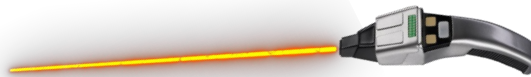


Calling all Heroes, Geeks and Gamers!



On **April 9th** we will be heading down to the Spa Pavilion in Scarborough for the annual Sci-Fi Scarborough weekend! This promises to be an amazing event featuring stars from your favorite Sci-Fi and Fantasy TV shows and films. The guest list includes cast members from Star Trek Voyager, Game of Thrones, Dr Who, Harry Potter and Babylon 5. There will also be comic book artists Gary Erskine, David Hine and Kev Crossley.



There will be a huge array of stalls selling everything that a geek, nerd or space buff could ever want; from comics to memorabilia, furniture to clothing!



The plan of the day is:

- Meet at Scarborough Train Station at **9:30am** and walk to the venue together.
- We ask you to bring either money for lunch there or your own pack up.
- It is an all-day event so feel free to leave whenever you want to, we will be collectively leaving no later than 5:00pm.

Costumes are very much encouraged (but not essential) as there will be cosplay events, photo shoots and prizes given to the best costumes. If you have a hard time putting something together, give me a call and we can discuss the options.



Contact.

David Jackson

01723 850155

david@carersresource.net

Follow us on:



MATTER

Matter has been created by Carers Trust to provide an online space for young adult carers aged 16–25 to connect, share their experiences, and access trusted support.

The vision of the site is to bring together young

adult carers from across the UK, as well as those who work with young adult carers, via an online space which is safe, fun, and most of all, inspiring. There is an online community team on hand to provide

support as and when needed, by messaging or email.

If you're aged 16–25 and are caring for a family member or friend, Matter is a platform for you to share your story with others and to hear the stories of those

with similar experiences to your own. Your thoughts, your world, matter.

matter.carers.org



Carers Assessment—Know Your Rights!

As a young adult carer you have the right to be supported and to get the help you need. You have this right whether you look after someone every day or from time to time, or if you do a lot of caring or only a little.

You shouldn't be doing a caring role that:

- Makes you feel worried, sad or lonely.
- Makes your health worse.
- Means that you miss out on time with friends.
- Means you do worse at school, college or university.
- Stops you getting a job or keeping a job.
- Stops you wanting to achieve your goals for the future.

Your needs are important. That is why there are laws that tell your council that they have to find out what support you need by asking you some questions. This is called an assessment.

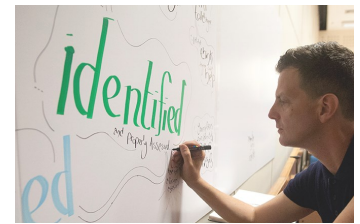
An assessment is a discussion to find out information about:

- You
- The caring you do

This is so that the person doing the assessment can make decisions, with you, about:

- Whether your situation is okay.
- If more support would help you and the person you care for.

An assessment isn't an exam, and it isn't about how good you are at supporting the person you care for. It is about finding out if the council is doing enough so that you have the same chances as other people your age. **You can request a Carers Assessment from us at Carers Resource.**



Carers Wellbeing Group

Drop in for a chat and a cuppa. Share ideas of how to unwind.

Meet new people. Time to rest and relax. Have some quality time for yourself.

Where: **Stephen Joseph Theatre**

When:

Wednesdays from 10 – 12 noon

**20 Apr, 18 May, 15 Jun,
20 Jul, 17 Aug and 21 Sept**



Steering Group

The date for the Next Young Adult Carers Project Steering Group is **May 17th** at Scarborough Library at **10:30am**. All welcome. Please call **01723 850155** to confirm attendance

