Young Carers milton keynes

September 2011 Newsletter

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Welcome to Septembers edition of the Young Carers Newsletter. We hope you all had a wonderful summer and managed to find some sun somewhere!
We hope you enjoy this edition, if you have any feedback or anything you would like to see included in future editions, please let us know.

Best Wishes,

The Young Carers Team

On Wednesday 22nd June 2011 you may have seen a programme called 'The Kids Are Alright' on ITV. One of our young carers was featured in the programme and we just wanted to say how proud we were of Sarah and her mum Amanda for letting us into their lives. The programme will undoubtedly help to raise awareness of young carers and the issues they face. If you saw the programme we hope you felt the same as we did, thank you Sarah and well done!!!

Important Numbers /Info!!

Sarah's Mobile: 07597 975734
Sarah.panes@carersmiltonkeynes.org
Dave's mobile: 07762 416607
David.matthews@carersmiltonkeynes.org
The David Baxter Centre: 231703
Connexions (13-19yrs): 398300
Childline: 0800 1111
Samaritans: 08457 909090
Police NON-emergency: 08458 505505
Police/Fire/Ambulance: 999

Remember – if you don't want to call us, you can always TEXT or email if that is easier for you!

What's been going on this summer???

A Day at the Fire Station

On the 2nd August Bucks Fire service very kindly invited our young carers to attend a day at Great Holm Fire station. This was not only an action packed and fun filled day, but also an opportunity to learn about fire safety; particularly within the home. The hot fat unit demonstration was one of the many highlights! For your FREE home fire risk check please call 01296 744477, which includes free smoke alarms.

Buckinghamshire & Milton Keynes Fire Authority
MAKING YOU SAFER
PREVENTING PROTECTING RESPONDING
BUCKINGHAMSHIRE FIRE & RESCUE SERVICE

Alton Towers

This trip was made possible by the huge generosity of Coca Cola in Milton Keynes. It provided an opportunity for 65 young carers, aged between 12-18, to have an amazing day out. All of the young people really enjoyed themselves, braving rides like Oblivion, Rita and Thirteen! We would like to say a massive thank you to Diane and Tracey from Coca Cola for making this trip happen!

Coca-Cola®

Legoland

Merlins Magic Wand very kindly donated tickets and provided transport to give the chance for 43 young carers, aged between 8-11, to visit the hugely popular Legoland in Windsor! Again, the children had a wonderful day out, enjoying rides such as the 'Jolly Rocker', the 'Dragon' and getting soaked on the 'Vikings River Splash' or on the 'Pirates Falls' log flume!

Summer BBQ

On Sunday 12th June 76 young carers and their families joined us for our annual summer BBQ at the Queensway Masonic Lodge, Bletchley. Sadly the weather was not on our side this year but nevertheless spirits were high and an enjoyable day was had by all! The highlight of the day was the show by Eugiene the magician and Ronan the escapologist who were incredibly entertaining. The food was fantastic as always and the raffle and sweets went down very well. We would like to say a huge thank you to St Martins Lodge for providing us with yet another successful event!

Young Carers Residential!

We very luckily managed to organise another residential break for 10 young carers this summer! We were able to use some of the money raised by the Extra Mile Challenge Cycle last year and we were also very kindly donated a great sum of money from two of our young carers and their family. We were very touched to be offered such generous support – thank you to that family!

We went to Windmill Hill PGL Centre down in Hailsham and enjoyed 4 days of activities and excitement! There were lots of water sports, high rope activities and fun things to do – it was a really successful week! We were lucky enough to have good weather the whole week – it only started to rain as we left.

Our groupie, Emma, looked after us really well and kept everyone laughing and playing games throughout the week. We have included some photos to give you an idea of what we got to do!

We'd like to say a HUGE thank you to the Extra Mile Challenge organisation and the young carer family once again for being able to provide such a fantastic opportunity for our young carers. They really get a chance to try new things, build on their own self esteem and make new friends in a new environment. Thank you very much!!!

