



Action for Young Carers Plus Newsletter - January 2011



CARERS FEDERATION
LIMITED



Activities Update



December saw our Christmas get together take us to Lincoln. It was a very wintry night, but we braved it and had a fab time. We had a meal at Ritz where we were able to catch up with old friends and meet new people. It was great to see so many new faces and it makes you think about how many young adult carers there may be in Lincolnshire.

After the meal we went bowling, no not Playzone! (Long story with which I won't bore you now). A really good time was had by all judging from the comments that were made. There were some very good bowling scores at the end of the night, but I think some cheating was going on considering Amber didn't win!!



Some comments included; *"I have really enjoyed this event, thank you very much"*, *"being able to have time away from my family and being with great people has been fantastic"*, *"it has been good, made some new friends and had a good time"*.

From the AYC Plus team we would like to thank everyone who attended and made it a fantastic evening and we hope to see you all again at another one of our events.

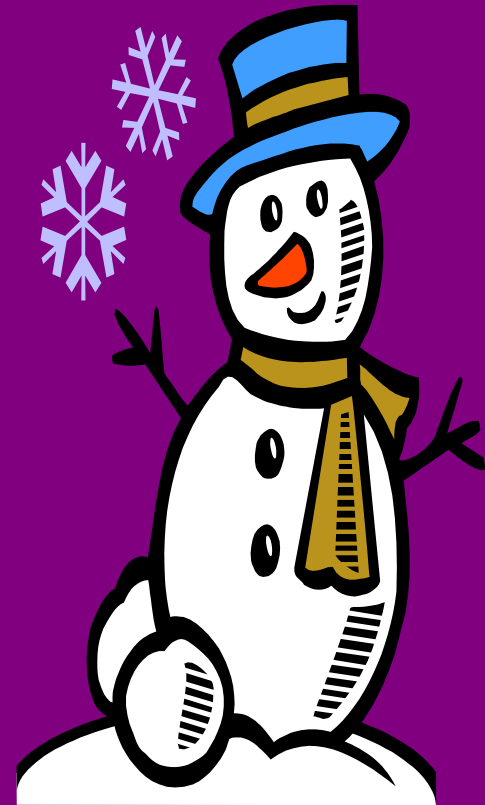
Ice Skating in Lincoln

A small group of young adult carers attended a free session of ice skating on the Lincoln Ice Rink on Monday 20th December.

The opportunity was available to anyone who could get themselves there, including members of their family. A great time was had by all!



Don't forget if you have any ideas or comments for AYC Plus please let us know.



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Introducing Matthew Todd, Development Worker for AYC Plus

My name is Matthew Todd, and I am the new Development Worker for Action for Young Carers Plus. I am here to work and help you guys on a one to one basis, and also to assist in developing projects for Action for Young Carers Plus.



Has the job lived up to your expectations so far?

Yes definitely, to be honest it has exceeded my expectations!

What do you like about being an AYC Plus worker?

It definitely has some pro's, first of all I have landed with a good bunch of colleagues to work with. I enjoy meeting, working with and along side, all the young adult carers I have met. Further to that, training days with 3 course meals certainly don't go amiss, although they don't come around very often, especially within a recession!

Why did this job appeal to you and did you know what you were letting yourself in for?

The job appealed to me as I enjoy helping others around me, especially if they are going through some testing and moving times. Did I know what I was letting myself in for? No, I had some visions of what was to come, but it turned out to be better than expected!

Tea or Coffee? Both, if am honest I am trying to reduce my coffee consumption by half and replace it with peppermint tea, as at present I have decided I over do it on caffeine.

Cat or Dog? Has to be dogs, man's best friend, unlike cats.

Rock or Pop? Has to be rock, pop is torture to my ears.

Ant or Dec? Neither!

Left or right handed? Let me just work this one out, yep certainly right handed cannot write with my left.

Shirt or T-shirt ? If I can get away with it t-shirts.

Cider or Lager? Lager, Stella Artois in particular, classy.

Takeaway or home cooked food? Home cooked food is far tastier and healthier!

Pepsi or Coke? Well I think most people would say coke, however I would argue the fact that Pepsi Max tastes well better!

Water or Fruit Juice? Water, it's a fact we can't do without it.

Summer or Winter? Summer, early morning and late nights.

Skills for Care Accolades 2010

On the 25th November 2010, Reanna, Steven and myself went to London with the Carers Partnership to the Skills for Care Accolades 2010 award ceremony, to represent young adult carers and young carers that sit on the partnerships in Lincolnshire.



Most of us travelled down to London (from Lincoln) together. After we arrived at Kings Cross station we walked to our hotel with Simon in charge of navigation. Reanna and I dropped our stuff in our room and then went off to do some shopping. After changing we met up with everyone in the hotel lobby and made our way to the Dorchester Hotel. After nearly gate crashing another awards ceremony, we met up with the other half of our group, who had managed to get across London uneventfully, unlike our group! After pre-ceremony drinks and group photos we went and sat down at our table and listened to a speech, which was followed by a four course dinner. Then came the main event, Penny Smith, who was hosting the event, began with a speech and then began presenting the awards. When it got to our award category we were up against two other groups and when we were told that we had won we were ecstatic! Sarah Oliver went up to collect the award that was presented by someone from Carers UK and Penny Smith.



