

Welcome to the Summer edition of the Young Carers Newsletter! We hope that you have all enjoyed Easter and didn't eat too many Easter Eggs...!

Did you know that every year there is an International Day of Happiness? This year the theme was Share Happiness - focusing on the importance of relationships, kindness and helping each other. That sounds like pretty good advice for us to think about every day, not just one day of the year. Think about how you can Share Happiness - by being kind to a friend, or even someone who isn't a friend (yet!), talk to your mum or dad about your day at school (instead of just saying "it was alright" when they ask), help your grandma with her shopping or do the washing up. And remember...

In this edition you'll find details of trips and activities, dates for After School Clubs on the back page, and lots of information and advice for our Young Carers. We hope you enjoy reading your newsletter, and hope to see you soon!



understand how this affects people, but finding out a little more can help you figure out your sibling better, and know how to help them. Remember, you can always talk to us here at Eden Young Carers if you're finding things difficult.

My brother or sister is different

You may pick up from an early age that your brother or sister is different. You may also notice other people's reactions to them, especially your parents. Having a brother or sister with autism may cause you to experience different emotions, including:

*** angry * sad * jealous * frustrated * confused**

This may be because you feel that your brother or sister:

- does not get told off when they seem to be being naughty
- does not seem to care about how you are feeling
- receives more attention from your parents than you get.

Your brother or sister is not doing these things on purpose to try and hurt you. Your parents may act differently towards them because they may need more help with the things you can do alone. For example, they may not be able to get up, dressed and ready for school in the morning without a lot of help and persuasion from your mum or dad. Remember, this does not mean that your parents love you any less.

Tell your parents how you feel

It may not be easy for you to tell your parents how you feel. You may be afraid of asking questions in case you upset them. However, telling them how you feel and talking with other members of your family is important, as it lets them answer any questions, or solve your problems.

Some facts about autism

If you don't really know what the word 'autism' means, it will make it

understanding, those with autism can live long and happy lives.

Autistic people may find it hard to:

- ♦ *meet people and make friends* * *say what they need*
- ♦ *understand how other people think or feel*
- ♦ *say how they feel*
- ♦ *understand jokes or ideas that are not clear or that may mean more than one thing.*

Some autistic people may find other things hard like:

- ♦ *some smells, sounds or colours* * *bright lights*
- ♦ *people touching them.*

Other autistic people may like these things.

Reasons why your brother or sister behaves the way that they do

They may not show an interest in playing with you or might even ignore you because they don't always understand what you are saying and get confused.

They may seem to have little or no respect for your belongings (such as your pictures, toys or clothes). This might be because they don't understand that what they are doing is upsetting to you. You may need to show them how to use your toys.

When your sibling isn't "told off" for being naughty (such as if they kick someone), it is because they may not realise they have done something wrong.

What can I do to help my brother or sister?

- Give your brother or sister time alone; give them some space.
- Try to be calm and patient, even when they do something that

prevent a fall-out and how to make peace after an argument.

Always arguing?

Look at the reasons why you and your friend are always squabbling. Are you defensive, do you feel they're always getting at you? Or does your friend treat you badly or take you for granted? Try to see the situation objectively: how does your friendship look to others?

Talk to your friend. Tell them you hate arguing, that you value their friendship and you'd like to try to sort it. Talk slowly and calmly and try not to get into another argument. It's better to address it and try and get it sorted, rather than pretending nothing's wrong.

It's their fault...

If you still want to be friends with them, you need to talk about it. If they're feeling guilty, they'll agree to your suggestion that you meet up. Starting the conversation, "You really hurt me, you know," should start the ball rolling. Explain your reasons logically, and try to keep your voice low and calm throughout.

If you no longer want to be friends...

Sometimes a friendship just comes to a natural end. If this is the case, be polite but distant. Hopefully they'll get the hint. If they ask

**friends, stay off social media !!
What you write doesn't go away.**

Try to see the situation objectively: how does your friendship look to others?

Had a one-off argument and it's no one's fault?

Swallow your pride and apologise first. They'll almost certainly apologise back. You can even do it without taking the blame; try something like "I'm really sorry we're arguing like this. Can't we start again?"



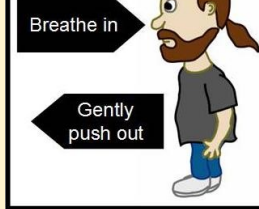
It's your fault...

We're guessing you've tried saying sorry. All you can do is keep trying. Be sincere, tell them they're totally justified in being angry with you, say you massively value their friendship and can't believe you messed up. If they really won't forgive you, you'll have to accept it. You can't keep apologising forever; there's only so much you can do.



**IF YOU FEEL ANGRY,
UPSET, ANXIOUS
OR STRESSED.....**

**Pause and take a
few deep, slow breathes in
and out, focussing on your
breath. This can help you feel
calmer and help you choose
what to do next in response.**



**Put things in perspective
and think about the
bigger picture. Are you
making a mountain out
of a molehill ?**



HAPPY FACT

**Psychologists call resilience "ordinary
magic" because we all have resilience
and can all develop more of it !**

ASK FOR HELP
When you need it

GET ACTIVE

AND GO FOR A WALK OR A RUN



**FIND
A SAFE ADULT**
or a good friend
to talk to

TAKE YOUR MIND OFF IT

By doing something you

carers in the UK. Being a young carer often involves looking after a family member who is ill or helping them look after the other members of the family while they can't.

Young carers often do more chores than other children. On top of providing emotional support to the person they are caring for, they may also have to learn how to nurse them or look after their personal needs like bathing and dressing. Caring can be hard work and sometimes other children don't understand your responsibilities, or why you have less free time than them.

Many young carers cope well, especially if supported by other family members, but if you need help there are lots of organisations and professionals you can turn to.