8-12 Youth Club

It's September again – and that means that it is time for the youth club to start up again after the summer holidays! We're really looking forward to seeing as many of you as possible and catching up to find out what you did in your summer holidays – we hope you have had a nice time!

Please remember that there are two separate youth clubs for the 8-12 yr olds as we have such a large number of you. If you need to be reminded of the dates for your group – please let us know.

We would like to take this opportunity to remind you ALL of some requests that we have at the youth club:

- Respect for everyone around you – staff and other young people. (Please remember to keep your hands and legs to yourselves – we will not tolerate any violent behaviour)
- Only staff are allowed access to the kitchen area
- We encourage you NOT to bring money for the vending machine, but if you do – please remember this is YOUR responsibility. If you lose the money, or if it goes missing – we cannot do anything about that. A lot of people have struggled to use the vending machine and have lost money in it as a result – WE CANNOT DO ANYTHING ABOUT THIS IF IT HAPPENS.
- Please remember to look after your personal belongings. If you bring a coat with you – remember to take it home with you again!
- We encourage you NOT to bring your own equipment to the club. Again, we will not be responsible for this. If something happens to your things at the club it causes a lot of upset so please leave YOUR things at home – they're safe there!

If you have a problem with something or someone at the youth club – please come and speak to an adult about it.

Our youth club is a place for young carers to come and have a break from their caring responsibilities at home, and a chance to meet other young carers and make new friends. We want everyone to have a fun, friendly and safe time with us – if you follow the rules and suggestions above that's exactly what you should have!

Thank you :-)

13+ Youth Club

You should have all received a letter regarding some date changes for this club. Here is a reminder of the upcoming clubs and the changes:

- Thursday 15th September, 7-9pm.
- ~~Thursday 20th October~~ **NOW Tuesday 11th October, 7-9pm.**
- ~~Thursday 17th November~~ **NOW Tuesday 15th November, 7-9pm.**

Please remember to let us know that you are attending club no later than the day before- this is for health and safety reasons- thank you!

Connexions

Connexions offer every 13 to 19 year old (up to 25 years in some instances) advice and help on lots of different issues, such as:

- Learning
- Careers, jobs and training
- Relationships
- Drug and Alcohol abuse
- Health
- Housing
- Bullying

How can Connexions help?
Connexions Personal Advisers (or PAs as they are often called) are there if you need advice - and they will listen! You can ask them about anything that's on your mind and if they don't know the answers they have lots of contacts to help you get your questions or problems sorted. Connexions have a personal advisor specifically for young carers called Barbara Knottley. If you would like to arrange a meeting with Barbara then we can do this for you, or you can contact Connexions directly via the details below.

Contact Details:
Connexions:MK Centre, The Point, 602 Midsummer Boulevard, Central Milton Keynes, MK9 3NB.
Tel: 01908 398300
Email: connexionsmk@prospects.co.uk

Opening times Monday – Thursday 9am-5pm, Friday 9am-4.30pm. They also have a virtual connexions centre online- visit www.mysaymk.com

Internet Safety Workshop

We are running Internet Safety Workshops in October and November for families who are interested in learning how to stay safe online and how to spot online dangers. During the workshop parents will be taught about potential dangers that their children may face, and how to keep them safe online. We will also work with our young carers to help them identify dangers.

We have written out to those people who let us know that they would like to attend. If you did not know about the workshop, and feel you would now like to attend please let us know. There are limited spaces available due to venue capacity, however with enough interest we would put on another date. Thanks!

