get in touch](#)

Text or WhatsApp to - [07500 886 319](tel:07500886319)

Telephone: - [01670 320025](tel:01670320025)

Activities questionnaire

We hope to be able to offer activities by the summer, we really need to know what kind of things you would like to see us doing. Please help us out by completing the below questions.

(Tick the activity you would like to do, you can choose as many as you like!)

- Online craft club - We send the craft supplies to you
- Online youth club
- Clip and climb
- Park / Walk and a picnic
- Beach & ice-cream
- Farm
- Go outdoors
- Laser Tag
- Bowling
- Trampoline Park
- Family days out
- Crazy golf

Other (use this space to tell me some of your own ideas)



You can also complete this questionnaire using your phone! Just scan the code using your camera:



Or use this link

<https://forms.office.com/r/m3xtYFLq7Y>

Return it to us for FREE to
FREEPOST RTRU-UKLY-CSAR
Carers Northumberland
107-109 Station Road
ASHINGTON
NE63 8RS