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Cadbury World Trip!

A trip to Cadbury World was organized again this year due to the huge success last year! We all got together early in the morning and boarded the coach to take us all the way to Birmingham where the factory is!

Everyone was looking forward to a day of chocolate and sweets and we got our first chocolate bars as we entered and they just kept coming and coming after that! I think a few people ate too much too quickly and had to take a break as they felt a bit sick...

We learnt all about how Cadbury chocolate was made and how they decided a "glass and a half of milk" was the perfect amount to make the perfect chocolate and got to see the inside of the factory and where the chocolate's made! It was really exciting and interesting. Luckily the weather was nice enough for us to have lunch outside in the play area and have some fun. We got to try lots of different types of chocolate during the day and everyone seemed to have a really good time! The coach journey home was very quiet with sleeping children everywhere.

Thank you to everyone on the trip for being so well behaved - we hope you enjoyed yourselves!! ☺

Sarah!



13 to 19s Club

The 13 to 19 young carers' club runs one Thursday per month from 7pm to 9pm, and is a great place to hang out with other young carers, have a bite to eat, and do various activities.

We have a new venue, The Caldecotte Project in Simpson, which is brilliant and spacious. The activities that will now be available at every club include Nintendo Wii, various software on the laptop computer, pool and table tennis. There is also a lot of space for you to just sit and chat, if that is what you feel like doing.

If you would like to come along to a club, please give me a call to let me know. Transport is available for those young carers who don't have cars, or whose parents can't drive. I look forward to hearing from you!

Lara!

Cinderella on Ice trip!

We arranged for 30 young carers to go to an ice performance of Cinderella. It was at Milton Keynes theatre and they had made sure the stage was covered in ice so that the ice dancers could 'wow' us with their amazing moves!

The show was very special and very exciting! The dancers all did a great job and glided so perfectly over the ice. At one point, one of the dancers messed up his jump a bit and fell over, but we didn't mind as the rest of the performance was perfect! The girls all had gorgeous dresses which were very floaty and pretty and looked really beautiful as they got spun around in mid-air! Some of the moves were pretty dangerous and very impressive!

We were lucky that the trip went ahead as the event was during all that snowy weather we had in February and the taxis stopped running, and people didn't want to leave their houses and it was all a bit chaotic!! But most of us made it to the show and we had a lovely night.

Sarah!

Social Skills Training for 8-12yrs!

Over the Easter holidays we ran a social skills training session for the 8-12 yr olds here at the David Baxter Centre and it went really well! We had 8 young carers who came to join us and I think they had a fun time too, and met some new people!

We started off with some games to get everybody chatting. Everybody had to remember one thing about another person in the room. They didn't have long to do this so had to talk quickly and remember information! Everyone did very well and this helped us get started.

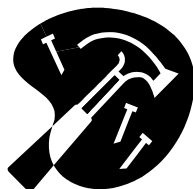
We talked about what social skills are and decided that they were things that help us in life to make friends more easily, improve our manners, and help us get along better in life. Everyone worked in small groups and came up with lots of great ideas and suggestions.

We then got to do some messy art work! Everyone was given a "social skills suitcase" drawn on a piece of paper which they had to fill with pictures and writing of the social skills we had talked about which they will take with them wherever they go in life. These were all beautifully decorated and will hopefully remind these children of the social skills we should all be using!

At the end of the session we asked all the children to take off one of their shoes and swap a shoe with the person standing next to them. We then asked everyone to try and walk in that shoe and feel what it was like to "walk in another person's shoe". Everyone agreed that it felt slightly strange and odd (and a bit smelly in some cases!! Ha ha). We were trying to explain that it is really important in life to always try to think about what it is like to be in someone else's situation. This makes us all more thoughtful, so that we hopefully THINK before we SPEAK and don't upset people. It was a great workshop and I think we all got something out of it.

If you're interested in doing a workshop with us then look out for the next one!

Sarah ©



↑ "Tool kit" of skills! Young Carers 8-12yrs Club!

FINALLY the sun has started shining (a little bit anyway!) and this has meant that we have been able to use the outside space again at Greenleys Family Centre. At one of the groups we even managed to get some plants potted and lots of children took them home for them and their family to look after. We also made some Easter cakes with melted chocolate, shredded wheat and mini eggs. It was great fun but a bit messy! I took some photos



We've also been making use of the Wii - we have a few good games for this now for everyone to have a go at and we've had the usual arts and crafts as well! We have

assorted paper, coloured felt to sew, hama beads, games, footballs, rugby balls and much, much more! Don't forget about our lovely volunteers as well who are always there to play with you, talk with you or help you out with an activity or craft.

