

# MARCH 2018



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# WELCOME TO THE YOUNG CARERS MAGAZINE!

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## Transport to Activities

The transport we can provide to activities is very limited. If this means that you can't attend an activity please let us know and we will do our best to arrange transport.



## NEW YOUNG CARERS!

We would like to welcome.....

MIA

MATTHEW

KIAN

JOSHUA

ELISE

MILLY

GRACE

ROWAN

JACK -  
WELCOME  
BACK!

FARRAH

LIAM

*We hope you are enjoying coming to our young carers groups and activities. Get involved, make some new friends and have some time out!*



# YOUNG CARERS LANCASHIRE FORUM



Jordan and Mia represented our Young Carers Service at the last forum. The forum meets 6 times a year at different venues, usually in the evening or during the holidays.

At the forum we discuss issues that affect young carers and these issues are reported to Lancashire County Council and it makes them aware of what type of support you, as a young carer, feel you need.

The information is fed into the Lancashire Youth Council so your views, which are important, are taken into consideration when making decisions about young people.

We also raise awareness through film making and blogs about what it is like to be a young carer. If you would like more information please ring Carole on 01254 387666 or speak to Jordan or Mia.



## OUTDOOR ELEMENTS

WE HAD 3 BRILLIANT DAYS AT OUTDOOR ELEMENTS AND IT WAS THE WORST WEATHER EVER! WE HAD SNOW, HAIL, RAIN AND WIND BUT ALL THE GROUP REALLY ENJOYED THE ACTIVITIES.

WE STARTED OFF WITH **CRATE STACKING** WHICH WAS REALLY TESTING OUR BALANCE AND HOW WELL WE WORKED AS A TEAM. WE PRACTISED **ARCHERY** WITH CAROLE, MICHELLE AND JORDAN EVEN POPPING BALLOONS WITH THEIR ARROWS!



NEXT IT WAS A TEAM GAME CALLED '**BLINFOLDED**' - IT'S A GOOD JOB WE TRUSTED OUR PARTNERS! **ORIENTEERING** PROVED VERY CHALLENGING WITH ALL THE MUD BUT KIANA WAS BRILLIANT AT IT!

BY FAR THE MOST ENJOYABLE DAY WAS THE LAST DAY. ALL THE GROUP TOOK PART IN THE **ZIP LINE**. DESPITE THE RAIN IT WAS GOOD FUN AND THEN IT WAS ONTO MAKING A **FIRE** TO COOK OUR FOOD - BACON, SAUSAGE OR HALLOUMI CHEESE AND WE FINISHED IT ALL OFF WITH TOASTED MARSHMALLOWS!

**SEE PAGE 3 FOR SOME GREAT PHOTOS!**

# CAN YOU SPOT YOURSELF?



# CAN YOU SPOT YOURSELF?



# TIME OUT! TIME OUT!

## Great Harwood Group

**When?** - 1st Wednesday of the month

**Where?** - Bank Mill House

Church St, Great Harwood, BB6 7NF (lower down than the youth centre)

**4pm - 5.30pm**

7th March

4th April

2nd May



## Social Group

**When?** - 2nd Wednesday of the month

**Where?** - at Carers Link Lancashire

**4.30pm - 6pm**

14th March

11th April

9th May

Come along to one of our Time Outs! There is always lots to do! Meet friends - old and new!

Call Carole on 01254 387666 if you would like to come along.

**We look forward to seeing you!**

# GET INVOLVED & HAVE SOME FUN!

## Hyndburn Group

**When?** - 3rd Wednesday of the month

**Where?** - at Carers Link Lancashire

**4pm - 5.30pm**

**21st March**

**18th April**

**16th May**



## NEW Young Carers Group

**When?** - 4th Wednesday of the month

**Where?** - To Be Confirmed

**4pm - 5.30pm**

**No Group in March**

**25th April**

**26rd May**

## REMEMBER!

We no longer phone you to remind you about time out sessions. If you want to come along just give us a call so we know that you are coming :)

**KEEP THESE DATES SAFE - TRY STICKING THESE PAGES TO YOUR FRIDGE!**

# HEALTH FACT FILE DYSPRAXIA

**DYSPRAXIA** is a developmental coordination disorder (DCD). It affects fine (*small muscle movements - like hands and fingers*) and/or gross (*larger muscle movements - like arms and legs*) motor coordination and is a lifelong condition. Symptoms can be different from person to person and these may change over time, depending on their environment and life experiences.

DEVELOPMENTAL



COORDINATION



Children may have difficulty with self-care, writing, typing, riding a bike and play as well as other activities. In adulthood many of these difficulties will continue.

**WHAT CAUSES DYSPRAXIA?** Although the exact causes of dyspraxia are unknown, it is thought to be caused by a disruption in the way messages from the brain are transmitted to the body. This affects a person's ability to perform movements in a smooth, coordinated way.



