

Chocolate Factory Trip

We are planning to go to the Cocoabean Company in the Easter holidays. We will have a day of eating and making delicious chocolate!

Trip date : 6th April 2015

Age : 7+

If you want to come along give us a ring and we will confirm your place.

(Bus pick ups will be on demand of young carers in the area we will confirm this nearer the time.)

Please let us know by the 7th March 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

Text us:

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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, Or Katie.

Eden Carers Half Term Activities

Craft Afternoon

We are having an afternoon of craft on the 16th February 2015.

2pm—4pm

It will be held at the Eden Carers office in Penrith.

If you want to come Give us a ring!

Please let us know by the 11th February 2016 to book a place.



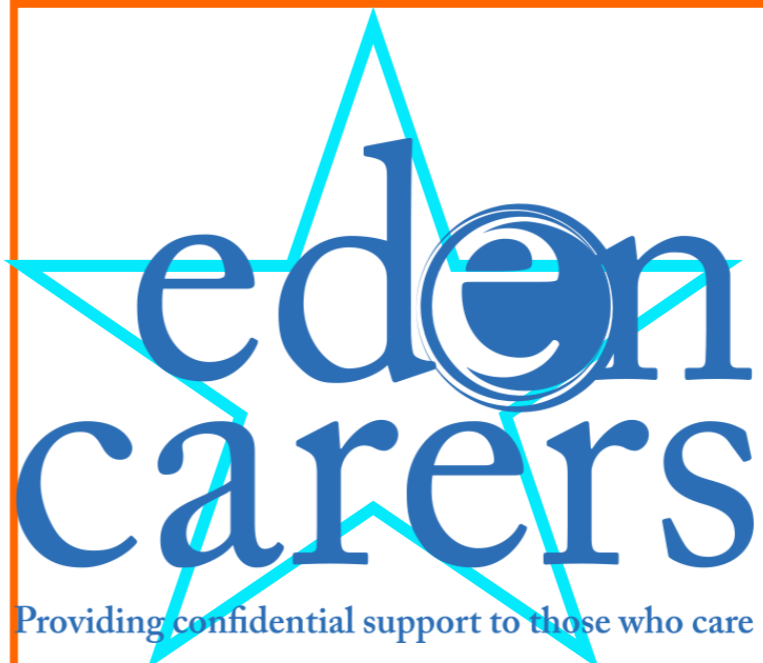
Games Afternoon

We have been donated a Wii and Xbox One so we are having an games afternoon!

On the 18th February 2015.

2pm—4pm

It will be held at the Eden Carers office in Penrith.



Dear Young Carers,

I hope you are all well and had a fantastic Christmas and winter break. We hope you are all looking forward to a fresh new term at school.

We had a amazing Christmas party and ski trip and we are grateful for all of you guys for making it even better.

Providing confidential support to those who care

Winter 2015/16

As some of you may be aware Kym has left us to go on maternity leave 😞 so she will not be with us for at least 9 months. We would like to give her a big young carers good luck with the new baby.

Jenny

Due to this we will have a new member of staff, she will be around for you guys to meet and as always can we give her a big Eden Young Carers welcome.

Also to the Appleby afterschool clubbers there is a change in location and day. It will now be at Appleby Methodist church at the sands on a Wednesday 4pm — 5:30pm (see inside for details).



Finally as always if you feel you would like any extra support get in touch!!!

Best Wishes

Naomi and the Eden Young Carers Team.



Are you worried or stressed?

Here are 5 tips that will help you out!

Relax.

We all think we know how to relax. But chilling out in front of the TV or computer isn't true relaxation. (Depending on what you're watching or doing, it could even make you more tense.) The same is true for alcohol, drugs, or tobacco. They may seem to relieve anxiety or stress, but it's a false state of relaxation that's only temporary. What the body really needs is a relaxation technique — like deep breathing, tai chi, or yoga — that has a physical effect on the mind. For example, deep breathing helps to relax a major nerve that runs from the diaphragm to the brain, sending a message to the entire body to let go and loosen up.

