

Issue 33  
July - Sept 10



# SLYC



# NEWSLETTER

- \* From A2B project
- \* Junior Summer Trip
- \* Residentials Galore!

and much more



**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!**

# Contents

1	Contents & Editorial
2	Windermere St Anne's Summer School
3 & 4	Focus on
5	Donna's Dream House
6	From A2B Project
7	Junior Residential
8	Junior Summer Trip
9	Your page
10	What's going on for young carers
11	Contact Us



## Editorial

Wow what a busy Summer! We've had 6 different residential which saw 36 different young carers getting the opportunity to get away and have some fun.

We have also had the 2nd instalment of the From A2B

Project which seems to be moving along at a great rate.

The juniors had the chance to go to the leisure centre and they had a great time trampolining, playing badminton and swimming before a much needed hot chocolate

All of the residential and the junior trip were offered to us for free and although individual thanks will be given in the articles I wanted to say a massive thank you to everyone who has helped South Lakes Young Carers this summer. You are all amazing!

On a sad note, as many of you are aware Sam has left SLYC for pastures new. She will be greatly missed by staff and young people but we wish her well for the future

Matt

# WINDERMERE SUMMER SCHOOL

This great opportunity came about as a result of Jane Toffolo (a parent at the school) deciding to get a team together and take on 24 of England's highest mountains in less than 24 hours in order to raise money to send some of our young carers on the summer school. The school supported the event by giving another free place for every one Jane and her team paid for.

The school runs 3 weeks of summer school each year mainly for international students who spend some of the time learning English. Young people from England also attend and have arts sessions in the mornings while the international students have their English lessons before joining up with them in the afternoons to take part in a wide range of activities.

The young carers who attended were split into 3 groups who each went for 5 days.

Everyone who went had a great time and really enjoyed the experience. It seems that as well as enjoying the school and activities it was getting to meet the international students which was the best part of the residential.

It goes without saying (although we are going to say it!) that we are all very grateful to Jane and her team and to the school for giving the young carers this great opportunity. Thanks alot

Comments from Sacha Carcel:

I really enjoyed WSA as I met lots of lovely people and I think the only awful thing is the fact that I miss all my new friends soooooo much, especially Marta, Masha, Cindy, Nawaf, Nawaf and Nicolas because they were all so nice and friendly and Nicolas was always so caring!!!  
xxxxxxxxxxx'



# Focus on: Challenge and Flow!

There are lots of things in our lives which we see as a challenge whether it be school, chores, work or relationships etc.

The flow model (which is shown in a simple form on the right) shows what happens at different levels of challenge and it is really useful because it can help you to work out when you learn the best.

If you are doing something which has a low level of challenge then you are likely to find it very easy. This is good sometimes as it gives you a chance to relax and play. the downside though is that you are likely to get bored and you are probably not going to learn anything as everything is too easy!

If you are doing something which is extremely challenging or which makes you very scared then you may get a bit of a rush but you are likely to end up injured and/or scared, stressed, worn out etc and are probably not going to learn anything either because your brain and body are overloaded.

The best place to be is in the middle where you are being pushed and are possibly trying new things. This is when you are 'in the flow' and it the best place to be for learning!

So what does this mean for you?

It means that it is worth taking time out to really look at the things you are doing and to make sure you have a balance in your life. It is great to have some time when you are at the easy end of the scale and are chilling out but it is important to make sure you are also doing things which are pushing you and helping you learn. Finally you need to be aware of those things which are pushing you too much and you may need to look at how you can change them and whether you need to ask for help in order to make your life a bit easier and less stressful!

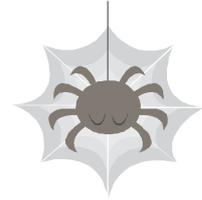


**Easy task or play activity:**  
doing something which you find easy and you have done many times before.

# The Flow Model

## Task

**Flow:** when you are being pushed by the activity and are trying new things



**Very difficult task:**  
when the task is way beyond your abilities

Task gets more difficult and challenge increases

No learning.  
Possible boredom?

Learning takes place.

Maximum learning takes place

No learning.  
Injury or negative emotion (fear etc) is possible



## Results



# Donna's Dream House



Donna's Dream House is a charity which provides free holiday experiences for children and teenagers with life-threatening illnesses and their families, and for recently bereaved siblings and their families.

Thanks to Bethany Young we were offered 2 lots of 3 days for our seniors to stay at this great facility. 4 young carers attended the 1st week and 8 attended the 2nd. Both groups fitted loads into the time managing to go to the aquarium, Sandcastle water park, Louis Tussaud's wax works and up the tower, as well as playing on the beach and going shopping in town.



When we weren't exploring Blackpool, the young people got to enjoy the on-site cinema, Jacuzzi and great centre.



Both groups had a brilliant time and really appreciated the chance to have a few days away from home.

We all want to say a massive thank you to Donna's Dream House for giving us this fabulous opportunity.



# THE BREWERY



The latest instalment of our Brewery Project included graffiti art, recording music and choreographing a dance piece, which was then performed in front of parents and family as well as other participants. By all accounts

this was a great success and gave everyone a taste of what's to come at our very own arts festival in July 2011, when the whole of the Brewery will be at our disposal.

