



What we've been up to

Wow what a year! It has been some time since we have been able to send a full newsletter out to you so we have lots to tell you about! Welcome to lots of new young carers who will be receiving our newsletter for the first time!

Summer Arts Activities

Through the summer, for the first time we ran an Art Summer school in four areas at the same time. We haven't done anything like this before but it was absolutely brilliant. The four areas were Wigton, Workington, Whitehaven and Millom. For three weeks young carers worked in each place with different kinds of artists doing lots of activities such as dance, drama, poetry and art and crafts with the theme being about being a young carer. By the end of the three weeks, all the groups had some lovely poems and pictures. We all met together at Rosehill Theatre near Whitehaven to share what we had done.

The whole project was so successful and if we can get some more funding, we shall try and run it or something similar again. There were lots of new friendships made in this time too. It was all made possible with funding from Arts Council England Lotter, Allerdale Borough Council, Thomas Cook Childrens Charity and support from Rosehill theatre.

Those who attended all the sessions have achieved your discovery arts award congratulations! We sent you this in the post along with a booklet celebrating your work.

Here are some examples of the poetry created during the summer programme:

The Super Flying Heroes

We are the Super Flying Heroes
And this is what we do
We care and protect
And we'll do the same for you.

If you're feeling scared
Lost or alone

The Super Hero Team
Will quickly fly you home.

If someone tries to hurt you
Or your parachute doesn't work
The Super Hero Team will sound
a super hero alert.

BEEP BEEP BEEP BEEP!!!!!!

If there's a shark behind
The Super Hero Team will find you

And if you're in a tsunami,
well let us eat pepperami
Because this is where we get our powers
The Super Hero Team are here 24 hours.



ACTIVITIES & EVENTS

No-Motions

I am a blank emoji, they call me Nomoji
I don't have a smile or a frown, any up or any down.

I like to eat pizza and hot dogs, but you would never know
because my face is always hollow.

I am a blank emoji, they call me Nomoji.

My favourite colours are purple and pink,
lemonade is my favourite drink
but you would never know, because my emotions
are hidden below.

There's nothing on my face, that says I am smiling
I am afraid of clowns and spiders, but my scared face
I am hiding.

I hang out in the park, alone in the dark
I've got a phone but no one to call
the faces on my phone, emotions, they have them all.

But I am Nomoji, no one cares about me.

I am one of many, 62 sisters, 44 brothers
but I'm not like the others, they can smile and frown
show up and show down, happiness, sadness and joy
but I am the Nomoji Boy.

The only thing that people can see, is my hot pink eyes
I know that they get a surprise, but my face stays blank.
The only one who understands, is Emoji Poo - he is lonely too.

The thing is I think I am scared of emotions,
all they do is cause commotions
like how should I tell him
just how much I can smell him?
Surely that would make him sad,
so maybe emotions are actually bad.

There is one special thing about me
it is to do with how well I can see
and that is how everything changes
how my emotions burst out of their cages.

It was a hot night in Spain, not a drop of rain
I was out walking with my mam and dad
32 sisters, 44 brothers, remember, I'm not like the others.
They were smiling and laughing
emoji kisses and emoji wishes
but my face was just blank.

And then I saw her!
yellow face, pink love heart eyes
to my surprise, I started to feel my emotions bubble
this can only mean trouble.

I felt a smile like a text message, light up on my face
all my emotions jumped out of their case.

In two days we were married, my new bride I carried
and now my emotions I can't forget
we have a thousand babies we call the Emojettes!

Food Heaven or Food Hell by the Foodies

Let me tell you about what I like:
I like cheesecake, as long as it's not fake.
I like ham and homemade jam
but definitely NOT spam!

Let me tell you about what I like;
I like fish in a china dish
I like cod, caught on a rod
I like ice-cream - because it's a dream,
and I like fresh meatballs from butcher stalls.

I like tomatoes and potatoes,
I like Gummy-Bears
but not with hairs !!!

Now let me tell you what makes me sick....

Biscuits covered in carpet bits!
I couldn't eat eye balls or human flesh
even with a dollop of creme fresh.

You know what else makes me sick?
Pigeon pie and camel's eye,
camel balls and hair-dye,
Hyena brain is such a drain
a giant's nose hair is such a nightmare,
a zebra's toe-nail makes me go pale,
chicken wings with fishy fins,
brussel sprouts and pig snouts.

If you come round for dinner,
you better hope I think you're a winner,
you better make sure you are nice
otherwise I'll serve up deep fried mice!