We had a bit of First Aid practise at one of the clubs which got everyone wrapped up in bandages and lying all over the floor! (have a look at the photo below!)



The club is available to all the young carers we work with so if you're not sure when the club is then just give us a call and we can let you know and invite you along to the next one! They always run 5.30 - 7.30pm at Greenleys Family Centre!!

...Young Carers 8-12yrs club! (Cont....)↓

If you want to come along to the club please make sure you let me know as I need to make sure I have enough food for everyone. If you need transport please make sure I know this the Friday BEFORE the club as otherwise I can't book transport for you.

Look forward to hearing from you and seeing you soon!

Young Carers Film...



Nearly three years ago an idea was conjured up about making a film about young carers, a group of five young people were put together and ideas were talked about. A local organisation was approached, Living Archive, who do this kind of business all the time. They were soon on board. Three applications for funding were written with two failures and one success in spring last year, this was from MK Youth Bank, where the young people made the application with some guidance from the adults and two of them attended an interview with a panel of young people to sell their idea to obtain the money, they were successful and were awarded the total that was requested.

The idea for the film was to show people that young carers are ordinary young people but have extra responsibilities, they did not want pity from the viewers but to put people straight and make them better understand about young carers and the issues that they face. The film will work along side a teaching resource with exercise and discussion ideas. The pack is aimed at children's professionals: GP's, youth workers, teachers, social workers etc. It can also be arranged that the young people can facilitate sessions for the professionals as well as for school children.

The project started in February and the five young people have each had different ideas about the points they want to get across to the viewers. They have done a great deal of filming to date and are starting to edit things. The filming has not yet finished but the project should be finished by the end of June and there is money in the budget for a launch and 500 DVD's. Over and above the filming and editing, the young people will compose music to accompany the film and work with a graphic designer to produce the teaching resource. They are working with two professional filmmakers who have been

great in extracting ideas and also been very conscious that it is the young people's film.

In the future they will be filming a dramatisation of a school scenario and hopefully traveling to London to interview a member of the Department of Children, Schools and Families to see how the Government feels and what its plans are for the future regarding young carers. They are also due to film 'A day in the life of a young carer', highlighting the barriers that children face when caring for someone at home.

The young people have learnt lots of new skills during the process with lots more knowledge to be gained. There is still a long way to go before the project finishes but the young people are just as enthusiastic as they were on the first day, they are immensely proud of what they are doing and how it will help other young carers who have not been identified or do not have any form of support yet.

Overall the project is going very well and the commitment from the young people, filmmakers and all MKPA staff has helped to start making the project a huge success.

Nicole Ioannou
MKPA



We would like to say a huge congratulations to ALL the people involved in the Young Carers Film Project - it is a very special and appreciated piece of work that you are doing.

We hope it will help others understand much more about the lives of Young Carers and why you are all such special people! 😊

Sarah and Lara

Something on your mind??

Why not ask our Agony Uncle or Agony Aunt a question or two - a problem shared is often a problem halved and it could help take some of that weight of your shoulders.

Thank you so much to those of you who wrote in with your problems for this newsletter - we really appreciated your honesty and hope that the advice helps!!

Issue 1:

"Recently some people at my school found out that my mum was disabled and in a wheelchair and now they keep saying stuff to me and I really don't like it. I don't want to tell my mum and just wish they would all shut up. Is there anything I should do?"

Agony Uncle's response:

You should tell a teacher or a very close family friend because it sounds like bullying but if that doesn't work then please contact Young Carers because Young Carers can also help you in your school issues as well as help you in day to day issues of being a Young Carer.

Agony Aunt's response:

I think you should tell a teacher as it's called bullying. I think you should tell your mum what's going on at school - she will be upset that you didn't tell her. Your mum might have been bullied at school so she could help you. I think you need to talk to someone about your feelings and what's going on in your life as it's a lot to keep to yourself.



Issue 2:

"I feel really lonely at the moment and just feel I don't have anyone to talk to about stuff. My friends don't seem to understand me and I don't know what to do."

Agony Aunt's response:

I think the best way to beat loneliness is to join an activity that helps you makes friends

- join a club
- join in with young carers activities
- why not talk to your young carer support worker - Lara or Sarah

Everyone gets lonely at some point of their life

Agony Uncle's response:

I am so sorry that you feel like that but, I am a young carer too, and I do sometimes feel like that, so I know what you mean but I found that talking to other young carers and coming to all the young carers clubs available helps me because as you said friends don't understand.