Getting help Sometimes, being a young carer can get too much to deal with on your own. If you're having any of these feelings, talk to your teacher, school nurse, college counsellor or GP.

- Stressed by too much responsibility * Physically tired
- Worried about your relative's health * Coping with other people's moods
- No time for yourself or your homework * Missing school
- Feeling embarrassed about your situation * Being bullied
- Low self-esteem, anxiety, anger or guilt

You're not alone if any of these happen to you. Young carers miss an average of 48 days of school because of their role and 68% have been bullied at some point directly because of having to care for someone. (from youngminds.org.uk) Even if you don't feel like you need help for a problem, it is always good to have the support of others who understand your situation.

Eden Young Carers is here for you, when you need us. We can help by talking to your teachers about your situation so they understand, giving you some "time off" through our trips and activities, or just being here when you need someone to talk to.



Ingredients

1 cup Full cream milk
1/3 of a cup of Nutella

Method

- ◇ Gather all ingredients and lollipop moulds.
- ◇ Place the milk and Nutella in a blender and blend until thoroughly combined.
- ◇ Pour into lollipop moulds.
- ◇ Freeze and serve when ready!

You can make a positive change - Fixers

Fixers, www.fixers.org.uk is a youth charity and helps **16-25 year olds** raise awareness about issues they feel strongly about. They work with any young person(s) to help them campaign on an subject they feel passionately about and want to highlight, with the intention they will make a positive change.

Fixers work is youth led and they work with young people on a range of issues and including: homophobia, environmental issues, disability, mental health, young carers, sports inclusivity, workplace discrimination and many more, and offer young people the opportunity to develop and produce a creative resource: a short film, animation or poster campaign to get their message across and/or the possibility of leading a news feature item for ITV Border on the issue they are passionate about.

Fixers is interested to hear from young people who are interested and potentially doing a project with that organization. They work flexibly and around the commitments of young people. Our projects are also funded so there is no cost to the young person.

The following links might be of interest.



We are happy to welcome two new members of staff to the Young Carers team, **Patsy and Jade**

They are both looking forward to meeting our Young Carers, and hope to see lots of you at After School Club and on our trips.

HAVE YOU GOT YOUR MAX CARD ?



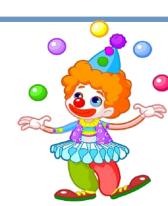
The Max Card is a scheme which gives families of children aged 0-19 with disabilities or special educational needs discounts on entry to hundreds of national attractions, such as Alton Towers, Go Ape and Legoland. It's easy to apply through the Cumbria Parent Carer Forum website: <http://www.cumbriaparentcarerforum.org.uk/>

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 of £5 (£10 per family) WILL**

ZONE



Rescheduled
CIRCUS SKILLS
Saturday 12th May

10 am to 1pm

Evergreen Hall, Penrith

*Please book your place & pay your £5
deposit (£10 per family)*

by Friday 4th May

Come and learn a range of circus skills/
activities, such as feather balancing,
juggling, diabolos or plate spinning!
Snack & juice provide, 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 ask!*



MAY HALF-TERM

10 pin bowling

at the Hollywood Bowl, Carlisle

Wednesday 30th May

All ages

*Please book your place & pay your £5 deposit
(£10 per family) by Friday 18th May*

WATCH OUT FOR OUR SUMMER TRIPS FLIER,

car journey. Here's some games to play to pass the time!

Bing who?

Shout out a first name, and the adults have to think of a famous person with that name. If they manage it, they get a point but if they can't think of anyone, the kids get a point.

The Never Ending Story

Start the story off with a sentence such as "it was a lovely sunny day...." and the next person might say "and the unicorn was painting a fence..." and the next person says "when a big frog came up and said..."

Make the story as silly and funny as possible!

Mrs Smith went shopping...

Someone starts by saying "Mrs Smith went shopping and bought an apple". The next person says "Mrs Smith went shopping and bought an apple and a banana". The next person has to repeat & think of something beginning with the letter C, and then D, and so on. See how long Mrs Smith's shopping list gets before you forget something or can't think of an item beginning with the correct letter!

Mrs Smith went on holiday....

As above, but name countries where Mrs Smith has been on holiday - "Mrs Smith went on holiday and visited Australia", "Mrs Smith went on holiday and visited Australia and Brazil" etc.



Poetry Corner

Peas and Honey

I eat my peas with honey,

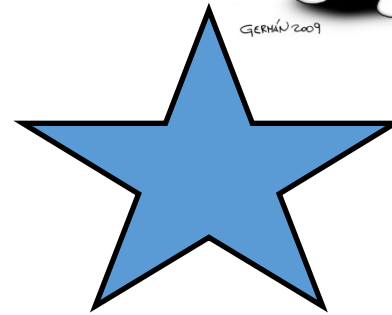


The Camel

The Camel has a single hump,
The dromedary two,
Or is it just the other way



Colour Me In





Awesomest Young Carers' Club

The Evergreen Hall, Bluebell Lane, Penrith

4pm to 5.30pm

Tuesday 24th April

Tuesday 8th May, 22nd May

HALF TERM

Tuesday 12th June, 26th June

Tuesday 10th July

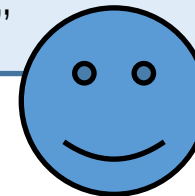
☺ Treat staff, volunteers and each other with respect

☺ 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?"



APPLEBY After School Club

Venue: Appleby Brownie Hut, Holme St.

3.45pm to 5.15pm

Tuesday 17th April

Tuesday 1st May, 15th May

HALF TERM

Tuesday 5th June, 19th June

Tuesday 3rd July, 17th July

Contact Us:-

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Trip Phone: 07561230948

Text us:

Jade: 07519553615