CLICK CEOP
Internet Safety

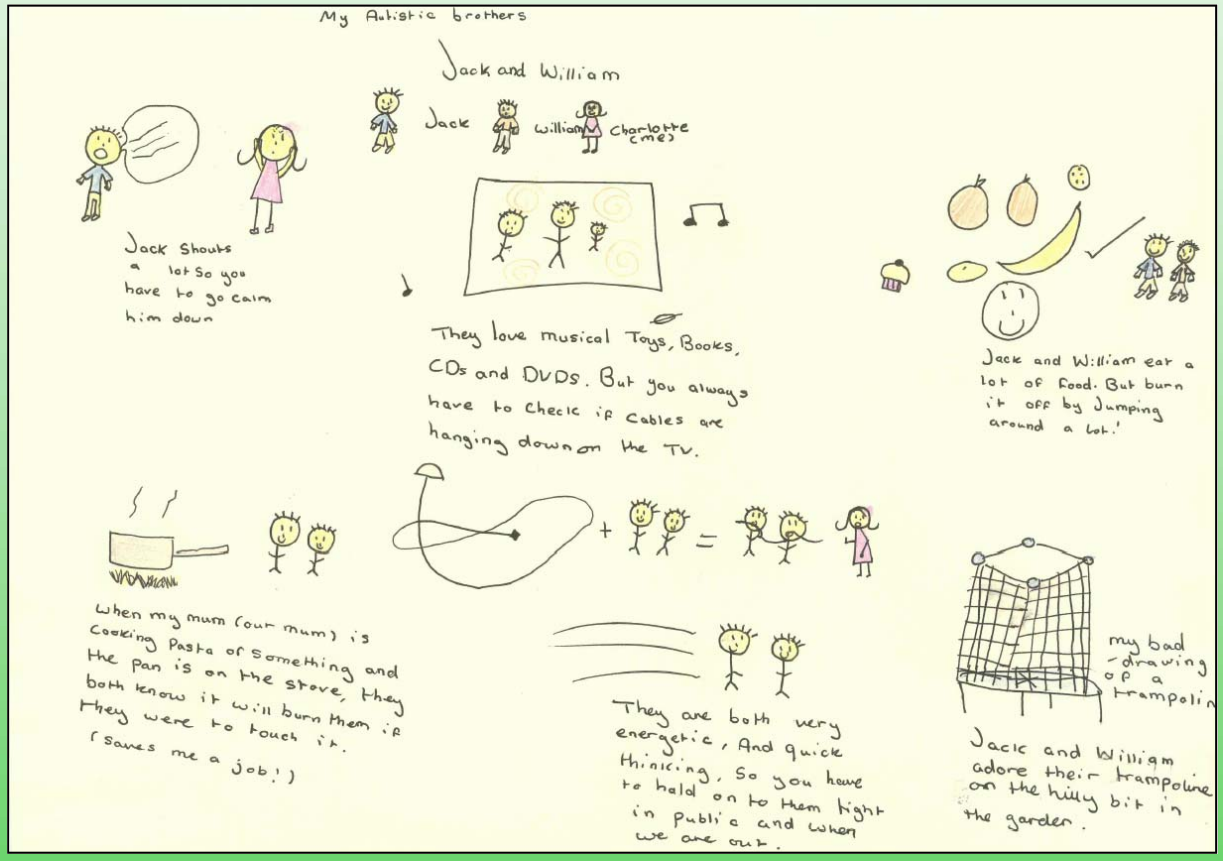
Competition

How many young carers are there estimated to be in the UK?

A. 1750
B. 17500
C. 175000

Ring / text /email us with your answer by FRIDAY 14TH OCTOBER. All correct answers will placed in a hat and a winner will be drawn– good luck!!!

In the last newsletter's competition we asked you to be creative and send us something you had made that reflected your caring role. The winner was chosen by our trustees and the winner is Charlotte Parkinson!!! Below is the winning entry…



Xmas Party

This year Carers Milton Keynes is holding a joint Christmas party for both adult and young carers. The party is on Saturday 10th December at Lovat Hall in Newport Pagnell. Look out for your invite nearer the time!

Puzzle Page

Friendship

Find and circle all of the words that are hidden in the grid.
The words may be hidden in any direction.