Ask Jess she can give you some good tips!

Sleep, eat good food, and exercise.

Want your mind and body to feel peaceful and strong enough to handle life's ups and downs? Get the right amount of sleep for your needs — not too much or too little. Eat well: Choose fruit, vegetables, lean proteins, and whole grains for long-term energy (instead of the short bursts that come from too much sugar or caffeine). And exercise to send oxygen to every cell in the body so your brain and body can operate at their best.

Connect with others (not just on the internet).

Spend time with friends or family. Organized activities are great, but just hanging out works too. Doing things with those we feel close to deepens our bonds, allowing us to feel supported and secure. And the fun and sharing that go with it allow us to feel happier and less upset about things.

If you feel worried or nervous about something, talking about it with someone who listens and cares can help you feel more understood and better able to cope. You'll be reminded that everyone has these feelings sometimes. You're not alone.

Why don't you speak to one of our young carers staff

Connect with nature.

Heading out for a walk in the park or a hike in the woods can help anyone feel peaceful and grounded. (Choose somewhere you feel safe so you can relax and enjoy your surroundings.) Walking, hiking, trail biking, or snowshoeing offer the additional benefit of exercise. Invite a friend or two — or a family member — along and enjoy feeling connected to people as well.

Think positive.

A great way to keep our minds off the worry track is to focus our thoughts on things that are good, beautiful, and positive. Allow yourself to dream, wish, and imagine the best that could happen.




KEEP CALM AND BREATHE

Christmas Party!



We had an amazing Christmas party, we had lots of laughs, songs, games and Christmas joy. We really enjoyed having East Cumbria Family Support come and join in the fun. We would like to give you guys a big thanks for giving them a warm welcome to them and letting them join in as their party was cancelled due to Storm Desmond and flooding.

We would also like to give a big thankyou to Cash for Kids for the Christmas presents that they donated. They have also donated a Wii and Xbox One to us we can now use these at the afterschool for all you gamers out there.

I think we also need to give a big thankyou to Hazel the volunteer for making all the scrumptious food that we all enjoyed. She slaved away all morning putting on the lovely buffet for us all.

Most of all we would like to give Father Christmas a massive thankyou for taking time out of his busy schedule to come all the way from the North Pole to see you all. He had to leave all his elves who were busy getting ready for Christmas day.

We would also like to thank:

- | | | |
|----------------------|------------------|-------------|
| Blakemore foundation | Pioneer | Cranston's |
| Booths | Morrison's | Sainsbury's |
| Tray Bake | North Lakes Food | Volunteers |



2015/6 Winter Snapshots



Ski Trip 2015

This year we took 6 lucky young carers skiing for a week on behalf of VIP Ski. They donated a luxury chalet and us fed with yummy cakes, puddings and dinners. We enjoyed a week on the slopes having lots of falls and laughs. We only had one major fall and one of our young carers came back with one broken thumb! But overall we had an amazing week. We want

to give a big thankyou to VIP Ski and Oxygen Ski school for donating and supporting our young carers to access this amazing opportunity.



What is Bullying?

Bullying is behavior that hurts someone else - such as name calling, hitting, pushing, spreading rumors, threatening or undermining someone. It can happen anywhere - at school, at home or online. It's usually repeated over a long period of time and can hurt you both physically and emotionally. You may feel like there's no escape because it can happen wherever they are, at any time of day or night.



Bullying includes:

- verbal abuse, such as name calling and gossiping
- non-verbal abuse, such as hand signs or text messages
- emotional abuse, such as threatening, intimidating or humiliating someone
- exclusion, such as ignoring or isolating someone
- undermining, by constant criticism or spreading rumors
- controlling or manipulating someone
- racial, sexual or homophobic bullying
- physical assaults, such as hitting and pushing
- making silent, hoax or abusive calls
- online or cyberbullying.

