



Young Adult Carers News

September 2015

Please note all information in this section can only be accessed by carers between the ages of 18 and 25.

Welcome!

Welcome to the latest edition of Young Adult Carers News. Once again we have a full activity diary including our annual residential and a Christmas shopping trip!

As always I am keen to get any ideas and suggestions on the sort of activities and training sessions you would like me to try and arrange so if you have any ideas to put forward please let me know.

I am also continuing to offer one-to-one sessions with any YAC's that feel they would benefit from a bit of extra support and if you would like to arrange to meet up just let me know. You can contact me on 01422 369101, 07858714068, lydia@calderdale-carers.co.uk.

Low Mill Residential

Coming up we have our annual 2 night residential to Low Mill Outdoor Resort in North Yorkshire. We will be leaving at **3pm on Friday 27th November and returning in the evening of Sunday 29th November**. There will be a range of outdoor activities available over the weekend including archery, canoeing, raft building and gorge walking and all meals are provided by the centre. Please note there are only 6 places available for this residential and priority will be given to those that haven't been before. Full details will be sent at a later date. To book contact Lydia on 01422 369101.

Patient Reference Group Session

The PRG Support Project is wanting your views about patient groups in Calderdale. If you are aged 18-24, please come along to Rimani House on **Tuesday 13th October at 4:00pm**, for an informal chat about what patient groups are, whether you would join one and how you would want to feedback to your GP Practice.

Activities For Carers

Did you know young adult carers can also attend any of the activities and courses advertised in the generic carers newsletter? Activities and courses over the next few months include: an introduction to manual handling course and a cinema trip!

To book on any of the activities simply ring the office on 01422 369101.

Cinema Trip and AGM- Open To All!

Come along to see a film alongside other carers and feel free to bring the person you care for if you wish. This is a carers treat paid for from the generous legacy of our former Chairperson, the late Iris O'Donnell. It is on **Wednesday 21st October 10am** at The Rex Cinema, Coronation Street, Elland (If you don't want to take part in the AGM please arrive at 10.45am)

We will be holding our AGM to receive the report of the trustees and accounts and any necessary elections and then all settling down to enjoy a free film with tea/coffee. There will also be an interval if you wish to buy an ice cream or sweets.

To book your place please ring 01422 369101.

Money in Mind Scheme

Are you a carer who is worrying about money or finances?

Becoming a carer can cause big changes to your everyday life, including how you manage your money.

- Are worries about money keeping you awake at night?
- Are money worries affecting your health and relationships?
- Are you relying on credit cards to pay for essentials such as food or fuel?
- Are you in arrears with your mortgage, rent, council tax or fuel bills?
- Are you in arrears or have defaulted on things like payday loans, doorstep lenders or mail order companies?
- Have you been waiting for the outcome of an appeal for state benefits that is causing you financial hardship?

If you have answered yes to any of the above please ring Louella or Lynn on 01422 369101 for a supportive, non-judgmental, confidential chat. It may be that we can help under our new Money in Mind scheme.

Meet Your New College Lead!

As part of the work we have been doing with Calderdale College, they have now appointed a lead person to offer support to any young adult carers attending the college. Her Name is Julie and she's written a short article for the newsletter so she can introduce herself.

'Hiya! My name is Julie Senior and I am the new lead for young adult carers. My current job title is student adviser/safeguarding officer and I am based within student services. Being a Student Adviser means I get to work with many different people for many different reasons, which I really enjoy. In my role I offer impartial Information, advice and guidance for career options; support with applications for educational funding; provide pastoral support for welfare, personal and academic issues. My work is varied and brings me into regular contact with other professionals. This is beneficial all round for everybody.

Recently I have taken on Lead role for Young Adult Carers studying at Calderdale College. In this role I hope to be able to offer support that will allow for young carers to balance their own needs and those of their caring responsibilities, making referrals to external support when required, enabling these learners to remain in education and be successful.

*If you would like to get in touch with me please either telephone **01422 399367 / 01422 357357 ext 9150** or email; julies@calderdale.ac.uk or pop into Student Services for a chat!*

Contraception Still Available Through Calderdale Carers

Calderdale Carers is able to give information about a range of issues regarding sexual health and now have a stock of condoms, femidoms, dams, lubes and pregnancy tests to distribute to YAC's if necessary. We are also able to register YAC's up to the age of 25 with a C-Card meaning they can access free contraception from us or a range of other venues across Calderdale at any point. We are also now registered as a venue to come for Chlamydia tests so we also have a stock of these and YAC's can approach us if they would like to come in and do a test. All contact will remain confidential. To find out more please get in touch with Lydia.

Don't Forget To....



**Calderdale Carers-
Young Adult Carers
Service**

Event	Date/Time	Availability	Details	Cost
Pizza Hut- Joint activity with Young Carers	Tuesday 29 th September- 6pm	10	Meeting at Pizza Hut in Halifax. Everyone will be given a set amount for their meal.	Meal Provided- extra if over budget
Patient Reference Group Session/Cinema	Tuesday 13 th October – 4pm	10	Meeting at the office for the PRG session (see above) then Vue Cinema in Halifax	Money for drinks/snack
Low Mill Residential	November	6	See above for full details	
Christmas Shopping day in Leeds	Wednesday 16 th December- 10am	8	Meeting at Halifax Train Station at 10am. Each YAC will be given £20 spending money and train tickets will be provided.	Extra if required.
Activity Planning Session and Dominoes Pizza	Tuesday 12 th January- 4pm	Unlimited	Session at the office to discuss future activities followed by pizza tea!	N/A

To participate in any of these activities please contact Lydia on 01422 369101, 07858714068, lydia@calderdale-carers.co.uk