

Happy New Year to all our Young Carers! We hope that 2018 is full of fun, laughter and good times!

As a whole year stretches out in front of us, this is often a time when we look back at the year just gone, and think about what we did. How was your 2017? Did you start a new school? Learn to ride a bike? Go somewhere you've never been before? Research has shown that happy people can recognise and be thankful for all the good things in their lives. Complete the sheet on page 2 and think about the great things that happened in 2017 that you are thankful for, then write about what you want to do this year!



We look forward to having lots of fun with our Young Carers during 2018!

CELEBRATING ^{the} YEAR

NAME:

CURRENT YEAR:

AGE:

FAVORITE THINGS TO

DO:

EAT:

WEAR:

READ:

WATCH:

LISTEN TO:

THINGS I LOVED ABOUT THIS YEAR:

THINGS I AM THANKFUL FOR:

THINGS I WANT TO DO NEXT YEAR:

My New Year's Resolutions!

This year I really want to:

I really need to:

I want to be better at:

I want to learn how to:

Signed: _____



DON'T Feel the need to follow the crowd

Ice bucket challenges, no-make-up selfies, smeared make-up selfies, show us your first Facebook picture. The list goes on and on. If you get 'nominated' for something on social media, it is not a binding legal contract. If you don't want to get involved, that's absolutely fine.

DO Remember that life on social media can be very different to reality

While it might look like everyone online is having a great time, all the time... a snapshot of a moment won't usually tell the full story, and the image you get may be quite far removed from the reality. Don't let social media make you feel bad about yourself or that you're missing out. You're far too busy having actual fun to stop and post about it!

DON'T Go oversharing!

We're all guilty of this one, whether it's the very intimate details of your latest beauty regime, several versions of a really nice view/cake/face or LOTS of re-tweeting. No matter what form over-sharing takes, it affects us all, and you don't want folk to press that mute/hide or delete button. Let's all take a moment before posting a status and think... Do all of my online pals really need to know about this? Do I



DO Keep your privates private!

So you've been hitting the gym, you're looking great and you're tempted to show off your bikini body in a private pic to a mate. But would you be OK if that picture fell into the wrong hands? While your motives might be innocent, once your picture is out there, it could be tricky to get it back! Even over private message or Snapchat, posts can be saved, kept and shared forever. So put your camera down and save that beautiful bod for the physical world.

DON'T Send your mates millions of game requests

If we want to play a game, we will. But we probably won't. So leave us be!!

DO Think "Would I want my granny to see that?"

So you might not be friends with your granny on social media, but that doesn't mean they can't see what you've posted - most sites are public places, after all! So make sure your privacy settings are geared up to the max if you're planning on talking about throwing a sickie, moan about your teacher (or your mum!) - in fact, it's probably better not to post stuff like that at all!

DO Create a positive footprint

Everyone is always banging on about negative behaviour online, but so many people use the Internet for good, and we like that! Use your time online to get creative; write a blog, create a video showcase of your talents or make the world a better place and raise some money for charity (extra points if you can get adorable kids or pets to help you spread your message!)

DON'T Go having a rant!

If someone has left you a bit cheesed off, it might be tempting to go off on a subtweet Twitter rant or do a passive-aggressive "you know who you are" Facebook status, but believe us, this is NEVER a good idea! Instead moan to a mate write it all down turn your hurt into

little more confident, there's things you can do to ease yourself out of your shell.

Sometimes people are born timid, others become shy because of experiences they've had
Am I shy?

Do you feel nervous when you're?:

With people you don't know very well
(specially of the opposite sex)

At parties

Meeting new people for the first time
Talking to strangers

Talking to people in authority, like
teachers or policemen

Do you find it hard to?:

Look people in the eye

Ask people for information

Think of things to say when you're in a
group

Act natural with new people

Did you
answer
'yes' to

Give your opinion or assert yourself

over half the questions? Then you may well be shy.

And that's fine! Shyness is very common. About 40% of us would describe ourselves this way. It's only a problem if shyness stops us doing stuff we want to - like getting noticed or achieving your potential.

Why are people shy?

Sometimes people are born timid, while others become shy because of experiences they've had, maybe in childhood. For example, being told not to show off or talk to strangers.

Other people become shy because they experience things that make them wary - like being rejected, ridiculed or ignored. As a result, self-esteem gets lowered, so they start to avoid the things that made them feel bad - like social contact with other people. Then it becomes habit.

What's the problem with being shy?

Shy people are often loyal, thoughtful, conscientious - great friends. Imagine the world if everyone was pushy and loud. So there's no problem being shy - if you're happy.

