

Scarborough & Ryedale Carers Resource

young adult carers

Supporting young adult carers (18 - 35)



LOTTERY FUNDED

We are One.....

Happy birthday to us,
Happy birthday to us...(that's enough of that -Ed). Time to celebrate the Young Adult Carers project is one year old.



We will have a variety of professionals from agencies that work across the area. We hope to see as many

of you there as can make it!

We are holding a celebration event on Thursday 19th January at Stephen Joseph Theatre in Scarborough at 10am.

For further details or to save a piece of cake call Scarborough & Ryedale Carers Resource on (01723) 850155 or email Neil or Jodie at

neil@carersresource.net or jodie@carersresource.net

Join us for a slice of birthday cake and find out what has been happening over the past year and our exciting plans for the next 12 months.

We are expecting the Mayor of the Borough of Scarborough.

Winter 2012

Dates for your diary

- Mexican Meal— Wednesday 18th January - The Carousel, Scarborough @ 5pm
- Birthday Event— Thursday 19th January - Stephen Joseph Theatre, Scarborough @ 10am
- NHS Health Trainers— Briercliffe Childrens Centre — Thursday 26th January @ 1.30pm

Your views

What you say is important to us.

We have a new survey for the New Year.

Would you take 5 minutes over a cuppa to fill this in and let us know what you would like to do and help shape the future of the project.

We can then plan support, activities, training, social groups and other exciting things that you would like to do.

We are planning many exciting events over the next few months.

Steering Group



Steering group members celebrating the BIG lottery funding. The group meet quarterly to shape the future of the project.

If you would like more information on the Young Adult Carers project then get in touch with us

By email to yac@carersresource.net

Give us a call on (01723) 850155

Check out the Young Adult Carers page on our website www.carersresource.net

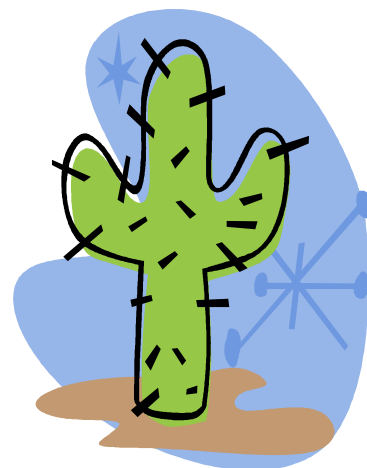
Follow us on Facebook and Twitter.

Mexican Madness



The meals out at The Carousel in Scarborough have been a success so far. Join us for an evening of fun and food. The drinks are good too with the new j2o Glitter Berry adding glitz and glamour to our meals.

Following three meals out so far we are going Mexican in the New Year, its Mexican night on a Wednesday. So put on your sombrero (it's a large hat) and join us on Wednesday 18th January at 5pm.



Ryedale Social Group New year, New career?

The Ryedale "Cuppa and a chat" social group is thriving however we always welcome new people.

Do you have an hour to spare on a Monday morning?



Pop along and say hello to us, we meet at **Caffe Stop** on Burgate in **Pickering** at 10am, the last Monday of every month.

Join us on Monday 30th January and again on Monday 27th February.

Live in **Whitby**?

Want to meet others?

Let us know and we will arrange to meet with you or join one of our groups.

Now its 2012, do you wish to get into training, employment or need advice and direction?

The Young Adult Carers project will be helping people complete New Year action plans at **Briercliffe Children's Centre** on Thursday 23rd February from 1.30pm. If you would like further information on courses, opportunities and advice contact Gina Culling at gina@carersresource.net

Saturday Special

Busy on a weekday?

Work Monday to Friday?

Weekends your only spare time?

The Scarborough social group is holding a special Saturday Morning social:

Join us on Saturday 28th January

At **Roasters** on **Aberdeen Walk**, Scarborough at 10am

Let us buy you a coffee!





Bowled Over

We are going 10 pin bowling this winter, join us for an evening at Olympia in Scarborough.

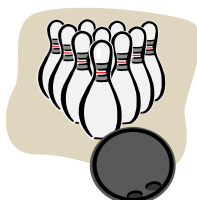
Let us know if you would like to go.

Contact neil@carersresource.net

We are planning other activities over the next few months, let us know what you would like to do.



See you soon!



Muppet Madness

Do you remember the Muppets?

Who can remember these:

Miss Piggy, Kermit, Bunsen & Burner, Fozzie, Gonzo and Animal?

Well Disney are releasing a new version on the 17th February and we thought it only polite to go and watch.

Check our website for dates or email neil@carersresource.net for further details.

Briercliffe Childrens Centre

The Young Adult Carers project has teamed up with Briercliffe Childrens Centre to provide some sessions.

We have held some craft sessions in the autumn and we are having guest speakers each month during 2012.

These are on a Thursday afternoon from 1.30-3pm.

The programme for the new year is as follows:

NHS Health Trainers—26th Jan
Training, Employment and Career Advice —23rd Feb

TBC—15th March

Join us for a cuppa and catch up.



Moving & Handling

Do you help someone?

Do you lift someone or something?

Do you lift...People, furniture, shopping?

Would you like some training on Moving & Handling techniques?

Scarborough & Ryedale Carers Resource have teamed up with Surecare to provide training free of charge to carers.

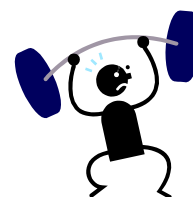
We have a limited number of places each month.

To express an interest or to find out further details contact Julie Graves - Support and Training Officer on (01723) 850155 or email:

julie@carersresource.net

We will be holding other courses over the next year if you would like put on our mailing list contact:

neil@carersresource.net
for further details.



The Young Adult Carers information roadshow will be going around again at the start of the year

Find us at:

- Scarborough Womens Community Project — Wednesday 18th January 11-1pm
- "Money Matters" Tuesday 31st January 6.30-8pm - Contact us for details and to book a place
- Hull University, Scarborough Campus— Volunteer information event—Thursday 9th February 11am-1pm

The Young Adult Carers roadshow will be touring events and shows during the summer months.

Scarborough & Ryedale Carers Resource

Scarborough and Ryedale Carers Resource is a voluntary sector organisation providing support, advice and information to carers.

A carer is someone who provides unpaid care or support to a partner, relative, neighbour or friend who has a physical or mental illness or disability, or who needs support due to a learning disability or issues relating to substance misuse or age.

Join us

Over the past 12 months we have held regular social groups across Scarborough, Whitby and Ryedale.

The highlight of these has been the meals out to The Carousel in Scarborough. These will be held regularly throughout 2012.

For further details on Young Adult Carer social groups, activities and volunteering opportunities contact our activities and volunteer co-ordinator on (01723) 850155 or email neil@carersresource.net

Volunteering

The Young Adult Carers project is seeking people with a few hours to spare to help raise awareness of the project in the Scarborough, Whitby & Ryedale areas.

Could you help us with putting up an information stand and talk to people about the Young Adult Carers Project?



Young Adult Carers Christmas Party Night



Promoting the Young Adult Carers Project