What to do if your being bullied!

Ignore the bully. If you can, try your best to ignore the bully's threats. Pretend you don't hear them and walk away quickly to a place of safety. Bullies want a big reaction to their teasing and meanness. Acting as if you don't notice and don't care is like giving no reaction at all, and this just might stop a bully's behaviour.

Stand up for yourself. Pretend to feel really brave and confident. Tell the bully "No! Stop it!" in a loud voice. Then walk away, or run if you have to. Kids also can stand up for each other by telling a bully to stop teasing or scaring someone else, and then walk away together. If a bully wants you to do something that you don't want to do - say "no!" and walk away. If you do what a bully says to do, they will likely keep bullying you. Bullies tend to bully kids who don't stick up for themselves.

Don't bully back. Don't hit, kick, or push back to deal with someone bullying you or your friends. Fighting back just satisfies a bully and it's dangerous, too, because someone could get hurt. You're also likely to get in trouble. It's best to stay with others, stay safe, and get help from an adult.

Don't show your feelings. Plan ahead. How can you stop yourself from getting angry or showing you're upset? Try distracting yourself (counting backwards from 100, spelling the word 'turtle' backwards, etc.) to keep your mind occupied until you are out of the situation and somewhere safe where you can show your feelings.

Tell an adult. If you are being bullied, it's very important to tell an adult. Find someone you trust and go and tell them what is happening to you. Teachers, principals, parents, and lunchroom helpers at school can all help to stop bullying. Sometimes bullies stop as soon as a teacher finds out because they're afraid that they will be punished by parents. This is not tattling on someone who has done something small - bullying is wrong and it helps if everyone who gets bullied or sees someone being bullied speaks up.



Awesomest Young Carers' Club

The Bridge, Wordsworth Street, Penrith

Tuesday 19th January 4 - 5.30pm

Tuesday 2nd February 4 - 5.30pm

February Half Term

Tuesday 23rd February 4 - 5.30pm

Tuesday 8th March 4 - 5.30pm

Tuesday 22nd March 4 - 5.30pm

Easter Holidays

Kirkby Stephen

Grammar School Lunch Clubs

Sports Hall Gallery Room

Friday 8th January 1.15pm - 2.15pm

Friday 22nd January 1.15pm - 2.15pm

Friday 5th February 1.15pm - 2.15pm

February Half Term

Friday 26th February 1.15pm - 2.15pm

Friday 11th March 1.15pm - 2.15pm

Friday 11th December 1.15pm - 2.15pm

Easter Holidays



We have a new club!!!

Ullswater Community College Lunch Club

Room 109, Eamont Block

Tuesday 12th January 12.35-13.35

Tuesday 26th January 12.35-13.35

Tuesday 9th February 12.35-13.35

February Half Term

Tuesday 1st March 12.35-13.35

Tuesday 15th March 12.35-13.35

Easter Holidays

Samuel Kings School Lunch Clubs

School Reception

Tuesday 12th January 12.35 - 1.25pm

Thursday 28th January 12.35 - 1.25pm

Thursday 11th February 12.35 - 1.25pm

February Half Term

Thursday 25th February 12.35 - 1.25pm

Thursday 10th March 12.35 - 1.25pm

Thursday 24th March 12.35 - 1.25pm

Easter Holidays

Alert!!!
We are moving!

