

Hello Young Carers,

Welcome to our Autumn Newsletter. Inside you'll find lots of tips and advice, information about our next trips and some fun puzzles to do !

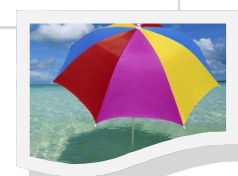
Sainsbury's Update!

You may remember that we were lucky enough to be chosen as Sainsbury's Charity of the Year. Our year of joint fundraising has now been completed, and thanks to the generosity of Sainsbury's staff and customers we managed to raise a fantastic £5896.27!

Fundraising events included a quiz night, pudding tastings and even a duck race in a very cold river!



The money raised will help fund our programme of Young Carer trips and activities – did you know a full year's worth of trips costs us around £8000? So every penny raised means that we can continue to take our Young Carers on great trips and have fantastic experiences!



Buy An Alarm Clock. Most Secondary schools start at 8.30am so if you have a long journey it might be an early start.



Always eat some breakfast, even if you feel nervous. It's a long time until lunch.

Be prepared to just hang out at break.

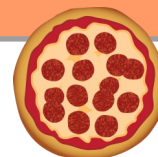
Don't let your mum buy your blazer that's too big. You need to use your hands!

Work out your route to school. Make sure there's an alternative if there are problems with transport or people you want to avoid.

Get some passport photos taken. They're useful for a travel pass or library card.

Does your school have lockers? Will you have to carry your coat around all day? Have a lightweight one that you can stuff into your bag.

Try not to eat pizza every day!



If you can, find a friend to walk with the first day. Things won't seem too daunting if you're with someone.



Find out where the toilets are.

You may find you're having lunch at 11 am if the canteen opens early. There may not be enough time at lunchtime or the queues are too long. There may be pushing in from the older ones.

Work out how you'll pay for lunch. If it's a card or fingerprint system, make sure you're topped up for your first day.

Practice tying your tie! And try putting it on and taking it off without undoing it.



When it's PE, time is always precious, so for guys, go for adjustable waist trousers—there's no time to be fiddling with belts. If PE is first period, you may be able to wear your shorts under your trousers for a quick change.

Stock up on sticky-backed plastic—you'll have plenty of exercise books to cover.

Get your new friends' phone numbers. You might need help with homework.



Make at least 3 copies of your timetable. One for your bag, one for your pocket, one for spare at home.

Buy a big, strong bag. You'll have loads to carry.



Be organised. If you're given a student diary or planner, use it to write down your homework. When there's so much going on, it's easy to forget.

Find out all about your new friends—your mum is bound to ask !!

Go through your timetable the night before. There's never time in the morning to find your maths book.

Join the library. It's a great place to go to do homework or avoid the playground.

At lesson changeover, stick with someone who knows where they're going. Don't try to go against the flow of traffic, you'll only be trampled.

Never be afraid to ask for help if you're not sure where to go.



Relax and try to enjoy it—in no time at all, it'll seem like you've been there

... something you simply have to accept - there are practical steps you can take to form friend-

The 5-Point Friendship Plan



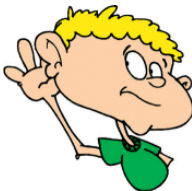
*It's not just what you say,
it's how you say it*

Some people make friends effortlessly. This isn't because they're any nicer or better than those who don't - it's because they know how to make conversation. If you feel like you never know what to say, this is for you.

1. Talk to everyone Next time you buy something, make eye contact with the cashier and say, "Thanks, have a good day". In the next shop, say something about what you're buying, like "I've wanted this top for ages!" What you say doesn't have to be original, it just has to be something! Practice really does make perfect, so try to say something to everyone you meet. This will build your confidence in social situations and allow people to see your personality.

2. Use body language

It's not just what you say, it's how you say it. If you seem approachable, friendly and relaxed, people will want to talk to you. How to do this? Make eye-contact and smile.



