Hello everyone. I hope you’ve all had a brilliant start to the year 2014 and have fared well through the chilly months. There are lots of upcoming events we have to look forward to such as Youth United Day and the Easter holidays! Spring is here too, so keep safe and smiling for Easter, where I’m sure lots of Easter eggs will be involved. I hope you are all de-stressed and ready for school.

Be proud, Keep Smiling.
Catherine
Jenny joins the team!

Hello everyone, my name is Jenny and I am really happy to have started working at Salford Young Carers on the exciting new Primary School Project!

I have been made to feel very welcome by the staff team and all the young carers that I have already met, through working with the Primary School Support Group, the Year 7 and 8 Support Group, and when I popped into the Health Group to help with the Forum’s Survey.

So far I have been busy visiting primary schools, delivering young carers awareness sessions to years 5 and 6, and meeting with teachers and support staff. So young carers will be identified earlier and we can support them and their families as soon as possible.

Jenny

Special Project Group

A group of young carers has been working on a very special project with the Meadowbrook Unit attached to Salford Royal Hospital looking at developing links to make it easier for the identification of young carers in homes where there are mental health issues. Lauren, Regan, Sophie, Eden, Claron and Katie have all worked really hard on developing the project and now have some exciting news for you all, and possibly the people you care for...

• We now have our own Young Carers noticeboard in Meadowbrook and are developing rapid referral systems so young people who may be young carers can get support as quickly as possible.
• On 16 April we will be running a workshop with the Pharmacists at Salford Royal Hospital to explain exactly what the drugs are that are given to people with mental health problems, and explain what they are supposed to do and their effects. All are welcome to this event, both young carers and the cared-for. Please ring or message Paul on 01618330217 if you are interested in attending.
• We have two other workshops booked for later in the year. The first is on 2 July and is called “What is mental illness?” And on 1 October there is one called “Improving your mental well-being”. More details on these workshops will be circulated nearer the dates.
• We are presently developing a training-awareness course for the front of house staff at Meadowbrook to help in the earlier identification of young carers.

Huge thanks to all the young people involved in this group and to the staff at Meadowbrook, especially Nyreen for their support and amazing ideas.

Jenny joins the team!

London Trip

Towards the end of January Paul accompanied 4 young people, (Demi, Kayleigh, Mitchell and Finley) to London for a meeting with the Carers Trust and the Department of Education. Child Poverty Unit.

The meeting, which also involved around 12 other young carers from around the country, looked at access to further education, support into work and looked at the affects of caring on the futures of young people both from a social and financial point of view.

The Child Poverty Unit were left in no doubt that the current economic environment is challenging for young carers’ and young adult carers’ living standards as, due to disability, mental health or substance misuse by the person that they care for, they are likely to be claiming state benefits.

The group also discussed how caring made them feel and the impact it had on their quality of life.
• Bad public perception of people claiming benefits – can’t work because of illness and can’t work because of caring
• Isolation
• Restrictions from being a carer to having a normal life
• Child life gets thrown out of window – I was never a child or a teenager
• Lack of trust in paid carers. They change all the time so I can’t get to know them.
• More support from services for families – carers are saving the council millions with care provided yet get very little if anything in return

The group came up with several solutions to improve their living standards including looking at benefits/grants, judging individual cases, additional funding for Young Carers groups, and supporting the whole family not just the person I care for.

As always the views of Young carers in Salford were heard loud and clear so thanks to the four young people for representing you and the service so well.

Exciting Times Ahead

Salford Young Carers Service are more than pleased to announce that they have secured funding from the Carers Trust for a new and exciting project working with Young Adult Carers aged 16-24. The funding secured will go towards a £20 hours per week specialist worker for two years who will work alongside Charlotte Elmitt in targeting young adult carers and improving their access to services and levels of support. The Project will target local organisations and businesses to develop access to work placements, apprenticeships and training for the young adults we work with, whilst increasing awareness regarding carers and their issues. It will also look at developing the following:

• Professional Mentoring Scheme
• Peer Mentoring Scheme
• Young Adult Carers Forum
• Specialist group support for those young carers aged 16+

If you want to be involved in any of the above please contact either Paul Moran or Charlotte Elmitt.
Stacey’s 10K Manchester Run

Stacey, one of our valued extended team members, is running the Manchester 10K to raise money for young carers. Please support her—every £30 she raises will help us run a support group for young people. You can donate to the cause by visiting her JUST Giving Page at: www.justgiving.com/Stacey-Adams

Ceremonial Mayor
Councillor Alan Clague

Councillor Clague is the Ceremonial Mayor for Salford 2013/14 and he has chosen Salford Young Carers Service to be one of his charities for the year. This is brilliant for us as it will enable us to continue to do all the fun things we do with groups and maybe a bit more.

During the few months since Christmas the Mayor and his Mayoress have been getting to know more about young carers and going out to meet them—elsewhere in the newsletter there is news of their visit to the Primary School Group of young carers that meets at Eccles Youth Centre. Then in early February, four members of the Forum went for tea with the Mayor at the Civic Centre in Swinton. They all had a really good time, even if they were all very nervous about meeting him! Thanks to Harry, Katie, Finley and Demi.