S	E	S	S	E	N	E	S	O	L	C	H	A
N	E	N	S	B	S	S	E	N	D	N	O	F
G	E	C	E	O	O	F	N	B	U	D	D	Y
O	I	O	N	L	Y	Y	A	D	N	E	L	S
O	E	R	I	A	N	T	F	V	T	O	N	L
D	D	O	L	S	T	E	L	R	O	O	L	O
T	I	S	D	F	S	N	S	A	I	R	A	A
I	F	H	N	I	R	K	I	N	Y	E	P	A
M	N	A	E	U	N	I	A	A	T	O	N	E
E	O	R	I	A	F	P	E	H	U	K	L	D
S	C	E	R	N	M	U	E	N	R	Q	F	E
C	C	P	F	O	P	L	P	O	D	U	C	A
A	N	F	C	A	P	N	N	E	D	P	O	A

ACQUAINTANCES
BOYFRIEND
BUDDY
CLOSENESS
COMPANIONS
CONFIDE
FAVOR
FONDNESS
FRIENDLINESS
FUN
GIRLFRIEND
GOOD TIMES
HELP
LEND
LOYALTY
PAL
PRANKS
SHARE

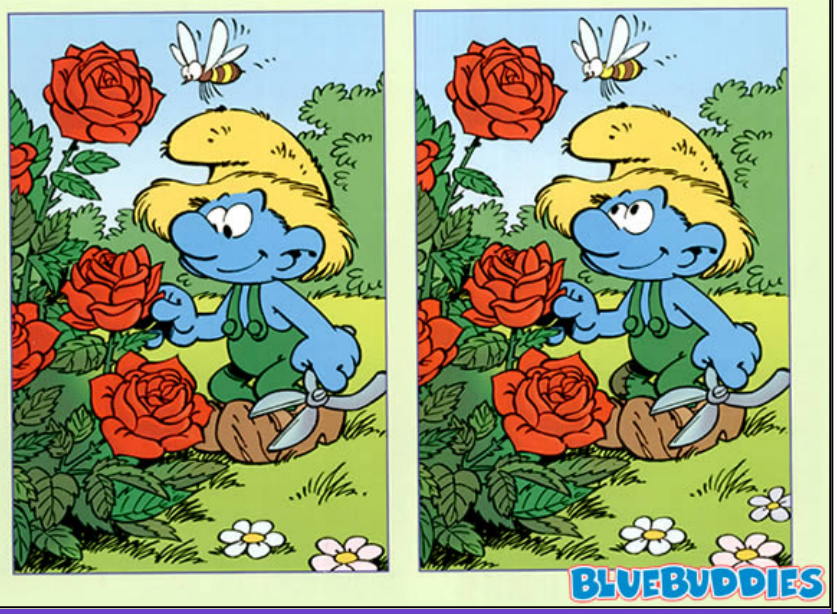
Sudoku

1		9					3	
7	5		1					
		4	8				5	
8	1				9			7
		7				5		
5			3				4	8
	7				1	3		
					6		9	4
	9					1		6

Spot the Difference

Can you spot all the 10 differences ?

Spot the difference– 5 to find!!!



Transport Changes

By now, you should all have received a letter from Carers Milton Keynes explaining that we are no longer able to provide transport for any of our events or activities due to financial constraints. We know that this will have a big impact on a large majority of families that we work with, and hope that many of you can find ways around this.

We hope you also received our sheet of suggestions for possible ways to get young carers around. We shall remind you of these options here:

- If you have your own transport please bring your child along
- If you know someone from young carers that takes their child, ask to lift share, or ask if they would mind taking your child as well
- If you're willing for your child to be collected by a young carer's parent then let us know
- Ask a friend / relative / neighbour if they would mind taking your child to the youth club – remember it's only once a month!
- Use the bus service in Milton Keynes (if age appropriate)
- Order a taxi for yourself (we have been informed that all taxi drivers must be CRB checked)
- Share the taxi with other young carers in your area (this would help reduce the cost)

We are looking into the possibility of using Volunteer Drivers but this will take time to implement. We are also aware that taxi drivers will sometimes refuse to take children under 12 years in a taxi. We will be talking to Eezycabs to see if we can come to an agreement with them to work around this and we shall let you know the outcome.

Club reminder slip

We are trying to cut costs wherever possible and can reduce our postage costs by emailing you your club reminder. If you are happy for us to do this please email us at the addresses below with your name and young carers name, thank you.

8-12 age group– sarah.panes@carersmiltonkeynes.org
13+ age group– david.matthews@carersmiltonkeynes.org