Big Bang After School Club

Appleby Methodist Church

Wednesday 13th January 4 - 5.30pm

Wednesday 27th January 4 - 5.30pm

Wednesday 10th February 4 - 5.30pm

February Half Term

Wednesday 2nd March 4 - 5.30pm

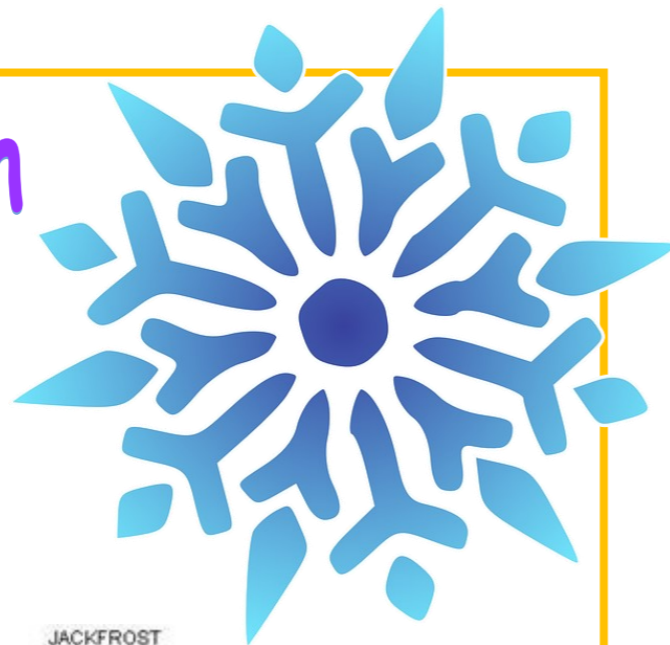
Wednesday 16th March 4 - 5.30pm

Easter Holidays

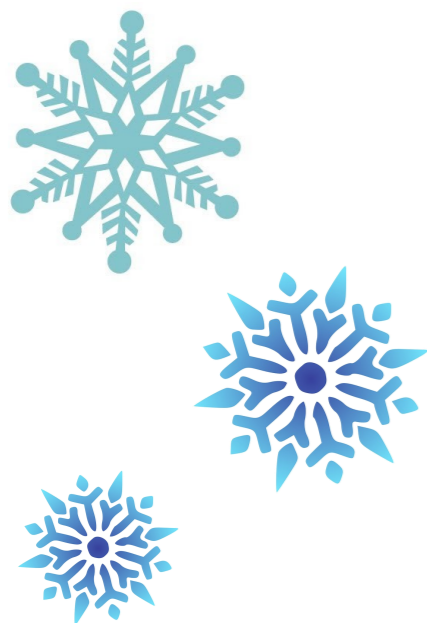
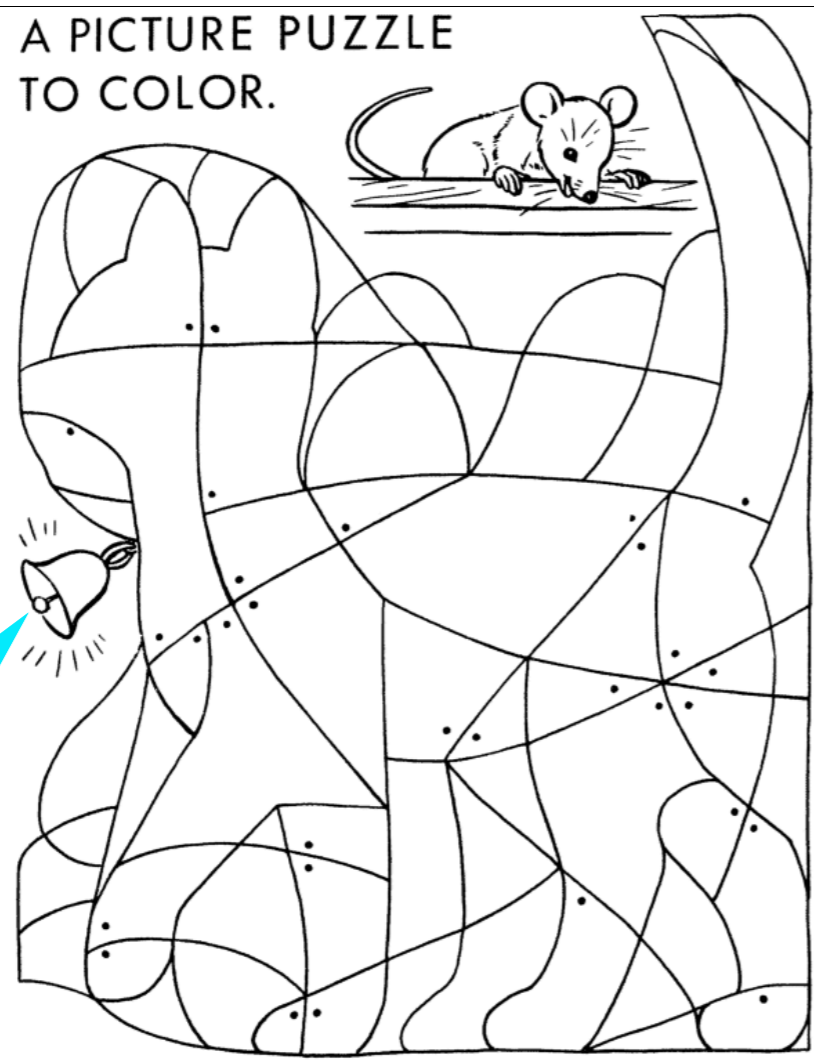


