

**Issue 34**  
**Oct - Dec 10**



# SLYC



# NEWSLETTER



## Inside:

- \* A2B Residential
- \* New grant available
- \* Jokes!
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***Thank you to everyone who contributed to the newsletter. This is your newsletter so if you have anything for next time let us have it!***

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## Editorial



Wow it's the end of another quarter already and indeed the end of another year! This year has been our busiest one yet and has seen both a lot of exciting activities and a lot of changes within the organisation.

We have already started making plans for an exciting 2011

On a negative note, it looks like Cumbria Children's Services (who we get much of our funding from) are going to be hit very heavily by the spending review (much more than many other parts of the council). This will

have a knock on affect on our funding. We would like your support with this so that we can continue to keep the service running. You can really support us by filling out or asking your parents/friends to fill out the 'Have Your Say' consultation at [www.cumbria.gov.uk](http://www.cumbria.gov.uk) and by writing to Children's Services and let them know how important the service is to you.

I also want to tell you about a great new website for all young people who feel like they need some support with something in their lives. The website can be found at: [www.rollercoaster.nhs.uk](http://www.rollercoaster.nhs.uk) (a leaflet with more info has been included with this newsletter).

Well there's just enough room for me to say that I Hope everyone has a fun, safe and relaxing festive period and I look forward to seeing you all again in the new year.

Matt

# New Grant available for YOUNG CARERS!



## What is it?

The Small Grants Fund is a scheme which is being run by Children's Services that aims to support individual children and young people aged 5-18 in Cumbria who have been identified as having a caring role.

## What can you apply for?

The Fund will support young people to either have a break from caring and/or to enable them to achieve improve one or more area of their life. This may include anything which will improve your education, health, leisure, employment etc etc

## How much can you apply for?

The maximum available is £300 per young person and only one award can be given in each financial year.

## How can you apply?

The application needs to be made by a professional/key worker (that means Matt and Kris!) so if you think this grant would help you and you have something in mind that you would benefit from then get in touch with one of us and we will talk about it with you (and possibly your parents). If we feel it would help you then we will make the application. The panel that decides who gets the grants meets every month so you will find out quickly whether you have been successful or not

# Focus on: **Addiction**

## What is addiction?

Someone is said to be addicted when they can't give something up. It may be that they feel they can't survive without it and/or feel like they really have to keep doing it.

## What are people addicted to?

We generally think of addiction as being something to do with drugs or alcohol but people can be addicted to all sorts of things including gambling, theft, 'thrill seeking,' sex, certain foods (e.g., junk food or chocolate), shopping and computer games etc.



## What causes addiction?

This is a hard question and no one really knows the answer. Some people seem to be able to do things and are able to control how much they do it while other people become addicted.

Some people believe that addiction often follows a bad situation (divorce, death of a friend/family member, losing a job etc) and comes from people doing something to try and forget or escape the sad feelings after a while they believe they need to keep doing it just to feel normal.

Sometimes people try something and like the way it makes them feel. They keep trying it again and again because they want to feel the same way. After a while the body gets used to it and the person needs to do more and more just to get the same feeling.

Other people start something (e.g. drugs) because they feel it will help them be part of a group or to impress people they think are their friends.

## What are the effects of addictions?



Obviously the effects will depend on what the person is addicted to but may include:

*Mental health* - addictions are often linked to mental health problems such as depression

*Physical health* - certain addictions (esp. smoking, drugs, alcohol and food addictions) can have very bad effects on the body

*Social* - people who are addicted often lose friends and stop doing activities they used to do because their time is spent on their addiction.

*Financial* - people who have addictions often have problems with money

because they spend a lot of it on their addiction (this is especially true of gambling and shopping addictions). People may also have a problem if their addiction causes them to lose their job. This might happen if they take lots of time off, get too ill to work or simply give up work.

*Denial* - people with an addiction often either don't realise that they have a problem or they may be aware but deny it. They often hide the addiction from friends and family and may use a variety of methods to cover up what they are doing.

## **How do you know if you have an addiction?**

Have a look at the questions below. Replace the blank with what ever you think you might be addicted to. If you answer more then 3 of the questions with a yes you may have an addiction.

1. Do you find you need more \_\_\_\_ to get the desired effect or that the same amount has had less of an effect?
2. Do you feel sick, unwell or just uncomfortable when you weren't \_\_\_\_ or did you do more of it or something similar to relieve or avoid feeling unwell (or just to feel generally better again)?
3. Do you \_\_\_\_ in larger amounts or for a longer period of time than you Intended?
4. Would you say that you've had a persistent or strong desire to \_\_\_\_?
5. Do you spend a large amount of time obtaining/using or recovering from the effects of \_\_\_\_?
6. Have you reduced or given up work/school/college, recreational or social activities as a result of \_\_\_\_?
7. Have you lost friends as a result of \_\_\_\_?
8. Did you continue to \_\_\_\_ despite problems caused by it?

