

Healthwatch

In February 2014 I took part in a Healthwatch event. Healthwatch England is the national consumer champion in health care and holds the heads of health services to account. Over 40 young people across Bristol and South Gloucestershire were invited to come together to share their views on social services and healthcare. The aim of the day was for Healthwatch to decide what their priorities for the next year would be.



We got to talk about what is wrong with social services and health care and what could be made better for young carers. As a young carer I sometimes feel patronised, as if doctors and social workers ignore what I have to say. This was great

as our feedback was heard by the professionals who work in those services.

I also enjoyed the event because I took part in a painting activity. By Hamzah, age 13

HorseWorld

Young & Caring took part in a 6 week Discovery course at HorseWorld in the winter. The fantastic project brought young carers together with horses to promote emotional growth and learning.



What kind of cheese isn't yours?

Young carers in health

We were asked by Carers Support Centre to talk about the issues that young carers and young adult carers face when they meet health professionals. We talked with Hannah from the young carers team first, then we had to bring the key issues up at a meeting with health professionals.

Around 10 professionals met with us and we spoke to them about the issues that affect us within their services.

One of the main points we discussed was that hospitals and doctors surgeries have an issue with being able to talk to young carers about the person they care for. We asked them not to judge us by our age and to talk in a language that we understand. We also told them that staff are really good at asking us for information, but they are not so good about giving information to us.

By Tasha, age 19 and Josie, age 14

As a result of young carers' feedback, Carers Support Centre is developing a programme of work to provide support to young carers in health settings.

Carers Support Centre will be working with local hospitals and GP practices so that young carers are offered better support and information; and feel more involved with the admission and discharge planning of the person they care for.

Sweet Quiz

What well-known chocolate or sweet could these be?

1. Sly giggles
2. Refined people live there
3. Clever folk
4. Sport for princes
5. Feline equipment
6. Assorted girls
7. Dairy holder
8. Wobbly infants
9. Talk quietly
10. Spin around
11. Up out there
12. Even more out there
13. Big cats pub
14. Scrooge's favourite
15. Lunch on the grass
16. Treasure
17. Ten cent pub
18. Toothless drink
19. Sweet tooth cleaner

Useful contacts

As young carers we have to deal with all sorts of issues. Sometimes you can sort out a problem on your own. But if you have a worry you can't cope with, don't bottle it up. It can really help if you talk to someone in your family, one of your friends or maybe a teacher. You can also contact any of the following organisations:

- **Young Carers**, Carers Support Centre: 0117 939 2562
- **Young & Caring**, Bristol Black Carers: 0117 314 4664 Provides support to young carers up to 18 years old.
- **www.youngcarers.net** Use this website to chat online with other young carers, put posts onto discussion boards, write to the agony aunt pages or e-mail a question which will be answered by a qualified youth worker.
- **Childline**: 0800 1111 This is a free telephone helpline which you can ring any time of day or night, and talk about anything you are worried about. **www.childline.org.uk** Their website offers a lot of help and advice for children and young people. You can also use their message boards and send emails asking for advice.

Produced by Carers Support Centre, and Bristol Black Carers Workshops and editing by Clare Hanson-Kahn: 07502 147017 Jake Procter: 07794 773003

Design & production by 123 Design: 0117 370 3310



Easy Cupcakes

Lydia likes to spend time making cakes with her family. This is her favourite cup cake recipe. She likes to decorate with chocolate chips and sweets. You could also use sprinkles, silver balls and hundreds & thousands.

Total preparation and cooking time 50 mins
Makes 12 cupcakes

Ingredients

150g butter, softened
150g sugar
3 eggs, beaten
150g self-raising flour, sifted
1 tsp vanilla extract
1 tbsp milk

For the frosting:

75g butter, at room temperature
150 icing sugar
1 tbsp milk
1 tsp vanilla extract
A selection of food colouring, choose your favourite colours

Method

- 1 Preheat oven to gas 4.
- 2 Cream together the butter and sugar until light, fluffy and pale.
- 3 Gradually mix in the beaten egg, alternating with the flour to stop the mix from curdling. Finally, stir through the vanilla extract and milk.
- 4 Place 12 paper cupcake cases into a muffin tin and divide the mixture between them.
- 5 Bake for 15-20 minutes until golden and springy to the touch. Remove from the oven and cool on a wire rack.
- 6 For the frosting: in a mixing bowl beat the butter with a spoon or spatula until smooth, then start to sift in the icing sugar, stirring regularly. Add the vanilla extract and milk. The frosting should be light and creamy.
- 7 Mix your chosen food colouring into the icing to give an even colour.
- 8 Once the cupcakes are completely cool, spoon or pipe the icing onto your cupcakes and finish with decorations. Then allow to set for at least 30 mins.