## PEOPLE WITH DYSPRAXIA MAY HAVE DIFFICULTIES WITH:

- Social and emotional situations
- Clumsiness, poor balance and difficulty picking up and holding things
- Telling the difference between left and right, and judging distances
- Sensory Integration Dysfunction (*your brain receives a steady stream of sensory information—from the smell of food cooking to the feeling of shoes rubbing against your feet. Most people can “tune out” or “filter” that information but people with Dyspraxia may be overwhelmed*)
- Sleeping
- Easily distracted and daydreaming
- Short term memory difficulties
- Tiredness (*due to the extra difficulty of doing normal tasks*)
- Often frustration and low self-esteem
- Difficulty with organisational skills and time management may be an issue
- In some cases slurred speech/mispronunciation of certain words



# READY STEADY COOK!

## BEAN CHILLI & WEDGES

(220C/220C fan/Gas Mark 7)

### You will need

- 4 medium potatoes, unpeeled, cut into wedges
- 4 teaspoons of olive oil
- 2x 400g tins of mixed beans
- 1x 400g tin tomatoes
- 150ml vegetable stock
- 1 red onion and 1 yellow pepper, roughly chopped
- 1 tablespoon of chopped dark chocolate
- 1/2 teaspoon chilli powder (optional, or add more for more heat!)
- 4 tablespoons of reduced fat soured cream to serve



1. Mix the wedges with 2 teaspoons of the oil, spread out on a baking tray and cook for 30-35 mins, turning half way until tender and golden brown
2. Meanwhile, for the chilli, put the remaining oil into a medium sized pan and fry the onion and pepper for 5 minutes. Add the chilli, beans, tomatoes and stock then cover and simmer for 15-20 minutes.
3. Remove from the heat and stir in the chocolate until melted.
4. When ready serve with the potato wedges and natural yoghurt.

## SUGAR-FREE BANANA CAKE

(180C/160C fan/Gas Mark 4)

### You will need

- 125g Self Raising wholemeal flour
- 1/2 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 75g sultanas
- 50g melted butter
- 2 teaspoon vanilla essence
- 1 egg
- 1 tablespoon milk
- 3 ripe bananas, mashed



1. Grease and line a 1lb loaf tin with greaseproof paper.
2. Mix the flour, baking powder, cinnamon and sultanas in a bowl.
3. In another bowl add the banana, butter, vanilla, egg and milk and mix together.
4. Pour the 'wet banana mix' in with the 'dry flour mix' and combine thoroughly.
5. Pour the mixture into the tin and bake in the middle of the oven for 30-40 mins.
6. When baked remove from the oven and leave to cool for 10 mins, then remove from the tin and enjoy!

# LET'S GET FUNDRAISING!!



**Carers Link  
Lancashire**  
IMPROVING LIFE FOR CARERS

## Towneley Park Daffodil Dash

Come along and celebrate all things 'Spring' on a family friendly treasure hunt for the charity Carers Link Lancashire . A gift for every participant and a chance to meet our very own daffodil character!

Saturday 10th March 2018  
11.00am to 1.00pm  
Only £3 per child

For more information call Carers Link Lancashire  
on 01254 387444

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If you know any individuals or groups which might be interested in the Good Egg scheme or have any other fundraising ideas please contact:

**Sara Duckworth**  
**Fundraising Officer**  
[sara@carerslinklancashire.co.uk](mailto:sara@carerslinklancashire.co.uk)  
or call **01254387444**



This Easter Carers Link Lancashire are launching the **GOOD EGG CAMPAIGN** to raise money for young carers in East Lancashire.

The idea behind the campaign is simple - take home a plastic egg that is filled with chocolate mini eggs. Attached to the egg is a short poem which encourages people to do jobs at home to raise money to help young carers.



We know many children are inundated with treats at Easter but this is a real opportunity to give something back to the community they live in.

# INFORMATION SUPPORT & ADVICE

## HELPLINES

Carersline 08088 087777

Childline 0800 1111

Careline 02085 141 177

What Now? Info Line 0800 511 111

Youth 2 Youth 0208 896 3675

Get Connected 0808 808 4994

National Drugs Helpline 0800 776600

Kidscape (Anti-bullying) 02077 303300

## WEBSITES

[www.kidscape.org.uk](http://www.kidscape.org.uk)

[www.childline.org.uk](http://www.childline.org.uk)

[www.teenissues.co.uk](http://www.teenissues.co.uk)

[www.talktofrank.com/](http://www.talktofrank.com/)

[www.safeteens.org](http://www.safeteens.org)

[www.nhs.uk](http://www.nhs.uk)

[www.youngminds.co.uk](http://www.youngminds.co.uk)

[www.lancashire.gov.uk/youthzone](http://www.lancashire.gov.uk/youthzone)



If you have an emergency during the evening or at weekends contact Social Services on:  
**0300 123 6720**



### Know Your Strengths

Know what you are good at. A person can't be good at everything so don't take yourself too seriously!

### Accept yourself

You are unique in this world and it is important to accept yourself for who you are.



### Set Goals

Set realistic goals and take small steps to accomplish them. Don't get upset if you don't accomplish all of your goals. You can always change your goals so that you can be more successful.

### Remember Your Successes

Do not forget successes or focus on negative things. Remember past accomplishments and do not downplay the good parts of your life.

### Think About Your Future

Take time to think about what you really want out of life. Do not live your life for others and think through what you really want in life. Try writing these thoughts down for motivation.

### Be Persistent

Do not give up in achieving your goals in life. Sometimes it takes a lot of effort to be successful. The key is to keep at it until you get what you want.

# WE SUPPORT YOUNG CARERS IN HYNDBURN & RIBBLE VALLEY

A young carer is someone who is significantly affected by caring for someone with a physical disability, learning disability, long-term illness', mental health problems and/or substance misuse issues.

## The support we provide can include;

- one-to-ones
- advocacy
- trips and activities
- confidence building
- information on relevant illness', disabilities and other services
- time outs (group meetings)
- a listening ear
- regular newsletter
- training opportunities

If you would like more information or you would like to refer a young person for support please contact:

Carole Moulton  
Young Carers Development Worker

Michelle McClure & Sara Duckworth  
Young Carers Sessional Workers

**01254 387666**

Melbourne House  
Eastgate  
Accrington, BB5 6PW