4. Be a good listener

You don't have to be fascinating/beautiful/hilarious for people to want to talk to you. Listen to what people say, remember their names and their likes and dislikes and just take the time to learn more about them. Always having a better story than anyone else is a one-way ticket to seeming insecure and self

3. Choose your friends wisely

At school, there are cliques and tribes and everyone's apparently supposed to know their place... but there will also be people who don't fit in (or don't want to fit in) who are friendly and won't judge you. These are the people to turn to and often make the best friends anyway. It's not that you need to make friends with people for the sake of it, but you don't know what people are really like until you get to know them.



5. Have the courage of your convictions

Don't say things you don't believe to make people like you. It won't work and you'll seem desperate. Instead, believe in the value of your own opinions and don't apologise for them. If someone says they hate a band you love, saying, "Really! I love their latest album" is better than, "I really like them, but then



kooth.com

Kooth, from XenZone, is an online counselling and emotional well-being service for children and young people, available free at the point of access.

When commissioned in their area, children and young people logging in can access:



Online counsellors 365 days a year up to 10pm, through either drop-in sessions or scheduled text-based sessions



Self-help materials co-produced by other young people



Fully-moderated peer-to-peer support forums



Personal goal-based journal

Kooth is:

- Safe, confidential, anonymous
- Free at the point of need
- Available through a smart phone, tablet or computer

Kooth helps to reduce wait times for young people seeking help and removes stigma around mental health. Kooth integrates with face-to-face local services to ensure a seamless transition for young people.

XenZone’s team of accredited counsellors, therapists and support workers provide guided, outcome-focused help for each individual.

XenZone works with local authorities, CCGs, mental health trusts, charities and other organisations to provide early intervention support with clear escalation and de-escalation pathways.

We take safeguarding and clinical governance extremely seriously. The safety and well-being of our users is of our utmost priority.

“ Kooth is now one of my new favourite websites. It has great help and support information. Kooth has already helped me with most of my problems. Before I had an account on Kooth I didnt know who and where to go to for help with my problems. ”

Kooth user

85%
prefer online
counselling compared
to face-to-face

97%
are planning
on returning
to Kooth soon

97%
would recommend
Kooth to a friend

70%
login outside
office hours

Sophie Carr
Integration & Participation Worker
Phone No: 07930 532639



KEEP IT PRIVATE

When you are chatting to people or posting things online make sure you keep your own and other people's personal information private.

If you have created your own online space, profile or website, make sure it's set to private so that you can control who can view your thoughts, ideas, images and videos. Bear in mind that future academic institutions and employers may search for you online to see if you are the right person for them.

If you or someone you know is being bullied online or via a mobile phone, you do not have to deal with it on your own. It's important you save the messages or conversations, or make a note of the website address and show an adult you can trust to help resolve the situation. Remember not to accept this kind of behaviour – from anyone – online or offline.

Visit www.digizen.org to view the **Let's Fight It Together** film for more information on how to prevent cyberbullying or respond to it if it does occur.



KEEP IN CONTROL

If you have met someone online and

KEEP IT LEGAL

Be aware of the legal consequences of your online activities.

Illegal activities include downloading copyrighted music or film, and harassing other people online.



You are not anonymous online and things can get traced back to you.



KEEP IN MIND

Not everything you see nor everyone you meet online is reliable.

People you have only met online are still strangers, no matter how long you have been talking to them or how friendly they are.



Because meeting up with these people can be dangerous only do so with your parents' or carers' permission, and even then only when they can be present. If you only go with your friends you risk putting them in danger too. Anyone can put or say virtually anything on the internet so remember that not everything is true; make sure you compare information with other websites, books and by talking to people before you believe it.

Toaster Pitta Pockets



your favourite fillings - ham, tomatoes, sweetcorn
ready-roasted peppers from a jar and tuna are good.

Ingredients

1 mini pitta bread
1 tbsp soft cheese
1 tbsp grated cheddar

Pop the pitta into the toaster for 30 secs- 1 min, until just puffed but not crisp. Meanwhile, mix together the cheeses.

Slice an opening at one end of the pitta and use a teaspoon or a knife to spread the cheese mixture in. Push in some of your favourite fillings, gently squash the pitta closed between your hands, then put back in the toaster – cut-side up. Toast for 1-2 mins until golden and crisp.