Voice!



Bristol & South Gloucestershire Young Carers Voice Newsletter 2014

Young Carer Champions

Josie and Rhiannon went to a conference held by The Children's Society. The event aimed to give young carers confidence and teach them skills to speak out to local authorities about their needs.

They went to different workshops, including journalism and building skills to take to the Young Carers Festival. They also found out about a website called Make Waves. This is a safe social network, where you can connect to and chat to other young carers who are not from your young carers group.

Rhiannon writes: "We learned that you have to have certain values to be a champion. These include being committed and being a good team player. But you also have to be an individual and a leader and have good communication."

Power to change

The Young Carers Voice forum had a meeting at City Hall in November 2013. This is where I found out that schools can sign up with Young Carers in Education (YCE) to get support so the school can be a better environment for children who have extra responsibilities.

I was very curious to find out if my school was part of this so at the end I asked. Sadly I found that the school was not and wouldn't reply to any calls and messages. After this I knew something needed to be done!

The very next day I took a copy of the leaflet into school and had a chat with



Josie from South Gloucestershire and Rhiannon from Bristol

Josie writes: "Overall it was a brilliant experience and I would recommend it to others to take up the opportunity if offered. It gave me a chance to meet other young people from around the country and I have gained a lot of confidence

the vice principal to find out why our school is not part of YCE. After that I was sent to the safeguarding officer and explained why we need to join YCE and how it would make our school a better place for everyone.

Later on that day the safeguarding officer told me

This newsletter has been written and designed by Young Carers Voice members. We are a group of young carers from Bristol who are delighted to be joined by a newly formed group in South Gloucestershire. We meet to talk about the issues that are affecting us and so our voices can be heard. We make a difference!

by attending. I've never really seen myself as someone who can be a leader but I found the sessions really useful and educational. I look forward to putting what I have learnt into practice."

You can find out more about Make Waves at: <https://www.makewav.es/>

Which cheese is made backwards?

that the school has joined YCE. I was extremely happy and felt proud, because I found that if you ask and stand up for something, then you have the power to change it and make it better.

By Nazish, age 16

Does your school belong to Young Carers in Education? Find out more on the website:

www.carerssupportcentre.org.uk/young-carers/



Caring for someone with mental ill-health



Young Carers Voice has been working with Avon & Wiltshire Mental Health Partnership NHS Trust (AWP) on a film about young carers who look after someone with mental ill-health. The 10 minute film, called *Looking after Mum* tells the story of 2 young women who both care for their mothers. One of those young carers is Nazish, and she talks about her involvement with the project.

"It was my first Young Carers Voice forum meeting and we were having a presentation from Simon who works for AWP mental health. He talked about wanting to improve the mental health web page for young carers. The meeting lasted 2 hours in which the group decided that we should have a video with a carer's story, their feelings and the support they got.

A few weeks later, at my second YCV meeting, one of the workers told me that Simon would like to film me. This was my first big opportunity and I was super excited. That evening I went home and got consent from my mum, to be part of this amazing project.

And we all know what the outcome was. It was a life

changing experience for me. A few weeks passed and then finally I met up with John who filmed and edited everything in two weeks. And soon after that came the launch day. I was so excited but very nervous at the same time.

I got a lot out of this amazing project and am extremely humbled by the experience I gained. Knowing that this film will be changing lives gives me the feeling of warmth and happiness. I believe that the *Looking after Mum* film is really important. I hope it will give another young carer out there the confidence and courage to ask for help to improve their life.

