



Young Adult Carers Newsletter

Welcome to our July Newsletter Edition

June has been another quiet month for us activity-wise. Our picnic in the park turned into a picnic at the University as the unexpected rain meant we had to cut our walk short! Jo Foster joined us and talked about the Carers Good Health Project, finding out what health and wellbeing means to people individually, and how it can impact on their caring role. Jo will be planning more events and hopes to see more young people at these. Watch this space for details.



Well done to everyone who has been doing exams. You can breathe a sigh of relief now they're out the way. Good luck for everyone waiting for results.

After a slightly damp June, here's hoping for a brighter July... We've got loads of activities planned—see the 'dates for your diary' section on the next page.



A big thank you to Lush for giving us loads of bubble bars! We've had a whole box full that we've been giving away to Leeds YACs. There are still a few left, so if you'd like one, let Dave or Grace know and we'll save one for you.



Keep in touch with us

Would you be happy to receive the newsletter by email instead of post? That would help us to save money on postage.



If yes, please let Dave know by emailing dave.gilbert@carersleeds.org.uk, and we will add you to the email list.

Also please let us know if you no longer wish to receive the newsletter.

Get in touch:

Grace: 07398 173 322 | grace.purnell@carersleeds.org.uk | www.facebook.com/grace.purnell.98

Dave: 07854 481061 | dave.gilbert@carersleeds.org.uk | www.facebook.com/dave.carersleeds.5

Facebook: YoungAdultCarersLeeds **Twitter:** @YACarersLeeds

Drop in: 6-8 The Headrow, LS1 6PT. **Mon, Tue, Thu and Fri:** 9:30am - 4pm, **Wed:** 8am - 6:30pm

Leeds Playhouse Youth

We welcomed back Gemma from Leeds Playhouse Youth, for another fun **drama** group. Youth Playhouse will be putting on a play, based on Alice in Wonderland, about young carers. The group read out play scripts about carers, and talked about how realistic they were and how they connected with their own experiences.

To find out more about Leeds Playhouse Youth activities and how to get involved, visit:

<https://leedsplayhouse.org.uk/creative-engagement/youth>



Dates for your diary!

First Aid Course

Thursday 11th July | 5pm - 7pm

The Red Cross will be coming in to train us in basic first aid skills.



YAC Group Activity

Summer Holiday

Thursday 25th July | 10am - 3pm

We'll be having a fun-packed day of activities. Join us for a visit to the Kitty Café, lunch and some games at Geek Retreat.



YAC Group Trip

Summer Holiday

Thursday 8th August | 10am - 4pm

Save the date for a trip to the seaside. More details to follow.



YAC Group Trip

Summer Holiday

Wednesday 21 August | 10am - 4pm

A day of outdoor activities at Malham in the Yorkshire Dales



Please let Dave or Grace know if you would like to come to any of these activities

Ticket Bank - FREE gigs and shows

Carers Leeds are now members of **Ticket Bank**. That means we can access a certain number of free tickets to local gigs and shows. To find out what's on, visit

<https://theticketbank.org>

Click on 'filters', and select Leeds from the list of locations to see what's on. If there is anything that takes your fancy, contact Dave or Grace and we will try to get hold of the tickets for you.



The list of available events changes all the time... at the time of writing shows include **Skunk Anansie**, **Coheed and Cambria**, **Rodrigo y Gabriela**, **King Gizzard & The Lizard Wizard**, **Primal Scream**



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