It's Joke Time !

Knock knock
Who's there?
A titch!
A titch who?



Knock knock
Who's there?
Luke!
Luke who?
Luke through the keyhole
and you can see!

Knock knock
Who's there?
Tank!
Tank who?

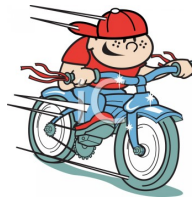


ing up for trips and not giving us notice. This means that other Young Carers who were on the waiting list have also missed out. **PLEASE NOTE THAT IF YOU DO NOT TURN UP FOR A TRIP AND DO NOT GIVE US AT LEAST 24HRS NOTICE, YOUR DEPOSIT WILL NOT BE RETURNED AND YOUR CHILD WILL BE TAKEN OFF THE LIST FOR ANY OTHER TRIPS DURING THE SUMMER.** This will enable us to give other Young Carers the chance to attend. We appreciate that things can happen, but ask that you keep us informed. The contact number for parents to contact staff while we are on trips is **07561 230948**.

Save the Date

Young Carers Christmas Party

Wednesday 20th December 2017 at Penrith Methodist Church, 11am - 1pm for fun, food and Santa! Please call the office on 01768 890280 to book your place no later than Friday 8th December, and let us know if you have any dietary requirements.



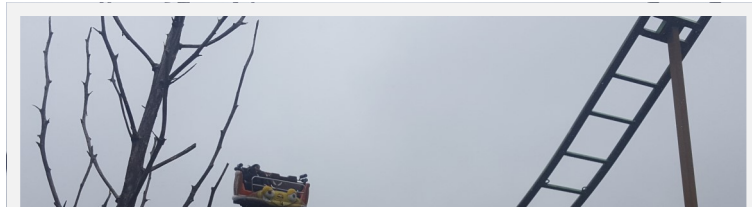
1 x mountain bike – black – low crossbar
1 x road bike – egg-blue colour – crossbar

Good starter bicycles; suitable for heights 5'6" – 5'11'
Will be serviced before collection.

**BE QUICK.... THESE WILL
GO TO THE FASTEST
PERSON TO ENQUIRE.**

Contact Eden Carers for
further information –
01768 890280

Photos from Summer Fun!





Carers' Coach Trip to Historic York Saturday 30 September 2017

This year's Carers' Trip is to Historic York, where there are lots of interesting and beautiful sights to visit. Some of these charge entry fees and include York Minster, York Castle Museum, York Dungeon, Jorvik Museum. The National Railway Museum has **free** entry.

Travel Arrangements: Coach departs Penrith Bus Station at 09.00, picks up at Appleby Grammar School at 09.30. Departs York at 16.30, dropping off at Appleby and Penrith.

The Trip is **FREE** for Carers, their Cared For and immediate family members, but entry to the attractions are at your own expense. **Young Carers (under 18) must be accompanied by an adult.** A deposit of £10 per family or £5 per individual is required with your booking and will be returned to you on the day, or with at least 24 hours' notice if unable to attend.

TO MAKE A BOOKING: Phone or call into the Office with your details and deposit—
No later than 15 Sept. First come, first served.



OCTOBER HALF TERM

Due to the popularity of our trip to Energi Trampoline Park in the summer, we are going again! *Priority will be given to those who did not get a place on the summer trip.*



Wednesday 25th October, times to be confirmed. £5 deposit required (£10 per family if more than 4 children) returning of deposit to those who do not attend. If you are unable to attend, please contact the office.

and calm our minds. Try these simple exercises, and get mum or dad roped in as well!

Breathing Buddies

Lie down on your back in a quiet comfortable place.

Put your favourite soft toy on your tummy.

Breathe in deeply and say “up” silently to yourself – fill your tummy and watch your toy move up.

Breathe out slowly and say “down” silently to yourself – your toy will move down as you get rid of the air from your tummy.

Do a few breaths slowly in and out. Watch how your toy moves up and down as you breathe.

