

YOUNG CARERS NEWSLETTER January - April 2025



Winter Newsletter

The Young Carers Centre has been very busy, see inside what we have been up to!

We also have lots of fun and exciting things coming up for every age group, see what you can get involved in to make sure you're getting a break from your caring role.

Young Carers Action Day 2025!

See Page 7 to find out more!

2025

We were nominated for Pride of St Helens Award!



ACTIVITY TIMETABLE

Head to pages 12-15 to see what exciting activities we have to offer!



We would like to wish you all a Merry Christmas and a Happy New Year!

NEWS AND UPDATES

Pride of St Helens Award

Did you know we were shortlisted for the Mikhail Group - Pride of St Helens Award!

We are so happy to have been nominated and we came away as a Highly Commended Service.



Christmas Tree Festival

Thank you to United Reform Church for hosting their Annual Christmas Tree Festival to raise funds for Young Carers.

We loved coming along to decorate our tree, your Christmas concert evening and celebration service!

A special thank you to Cowley International College and Queens Park Primary School's Choirs. You were fantastic!



Card Factory!

A massive Thank you to Card Factory at St Helens Retail Park for their donation of £5000!!

They have also invited us to have a Christmas Carol outside the store on Christmas Eve to raise funds for Young Carers!



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01744 677279

CARERS TRUST

St Helens Carers Centre

NEWS AND UPDATES

Young Adult Carers Support



Hi I'm Amy! Some of you will know me as I have been working with Young Carers for some time, I'm now the Wellbeing Officer for Young Adult Carers, which is a new service we have started at the Carers Centre.

We feel that the years between 18 and 25 is when your needs may change and your thoughts may turn to managing your caring role alongside further education, employment, family and social life. So we have planned this new service to offer targeted support to all Young Adult Carers.

When you are 18, you will transition to Young Adult Carers and be able to access our YACs social group. The group is a drop in, so you can come along to have a chat, meet other Young Adult Carers, have a laugh and just relax. I will be there to support you and chat about other things on offer.

Once you are ready to turn 18 our Young Carers Team will be in contact with you to talk about your transition to Young Adult Carers!

Maths Tuition Support

We have been busy in our maths workshop, thank you to our wonderful volunteers Su and Viv!

We will be continuing our maths support after Christmas so please let us know if you would like to get involved!



School Census 2025

Did you know that we work with schools to ensure that Young Carers are recognised and registered on the school census.

In January 2024, the number of Young Carers reported on the school census had doubled since 2023!!

We aim to ensure that all education settings record this information, the next census will take place in January 2025.



NEWS AND UPDATES



Chattin' 4 Action

Did you know we have a Young Carers committee?

This committee is called Chattin' 4 Action.

They come together to discuss issues that affect Young Carers in St Helens. They work on small projects that help to improve the service and raise awareness. They are also involved in shaping what we do as a service to ensure we get it right!

Would you like to be involved and be a part of our committee?



Email our Outreach officer
TanyaButt@Sthelenscarers.org.uk
to show your interest!



Ambassador

In the New Year we are hoping to recruit Young Carer Ambassadors!

Would you be interested in advocating for our service and other Young Carers across St Helens?

Would you like to raise awareness about our service and be a spokesperson at upcoming events?

An ambassador will actively be involved by working closely with our Outreach Officer to deliver and support our work in the community.

Would you be interested?

We are so grateful to have received such kind donations for Christmas presents.

A massive thank you to those who have donated!



SCAN ME

Do you follow us on Instagram?

Follow us @sth.yc to see all things Young Carers and keep up to date with what we are getting up to! You may even spot yourself!



WELLBEING TEAM

What do we do?

We support our Young Carers by completing assessments and reviews, offering emotional support via 1:1s, making referrals, advocating at meetings and working with other professionals.

If you need any support with your caring role, please let us know and we will be happy to help.

We love supporting our Young Carers and we think you are all wonderful!



Don't forget to...

Keep smiling

Dream big

Be creative

Look after you

Take a break

We have recently registered

53

New Young Carers

You got this!

Did you know?

- We have visited 20 schools between September and December to support our Young Carers
- We have completed over 60 assessments and reviews this quarter

OUTREACH

Out and About

Thank you to all schools and agencies that have engaged with our service and helped to support Young Carers.

We have delivered 5 staff trainings, 8 assemblies, 2 College events, 2 coffee mornings and a parents evening this quarter!



Did you know we have also linked in with these amazing services in St Helens to deliver training?

- The Listening Service Team
- The Adult Social Care Team
- Children and Young People's Mental Health Service Team
- Designated Safeguarding Lead team meeting and we spoke to professionals from 72 schools and education services

Keep your eyes peeled...

