



Young Adult Carers Newsletter

Another successful trip to Herd Farm, joining the Light Night Leeds parade and giving feedback on Independent Living activities for the Learning and Work Institute: these are just some of the things YACs have been up to this month (see pictures below!). We're looking forward to our annual Christmas trip to the theatre, a whole day of wellbeing and have lots planned for the new year that you can find out about in this newsletter.



**Light
Night
Leeds
2017**



The nights are drawing in, the days are getting shorter and the air is getting colder. This can only mean one thing... Christmas is coming! While we'll do our best to keep the festive spirit alive at Carers Leeds, we realise that Christmas can be a difficult time for many carers. If you have any concerns about managing over winter and the festive period or want to chat please get in touch with Hazell, Jo or Adam. Alternatively you can contact our Advice Line or use our drop in service between 9:30 and 4pm Monday to Friday. Remember that we're here for you (and we have hot chocolate).



Get in touch:

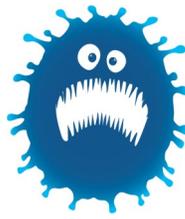
T: 07854 481061 / 0113 380 4300 E: hazell.cockle@carersleeds.org.uk

Facebook: Hazell Carers Leeds / YoungAdultCarersLeeds Twitter: @YACarersLeeds

Drop in: 6 / 8 The Headrow, LS1 6PT. Weekdays 9:30am - 4pm

Did you know..?

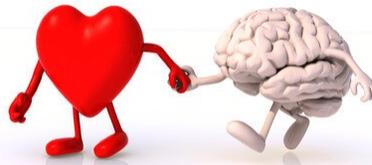
Unpaid carers are offered a free NHS flu jab if they're the main carer of an older or disabled person whose welfare would be at risk if they were ill. This includes those on Carers Allowance. Check with your GP or contact us for more information.



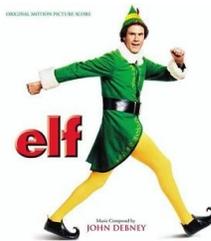
Carers Leeds provides reduced cost (just £5!) wellbeing sessions for carers every Monday. Choose from aromatherapy massage, Indian head massage, foot massage or face and neck massage. Book by calling 0113 246 8338 on or after Tuesday 14th November.

And speaking of wellbeing...

we've got a whole YAC wellbeing day coming up just in time for the Christmas holidays. Join Jo and Adam in the John Lewis Community Hub on December 18th, 10am till 4pm where we'll be covering me time, relaxation, sleeping and eating well. You'll also be leaving the session with a goodie bag and lots of tools to manage stress and relax. Places are limited so book now.



Join us to watch the modern Christmas classic Elf on Carers Leeds very own 'big screen'. This is an exclusive YAC showing and we'll have mince pies too! 1:30 - 4pm on Thursday 21st December.



Dates for your diary!

Thursday 7th December - our YAC Christmas trip to the West Yorkshire Playhouse. Meet at Carers Leeds between 5 and 6:30pm. Show starts at 7pm. Come early (5pm) to take part in the Mindmate consultation!

Monday 18th December - YAC Wellbeing Day. Whole day event at John Lewis Community Hub between 10am and 4pm. Please book in advance.

Thursday 21st December - YAC showing of Elf. 1:30 - 4pm at Carers Leeds.

Thursday 4th January 2018 - Trip to the Jump Arena. 5 - 7pm.

We'll also be taking a trip out of Leeds during the February 2018 half term. Date and trip to be confirmed.

Before our Christmas trip on December 7th, an Ambassador from Mindmate will be coming in at 5pm to chat to you about a Young Carers page on the Mindmate website. It's your chance to have your say about Leeds primary mental health website for young people and create a page for all young and young adult carers in Leeds.



As voted for by you we will be going to see The Lion the Witch and The Wardrobe at the West Yorkshire Playhouse for our Christmas group trip. We only have a limited amount of spaces available for this so if you want to come let us know as soon as you can. We'll be meeting at Carers Leeds from 5pm where you'll have the opportunity to try out some Christmas crafts, eat some festive treats and speak to a Mindmate Ambassador about creating a 'young carers' section on the mindmate.org website. We'll be leaving Carers Leeds at 6:45 and taking our seats at 7pm. As it'll be a late one, shared taxis will be available home. This promises to be a great night. Book your space now!

