

# NEWSLETTER NEWSLETTER

## Young Carers

Autumn/Winter

2009/10

# Welcome to our Autumn/Winter Newsletter



## Young Carers Conference - October, 2009

**“WOW, what a fantastic event. It was a privilege to meet so many inspiring young people and to hear some very personal stories about the lives of young carers in Hertfordshire; it gave me a real insight”.**

*Councillor Jane Pitman, speaking after the event*



Young carers from across the county got the chance to tell the adults in charge, what matters most to them at the Young Carers Conference, held in October at the Trestle Arts Base in St. Albans.

Young people from the Young Carers' Council gave presentations and showed videos to highlight some of the issues that face young carers on a day to day basis.

There was a fantastic dance routine performed by some very talented pupils from Kings Langley School and young people from the Young Carers' Project.

One of the best parts of the day was playing “people bingo”. This put the spotlight on the professionals in the audience, who had to say how they would use their job to help young carers. The adults got their chance to find out more about what it’s actually like to be a young carer, during a question and answer session.

The event was expertly chaired by two young carers, Ellie, the chair of the Young Carers' Council and Jack her deputy, who worked alongside other young people from the Young Carers Council and staff at Carers in Hertfordshire Young Carers Project to organise the day.

After the main part of the conference, Jack and Steffan, another member of the Young Carers Council had the chance to interview Councillor Jane Pitman, from Hertfordshire County Council. They asked some really difficult questions and made sure that Councillor Pitman, who speaks up for the children and young people at council meetings, left knowing why it is so important to look out for young carers.



By Nick Pearce

Carers in Hertfordshire  
(Communications Officer)

Q. What do you call a cat that does not come when you call?

A. Impossible

Q. What happened to the cat who fell off her broomstick?

A. It was a catastrophe!

Q. Doctor, doctor, I think I'm a cat.

How long have you felt like this?

A. Since I was a kitten

Q. What is a glow worms favourite song?

A. Wake me up before you glow glow

(Alicia receives a £5 gift voucher for her great jokes!)

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## Our Stories.....

**M**y name is Jacqueline and I am 12 years old. I care for my dad who suffers from diabetes and a disease called Spinalstenosis. He is wheelchair bound.

I am the only child and my dad does not have someone come in the house to help him, so I do most things for him. Some of the things I do are cooking, cleaning, washing up, helping him up and down the stairs and many more things.

In my spare time I go to town with my friends (usually on a Saturday). I can't wait to make lots of new friends when I join the Young Carers Project.

I think that the people who run the young carers project are extraordinary people, if it wasn't for them, I would probably have a very dull life because I would not meet other carers like me in the same situation, and be able to talk about what we do and I would not go on days out. So thank you to all those people who put in all that effort just for me.

Thank you so much.

*(Jacqueline receives a £10 gift voucher for her story.....)*

*(If you have a story or something you would like to share, then send it in to the office the address can be found on the front of this newsletter.)*

## My Holiday in America

**M**y name is Molly, I am 10 years old and I help care for my younger sister who has epilepsy. A few years ago, my grandparents (on my dad's side) died. In their will, they left my mum some money. She decided to do something really special with it to remember them by, so we went to

A M E R I C A

I really enjoyed the whole holiday, but there are two things that really stood out for me; The Ben & Jerry Ice Cream Factory in Vermont, and whale watching in Cape Cod.

The Ben & Gerry's factory was great! First we went on a tour of the factory, watching a short film about how Ben & Jerry started and then watching the workers make ice-cream before finally tasting a sample of the ice-cream that they had made that day. After that, we bought some ice-cream and went to the ice-cream graveyard. This is where Ben & Jerry put all the flavours to rest that never worked. They had strange flavours like Peanut Butter Cookie Dough and Pear & Popcorn. There were tombstones for each flavour, and they had little funny rhymes on each one.



The whale watching was breathtaking. At first it seemed like we weren't going to see a whale at all **then we saw one!** It kept jumping out of the water and sometimes it twisted before it landed! We spent ages with that whale but we came across a mother and calf. The calf was huge! The fourth and final whale we saw was the biggest. It got so close that if the boat hadn't been there I could have reached out and touched it.

**It was the best holiday ever!!**

*(Molly received a £10 Gift Voucher for her thrilling holiday account.)*

## JAMES BOND

The North Herts Young Carers Support Group Play Party Hosts!!

*"Shaken not stirred!"*

To celebrate National Carers Week, young carers from the North Herts and East Herts Young Carers Support Groups came together to enjoy a fun evening of James Bond style activities interpreting the theme of National Carers Week *'The UK's Secret Service'* The event took place on the 11<sup>TH</sup> June at The Nightingale Day Centre in Hitchin.

In a casino like atmosphere young carers and guests enjoyed a buffet supper, washed down with Mocktails and tried their luck on the roulette wheel and various card games. To round off the evening there was a prize for the most stylishly dressed young person.

"That was really COOL, when can we have another party!!"



### Clubs near you.....

There are other clubs around the county providing support for young carers.

They organise fun activities and trips out.

To find out if there is a club near you, please contact us by phone:

(01992 586969 or email [cindy.honour@carersinherts.org.uk](mailto:cindy.honour@carersinherts.org.uk))

## New Chair & Vice Chair for the Young Carers Council



In September, Jack & Ellie officially took up the posts of Chair & Vice Chair of The Young Carers Council



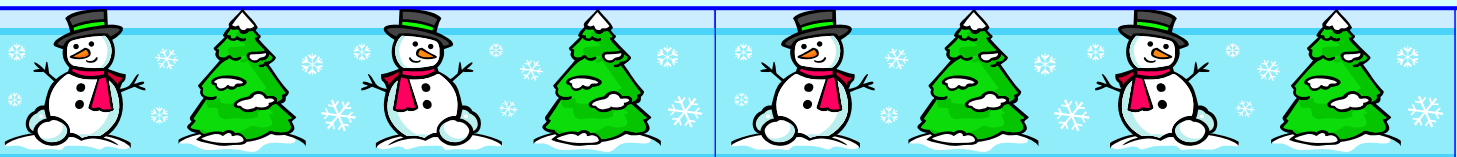
Ellie was asked how she felt after the election.

*"I am extremely excited to be the new Chair of the Young Carers Council. I am really chuffed that people trust me enough to be Chair. I am so a happy that I will be working with Jack. I am pretty sure that we will both do our best and work together to get things done. I am ready for the hard work and the fun".*

If there are any issues that you would like to raise with Ellie and Jack that can be discussed at the Young Carers Council Meeting, then drop them a line via:

Koolcarers Website – [www.koolcarers.org.uk](http://www.koolcarers.org.uk) (Contact Form)

They would like to hear from you, so would we.



The Young Carers Project, would like to wish you all a Happy Christmas Break.

*Cindy,*

*Marie,*

*Cheryll*