There's things you'll love
and things you'll hate,
you better be good or
you know what's on your plate!



ACTIVITIES & EVENTS

Family Fun Day

In July our fundraiser Michelle McGibbon held a family fun day in Cockermouth rugby club, which went well with a bouncy castle, face painting other fun activities.

This was to celebrate our 25th year of West Cumbria Carers and to help raise money for our trips and outings.

Christmas Party

In December we had our Christmas party at the Oval Centre and Sainsburys kindly gave us all our party food and drinks AND selection boxes! They even gave us lots crackers too! Once again Workington Rotary stepped in and paid for our transport which we all really appreciate. We weren't able to allow everyone to come this time unfortunately because we couldn't get a big room and so many of you wanted to attend. We are really sorry to those of you who did miss out but this is why it is so important that if you would like to come to anything we do, you let us know straight away.



First Aid Training

In October half term, a group of young carers attended the Civic hall in Whitehaven and learned first aid for the day. This was run by the Red Cross and the group learned lots of useful information about what to do if someone they know gets injured in some way. We hope to run this again sometime so please let us know if you are interested so we can plan where to hold it next time. We have been trying to hold it in different towns to make it easier for all of you to be able to do it at some point. It is suitable for any young carers over 10 years old.



CFM Cash for Kids family day out

At the end of the summer, CFM once again, very kindly gave us tickets for families to go to South Lakes Safari Park. Workington Rotary paid for buses to travel there so we all had a lovely day and the weather was even quite kind to us! We are so grateful to all the support we receive from CFM cash for kids and The Workington Rotary group throughout the year.



ACTIVITIES & EVENTS

VERY IMPORTANT INFORMATION PLEASE READ BANANA & NUT ALLERGY

Please note two of the young carers who are registered with us, have banana/nut allergies. We therefore ask you to please make sure you **DO NOT** send your children with bananas or nuts in their pack lunches.

February Half Term

Cinema Trip

February half term we took a group to the Gaiety Cinema in Whitehaven to see Early Man which was a very funny film about cavemen playing football against the bronze age warriors! We sent texts out for this activity so if you didn't hear anything, it could be because we didn't have your correct mobile number. We will be sending information out this way more often to try and keep our postage and printing costs down so if you can text Young Carers mobile with your name, and if your Mum or Guardian can do the same, we can make sure we have everyone's correct details on our phone.

The number is 07531 476 161.

Future Trips and Activities

Easter Holidays

Clip n Climb Maryport Wednesday 4th April 2018

Morgan Sindall are very kindly paying for a group of over 11's (at secondary school) to visit Clip and Climb in Maryport which we know lots of you really enjoy. This will be on 4th April. We expect there to be lots of people who want to go to this so you will need to make sure that as usual, you ring up and put your name down straight away and send the consent form back. This is the best you can do to get a place. We cannot allow anybody to attend any activities without having a consent form before the activity. When there are too many names on our list, we decide on a 'needs led' basis. If you don't get a place on one occasion, we will always try to make sure you get one next time. There will be some transport but it will be limited so if you can make your own way there, that would be really helpful.

Please phone the office 01900 821976 or txt the mobile 07531 476 161 to let us know you would like to put your name down and if you need transport or not. We will TXT you by 5pm on Thur

29th March to let you know if you have secured a place, if you have not received a TXT message by this date then unfortunately you have not secured a place for this trip.

And for those of you younger than secondary school, we are taking a group to Jordans Jungle on Monday 9th April at 1.30. This is at Cockermouth and unfortunately we will not be able to provide any transport. It is a brilliant soft play area with a little café and they even have some small animals for you to see. You won't need any money though because they will give us juice and biscuits while we are there. Just make sure you have your lunch before you come. The website is www.jordans-jungle.co.uk. Please phone the office 01900 821976 or txt the mobile 07531 476 161 to let us know you would like to put your name down and if you need transport or not. We will TXT you by 5pm on Thur 29th March to let you know if you have secured a place, if you have not received a TXT message by this date then unfortunately you have not secured a place for this trip.

May Half Term

Go Karting at West Coast Karting Maryport



Ben at Maryport's West Coast Karting has kindly donated a Go Karting session for Young Carers in May half term

At the moment this isn't booked, if you are interested please let us know and we will add you to the waiting list.

We are currently Planning activities for the Summer Holidays, so please keep an eye out for our next newsletter for the latest information.

To find out the latest Young Carers information and news subscribe to our website which is www.westcumbriacarers.co.uk

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