Winter Wordsearch

SDQGISIPBAHNEMWONS
WSEUQUTFVMIAAVHSGV
KTZJWSWSFZQGTTQNDI
SEQSZLCKIPWJYSIAJ
SRYLUXJARGBQGI V GEE
CWRLF MUTEVDEKCN GSR
SCAEYXEIPECSKAVOTI
DSUBEP RNLVDBMIBBAN
ETWHFGLGAELCIGOOOK
LSLGALLRCYHSTOPTCS
SEYIONAAECKSTLUURX
BLEEOGLKSELSEWDZEE
OCMLXALSEARGNVNUVR
BITSPLLHVSJVS YRDOA
SCXEPEOITSORFKCAJO
RICUDCNEXJSHJKHTCR
SIESKROSNO WBOARDSS
GBYEAKVVDRAZZILBOS
VNYCSNOWMOBILESLLS
GBMGKQJMSYADILOHNL
QQPCSNOWBALLSJI AJE



JACKFROST
MITTENS
OVERCOATS
SCARVES
SKIING
SLEDS
SLEIGHBELLS
SKATING
SNOWBALLS
SNOWBOARDS
SNOWMEN
SNOWMOBILES
TOBOGGANS
TUQUES
BLIZZARD
BOBSLEDS
BOOTS
CARNIVALS
FIREPLACES
FLAKES
HATS
HOCKEY
HOLIDAYS
ICEPALACE
ICERINK
ICICLES



Colour the dot pieces blue!

Be a Safe Surfer!

Hints and Tips

1. Spend time having fun with your parents online and helping them understand technology!
2. **NEVER** post your personal information, such as a cell phone number, home number, home address, or your location on any social networking site or through mobile apps like Snapchat or Instagram.
3. **NEVER** meet in person with anyone you first "met" on the internet. If someone asks to meet you, tell your parents or guardian right away. Some people may not be who they say they are.
4. Check with your parents before you post pictures of yourself or others online. Do not post inappropriate pictures of anyone.
5. **NEVER** respond to mean or rude texts, messages, and e-mails. Delete any unwanted messages. You may need to delete friends who continuously bother you or post things that are not appropriate.
6. **NEVER** share your password with anyone, including your best friend. The only people who should know your password are your parents or guardian.
7. If you wouldn't say something to another person's face, don't text it or post it online.
8. Do not download or install software or anything on your computer or cell phone before checking with your parents or guardian.
9. Use the privacy settings of social networking sites.
10. If anything makes you feel uncomfortable online, while gaming or when using your cell phone, talk with your parents or guardian right away

Most importantly:

BE YOURSELF
BE SAFE
HAVE FUN

