

Young Carer Coordinator Newsletter



Upcoming Dates

20/1/2021 We Care Exclusive training, *Using the We Care portal*

10/2/2022 Young Carer Coordinator network meeting Teams

25/2/2022 City of Edinburgh Council portal online training no.2

18/3/2022 How to be a Great Young Carer Coordinator training



We Care Award Congratulations

It has been another fantastic year for the We Care Award. Congratulations to all schools who put forward evidence for the We Recognise and We Develop stage of the Award. It was great to see the fabulous work you are doing to identify and support young carers!



The Edinburgh Academy



LOCHGELLY HIGH SCHOOL



Reminders

Contact your School Project Manager/ School's Worker to discuss awareness raising in 2022.

We are looking forward to coming into schools to host workshops, whole-school CLPL and assemblies. Secure your place now!

CAPITAL CARERS YOUNG CARERS PROJECT UPDATE

(previously North West Carers)

THIS TERM SO FAR...

We have had a busy time this term, the groups have been back face to face in Kirkliston and Muirhouse for all ages of young carers.

Kirsty and Ruth have been out and about completing Young Carers Statements and meeting young carers. If you see them in your school do say hello and introduce yourself.

In the October break we were fortunate to get out and about with our groups. We went on lots of adventures and had lots of fun, giggles and a few frights! We all feel fitter and healthier from all that running around!

Look out for our hashtag **#beyoungcareraware** in our Twitter, Instagram or Facebook posts and keep a special look out for this next term around Young Carers Action Day in March 2022.

Capital Carers Young Carers Team works across North West Edinburgh, encompassing Inverleith, Almond, Forth and Western.



Our groups also took part in the Scottish Machairs poetry competition, A Poem for Scotland, all about Scotland and the climate for COP 26.

Although none of their entries made it to the final version of the poem, they are going to be used in a future piece of work, celebrating everyone who took part!



What have we been up to this term?

- Lots of one-to-one support
- Weekly groups face to face, including arts and crafts, pumpkin carving, hamma beads and Christmas crafts.
- Life skills work, to help young carers continue learning, keep safe and support them with their wellbeing and positive mental health.
- Accepted lots of new referrals.
- Delivered young carers awareness classes in

'Thank you so much for all your work with the pupils the last few weeks. It has been amazing, so engaging and so interesting'

'Thanks he said that it was good for him to get a good chat with someone not so close, we appreciate the support you gave him'

For further information:

Schools work contact: Shona at shona@nwcarers.org.uk 07471669453

Support and Statements contact:

Kirsty or Ruth at
kirsty@nwcarers.org.uk 07766131736
ruth@nwcarers.org.uk 07760567741

An Update from Edinburgh Young Carers



PETE'S PEDAL FOR YOUNG CARERS

Peter Wright, founder and patron of the Green Team, cycled 941km around the watershed of Scotland to raise funds to enable The Green Team to support young carers to enjoy time outdoors in nature. Peter completed the solo cycle following the Scottish watershed route as closely as possible. He started the challenge on the 18th August from the Scottish Borders, winding his way across the country to his finishing point in the North of Scotland in Duncansby Bay, almost 950 kilometres and 24 days later. Peter raised over £5000 for our young carers. Here is a link to the film created in partnership with the Green Team <https://www.greenteam.org.uk/petes-pedal-for-young-carers/>

DRUG AND ALCOHOL PROJECT GOOD NEWS STORIES!

We are thrilled to announce that four of our +16 YCs have managed to find a job over the last month, one of them after being referred to the Wellbeing and Employability Service of Canongate Youth. This is the result of preparation and lots of hard work, we couldn't be prouder!

Some of our YCs have made great progress thanks to the swimming classes delivered by the Royal Commonwealth pool. Every Thursday, they learn about coordination, balance and motor skills, and they also develop their own social skills. Instructors at the RCP are so impressed about how quickly they are developing their swimming skills! Finally, Last month we had the chance to run four horse riding groups at the Drum RDA. The money raised by the Drum allowed 26 YCs access these sessions, which helped them work on their confidence, empathy, communication and trust.



ARE YOU SITTING COMFORTABLY?

Our 5-9s have been so lucky to experience the most amazing story sessions this term! Thanks so much to Vesna at the Children's Library and Storyteller Claire McNicol at the Scottish Storytelling Centre Edinburgh for their magical tales, songs and riddles. #SISFStoryRipple

This Storytelling event has been made possible due to the Scottish International Storytelling Festival's Big Scottish Story Ripple initiative and is supported by TRACS and the Scottish Storytelling Forum (TRACS)

A DREAM COME TRUE!

One of our young carers ultimate dream was to see Cristiano Ronaldo play football! Stepping up to challenge was Gary who is one of our under 12's workers and he sent off a few emails to Man Utd, LNER, First TransPennine, and a few local hotels within the Manchester area asking for help. After a couple of weeks of not getting any response, we started to get a bit disheartened that this wasn't going to happen. Then Man Utd got back to us asking which game the young person would like to go to? Followed by Hotel Football who offered the young person and his mum an overnight stay. Two goals scored, just waiting for the hatrick!!! After 6 phone calls on hold to first Transpennine for roughly about 4 hours, we have the hatrick, our young carer is off to see his idol and his dream is going to become a reality.



NEW CONTACT!

At Space & the Broomhouse Hub we now welcome our new 12-16 year old young carers project worker, Kerry Smith! As well as working with 12-16 year old young carers Kerry is completing Young Carers Statements for the same age group. For under 12's we have Hayley Morrison for Young Carers Statements and they have both been very busy!



RESIDENTIALS

Over the past few months Space & the Broomhouse Hub have been able to run three different residential! Under 12's had an amazing weekend at PGL which was packed with different activities, Young Adult Carers went on a five day trip to the Beautiful Isle of Coll and our Transition Group (P7 to S1) got a night away at Pilton Retreat and had an amazing silent disco and got to meet some Cool Creatures!



For further information
Schools Worker: Erin Clark
erin@spacescot.org