



# Young Adult Carers Newsletter

Welcome to the August Newsletter Edition. Grace is our new up and coming editor for the Young Adult Carer Newsletter alongside Hazell, we will be taking it in turns to update you with what's been happening, events and activities. We have seen many new faces at our groups and on our trips, we would like to welcome all newcomers to the Young Adult Carer Project and we are pleased to have you with us. Hazell and I would also like to personally congratulate all of you who've collected your exams results recently – in our eyes, you're all SUPER STARS!



At the end of July, a group of us took to the road and ventured across the Pennines to Blackpool. We had a great day on pleasure beach; making the most of the weather we took a stroll down the sandy beach, tucking into scrumptious ice creams, spending our money in the arcades and did a little shopping whilst there, we felt like proper tourists. All in all, we had a lovely day out by the seaside.



On Thursday 27th September at 5pm we have planned a yoga session for you all to try. Yoga is quickly becoming one of the most popular, if not *the* most popular, workout regime among those who are looking to gain flexibility, strength and finding new breathing techniques. Yoga is great for reducing stress and allowing for greater relaxation. Come and give this new activity a whirl!

#### 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

We are in the midst of summer now and we still have a jam packed calendar for you all, with lots of new and exciting events and activities coming your way—Check them out!



With the success of our Malam trip and with us bracing the great outdoors this summer, we have a new and exciting activity for you all to try. Together with the Desmond Family and Canoe Trust, on Thursday 9<sup>th</sup> September we bring you the opportunity to come and try out a canoe and kayaking taster session, which will take place on Leeds canal with a fully qualified kayaking instructor. You'll be fully booted with helmets and life jackets and will have fun learning how to kayak safely on the Canal Rivers. This event is VERY SOON, get signed up and try something new!

## Dates for your diary!

**Thursday 9th September - Kayaking activity session—Meet at Carers Leeds for 4pm. Back 6pm-ish.**

**Thursday 27th September. Yoga Session 5pm—6.30pm pm at Carers Leeds.**

### Leeds Mind

#### Mental Health Workshops

All workshops held at Carers Leeds

#### **Building Self-Esteem**

Wed 3rd Oct—10:30-12:30

Thurs 11th Oct—6-8pm

#### **Managing Anxiety**

Wed 17th Oct—10:30-12:30

Thurs 25th Oct—6-8pm

#### **Building Resilience**

Wed 31st Oct—10:30-12:30

Thurs 8th Oct—6-8pm

We also have Coping with Crisis and Coping with Christmas workshops available

Please speak to Grace or Hazell for more information

We have some other exciting events coming up at Carers Leeds, which I will be co-facilitating with Leeds Mind. Last year I fundraised over £3,000 for Carers Leeds and the money raised has gone towards Leeds Mind delivering a cohort of mental health workshops for a whole year. The workshops we will be delivering from September to December are: Building Self-Esteem, Managing Anxiety, Building Resilience, Coping with Crisis, and Coping with Christmas. These workshops will be available twice, either within the morning or on an evening. These workshops are FREE, you can either sign up via Advice Line on 0113 380 4300 or let myself or Hazell know and we can book you on.

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