Those of you that attended either the Easter or Summer workshops are eligible to go on the residential in Newcastle in October. This is already jam-packed with brilliant



activities and visits to various festival shows. When we arrive on the Friday afternoon, you will also have free time to explore the area and maybe do a bit of shopping...

If you want more of a say in what we do there and what happens at the festival next year, then you need to join the steering group—at the moment Lucy, Jamie and Amanda are doing all the work! So no complaints if you don't get to do the things you want.

# CELEBRATING RESILIENCE

For the second year running we have worked with Windermere School to offer a 3 day residential to our junior young carers.

This year saw 18 young carers visit the school for a fun 3 days of oriental based activities and tasty food!

The group had a go at painting a dragon and learning a dragon dance, learning some origami, paddling a dragon boat, setting off lanterns canoeing, playing games and challenging themselves with some team building activities.

All in all it was a brilliant 3 days which we all really enjoyed. We are all now looking forward to next year!



# JUNIOR SUMMER TRIP



9 young carers attended the junior summer trip to Lakes Leisure in Kendal. The group had a go at badminton and trampolining before going for a dip in the pool. We finished the afternoon off with some hot chocolate.

Everyone had a fab time and enjoyed learning some new skills and having fun (not to mention trying to drown matt in the pool)!



It was especially great to see some new young carers attending this trip and it was good to see everyone being welcoming.

Thanks again to the Leisure centre for this great opportunity



# YOLA PAGE:

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

## Song Lyrics:

I would like to share the lyrics to Wolf's Rain theme Stray. It has to be like one of the only English anime themes... suggested by Amanda Mellish



In the cold breeze that I walk along  
The memories of generations burn within me  
Been forever since I cried the pain and sorrow  
I live and die, proud of my people gaining

I'm here standing at the edge  
Staring up at where the moon should be

Stray!

No regrets 'cause I got nothin to lose  
Ever stray!

So I'm gonna live my life as I choose  
Until I fall..

Stray! Stray!  
Stray! Stray!

In the white freeze, I never spoke of tears  
Or opened up to anyone including myself  
I would like to find a way to open to you  
Been awhile, don't know if I remember how to

I'm here waiting on the edge  
Would I be alright showing myself to you?  
It's always been so hard to do..

Stray!

No regrets 'cause I got nothin to lose  
Ever stray!

So I'm gonna live my life as I choose  
Until I fall...

Stray! Stray!  
Stray! Stray!  
Stray! Stray!

Is there a place left there for me  
Somewhere that I belong  
Or will I always live this way... ?  
Always stray

No regrets 'cause I got nothin to lose  
Ever stray!

So I'm gonna live my life as I choose  
Cause all things fall

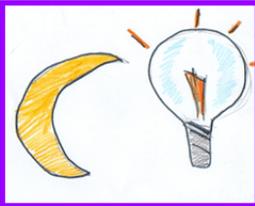
Stray! Stray!  
Stray! Stray!  
Stray! Stray!

## Dingbats:

A dingbat is a kind of picture puzzle. Each picture represents a word, phrase or name. See if you can figure out the ones below. Idea suggested by Amanda Mellish, dingbats from <http://www.grammarmancomic.com>



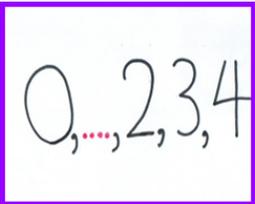
1.



2.



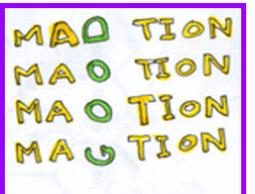
3.



4.



5.



6.



Answers: (1) moonlight, (2) hole in one, (3) no one, (4) monkey, (5) good information, (6) forgive me.

## What's going on for young carers?

### So Long, Farewell, Auf Wiedersehen, Goodbye!

I've been working with you all for 5 years now-can you believe it? I want to say a massive thank you to you all for being so fantastic and truly inspirational to me. I've had a great time working with Young Carers, all our times together will stay with me always and I will miss you all heaps. I'm taking a bit of time off to go travelling on my boat and take an Arts Degree. I will be replaced as soon as possible and I know you will give the new worker a very warm welcome,, I wish you all sunny days, lots of fun and the very best of things to come, Sam



### A2B Residential - 29th to 30th October

This has been opened to all the young carers who have attended either of the two lots of sessions at the Brewery. The aim is to visit a festival in Newcastle in order to get some ideas for our festival next year when we take over the Brewery! Anyone who said they wanted to go will find a letter showing more info with this newsletter

### Christmas Trip - 4th December

At the September support groups the young carers who attended decided that the Christmas trip would be ice skating. We have looked into it and decided to link up with Young Cumbria who are running a trip to Blackburn. You will see more information in the letter which was sent out with this newsletter!

### Support group dates

Here again is a reminder for the support group dates for the rest of the year; The junior group will be available to all young carers aged 8 to 12 and will run from 4 to 6pm. The senior group will be 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 the chance to get to know the senior group and to say goodbye to the junior group.



-----  
Name \_\_\_\_\_

I would like to attend (please circle which sessions you would like to attend and send this back to us. We will NOT be ringing round to see who wants to attend)

**October 14th**      Junior                  or                  Senior                  I need a lift (where from/to) \_\_\_\_\_

**November 4th**      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 Sue Scott on 01539 815970