



Young Adult Carers Newsletter

Welcome to our December Newsletter Edition

We had a YAC group get together on 7th November to chat, have some food, make some greetings cards, and discuss plans for [YAC group activities for 2020](#). If you've got any ideas of what you'd like to see on the YAC group calendar for 2020 please let Dave or Grace know. On 21st November [Hazell](#) came in to Carers Leeds to say goodbye to young adult carers she had worked with. We wish her all the best for the future.

The highlight of November was appearing on [BBC Radio Leeds Misconceptions](#) programme and we have a feature about that on the next page.



[Christmas](#) and the festive period, with the lights, carols and festive food can be enjoyable and joyous, but it can also be difficult for some people. See below for a survey [Action for Children](#) are doing about what Christmas is like for young carers. And this article from 'Carers in Derbyshire' has some good tips: <https://www.carersinderbyshire.org.uk/being-a-carer-at-christmas>. Carers Leeds and the Advice Line will be open on normal working days. From all of us at Carers Leeds we wish you a Merry Christmas and a Happy New Year!

Action for Children research

Children's charity Action for Children are undertaking a confidential survey, for people aged 18 and under, to explore what the [Christmas holidays](#) are like for [young carers](#). The results are going to be used to highlight what young carers need at this time of year, advocate for young carers, and to raise the profile of young carers nationally.

The survey can be found at this link, which should work on smart phones:

<https://www.surveymonkey.co.uk/r/WKB2WPN>

Action for Children would really like to hear from you, but there is a tight deadline. Please submit your responses by 13th December.



Get in touch:

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Facebook: YoungAdultCarersLeeds **Twitter:** @YACarersLeeds

Carers Leeds Drop in: 6-8 The Headrow, LS1 6PT. **Mon to Fri:** 10:00am - 3.30pm

Advice Line: 0113 380 4300. **Mon, Tue, Thu and Fri:** 9:30am - 4pm, **Wed:** 8am - 6:30pm

BBC Radio Leeds - Misconceptions

On Wednesday 27th November, Carers Leeds' Young Adult Carers appeared on BBC Radio Leeds' Misconceptions programme, to challenge views people have about a particular topic, and to inform people about it. Catherine, Shannon and Ben all overcame their nerves, talked about their experiences, and gave the public an insight into what it is like to be a young adult carer.



Some of the messages were:

- Lots of people don't realise they are carers until they have been a carer for a long time
- People haven't chosen the circumstances that led to them becoming a carer, but often do choose to care for their loved ones
- Carers can be any age, and people they care for can have a range of needs, including mental health which people often don't realise.
- Carers are often so focused on the needs of the person they are caring for that they neglect their own wellbeing.
- Many young adult carers are juggling caring responsibilities with work and college.

The programme went out live, and is available to listen to online until 26th December on BBC Sounds:

<https://www.bbc.co.uk/sounds/play/p07t24s9>

A big thank you to producer Pete Allison for inviting us onto the programme, and to presenter Liz Green for helping to put us at ease in the studio, and for her compassionate hosting. And a special thank you to Ben, Catherine and Shannon for taking part.

Dates for your diary

YAC Group

Thursday 2nd January | 1pm-4pm

****PLEASE NOTE CHANGE OF DATE****

Film and New Year Celebration at Carers Leeds

We are currently working on our plan of activities for 2020, and more details will follow in the next newsletter.

Please let Dave or Grace know if you would like to come to any of the YAC Group activities.

Vote in the General Election

Remember to vote in the **General Election** taking place on Thursday 12th December. Polling stations are open from 7 am to 10 pm.



For more information about voting visit:

<https://www.electoralcommission.org.uk/i-am-a/voter/your-election-information>

You'll be able to enter your postcode and find out who your candidates are and how to cast your vote.



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