After the awards ceremony had finished all the winners had their picture taken with their awards and Penny Smith. Finally, after rounding every one up and having our photo taken, we partied the night away and we returned to our hotel at about 1.45 am in the morning!

The next day a small group of us, tired, but still jubilant boarded a slightly earlier than planned train and made our way back to Lincolnshire. (A.J.)

My EELL Experience! (Education, Employment, Learning & Leisure)

EELL's contacted me after my Carers Assessment had been submitted. I decided that I wanted to gain a qualification that I needed in order to get my dream job. I decided I would like to do a Level 1 Coaching in Football course.



After EELL's initially got in contact with me they found me two courses. One of them was doing the course as part of an all female group and the other was as part of a mixed group. I decided to do the course in a mixed group, although as it turned out I was the only female member! However, no special allowances were made because of this.

As the course was in Lincoln it meant a lot of travel time for me, which led to some very early mornings and late nights. The course included classroom work as well as practical sessions. In total I had to attend six sessions, including the induction and assessment.

The first three sessions were classroom based and they were; induction, first aid and safeguarding children. The next two sessions were a mixture of classroom work and practical activities. During these sessions we learnt how to develop skills, progress sessions and write session plans which are a lot like lesson plans that teachers use.

The last session was our assessment. We all had to deliver a 15 minute session which included, introduction, practical and feedback and we were each given a game to deliver. On the assessment day we had to help each other out by taking part in each other's sessions. From the other two practical days we all knew that it was going to be

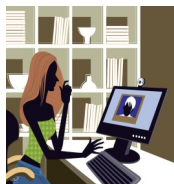
a long, tiring and physically draining day!

When it came to my assessment I was nervous, as everyone knew that our tutor was going to be focussing more on us than the people taking part in the session. To be honest there was only one major thing that I was worried about, but in the end it wasn't an issue.

I'm glad to say that I passed the assessment and am now a qualified Level 1 Football coach. However, I wouldn't have been able to do this or have the opportunity without the help and support from EELL's! (A.J.)

PRINCESS ROYAL TRUST FOR CARERS YOUNG ADULT CARER CHAT ROOM SLOT

A new chat slot for young adult carers was launched on Thursday 2nd December 2010 especially for (but not limited to) young adult carers, where they can come to the carers.org chat room and meet with other young adults in the 18 plus age range.



The chat room over on carers.org is actually open all the time, but from 7.00—8.00 pm on Thursday's it's the "YAC Yak" (Young Adult Carers), with a member of the online support team there on the first Thursday of each month just to help make you feel right at home. Although this chat slot is focussed towards carers between the ages of 18—25 it is by no means limited to them. All carers are more than welcome to join!

If you've not already got an account there then you'll need to create one first, but it's easy enough to do by going to <http://www.carers.org> and clicking on **Register** in the top right corner of the screen.

We need YOU!

We are looking for more young adult carers to be members of the AYC Plus Steering Committee. If you would be interested in being part of the committee and having an input into the development of the service please contact Amber on 07540 706295 or ring the office on 01205 358834 for more details.

The next meeting of the Committee will take place on Thursday 10th February, 10.00 am at Carlton Road Youth Centre, Boston. The aim of this meeting is to draft the Constitution of AYC Plus. It would be great to see some new faces so hope to hear from you soon!

If you need help fast, but don't think it's a 999 emergency you can now call NHS 111



What is 111?

NHS 111 is a new telephone service being introduced to help make it easier for you to access local health services. If you live in Lincolnshire, you can now call 111 when you need help fast, but it isn't a 999 emergency.

When do I use it?

People should use the NHS 111 service if they need help or advice urgently but it's not a life-threatening situation.

How does it work?

111 will get you through to a team of highly-trained advisers, who are supported by experienced nurses. They will assess your symptoms and guide you to the right local service.

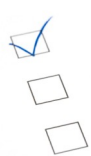
Why should I use it?

NHS 111 is a fast and convenient way to get the right help—whatever your need, wherever you are, and whatever the time.

It can also help us to free up 999 and local A&E departments so that they can focus on emergency cases.

The State of Caring. Assessing the state of caring in 2010—11

Carers UK is conducting a major new research survey into the impact of caring unpaid for ill, frail or disabled relatives. They are assessing carers' health, wellbeing and finances, and the support they receive from health and care services and their employers if they juggle work and care.



However the more details you provide the better able we are to build up a detailed picture of how caring affects different people.

As well as ticking the boxes, we are also keen to hear in more detail about your experiences and views. Please use the comment boxes if you would like to add more detail. If you have had a particularly good experience and received support that has made a real difference to you, or have had particularly bad experiences, we would like to know.

This survey brings together and updates a variety of different pieces of research Carers UK has done in previous years to get a fresh picture of the state of caring in 2010-11. Because the survey covers lots of different aspects of caring it is longer than usual and will take around 20 minutes to complete, however these questions are important to build a really clear picture of the impact of caring.

To complete the survey online please visit:

www.surveymonkey.com/state_of_caring

If you would prefer not to provide some of the details, you can skip certain questions.

CARERS UK
the voice of carers

Thanks for your help, the survey will close in March 2011 and results will be published later in the year.

To get involved with anything you have read about in this newsletter, or if you have any contributions to make please contact AYC^{Plus} at;



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