

Newsletter Summer 2018

West Cumbria Young Carers



What we've been up to!

At Easter we took a group of our little young carers to Jordans Jungle in Cockermouth where everyone exhausted themselves on the soft play and bouncy castle. Also, Morgan Sindall paid for 20 bigger carers to Clip and Climb in Maryport and gave us all lunch which was great fun. In the May half term a group of older young carers had a brilliant karting session, kindly funded by West Cumbria Indoor Karting at Maryport.

ACTIVITIES & EVENTS COMING UP...

Summer Activities

This year we are teaming up with special sports coaches to offer you an exciting programme of fun activities including basketball, archery, rounders, football, swimming, water activities and team games in Workington and benchball, badminton and multi-skills activities in Millom. You don't have to be into sport to enjoy the programme; there will be something for everyone. There will be lots of young carers who haven't met yet and this is your chance to meet each other. Remember – Strangers are friends who haven't met yet!

The sessions will be held at Workington Leisure Centre and Millom Recreation Centre on:

Tuesday 31st July and Wednesday 1st August 11am – 3pm

Tuesday 7th August and Wednesday 8th August 11am-3pm

Tuesday 14th August and Wednesday 15th August 11am-3pm

Workington: We have limited funding for transport so we are asking that everyone from Workington make their own way and back to the Leisure Centre. Please bring a pack lunch, plenty to drink, swimwear and a towel each day. We can only allow children over the age of 8 to participate in swimming sessions; but they will be able to do other water based activities with an instructor. Under 8's will have the chance to do other exciting things instead of the swimming.

Millom: We are asking that all young carers in Millom make their own way and back to the recreation centre.

Everyone will need to wear comfortable clothes and trainers. You will need a packed lunch each day and plenty to drink but please remember, no energy drinks, bananas or nuts.

If you would like to put your name down for the summer activities, please ring **01900 821976** or text **07531476161** and complete and return the consent form as soon as possible. It's ok if you are on holiday for some of these sessions; all we ask is you put your name down and mark the sessions you can attend. If you are ill for any of the sessions, please don't forget to let us know that too.

We will be informing you via text message if you have secured a place by **Wednesday 25th July 5pm**. If you haven't heard from us by then, unfortunately you will not have secured a place this time but don't worry there will be opportunities to join in other activities in the future.

October Half Term

First Aid Training age 8+

Last year we held First Aid training which was very popular and we have had lots of you asking when we will run another session. We have one booked on **Wednesday 24th October 130pm** in the Red Cross Offices Workington. Please note there is no transport available for this activity but if you want to attend and are struggling with transport have a chat with one of our support workers as we may be able to access a grant to help you.

If you would like to attend this session please ring **01900 821976** or text **07531476161** to put your name down. We will be adding your name to a waiting list at this point and contacting you in October to give you a consent form and make arrangements for this activity.

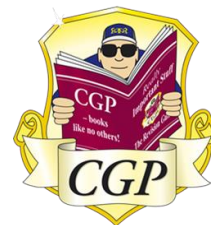
VERY IMPORTANT INFORMATION PLEASE READ BANANA & NUT ALLERGY

Please note 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.

Funding

We are delighted to have received funding from Copeland Community Fund to deliver One to One support to Young Carers who live in the Copeland area.

The summer holiday programme has been kindly funded by Cumbria Community Foundation – Shepley Fund and Cumberland Building Society, GCP Trust Fund Millom, The Rotary, West Cumbria Carers



Carers Survey 2018

During Autumn 2018 you might be contacted for your views about being a Carer. This will be by way of a questionnaire through the post from Cumbria County Council and will contain questions about the care and support you and the person(s) you care for receive. If you are selected to take part in this survey, your answers will be strictly confidential and will **not** affect any service you might currently receive.

We just want your opinion so we can improve the service as a whole!

All Activities and Events must be booked unless otherwise stated - call 01900 821976 or txt 07531476161

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