We have lots of visits booked in for the coming months:

- St Mary's Newton
- Rainhill St Ann's
- St Mary's Blackbrook
- De La Salle
- Leigh Vale
- Wargrave

We've visited lots more places over the last few months to raise awareness about Young Carers in St Helens, including:

- Unzip the Silence
- Chyralis Centre
- Newton Family Hub
- Sutton Family Hub

OUTREACH

PSHE Workshops

Did you know we deliver workshops to help understand who Young Carers are?

We delivered PSHE workshops to schools which raised awareness about Young Carers and how to self identify.

Thank you to all schools that have been so supportive!

Wargrave C of E Primary School



Broad Oak Community Primary School



Lyme Community Primary School



St Thomas of Canterbury Primary School



The District C of E Primary School



Thank you to the Mayor Jeanette Banks, who is a governor at Lyme Community Primary School for attending the Young Carers Awareness Day.

Newton Family Hub



Take a look at some of the places that we've been to!

Rainhill High School



DON'T MISS OUT!

Young Carers Action Day

We are excited to share this with you!

Every year we celebrate Young Carers Action Day!

Please save the date: Wednesday 12th March 2025!
This year's theme is "Give Me a Break". Young carers urgently need time for themselves.

They also need education professionals and employers to support them, give them a break and create better life opportunities.

Let's come together to create a fair future for young carers.

[#YoungCarersActionDay](https://www.instagram.com/sth.yc)

If you would like us to visit your school, please let your school champions know and we will be happy to come in!

PHOTOS



TAKE A LOOK



PHOTOS



CAN YOU SPOT YOURSELF?



ACTIVITIES

Hi, I'm Alan!

Hi everyone, I'm Alan and I'm the new Activities Coordinator.

A few of you may have already met me but there are still a lot of you that haven't. For those of you that I've met it's been lovely getting to know you all, and for those who I haven't had the pleasure of meeting yet, hopefully I'll be seeing you all soon in the activity sessions that we have planned for the next quarter.



DID YOU KNOW?

Our centre has 3 different rooms that can be used by our YCs!

So if you want to chill or just want a bit of quiet time during your session, then there will always be a room available for you to use.



We would love to hear your Ideas!

Your New Timetables!

Have you got something you would really love to try?
Or is there something you would like us to do at The Young Carers Centre?

On the next 4 pages you will find your new timetables for January through to April!

To book on please go to our website:
<https://www.sthelensyoungcarers.org/>
activities or scan the QR Code!

Please let us know!
You can call or text us on
07719104014

Or call 01744 677279



SCAN TO BOOK

ACTIVITIES

St Helens Library

Some of our Young Carers visited St Helens library and enjoyed reading and taking part in arts and crafts activities.



Hill Vale Animals

Jo from Hill Vale animals visited the centre and brought some friends for our Young Carers to meet.



Mental Health UK

Some of our Young Carers took part in a workshop to support with resilience, juggling time and friendship.

We would like to say thank you to our visitors that supported with our respite activities for this quarter!



Mad Science

To get in the Halloween spirit, Mad Science came into the centre to deliver a Mad Mixtures and Che-mystery workshop for our YCs.



Sparkle Yoga Therapy

Jane provided our YCs with a yoga wellbeing session showing us wellbeing techniques that can be used through yoga.











UC Crew & KINGSYZE
UC Crew provided a workshop led by Sie. Our YCs used graffiti artwork to create designs for letters, that when combined spelt YOUNG CARERS.












Group A (School Years 1-3)

Date	Time	Location	Activity	Details
Monday 13th January	5pm-7pm	St Helens Carers Centre	Mario Kart Championship & Fun, Friendly games 	A night full of games, challenges and competitions!
Monday 27th January	5pm-7pm	St Helens Carers Centre	 All Around the world - Chinese New Year!	Celebrate Chinese New Year!
Monday 10th February	5pm-7pm	St Helens Carers Centre	Teddy Bears Picnic 	Bring a teddy if you wish and enjoy an indoor picnic
Monday 17th February	11am-1pm	St Helens Carers Centre	Design your own healthy brunch and Get Active! 	Have a try of some different brunch foods and enjoy a movement morning!
Monday 24th February	5pm-7pm	St Helens Carers Centre	Indoor scavenger Hunt 	A range of different games to help you find the clues!
Monday 10th March	5pm-7pm	St Helens Carers Centre	Give Me A Break 	For this Years' Young Carers Action Day we are encouraging Young Carers to take a break
Monday 24th March	5pm-7pm	St Helens Carers Centre	Minion Madness! 	Minion themed movie night including Minion games, art and crafts
Monday 7th April	2pm- 4pm	St Helens Carers Centre	Easter Bonnet Making 	Enjoy an Easter themed session with bonnet making and lots of Easter fun!
Monday 21st April	2pm- 4pm	St Helens Carers Centre	Lego Building & Cake decorating 	Have a go at different Lego designs and design your own Lego cupcake!