## **What can you do if you think you have an addiction?**

The treatment you need will obviously depend on what you are addicted to. The first step in stopping any addiction however is to want to stop. The next step is to talk to someone you trust about it. This might be a family member, GP, teacher, youth worker etc. They will help and offer advice. If you don't feel comfortable doing this, there is a wide range of advice, treatment and support services and charities for addiction in the UK, most of which can be found online and many of which are confidential. Some deal mainly with adults but others will work with young people as well.



# A2B Newcastle

## Residential

After the success of the Easter and summer workshops, the aim of this residential was for the young carers to experience a festival and to take ideas from it. These ideas will then feedback into our own festival which is taking place at the beginning of July next year.

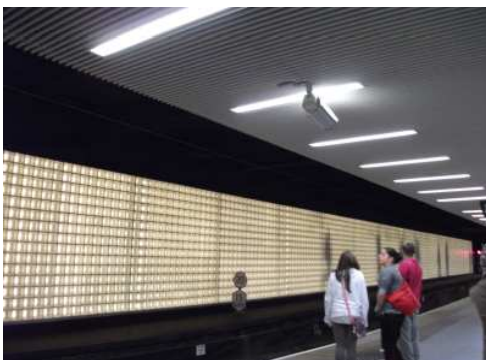
11 young carers attended this residential to Newcastle, where they got to visit a range of different venues and see a play, an art exhibition, and a free-running/dance display. They also got to have a go at creating their own art work and learning some Bollywood dance steps as well as exploring some of the city and undertaking some retail therapy!

It was a jam-packed two days, which saw us practically running around the city to get everywhere on time while still trying to soak up as much as possible.

At the end of the residential we had a planning session where everyone had the opportunity to put forward their ideas for how they want our festival to look. All the staff were extremely impressed that all the young carers threw themselves into this activity and came up with a huge list of amazing ideas which will make the festival look brilliant. We are now all really looking forward to putting these plans in to action.

The trip included quite a few firsts for some of those who went. These included: first time going to Newcastle, first time on the Metro, first time seeing a play, first time going to an art exhibition, first time seeing free-running, first time staying in a youth hostel, etc. All in all it was a great trip which everyone who attended enjoyed.





The A2B project now has its own page on Facebook. If you haven't already found it, you can by searching for "Brewery Youth Arts FromA2B"

Please join and post your comments about the workshops and residential as well as any thoughts for the festival.

Also if you want to join the steering group please let us know



# THE IMPORTANCE OF FEEDBACK

You will have already noticed that we have included an end of year review in with this newsletter. We understand that you may find filling out these forms boring but we wanted to take some time to explain to you why we ask you to fill them out as well as why we ask you to review trips and projects etc.

Feedback has three main uses:

- ♥ It gives you a voice to tell us what you think about the service. This is your chance to tell us what you like and don't like about what we offer and the way we work
- ♥ It gives us evidence which we can show to the people who fund us so that they will hopefully keep giving us money. We can also use it to show new funders when they are deciding whether or not to give us money.
- ♥ It gives us information which we can use to change what we offer to make sure we are meeting your needs. Or it shows us that we are doing a good job and don't need to change!

**So don't waste this opportunity to really make a difference to your service fill out the form and return it to us now!**  
**If you do find filling out the forms boring why not get in touch and tell us how you would like us to ask you the information.**



# Christmas Trip - Ice Skating



This years Christmas trip was due to be a link up with Young Cumbria to go ice skating in Blackburn. This was due to be our largest trip ever with 27 young carers booked to go. Unfortunately the weather conspired against us and the trip had to be cancelled an hour and a half before we were due to leave. I am sure everyone due to go was upset by this as it was due to be a great trip.

The good news is the trip has been re-scheduled for **15th January**. Everything still applies with regards to times etc. Just check the enclosed letter if you need a reminder.

## Young Cumbria Christmas fair

We want to say a big thank you to Christopher, Susanne and Carol Hall for their support at this event. It was a great afternoon which saw young people from various youth groups running stalls for people to take part in. We also had a very popular stall run by Wetheriggs Animal Rescue and Conservation who brought a range of animals for people to handle. There was a fairly low turn out but we still managed to raise £12 on the young carers table through a couple of simple games.

It was a shame no other young carers supported the event especially as a few said they would.

This sort of event is going to become very important for the organisation as we are potentially due for a big cut in funding as part of the spending Review (see the editorial at the start of this newsletter). We will be asking you all for support with this so that we can continue to keep the service running.