In the next newsletter we will tell you all about our trip to the Mayor’s Ball—now that will be a story!

Young Carers Support Groups

Primary school group
(formally known as 10s and unders)

In January the primary school group had the chance to talk to the Mayor and the Mayoress about what they do and why their role is so important. This was really useful for the major as he currently supports 2 charities, one being the Salford Young Carers and this was the first time he got to hear from some of the younger ones about what was important to them. Thank you for all those who came and made the Major feel so welcome.

Year 7 and 8s group

This group recently met one of the forum members to go through a survey that the forum designed to bring their views together about what they like and what needs to be changed or improved within the service to make their life as a carer and their time in the groups more enjoyable. Again thank you to all those who got involved.

Health group

Kate and Caroline have been once again working with a group of Young Carers, focusing on health, both physical and emotional. The group have looked at various aspects of health such as healthy eating, nutrition and exercise, as well as stress and emotional wellbeing. They have also cooked a delicious meal of healthy spaghetti and meatballs as well as cup cakes.

The group have all contributed well and have worked together effectively, making our job a real pleasure.

If you would like to take part in a health group, get in touch with Charlotte for details of future health projects. And if you have any idea of what you would like to see covered in one of our groups in the future, please let us know. If you are a professional working for a service that could provide health related sessions, please do contact Charlotte as we are always looking for new ideas.

YMCA group

This year has seen the beginning of what we hope will be a long and productive partnership with the YMCA in Manchester. Sarah and Carole from the YMCA have been working with a group of 6 young women on a Health and Wellbeing qualification that focuses on body image, self esteem and healthy lifestyle. The sessions have been very interactive and all the young women have participated well in the project and have been a pleasure to work with.

Due to the success of this pilot we are hoping to run this project in the future and are looking at the possibility of doing an intensive course over the summer holidays.
My Life as a Young Carer

In this edition, the young carer cares for a parent with mental health problems. This impacts on the young carer’s education until he finally decides to look for help.

1. The Young Carer’s dad is worrying about everything and is quite distraught.

2. The Young Carer is worried, it’s nearly time for school and they will be late.

3. The Young Carer comforts his dad who is crying.

4. Dad finally takes the Young Carer to school but it is very late!

5. The young carer can’t concentrate in class and goes to reception to seek help.

6. The Young Carer calls the Carers Centre for help, sometimes getting help is the best option.

Quiz & Prize

Hi guys, as always we have a quiz for you. So in this spring edition the question is really easy. If you read the newsletter you’ll know the answer! So for your chance to win up to four tickets for any FC United match between now and the end of the 2013-14 season, just answer this question:

Who are FC United of Manchester playing on the 12th April 2014?

A. Burnley
B. Buxton
C. Blackpool

Text your full name and the correct answer to:

07500 539 734

and you could win Good Luck!

Info Box

Date: 12 April 2014
Place: Gigg Lane, Bury
Time: 12pm-6pm
Contact details: Richard 0161 833 0217
07500 539 734

Do you like football?

YES - WELL GO

NO - WELL THERE ARE LOTS MORE ACTIVITIES THAN JUST FOOTBALL!

Attractions:
- Football Skills & 5-a-side
- Climbing wall
- Freestyle football
- Dance and DJ workshops
And much more!

IT’S ALL FREE!
Whether you are already a registered young carer, or think you may be a young carer and would like some more information, you can always contact someone at Salford Young Carers in one of the following ways.

**Salford Carers Centre**
1 St. Philip’s Place
Salford M3 6FA

**Tel:** 0161 833 0217  
**Fax:** 0161 833 1992  
**Email:** carers.centre@salford.gov.uk

If you are in one of the following schools you can ask when a young carers worker will be in your school to speak to a young carers support worker in person:

- Albion Academy (Paul)  
- Buile Hill (Richard)  
- Irlam and Cadishead College (Richard)  
- Oasis Academy (Richard)  
- St Ambrose RC High (Precious)  
- St Patrick’s R C High School (Richard)  
- Walkden High (Precious)  
- All Hallows (Precious)  
- Harrop Fold (Precious)  
- Moorside High (Precious)  
- Salford City Academy (Richard)  
- St George’s RC High School (Precious)  
- Swinton High (Precious)  
- Wentworth High School (Richard)

And if you are in any of the Salford College Campuses – Salford City College, Pendleton, Eccles or Walkden – Charlotte can be contacted. Just ask when she is next in. Or to speak to a young carers support worker directly:

- **Paul Moran:** paul.moran@salford.gov.uk or call/text: 07527 945 977  
- **Precious Mike:** precious.mike@salford.gov.uk or call/text: 07582 763 438  
- **Richard Ward:** richard.ward@salford.gov.uk or call/text: 07500 539 734  
- **Charlotte Elmitt:** charlotte.elmitt@salford.gov.uk or call/text: 07794 403 820  
- **Jenny Pilkington:** jenny.pilkington@salford.gov.uk or call/text: 07436 582 644

**Remember:** if you are a young person and are unsure of whether to contact Salford Young Carers you can always ask someone to do it on your behalf.

**Other contacts:**
- www.youngcarers.net  
- www.carers.org  
- www.childline.org.uk  
- Child Line: 0800 1111

This Newsletter is produced with kind assistance from the Booth Charities