



### Family Day on Ullswater Steamers

We are planning a family day out on the Ullswater steamers leaving from Glenridding pier. We will cover the cost of the ticket for young and parent carers but if you would like to bring a loved one the discounted price of the ticket will be £6.95 for an adult and £3.48 for a child (5-15years). Cash to paid to staff on the day.

Trip date : 11th June 2016

Time : 10:30am

Spaces are limited so if you want to come along give us a ring and we will confirm your place.

Please let us know by the 3rd June 2016 to book a place.



#### Contact Us:-

#### Email us:

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jess@edencarers.co.uk jenny@edencarers.co.uk

katie@edencarers.co.uk

#### Ring us:

Office : 01768 890280

#### Text us:

Sue : 07584867946 Naomi : 07512 416317

Jess : 07598 876225 Jenny : 07548669098

Katie : 07561230949

#### Future Events.....

If you have any ideas for Future young carers newsletters, trips and activities we would like you to shout about it. Come and help us choose, plan and organise the trips. Talk to Sue, Naomi, Jess, Jenny Or Katie.

### Eden Carers Trip to the Circus The Circus

Please let us know by the 29th April 2016 to book a place.

We have 35 tickets for the circus show

at:

2pm

7<sup>th</sup> May 2016

In Bitts Park Carlisle.

The tickets are for families with children with special needs so the cared for children can go as well as Young Carers and Parent Carers.

We would like to give a big thanks to Circus Star for kindly donating the tickets. Although you will have to book your place fast as spaces are limited!



# eden carers

Providing confidential support to those who care

## Spring 2016

As ever, if your are worried and would like any extra support, give us a shout.

We are looking forward to the sun coming out and beginning to plan our summer programme, if you have any ideas of what you would like to do, get in touch.

Just a reminder to check the back page for up coming trips and if there are any trips you want to come along to ask your parent or guardian to get in touch. Although you will have to be quick as there are limited spaces!

Dear Young Carers,



Spring has approached; its time to think about the start of new beginnings as we are coming to the last term of this year. We know that some of you are beginning to think about new schools and the dreaded exams.





# Do you Struggle Making Friends?



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

Do you struggle to make friends? This isn't something you simply have to accept - there are practical steps you can take to form friendships.

## The 5-Point Friendship Plan

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.

### 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.

### 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-obsessed.

### 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 I've got bad taste". When you like yourself, others will like you too and respect you for having an opinion.



# Exams... Ick

Get in touch if you would like any support with a revision timetable. We Can Help!

A little bit of stress can be a good thing as it motivates us to knuckle down and work hard. But exams can make stress levels get out of hand, which can stop us from performing our best. So it's important to address it and get it back under control.

## Stress Symptoms

Look out for prolonged or extreme cases of the following if you feel the work's piling up:

- Difficulty getting to sleep or difficulty waking up in the morning
- Constant tiredness
- Forgetfulness
- Unexplained aches and pains
- Poor appetite
- Loss of interest in activities
- Increased anxiety and irritability
- Increased heart rate
- Migraines/headaches
- Blurred vision
- Dizziness

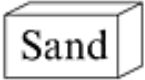



If you've noticed three or more of the above symptoms and you've experienced them for a few weeks you may need to do something about your stress levels.

## How to manage exam stress

- Learn to recognise when you're stressing out. A break or a chat with someone who knows the pressure you're under will get things into perspective.
- Avoid comparing your abilities with your mates. Those "Oh my God I've only read Macbeth 17 times" conversations are such a wind up. Everyone approaches revision in different ways, so just make sure you've chosen the method that works best for you. Make a realistic timetable. Stick to it.
- Eat right. Treat yourself like a well honed machine - eat fresh fruit and veg and have a proper breakfasts. Fuel your brain as well as your body - no one can think straight on coffee and chocolate.
- Sleep well. Wind down before bed and don't revise under the duvet - your bed is a sanctuary, not a desk. Get your eight hours.
- Exercise. Nothing de-stresses the mind faster than physical activity, so build it into your timetable. Being a sloth makes our mind sloppy too.
- Quit the bad habits. Cigarettes and alcohol never stopped anyone being stressed for very long.
- Panic is often triggered by hyperventilating (quick, shallow breaths). So if you feel yourself losing it during the exam, sit back for a moment and control your breathing. Deep breath in and out through the nose, counting to five each way. Steer clear of any exam 'post-mortem'. It doesn't matter what your mate wrote for Question 3(b), it's too late to go back and change your answers, so it will just make you worry even more.

Don't lose sight of the fact that there is life after exams!



A Rest You're	S I T	Chair
	Mind Matter	Heart
R E A D I N G		cycle cycle cycle
	lang4uage	DANCE DANCE DANCE DANCE
	TEMPERATURE	COLD O M I N G

Can you figure out these brain teasers???