# YOLA PAGE:

Send us your jokes, quizzes, stories,  
puzzles, favourite song Etc Etc Etc

**Chosen as 'THE BEST SONG EVA' by  
Jamie, Lucy and Kirstiel!  
"All I Want For Christmas Is You"  
By Mariah Carey**

I don't want a lot for Christmas  
There is just one thing I need  
I don't care about the presents  
Underneath the Christmas tree

I just want you for my own  
More than you could ever know  
Make my wish come true  
All I want for Christmas  
Is you

I don't want a lot for Christmas  
There is just one thing I need  
And I don't care about the presents  
Underneath the Christmas tree

I don't need to hang my stocking  
There upon the fireplace  
Santa Claus won't make me happy  
With a toy on Christmas Day

I just want you for my own  
More than you could ever know  
Make my wish come true  
All I want for Christmas is you  
You baby

Oh I won't ask for much this Christmas  
I won't even wish for snow  
And I'm just gonna keep on waiting  
Underneath the mistletoe

I won't make a list and send it  
To the North Pole for Saint Nick  
I won't even stay awake to  
Hear those magic reindeer click

'Cause I just want you here tonight  
Holding on to me so tight  
What more can I do?  
Baby all I want for Christmas is you  
You

Oh all the lights are shining  
So brightly everywhere  
And the sound of children's  
Laughter fills the air

And everyone is singing  
I hear those sleigh bells ringing  
Santa won't you bring me the one I really need?  
Won't you please bring my baby to me?



Oh I don't want a lot for Christmas  
This is all I'm asking for  
I just want to see my baby  
Standing right outside my door

Oh I just want you for my own  
More than you could ever know  
Make my wish come true  
Baby all I want for Christmas is  
You baby

All I want for Christmas is you baby  
All I want for Christmas is you baby  
All I want for Christmas is you baby

Lyrics from: <http://www.azlyrics.com>



## My top 10 Christmas songs by Amanda

- 1 - Jingle Bombs (Achmed the Dead Terrorist)
- 2 - All I Want For Christmas Is You (Mariah Carey)
- 3 - Jingle Bells (Natalie Cole)
- 4 - Rockin' Around The Christmas Tree (Brenda Lee)
- 5 - Grandma Got Run Over By A Reindeer (Elmo & Patsy)
- 6 - Wombling Merry Christmas (The Wombles)
- 7 - Christmas Time [Don't Let The Bells End] (The Darkness)
- 8 - Fairytale of New York (The Pogues)
- 9 - Santa Baby (Eartha Kitt)
- 10 - Santa Claus Is Coming To Town (Jackson 5)

... I have very messed up tastes xD



**From Jamie: My best joke...**  
What's Mrs Claus first name?  
Merry Christmas (say it like Mary!)  
Haha, Isn't it pathetic !!! LOL!

# What's going on for young carers?

## Arts Award day - Sat 5th February

If you are signed up to the arts award you will find a letter enclosed which will give you more information about this day. If you did not receive a letter and think that you should have, please get in touch.

The aim of the day is to look at the Arts award and to work through as much of your portfolios as possible. We can then look at what else needs to be done and make a plan.

## February half term training days

Continuing from the training days we have offered this year the next one will be run in February half term. This time the focus will be on self esteem and confidence and we will be putting on two days. one day will be aimed at the juniors and the other will be for the seniors. The plans may change but we are hoping to run the days at Kendal Climbing Wall and you should end up with a nationally recognised award in climbing if you take part. More info can be found in the enclosed letter.

## Support group dates

The junior group is available to all young carers aged 8 to 12 and will run from 4 to 6pm. The senior group is available to young carers aged 13+ and will run from 6.30 to 8.30pm. When young carers get to 13 (or maybe just before) they will be offered the opportunity of attending both sessions for 1-2 months. This will give them the chance to get to know the senior group and to say goodbye to the junior group.

We will NOT be ringing round to see who wants to attend the support group. If you would like to go, please either circle which sessions below you would like to attend and send this sheet back to us, send us a message through Facebook, email us, text us or call. Remember to let us know whether you need a taxi or not. If you don't tell us you need one, you won't get one! Here is a list of the support group dates for the next quarter;



Name \_\_\_\_\_

I would like to attend:

**13th January**      Junior      or      Senior      I need a lift (where from/to) \_\_\_\_\_

**10th February**      Junior      or      Senior      I need a lift (where from/to) \_\_\_\_\_

**10th March**      Junior      or      Senior      I need a lift (where from/to) \_\_\_\_\_

# Contact Us!



If you are a Young Carer or know of someone who is and you need some support, help or advice

**Call:** Matt Carr or Kris Williams  
Young Carer Support Workers on:

**Office:** 01539 815970

**Fax:** 01539 730228

**Matt:** 07709797535 or [mattcarr@slcarers.org.uk](mailto:mattcarr@slcarers.org.uk)

**Kris:** 07910564424 or [kriswilliams@slcarers.org.uk](mailto:kriswilliams@slcarers.org.uk)

**Website:** [www.slcarers.org.uk](http://www.slcarers.org.uk)

**Our address is:**

5 Castle Street

Kendal

Cumbria, LA9 7AD



The Princess Royal Trust  
*for Carers*  
Network Member

## Help needed!

Volunteers aged 18 or over are needed for our Young Carers trips, projects and activities. Do you know anyone who is a good listener, keeps things confidential, who would be fun and supportive on trips away and activities?

They could be someone who is or has been a young carer, someone wanting work experience or working towards an award such as Duke of Edinburgh's award.

Tell them about us, we have a volunteer certificate scheme and training opportunities.

Please contact Sam Smith (volunteer co-ordinator) on  
01539 815970