



Young Adult Carers Newsletter

Hi all! The YAC team has shrunk considerably over the last few months, and although we've got something in the pipeline (when do we not!), at the moment you've only got me (Hazell) working Wednesday to Friday. This doesn't mean Carers Leeds isn't available at other times. Our brilliant Carers Advice Line is open weekdays 9:30 till 4pm to support any carer aged 16 and over in Leeds. However, despite it being only me (temporarily) we've got some exciting projects lined up this year, from filmmaking to getting to know the great outdoors (when the great outdoors warms up a bit!). We're also planning to work on and create a new information leaflet for young carers transferring over to the YAC project. If you'd like to get involved in this let me know and I'll book an individual appointment with you. Read on to hear about what's going on and other activities in and around Leeds.



Director, actor, producer, social activist? Young adult carer? Then join us and help raise awareness of carer issues while having fun and learning a new skills! If you haven't heard the news (or guessed from my clip art collage), we're making a film. It'll be a short film to raise awareness for issues effecting young adult carers. We have the lovely Katie from FlyGirlFilms booked in for the planning workshop on from 10 till 4pm on Thursday April 12th (in the Easter break) where you'll get to watch, create and plan. Then look out for two days of filming that'll take place over the summer hols. And after that it's gladrags on for the editing and premier... bucks fizz anyone? Please contact Hazell to book onto this event. We're really excited about running it and seeing what you all create.



YAC GROUP RESCHEDULED DUE TO SNOW! We are really sorry for cancelling the YAC group on March 1st. Hopefully you all got our message and didn't make the journey in. We've rescheduled the group for Thursday 15th March from 5 till 7pm as usual. It'll be a supportive session looking at setting and maintaining boundaries and why these are useful in a caring situation. There will also be food, fun and an update from Kirsty on the Mindmate YAC page. Look forward to seeing you then at Carers Leeds.

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

Young Adult Carers wellbeing therapy day.

Every Monday we transform one of our meeting rooms in Carers Leeds into a wellbeing therapy room. Carers can book an appointment and come in for a cuppa and a session of aromatherapy massage, Indian head massage, foot massage or face and neck massage. We never get any YACs come in so I've reserved the whole day for you on Monday 16th July to encourage some much deserved relaxation. There are 6 30 minute appointments available and they **must be booked in advance and will be allocated on a first come first serve basis**. To make it fair you can only book these on / after the 22nd March. Please contact Hazell to book.



www.learnmyway.com is an online training tool that improves young people's digital skills through a range of small training programmes. The training is tailored to your needs via a quick questionnaire and it's free! Just go to the website, enter your name, email and the centre number **8000569**. You will then be logged in and see a range of courses available under the subject's heading.

Learn My Way

Dates for your diary!

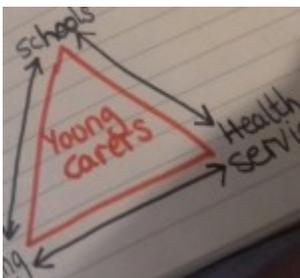
Thursday 15th March - Join Jo and Hazell at the office for a casual group (after all that jumping round in January) where we'll be looking at healthy boundaries. Food will be provided. 5–7pm.

Friday 13th April - Join Hazell and the wonderful Katie from Fly Girl Films for a fun and creative workshop designed to kick off our filmmaking project. The workshop will run from 10am till 4pm in the John Lewis Community Hub. Food and drink will be provided.

Thursday May 3rd - YAC group. It's probably time for a trip somewhere! Suggestions on a postcard (or in a text) please.

Wellbeing day. July 16th!

Let's get outside!!! Being outdoors and connecting with nature has been proven time and time again to increase people's wellbeing and happiness. That's why in the summer half term week we'll be teaming up with Green Futures to take a group of young adult carers out into the wild countryside of Yorkshire. We can choose from a range of activities from nature walks and environmental conservation to fire building in the woods, possibly with a few marshmallows to toast! We'll be discussing this at our group in March so come along then to contribute your ideas and book your place.



Thursday 25th January celebrated **Young Carer Awareness Day**. Although our project is for 'young adult carers' we recognise that many of you will have been caring since a young age. To mark the day, some of the young adult carers we support contributed blogs to the website. Thank you to Sharan, Chloe and Kirsty for writing these. If you'd like to contribute a blog please get in touch. We're always happy to receive and publicise pieces written by carers. See <http://www.carersleeds.org.uk/carers-leeds-blog/> for all our blogs!

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