June 2016 Newsletter of West Cumbria Young Carers

SOUNDWAVE DISCOVER YOUR TALENT DAY HALF TERM

Wednesday 1st June 2016
Young carers 8 years and over
11am- 3pm Lunch will be provided

Discover your talents with a music workshop. Try your hand at lots of different instruments, writing music, DJing on the decks and using their recording studio. These exciting sessions are happening with the help of Soundwave
check out their website for more info about what they do www.soundwave.org.uk
Sound wave uses music and singing to learn, live better, connect with each other and inspire change.

There will be 20 places available for this activity and they will be allocated on a first come first served basis and level of need.
Transport is available from the Copeland area, (unfortunately we are unable to fund the bus to Millom but if you can make your way to the Brownriggs depot Egremont, you could catch the bus from there) if you live in Workington or the surrounding locations in Allerdale can we ask that you make your own way there and home again.

If you would like to take part in this activity please let us know either by telephoning the office 01900 821976 or texting the mobile 07557 356964 and fill in the consent form enclosed with this newsletter and return it to us ASAP.

EASTER HOLIDAYS

Young Carers Conference hosted by the University of Cumbria

Some Young Adult Carers enjoyed a day at the University of Cumbria where they learnt all about University life and how they could fit it around being a carer if they chose to go down that path in the future. Those of you that went gave lots of positive feedback and said you would definitely consider attending the University of Cumbria in the Future.

A big thank you to Hannah Pears from the University who organised the day for us, the university funding the day and the transport. If any of you would like to know more about the university or would like to speak to someone from their about your options give Michelle a ring at the office 01900 821976 and she will arrange that for you.

February Half Term

28 Young Carers enjoyed a fun afternoon at Clip n Climb in Maryport, this is a very popular trip and we get lots of you wanting to come along. Don’t worry if you don’t get a place as we will go again in the future and we try to allocate the places as fair as possible so that you all get a chance to have a go!

University of Cumbria Fun Day! Monday 4th April 2016

Lots of you came to the University Fun Day in the Easter Holidays, Where you graduated from University. What a fab day and again a big thank you to Hannah Pears for organising the Day and the University for funding the day and the transport.

Caving at Clip n Climb Wave Centre Maryport

We ran two afternoons at Clip n Climb for 8 of you to go caving, the maximum number of people in the cave at a time is 8 that’s why we couldn’t take more of you. Again please don’t worry if you didn’t get chance to come because we will be taking you again in the future. Those that went had a fab time and there were some happy red faces coming out of the cave at the end.
We have just began an 8 week Mindfulness Course for Young Adult Carers.

What is Mindfulness

Mindfulness is about being able to experience life in the present moment. Being in the present moment can help us all cope better with our lives and feel happier. This is because mindfulness is about respecting, and not judging, ourselves - it is about just accepting ourselves for who we are. It is very simple, but can be a very powerful way of keeping us in touch with what is really important about our lives. It is about helping us not to get bogged down by past mistakes or worrying about what the future will bring.

Mindfulness also involves keeping our minds clear of thoughts, so that we can focus on what is happening now, without being distracted. This means we need to become more aware of our thoughts. If we can be aware of our thoughts, it is easier to accept our thoughts as just thoughts, and then 'let them go', knowing that they don’t have to affect us.

Mindfulness can be practised in many different ways. It simply involves bringing your attention to the present moment. Mindfulness is often confused with relaxation. Although you may become more relaxed when you are mindful, this is not the goal of mindfulness. The goal is to be aware of and accept whatever way your body and mind feel at this moment in time in a way that is manageable no matter how difficult or challenging we believe it to be so that we can experience life in a happier or more balanced way. Our minds are often very busy and full of our thoughts, many of which are about the past and future. The goal of mindfulness is to be aware that we have thoughts, but to let them go so that we can focus on the present, without distraction.

There is now lots of research to show how useful Mindfulness is to help with managing stressful situations, especially where these develop into feelings of anxiety, depression or chronic illness and pain.

What happens on a Mindfulness Course?

You will learn how to use simple meditation techniques to focus your full attention on things like sounds or breathing. Meditation is not about sitting cross legged on a cushion (although it can be done like this if you prefer). Meditation just means to focus or concentrate on something and we will learn how to do this in many different ways, sitting on a chair, standing or moving about and doing certain tasks. As you develop your ability to focus your attention it will allow you to observe your thoughts and feelings as they arise. Then you will come to realise that they come and go of their own accord and you are not your thoughts. You will practice being able to watch them come and go without being overwhelmed by them and come to understand that all thoughts and feelings, including negative or difficult ones, can pass by without you needing to act on them. You will learn how to do this without criticism and develop a more curious and kindly way of just being a friendly observer without experiencing everything personally or unkindly.