Issue 3:

"Hi, I don't really know how to say this because I love my brother a lot, but sometimes I just get really fed up of him always shouting and sometimes hurting me. It's really annoying and I just wish I could have some time to myself. He has autism and I know it must be hard for him, but it's also really hard for me too and I don't know what I can do about it."

Agony Uncle's response:

I feel like that sometimes because my sister has autism too, so I know what you mean but in my case I just stop what I am doing and cool down.

Agony Aunt's response:

You can't help that you get annoyed everyone gets annoyed with someone. I think you should give your self some time for yourself, like sit in your room listening to music or go out with your mates you could go on a walk.

You could talk to someone you trust as well.

If you have anything on YOUR mind that you'd like some help with - please write in!

Remember, you don't have to give your name or any details about yourself, but we'll help if we can. We hope to hear from you

The Agony Aunt / Uncle team ☺

Profiles !

We have some new profiles to add to this newsletter - remember if you want to put your profile in the newsletter you have to send us some information about yourself!!

Name: Samantha Louise Chesters
Age: 15
School: Sir Frank Markham
Interests: Hanging out with friends, watching movies and playing on DS
Best mate at Carers: Laura
Favourite music: Pop
Favourite sports: Badminton, basketball and dodgeball
Favourite food: Pizza and chips
Comments: I like to come to Young Carers because it gives me a chance to make friends and do something different plus going on exciting trips. I liked the PGL holiday as I got a chance to have a go at different activities that I wouldn't even dream of doing.



Name: Sarah Jarman
Age: 26
Star sign: Libra
Nicknames: Sar, Jar Jar, Miss Gabor
Job title: Young Carers Support Worker
Favourite music: anything cheesy that you can dance to
Favourite food: CURRY!! Yum yum!!
Favourite TV programme: Heroes
Comments: I really enjoy working with young carers and meeting new young people all the time! I love laughing hysterically!!

Name: Lara dos
Age: 27
Star sign: Virgo
Nicknames: La;
Job title: Young
Favourite music: guitars
Favourite food: the trimmings.
Comments: I love people tick! You work with as ev and exciting - adventure!

Why Personal Time is so important

The problem with personal time for some people is that you don't have any. For a person you care for, especially when you are an orphan, social time happens regularly otherwise you can't learn skills because you may struggle to make friends and get into other situations where you need social skills. It's important to take time for yourself, doing what YOU enjoy because otherwise you'll get behind in school. It can also mean you get behind in school if you're not doing your work and this can give you more to worry about.

It's important to have personal time that makes you a better person. It's a relationship between you and the person you care for. It also helps you make friends as you will have a more interesting life.

John Black (16yrs)

Recipes

Icy Poles

This is so easy you could honestly do it with your eyes closed! All you need to do is up the moulds with some of your favourite drinks above and put them in the freezer until they are completely frozen. Be careful to pour any pops slowly, as it will fizz up!

You'll need:

A set of popsicle moulds.

Ingredients:

Juices:

- Orange,
- Apple,
- grape,
- pineapple,
- cranberry,
- or a mixture.

Smoothies:

- Strawberry,
- mango,
- blueberry

Syrup:

- Blackcurrant,
- orange,
- lemon,

Soda pop:

- Lemonade,
- Cola,
- Cream Soda

Sudoku fun!

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9				4		8	6	2
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Greek Salad!

Serves 4

This is a quick and tasty salad recipe, which is eaten all over Greece! It's so easy you don't even need to cook! (:

You'll need:

- A plastic knife with a jagged edge.
- A chopping board
- A large mixing bowl
- A jelly glass (with lid)

Ingredients:

For the salad:

- 1 iceberg lettuce
- 6 tomatoes
- 1 medium cucumber
- 1 cup of feta cheese
- 16 black olives - pitted and halved

For the dressing:

- 3 tablespoons of olive oil
- 1 tablespoon of lemon juice
- 1 teaspoon Dijon-style mustard
- 1 teaspoon oregano
- A dash of black pepper

Extras:

Try adding half sliced Bermuda onion or 2 tablespoons fresh minced parsley or mint leaves to your salad

- First shred the lettuce, then chop the tomatoes, cucumber, and feta into big chunks and put them all in a large bowl with the olives.
- To make the dressing, put the olive oil, lemon juice, mustard oregano, and a dash of pepper in the jelly glass, and screw the lid tightly
- When you're ready to serve the salad, shake the dressing in the jar until its all mixed up, then pour it over the salad and toss everything lightly so the salad is coated with the dressing
- Bring it to the table and let everyone help themselves

If you would like a recipe then let us know what you would like to make and we will get a recipe and print it up. Let us know how your cooking went! 😊

Sophie Horn