

*January 2022*

**Happy New Year and welcome to our bulletin. We hope this finds you safe and well and you have enjoyed the Christmas break.**

Now that we are starting a new year we have some updates for our Young Carers and their parents about what we have been up to and the activities we will be running this year.

We have loved seeing you at some of our activities in the Autumn term and on Zoom. We continue to check in with visits, phone calls, texts, emails, and video call. If you are struggling with your caring role at this time and would like to talk to one of us, please contact us by whichever means is easiest for you and we will look to find you the right support.

We hope you can get involved in some of the activities below. As always, we are here if you need any support from us. We can be contacted through our Service Team on 0300 303 0208 or by email to [enquiries@cheshireeastcarershubs.co.uk](mailto:enquiries@cheshireeastcarershubs.co.uk), or by Facebook message when you have joined Cheshire East Carers Hub - Young Carers , Whatspp or text:

Cara – 07704 544494

Megan – 07736 168579

Jen - 07710 171823

***Best wishes,***

***Cara, Megan and Jen***

***Cheshire East Young Carers' Hub Team***



## Cheshire East Young Carers' Hub

Tel: 0300 3030 208

Email: [enquiries@cheshireeastcarershubs.co.uk](mailto:enquiries@cheshireeastcarershubs.co.uk)

Web: [www.cheshireeastcarershubs.co.uk](http://www.cheshireeastcarershubs.co.uk)

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## Early Help Diamond Awards

We were delighted to be nominated by some of Young Carers and their families for a Diamond Award from Cheshire East Council. The Diamond Awards recognise and celebrate individuals and organisations who support children and families early, preventing them from going into crisis. The Diamond Award is for individuals and organisations who are:

- Dedicated
- Inspiring
- Above and Beyond
- Make a difference
- One in a million
- Never give up
- Develop relationships

We were shortlisted and presented with an award in the Community Organisations Category.



## Cheshire East Young Carers Autumn Term Activities

It has been such a pleasure to welcome many of you at our activities this term. We have been running courses that will support our Young Carers with their caring, develop life skills and ensure they have lots of fun:

### Outdoor Skills in Macclesfield

This included den building, scavenger hunt, raft building, nature craft, crown making etc and we celebrated at the end with a meal out at Pizza Express.



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## Cooking and Nutrition in Crewe

Young Carers were provided with recipes that they collated each week in a folder to take home at the end. They learnt to make, quiche, pizza, chilli, cakes, fajitas, pasta and ended the half term with a festive feast.



## 5 Ways of Wellbeing Arts and Craft Course on Zoom

For this course on Zoom Young Carers were delivered resources before the session. They focused on the 5 ways; Taking notice, Connecting, Learning, Giving and Staying Active and produced some amazing pieces.



We will be delivering these courses and others again. If you would like to express your interest in any of our courses or request that we run a course that could support your caring role, please get in touch.

## Carers Rights Day

Carers Rights Day took place on November 26<sup>th</sup>. The day aims to raise awareness of the importance that you as Young Carers understand your rights and are able to access the support that is available to you as soon as you need it. We believe every Young Carer has the right to be able to meet other Young Carers who may understand how they feel and to offer each other Peer Support. That is why we organise activities, meetings and Zoom sessions. This Carers Rights Day we invited Young Carers to join us on Zoom for a mini celebration to enjoy a treat together and get to know each other.



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# Cheshire East Young Carers Spring Term Activities

## Happiness Club on Zoom



Young Carers face an enormous amount of change, they have new emotions to deal with and new challenges, often daily. We have organised for The Happiness Club to come and run 2 short courses for small groups of 5 Young Carers, in January on Zoom. In the 4 sessions they will learn practical techniques and strategies through fun exercises that will help them to deal with emotions effectively. To book on to this course please get in touch.

Primary School Young Carers Weekly on Tuesday 11<sup>th</sup> January – 1st February 4.30-5.15pm  
Secondary School Young Carers Weekly on Thursday 13<sup>th</sup> January – 3<sup>rd</sup> February 5.30-6.15pm

## Art for Wellbeing in Sandbach

We will be meeting after school on a Wednesday in the first half term at Sandbach Art Room to learn some new art skills and explore the benefits of art and mindfulness on our emotional wellbeing.

## Let's Get Crafty on Zoom

Every fortnight after school on a Monday throughout the term we will be providing resources for Young Carers to join us on Zoom. During these sessions we will be making some really fun items that our Young Carers will be able to use and be extremely proud of what they have achieved. Fortnightly on a Monday 5-6pm.

We will be delivering these courses and others again. If you would like to express your interest in any of our courses or request that we run a course that could support your caring role, please get in touch.

## Useful numbers and links

### Cheshire East Carers' Hub

0300 303 0208 (Monday to Friday 8:00am until 6.00pm)

Email enquiries@cheshirecarershub.co.uk

<https://www.n-compass.org.uk/services/carers-support/carers-hub-cheshire-east>

### Cheshire East Children's Social Care (ChECS)

0300 123 5022

## Cheshire East Young Carers' Hub

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## Supporting Young Carers in Cheshire East

### How a caring role can affect a young carer:

- **Emotionally** – putting others first, being worried anxious or stressed
- **Physically** – Suffering strains from heavy lifting, not looking after their own health
- **Socially** – Not able to meet up with friends
- **Educationally** – Difficulties concentrating in class, feeling tired, worried, no time for homework



**Hello my name is Emma Gelsthorpe**, I am the Young Carers Project Worker for Crossroads Together and I am based across the Cheshire East area.

Once a month, I will be holding regular group sessions at Overton House in Congleton where young carers from the ages of 8-18 will be able to meet up and take part in some fun activities and make new friends.

As well as regular group sessions there will also be the opportunity to go on a wide variety of trips and days out throughout the year especially during the school holidays. Young carers located outside of the Congleton area will also be able to have 1:1 opportunities such as school visits, online zoom calls or face-to-face activities. For further information, please get in touch:

**Email:** [emma.gelsthorpe@crossroadstogether.org.uk](mailto:emma.gelsthorpe@crossroadstogether.org.uk) **Tel:** 07807 684595 or 01260 583019

**Read more about Crossroads Together Cheshire East Young Carers Service:**

<https://bit.ly/3hufn1y>

**Make a referral here:** <https://bit.ly/3B3tr6>



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