Think about your body during the exercise, and imagine any thoughts are bubbles floating away.



Animal Breathing Exercises



“**Bumblebee Breath**” is a calming breath – breathe in through your nose and then purse your lips and hum like a bee as you breathe out. Concentrate on your breaths and humming. By creating a sensation in the mouth, the attention goes to that spot, and the mind becomes quiet.



The **Lion Breath** is an energizing breath - breathe in through your mouth and then loudly exhale all the air while sticking out your tongue, as if you are a growling lion. By deeply inhaling and exhaling fully, you are ridding your body of stale air and taking in fresh, originated air — which leads to more energy.

Rainbow Walk

Next time you go for a walk, concentrate on what you see. Notice things that you might not have seen before. Look for small bugs or unusual stones. Try and find a rainbow of colours – for example, a red post-box, an orange flower, a green door – when you’ve found a full rainbow of objects, start again! It’s a great way of enjoying the outdoors and really noticing your surroundings.





STAR WARS



v c o e j o t b e a r r
 i x s j p w y f v n l a
 m s f d o l r o d h y b
 s k o y r o s x e i x b
 u u r k c v q t e i o i
 q n e q u o u g r u j t
 n k s w p k i l p n h q
 a b t o i g r g y x u n
 j c r l n x r c i e w e
 c b x f e h e w q e x o
 p k k p f f l s h z p m
 w r a c c o o n t q l y

forest deer bear fox
 owl raccoon squirrel
 rabbit skunk wolf porcupine



www.bogglesworldesl.com

C H E W B A C C A W R J E D I
 C 3 P E U C S D A L R O R 2 D
 R T D O O 3 R A T S H T A E D
 2 G A J L P T C 3 P S D R 2 D
 D Z R H I C 3 P M J A S O B 3
 2 F T R G F E E S O N W B O P
 C N H 2 H D P N G F V N I D F
 3 Z V D T C N I O C N I W B C
 P H A H S 3 R O I 3 Z Q A P O
 T F D H A P R O O P D E N A L
 O R E U B V H T R C 3 P Q E O
 A E R I R C U A R 2 D H T S S
 I W X L E W C T R C 3 P O X N
 E C 3 P V Z K R 2 D J N W O A
 L U K E S K Y W A L K E R F H

LUKE SKYWALKER DEATH STAR LIGHTSABRE
 HAN SOLO OBI WAN TATOOINE
 CHEWBACCA JEDI R2-D2
 LEIA DARTH VADER C-3PO

Clues may run forwards, backwards, diagonally, up or down. Some may overlap or even be backwards!

© www.free-for-kids.com 2010





Awesomest Young Carers' Club

Note new venue ! The Evergreen Hall,
Bluebell Lane, Penrith

4 pm to 5.30 pm

Tuesday 12th September, 26th September

Tuesday 10th October

HALF TERM

Tuesday 31st October

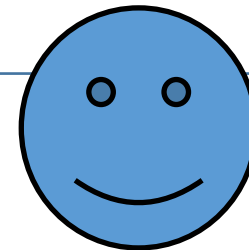
Tuesday 14th November, 28th November

CHRISTMAS HOLIDAYS

Tuesday 9th January 2018, 23rd January

Tuesday 6th February 2018

- ☺ Treat staff, volunteers and each other with respect
- ☺ Be kind and supportive to other Young Carers attending the Club
- ☺ Treat equipment and the premises with respect
- ☺ No smoking, drugs or alcohol permitted
- ☺ Use your phone/internet responsibly. **Think...** "Would I want my Grandma to see what I am posting ?" / "Do you think that's really private?" / Would you say that to someone's face?" / What if someone published a photo like that of me ?"



SHAP After School Club

Memorial Hall—4 pm to 5.30 pm

Tuesday 19th September

Tuesday 3rd October, 17th October

HALF TERM

Tuesday 7th November, 21st November

Tuesday 5th December

CHRISTMAS HOLIDAYS

Contact Us:-

Office : 01768 890280

Trip Phone: 07561230948

Text us:

Maddy: 07835158623