Group B (School Years 4-6)

Date	Time	Location	Activity	Details
Monday 20th January	5pm-7pm	St Helens Carers Centre	Space and Stars Messy Arts 	Get Messy with some space themed arts!
Monday 3rd February	5pm-7pm	St Helens Carers Centre	All Around The World - China 	Enjoy a Chinese themed session! Tasting food and learning about their culture!
Monday 17th February	2pm- 4pm	St Helens Carers Centre	Random Acts of Kindness 	Celebrate Random Acts of Kindness Day with us!
Monday 3rd March	5pm-7pm	St Helens Carers Centre	Pancake Day 	Pancake making!
Monday 17th March	5pm-7pm	St Helens Carers Centre 	St Patrick Day Celebrations	Rainbow and Pots of Gold Arts & Crafts!
Monday 31st March	5pm-7pm	St Helens Carers Centre	Card Making & Gifts for a loved one 	Enjoy a creative session of card making
Monday 14th April	2pm- 4pm	St Helens Carers Centre	Easter Egg Hunt & Games 	Enjoy an Easter themed session with an egg hunt and lots of Easter fun!
Monday 28th April	5pm-7pm	St Helens Carers Centre	Lava Lamps 	Get creative and make your own Lava Lamps.

Group C (School Years 7-9)

Date	Time	Location	Activity	Details
Tuesday 14th January	5pm-7pm	St Helens Carers Centre	Family Fortunes Games Night	A night full of games, challenges and competitions! 
Tuesday 28th January	5pm-7pm	St Helens Carers Centre	All Around the world - Chinese New Year!	Celebrate Chinese New Year! 
Tuesday 11th February	5pm-7pm	St Helens Carers Centre	Escape Room	A room full of puzzles and clues - Will you make it out? 
Tuesday 18th February	2pm-4pm	St Helens Carers Centre	Indoor Arcade	A fun afternoon of arcade games. Will you collect the most tickets? 
Tuesday 25th February	5pm-7pm	St Helens Carers Centre	Baking & Movie Night	Choose a movie and bake some cupcakes! 
Tuesday 11th March	5pm-7pm	St Helens Carers Centre	Give Me A Break	For this Years' Young Carers Action Day we are encouraging Young Carers to take a break 
Tuesday 25th March	5pm-7pm	St Helens Carers Centre	I'm a Young Carer - Get Me Out Of Here!!	A night of trials and creepy crawlies! 
Tuesday 8th April	2pm-4pm	St Helens Carers Centre	Easter Egg Cheese cake & Easter Fun!	Enjoy an Easter themed session with lots of Easter fun! 
Tuesday 22nd April	5pm-7pm	St Helens Carers Centre	Design Workshop	Use paper Mache letters and design your own! 

Group D (School Years 10-13) up until the age of 18 years old

Date	Time	Location	Activity	Details
Wednesday 22nd January	5pm-7pm	St Helens Carers Centre	Brownie Making & Movie Night 	Get your aprons on! Enjoy a session of baking and a chill out movie session.
Wednesday 5th February	5pm-7pm	St Helens Carers Centre 	All Around the world - Chinese New Year!	Celebrate Chinese New Year!
Wednesday 19th February	2pm- 4pm	St Helens Carers Centre	The Ultimate Quiz and games 	A night full of quizzes, games, riddles and more!
Wednesday 5th March	5pm-7pm	St Helens Carers Centre 	Pancake Night	Make your own pancakes. What toppings will you choose?
Wednesday 19th March	5pm-7pm	St Helens Carers Centre	Canvas Painting 	Release you inner Picasso and get creative!
Wednesday 2nd April	5pm-7pm	St Helens Carers Centre 	I'm a Young Carer - Get me out of here!!	A night of trials and creepy crawlies!
Wednesday 16th April	2pm- 4pm	St Helens Carers Centre	Easter Egg Cheese Cakes 	Enjoy an Easter themed session with lots of Easter Fun!
Wednesday 30th April	5pm-7pm	St Helens Carers Centre 	Chocolate fondue Desserts	Fruit kebabs, Marshmallows & Chocolate

CONTACT US

If you would like to speak to a member of our team about any of the content of this newsletter or would like to see how we can support you in general, please don't hesitate to get in touch! Our team is dedicated to providing support to all of our Young Carers and their families.

Opening Times:
Monday - Thursday
9:30 - 4:30pm
Friday
9:30 - 4:00pm



Young Carers Centre

Contact Details

01744 677279

info@sthelenscarers.org.uk



How to find us:

St Helens Young Carers Centre
18 Cotham Street
St Helens
WA10 1SJ
(Just opposite the
St Helens Town Hall)



To find out more
visit our website

www.sthelensyoungcarers.org

SCAN ME