But shy people can be lonely and isolated. Or end up being sidestepped, not getting asked out, not getting that pay rise or that uni place. They may end up always settling for second best.

How can I stop being so shy?

It can be daunting but if we want to be good with people, we need to practice. That's it. Go easy on yourself. You wouldn't expect to pass GCSE Maths without working at it. No one becomes a dazzlingly popular, assertive person overnight.

smiling. When it comes to social situations, try asking people about themselves and get them talking. This takes the pressure off you.

You can do this. If you suffer knock-backs, pick yourself up and try again. No one gets it perfect every time.

Most important: be happy with yourself. Your own approval is more important than anyone else's. So write that list of all the things you're good at - even trivial things. You don't have to be a loudmouth to succeed.

Healthy Corner

Kid - Friendly **YOGA** for a Healthier Generation



Benefits of yoga for kids

- helps you relax, unwind, and calm down to increase strength and flexibility
- reduce stress and anxiety
- helps you sleep better
- promotes interaction between adult and child, and between multiple children
- improves your fine and gross motor skills, as well as your coordination
- develops self-confidence, self-

Kitty Kat Rice Cakes

Ingredients

2 Rice Cakes
1 small tbsp smooth peanut butter
1/4 carrot, thinly sliced then trimmed into triangles for ears
1/2 banana, sliced for cheeks
Licorice (or any fruit or veg you can cut into fine slices), for whiskers
4 currants, for eyes
2 raisins, for nose

Method

- 1 Spread Rice Cakes with peanut butter.
 - 2 Place the carrot and banana slices onto the peanut butter.
 - 3 Arrange the whiskers, currants and raisins to make the face.
- Serve.



If you don't like peanut butter, try soft cheese or chocolate spread instead!
(<https://www.kidspot.com.au/kitchen/recipes/>)

HAVE YOU GOT YOUR MAX CARD ?



The Max Card is a scheme which gives families of children aged 0-19 with disabilities or special educational needs discounts on entry to hundreds of national attractions, such as Alton Towers, Go Ape and Legoland.

It's easy to apply through the Cumbria Parent Carer Forum website:

<http://www.cumbrianparentcarerforum.org.uk/>

It's Joke Time !



What happens if you eat yeast and shoe polish ?

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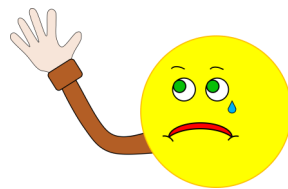


Thank You!

We would like to say a big THANK YOU to one of our Young Carers, **Emily Atkinson**, who raised a fantastic £261.55 for Eden Young Carers, by organising and performing in a musical concert at her school. Well done Emily and everyone involved for putting on a great event.

We have been lucky enough to have been awarded a grant of £2900 from the Newcastle Building Society Community Foundation! This will help fund a 2 day residential trip for Young Carers to Patterdale Hall in the summer – so keep your eyes peeled for more information about this exciting opportunity in our next newsletter!

This month, we say “Goodbye” to **Katie**, who has been part of the Young Carers team for almost 3 years! Although we are sad to see Katie leave, we wish her lots of luck as she starts her career as a Children’s Social Worker.



Thank You!

Deposits for Trips

Important !!

Last year we introduced a deposit system for our trips, to try to reduce the number of “no shows”. Despite this, we have still experienced a number of Young Carers not turning 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**



FEBRUARY HALF TERM

ICE SKATING AT DUMFRIES ICE BOWL

DATE AND TIME TO BE CONFIRMED

Over 8's only.



Please book your place no later than Wednesday 31st January along with your £5 deposit (£10 per family) which is refundable on the day or with 24hrs notice of cancellation.

CIRCUS SKILLS

SATURDAY 3RD MARCH



10AM—1PM AT THE EVERGREEN HALL PENRITH



Come and learn a range of circus skills/ activities, which might include feather balancing, juggling, plate spinning, diabolos, flowersticks, unicycles and more!

Snack & juice provided, please wear comfortable clothing, no jewellery and long hair should be tied back.

Help with transport to Penrith may be available, please contact us to arrange.