Allowing you to develop:

• Better focus and concentration
• Raised self-awareness
• Better conflict resolution skills
• Increased calm
• Better ways to respond to difficult emotions
• Increased empathy and understanding of others

What other young people have said following the eight-week course:

“…..helps you smile inside!”
“Experience peace and quiet in my mind”
“More contentment”
“Happier and more resilient”
“I can now respond with more patience and greater flexibility to difficult emotions and experiences”
“Better focus to concentrate on things”
“…..and helped me understand my thoughts and feelings so I could manage them in a more helpful way – brilliant!”

Sadly not many of you are attending the course and due to the nature of the course if you miss the first session you aren’t able to attend the rest. However we have got another course in the pipeline and would like to run this in the future with lots of you attending. If you would like to know more have a chat with one of our support workers or ring the office. If you would like to attend in the future please let us know either by phoning the office 01900 821976 or texting the mobile 07531476161 and we can put your name on a waiting list so that when we arrange the next course we know there will be young adult carers interested.
The Time for change project is going well, we ran our first course at the college in January and it received lots of positive feedback:

“It was fantastic, I’m looking forward to going to college in the future”

“I really enjoyed the course and I’m now doing a public service course”

The course really helped me to make decisions about my future”

Time for Change is all about supporting carers aged 14-25 who are facing issues around education, training or employment.

If you are aged 14-25 looking for advice and support around education, training or employment please call the office on 01900 821976 and ask to speak to Jacqui or Michelle

We are running another 3 week course at Lakes College beginning 28th June 6pm-8pm and as a reward for attending all 3 weeks we will take you on a fun social activity to jump mania, the cinema or bowling on the 19th July.

We are currently running a group in the Soundwave building in Workington. The groups have been very successful and well attended. If we are coming to your school or a youth centre in your area we will send out a letter to let you know.
CARERS WEEK
Best foot forward for Carers Week
Plans are well underway for a great week of events for Carers Week 2016 6th – 12th June

After the success of Cupcakes4Carers last year we will be running several cupcake themed events. You can come and join us to sample yummy cakes or help us out by baking cupcakes to help celebrate. Once again we will be encouraging everyone to take “Cakies”

(photographs of you and your cupcakes) and to tweet them to us @WCumbriaCarers to help us publicise Carers Week and to celebrate carers in West Cumbria.

Last year it was all about wheels as one of our staff members took to the road and cycled from Millom to Port Carlisle to raise money and awareness of carers. This year it’s all about feet and boots as a team of over 15 staff members take up the challenge to walk in stages from Millom to Port Carlisle along the Cumbria Coastal Way. The walk will be to raise money for our young carers project, for more details please keep checking our website for the latest updates about Carers Week www.westcumbriacarers.co.uk

Generous Donation from Keswick Rotary Club
In January we received £300.00 from Keswick Rotary Club to help support the young carers project. We are so grateful from the support we receive from local charities it helps us to continue supporting young carers in West Cumbria.

PARENTS/ GUARDIANS OF YOUNG CARERS
Please note you must be 16 years or older to play
A chance to win £25,000 and support your favourite charity!
We are delighted to announce that we have joined Unity Lottery.

Unity is the nation’s favourite fundraising lottery scheme, designed to give good causes large and small the chance to gain support and raise valuable funds through our own weekly lottery draw.

You can play for as little as £1 per week. 50p of every £1 you play is guaranteed to go straight to West Cumbria Carers to support our services in Allerdale and Copeland. The remaining 50p will be used to provide prizes and cover administration costs.

For just £1 per week you will be allocated a six digit Unity Lottery number, which will remain yours for as long as you wish to keep playing. You can purchase more than one number if you wish.

Every Saturday, the lucky winners are selected at random and prize cheques issued and posted directly to you, so there is no need for you to claim. You must be 16 or over to enter. Winners have to match 3, 4, 5 or all 6 digits of the winning number in the correct place in the sequence.

You can play and support West Cumbria Carers by using the following link http://www.unitylottery.co.uk/charity/display/west-cumbria-carers

If you would like to know more about the lottery please call the office on 01900 821 976.