### Big Bang After School Club

Appleby Methodist Church

- Wednesday 20th April 4 - 5.30pm
- Wednesday 4th May 4 - 5.30pm
- Wednesday 18th May 4 - 5.30pm

May Half Term

- Wednesday 8th June 4 - 5.30pm
- Wednesday 22nd June 4 - 5.30pm
- Wednesday 6th July 4 - 5.30pm

Summer Holidays

Please note that unfortunately due to non-attendance we have had to cancel the Ullswater Community College Kirkby Stephen Grammar School lunch club.

### Samuel Kings School Lunch Clubs

School Reception

- Thursday 14th April 12.35 - 1.25pm
- Thursday 28th April 12.35 - 1.25pm
- Thursday 26th May 12.35 - 1.25pm

May Half Term

- Thursday 16th June 12.35 - 1.25pm
- Thursday 30th June 12.35 - 1.25pm
- Thursday 14th July 12.35 - 1.25pm

Summer Holidays

### Awesomest Young Carers' Club

The Bridge, Wordsworth Street, Penrith

- Tuesday 26th April 4 - 5.30pm
- Tuesday 10th May 4 - 5.30pm
- Tuesday 24th May 4 - 5.30pm

May Half Term

- Tuesday 14th June 4 - 5.30pm
- Tuesday 28th June 4 - 5.30pm
- Tuesday 12th July 4 - 5.30pm

Summer Holidays



# Body Image

## This is how we see ourselves

We all care about how we look to some extent. And most of us have bits we'd like to change. No one checks the mirror and thinks: 'Yes. I am perfection'. But girls as young as five are now routinely worrying about their weight, size and shape.

Many of us have a negative body image. We judge people (ourselves included) on looks. We think about our looks most of the time, and use energy thinking about how we can make ourselves better, so much so that half of girls and a third of boys aged 14 admit to dieting to try to change their body shape.

## So why does it happen?

A negative body image is not always about vanity. It can often be about insecurity and low self-esteem.

'Slebs are everywhere. Just when you think it's safe to open the paper - whoops, there's another one. Beaming, glowing: all sinew and teeth. Studies show that we are significantly more dissatisfied with our own appearance after being shown TV ads featuring exceptionally slim and beautiful people.

The same applies to reading fashion magazines. Experiments show that magazine photographs of super-thin models can promote feeling of depression, stress, guilt, shame, insecurity and body-dissatisfaction.

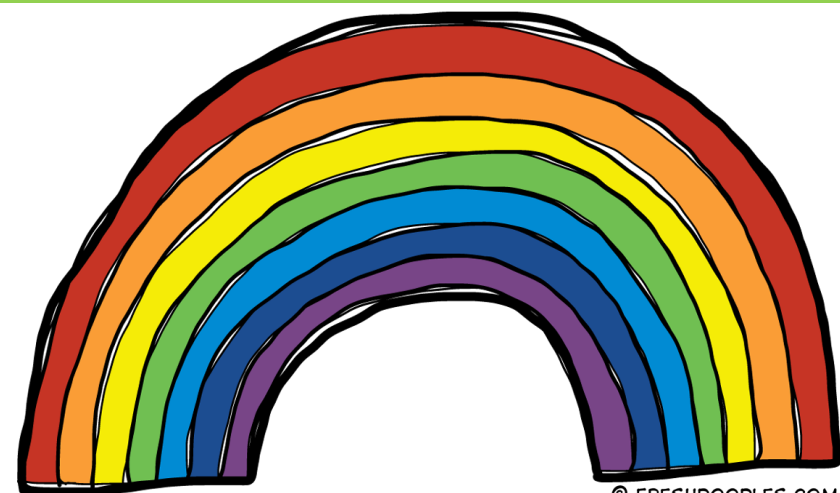
## What - and we buy this stuff?

Why do we do it to ourselves? Can't we see the airbrushing? The fake tan/nails/teeth/hair/boobs? The full time personal trainer and stylist? It's like measuring up to plastic dolls.

The super-slim celeb look is only achievable for about 1% of us. Remember, the average UK female is a size 14/16 so quit squidding your soft bits in disgust or feeling hopeless because we just can't get a six pack.

**We are brilliant because of who we are. Not how closely we resemble Rihanna or Ryan Gosling!**

A negative body image is often about insecurity and low self-esteem



# Secondary School!

## How are you feeling?

Excited?

Looking forward to a new start?

Nervous?

Not sure what to expect?

Sad about leaving your old school?

Worried about making new friends?

Scared of the older pupils?

You're not alone! A lot of people have mixed feelings about going to a new school.

A lot of people worry about making friends when they start at a new school. One thing that can help is getting involved in clubs and activities at school.

What are you into? Sports? Music? Drama? Computer games? Ask your teachers about fun things you can try out.

**If you would like to meet other Young Carers who might be going to your new secondary school get in touch and we will put on a pizza night for you guys!**



## 2016 Spring Snapshots