You will need: A clear drinking glass ¼ cup vegetable oil
Water 1 teaspoon of salt
Food colouring
(optional)

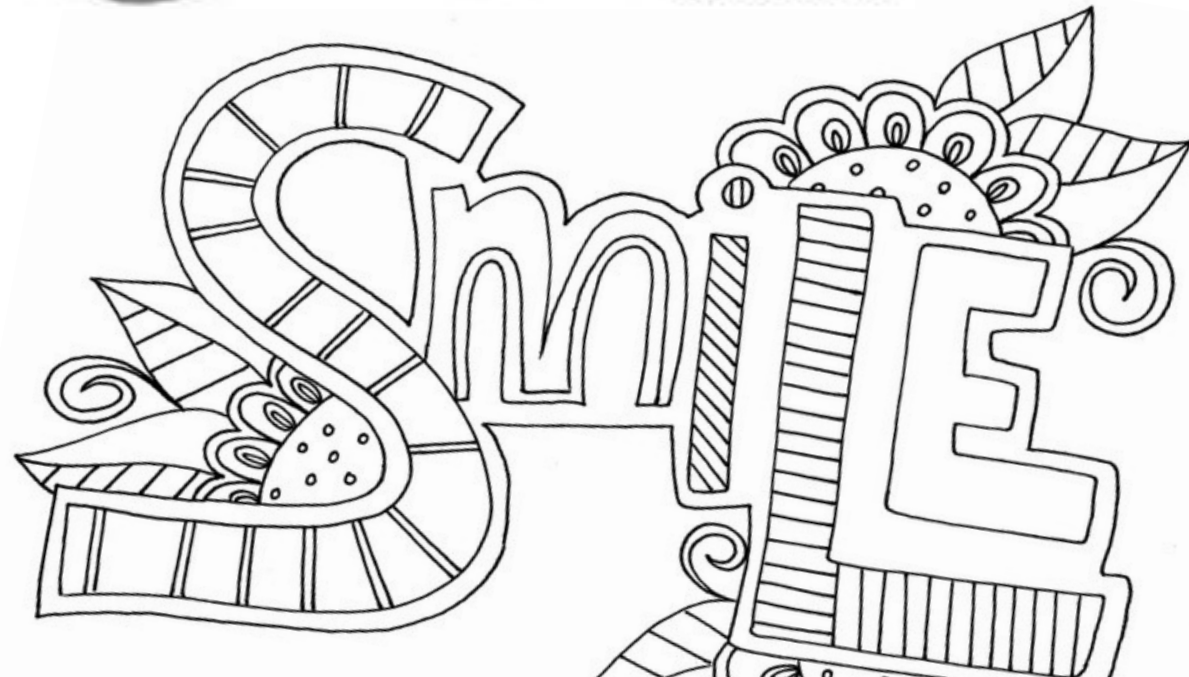
What to do Fill the glass about 3/4 full of water .
Add about 5 drops of food coloring – I like red for the lava look.
Slowly pour the vegetable oil into the glass. See how the oil floats on top – cool huh? It gets better! Now the fun part: Sprinkle the salt on top of the oil.
Watch blobs of lava move up and down in your glass!
If you liked that, add another teaspoon of salt to keep the effect going.

How does it work? So what's going on? Of course, it's not real lava but it does look a bit like a lava lamp your parents may have had. First of all, the oil floats on top of the water because it is lighter than the water. Since the salt is heavier than oil, it sinks down into the water and takes some oil with it, but then the salt dissolves and back up goes the oil! Pretty cool huh?

MAKE IT AN EXPERIMENT

The project above is a DEMONSTRATION. To make it a true experiment, you can try to answer these questions:

Have an
Attitude
of Gratitude

The text 'Have an Attitude of Gratitude' is written in a playful, rounded font. Each letter contains a different decorative pattern: 'H' has a floral pattern, 'A' has a chain-link pattern, 'T' has a dotted pattern, 'I' has a vertical line pattern, 'T' has a horizontal line pattern, 'U' has a diagonal line pattern, 'D' has a vertical line pattern, and 'E' has a horizontal line pattern. The word 'an' is in a simple, lowercase script font.



Awesomest Young Carers' Club

The Evergreen Hall, Bluebell Lane, Penrith

4pm to 5.30 pm

Tuesday 9th January, 23rd January

Tuesday 6th February

HALF TERM

Tuesday 27th February

Tuesday 13th March, 27th March

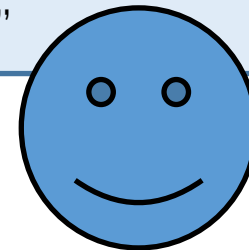
☺ Treat staff, volunteers and each other with respect

☺ 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?"



Due to a higher demand, we are running APPLEBY After School Club on Tuesdays (Sadly Shap After School Club will no longer continue)

Venue: Appleby Brownie Hut, Holme St.

3.45pm to 5.15pm

Tuesday 16th January, 30th January

HALF TERM

Tuesday 20th February

Tuesday 6th March, 20th March

Contact Us:-

Office : 01768 890280

Trip Phone: 07561230948