I hope that this film can help with the stigma that is attached with mental health. And I hope



it can change a young person's life, by letting them know that they are not alone faced with the problems and hardships with mental illness. By Nazish, aged 16

To see the film go to: www.carerssupportcentre.org.uk/young-carers/ and follow the link.

Which cheese is best for enticing bears?

I love being a carer

I've been caring all my life. I care for my mum and my sister. I never really thought of it as being a young carer until I joined because I was used to it. I help cook, clean and just help around the house or when we are in hospital.

It can be hard sometimes but it's rewarding though. Like, if my mum is having a bad day or my sister is having a bad day and I'm able to make them smile then it does make my day. I rarely go out with my friends but they all understand and help. But, as me and my sister are growing up, I'm allowed out more often, that's a lot of help.

The Young Carers project has been a great help. I've been able to take breaks and enjoy myself and also meet other young carers. They give me someone to talk to.

Homework can be hard sometimes but school helps with that. I have also found out there are many other young carers who go to my school or live by me so I get to meet up with them. This is good as they understand what it's like for me.

I love being a carer, though there are ups and downs to it. People always ask if it's hard and truthfully, some of it is. But I have also grown up doing it, so it's normal.

Kayleigh, age 14

It's hard work looking after mum

I look after my mum who has osteoarthritis and depression. She has her happy days and sad days too but she's mostly happy. She also suffers with type 2 diabetes and carpal tunnel, underactive thyroid, sleep apnoea and a lot more... but there are too many to mention.

It's hard work looking after mum. She's in pain most of the time and sometimes she's depressed and sad. Sometimes for no reason, sometimes there is a reason. She has to hire a disabled scooter to go out and we take taxis everywhere because she can't access the buses as she can't walk to the bus stop.

We still find fun things to do together and, to be honest, mum tries to take me everywhere to make sure I have a lovely childhood. It's also hard because I'm an only child and I have a special need. My special

needs are Spastic diplegia and learning difficulties.

I help my mum by sometimes cooking, making hot drinks, putting on her shoes and socks, coats, her clothes. I pick up her stick and help her to bed and try to fit school in as well. Sometimes that makes my homework late and some of my teacher are not understanding at all.

Enya, age 14

What cheese can you hide a horse in?

Deciding what's important for YCV

In February, young carers from Bristol and South Gloucestershire joined together at Bristol YHA to talk about the things we think are important for Young Carers Voice. We looked at our main priorities last year. We also looked at job roles as we felt people wanted jobs so they could feel more part of YCV. We did another challenge to decide our main priority for this year: which is to expand the group.

After all that work, in the afternoon, we went on a trip on the Matthew. We were told the history of the boat and took lots of photos. We had a really good time, with smoothies served on deck.

By Carly, age 18



Credit: Alexander Caminada Photography



Gloucestershire Young Carers Visit

In October 2013 Young Carers Voice Bristol went to Gloucestershire to meet their Voice Group. We were joined by some young carers from South Gloucestershire as well, who were keen to set up their own group.

The session let us share our experiences of what it's like to be a young carer. We got to meet people in similar situations and swapped stories about visiting doctors' surgeries and hospitals. We also talked about what we think is important about a Young Carers Group. Groups like this give us a nice place to go, somewhere to have some fun.

Overall we had a really enjoyable time - big thanks to the Gloucestershire Voice Group and good luck to South Gloucestershire Group.

By Becky, age 16

What did the cheese say to himself in the mirror?



1. What did the cheese say to himself in the mirror? **Haloumi!**
 2. What cheese can you hide a horse in? **Mascarpone**
 3. What kind of cheese isn't yours? **Nacho cheese**
 4. Which cheese is made backwards? **Edam**
 5. Which cheese is best for enticing bears? **Camembert**
- Quiz answers**
 1 - Snickers
 2 - Quaffly Street
 3 - Smarties
 4 - Polo
 5 - Kit Kat
 6 - Dolly Mixtures
 7 - Milk Tray
 8 - Jelly Babies
 9 - Wispa
 10 - Twirl!
 11 - Milky Way
 12 - Galaxy
 13 - Lion Bar
 14 - Humbug
 15 - Picnic
 16 - Bounty
 17 - Dime Bar
 18 - Wine Gums
 19 - Candy Floss

Here are the answers
 Did you spot the riddles?