



Young
Carers'
Project

Livin' it up

Summer 2021



Kingston Carers'
Network

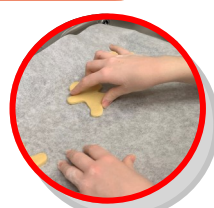


Welcome to the YCP Summer 2021 Newsletter!

Summer is underway, and before we know it
it'll be getting colder again...

This Spring and May half-term have been
very special, but we've still gotten up to lots of
exciting things — take a look inside to see all
about what we have been doing!

Best wishes from the YCP Team!

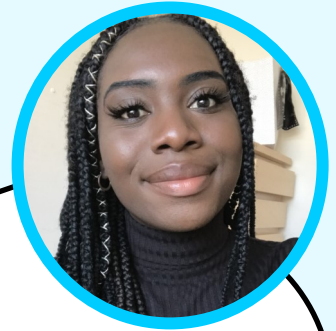


Inside this issue:

- Welcome Page
- Half Term Fun and Easter Activities
- Curiosity Feature
- Zoom Schedule
- Recent Activity Photo Gallery
- Thank You Page
- Jack Petchey Award!
- Teen Zone and Fun Zone — Jurassic Edition!
- Contact Us!

STAFF: WHAT'S NEW?

We are welcoming **Klaire Osuji** to the team...



Hi – my name is Klaire and I've just started working for the Young Carers' Project!

I studied Criminology at University, and then completed my Master's degree in Forensic Mental Health as I was fascinated by the root causes of human behaviour. I have always loved working with children, having worked with many in my previous roles as a Dance Teacher and I have done lots of volunteer work at Recovery Services.

In my spare time I love singing, dancing, and writing poetry/music. I find these the most effective and enjoyable ways to express myself. I am passionate about helping others, especially children, because their childhood experiences can significantly impact their adulthood.

I can't wait to meet you all and have some fun!

The YCP team welcomes Klaire to the fold, loving her enthusiasm and joyful energy. We can't wait for those who haven't already, to meet her!

WELCOME GROUP

The welcome group is a great opportunity for some of our new referrals to get a taste of what to expect on the Young Carers Project. It's packed with lots of fun activities including arts and crafts, outdoor activities, games, and of course there are prizes to be won. The children made watermelon fans to cool down in the hot weather, colourful fish tanks, and they also created some beautiful paper plate paintings. At the end of the session, the children were treated to a ride on the rodeo bull that we organised in celebration of Carers week. We can't wait to welcome more young carers to the Young Carers Project.



A Note from Kingstodian:

The usual full price of admission is £10, however Kingstodian are offering £6 tickets for Carers, those with disabilities and people over 60. Under 18's can attend for free.

Carers can also get a discount on season tickets.

- ★ It best when purchasing the ticket or season ticket to reference Kingston Carers Network.

Half Term Fun!

Even with everyone staying at home for the start of this year, here at YCP we still made the best of the February Half Term! We were able to deliver over 40 Half Term cooking boxes for you to enjoy...

Here are your masterpieces!

Valentine's Day!



Thanks to Sakura, Harry and everyone else for their lovely pictures!

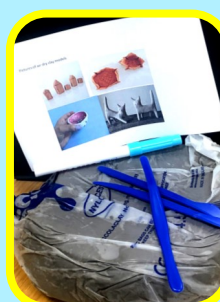
Also a big thank you to Finn for showing us his pancake flipping skills. He had them with Cheese and Ham and with Lemon and Sugar.

What did you like to put on your pancakes?



...more Easter activities

We've been sending you lots of exciting activities to do at home...



...and we hope they've made for some lovely Easter fun!

We love to see photos of you creating and cooking, so please do send them, and we always want to hear what you think—so if you have any feedback, please send it to

Liz at:

ycpteamleader@kingstoncarers.org.uk

HALF TERM CURIOSITY ACTIVITY



We're back outside again! We took a walk in the early afternoon around the Berrylands Nature Reserve. We investigated how the wildlife has changed and adapted for the summer months with binoculars as well. We were joined by Citizen zoo, who showed us all the wonderful things we've been talking about during our zoom sessions. Then we ate snacks and talked about all the exciting things we learned!



Curiosity



Our Curiosity sessions are now well underway and we are very excited by all the fun things we've been able to learn as we play.

We've also had a lot of fun learning about wildlife. **Citizen zoo** joined our Zoom calls and Half Term adventure to share with us lots of cool facts about hibernation, migrating birds, and coniferous and deciduous trees!



We also sent out activity packs, with lots of fun wildlife and science activities to do at home.

Some of our previous experiments:

- ★ Kinetic Sand
- ★ Homopolar Motor
- ★ Fun with Magnets



Continuing on in our Year 2 for Curiosity! We are looking forward to welcoming new young carers to the project. We have even elected peer mentors to welcome new young people to the club!

Coming Up:

Circuit Making (Create your own light up cards)



REGULAR DROP INS

Searchlight Drop In Sessions

Searchlight
Community Centre
Kingston Road, KT3 3RX

Mondays
3.30pm to 5.30pm
Including school
holidays!

Every Monday, for ages
5-11 years.

Running **fortnightly**, in
two separate bubbles,
due to current
restrictions.

We also offer
weekly YG Zoom
sessions on
Thursdays until the
15th of July.

Moor Lane Drop in Sessions

Moor Lane Centre
Moor Lane, Chessington
KT9 2AA

Tuesdays
3.30pm to 5.30pm
Including school holidays!

Every Tuesday, for ages 5-
11 years.

Running **fortnightly**, in
two separate bubbles,
due to current
restrictions.

Please let us know in advance if you would like to attend the drop ins, so we can let you know which weeks to attend with your allocated bubble. There is no cost to any of them. Contact us directly for more information. We hope you will join us for a lot of fun!

We run two evening youth groups at Searchlight Community Centre for young carers in school years 7 to 8 and years 9, 10 and 11.

It's a great place to make new friends, do fun activities and generally have a good time. We run these sessions 2 weeks on, 2 weeks off, starting with years 7&8 followed by years 9 to 11. The sessions usually run between 5.30pm–8.00pm. Let us know if you would like to attend and we can let you know any information you

MAY HALF TERM GALLERY



Lots of you have been having great fun on our daytrips!



We are very thankful to everyone who attended and to the volunteers who helped us bring these fantastic days together.

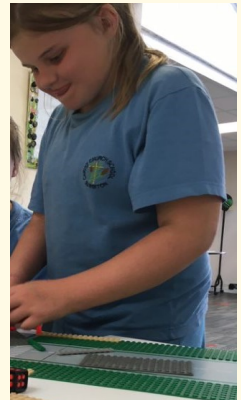


National Carers Week 7—13th June.

We wanted to give our young carers who had signed up for our drop ins a treat to celebrate Carers Week!

- Monday we had a MineCraft bouncy castle at the Searchlight Centre which the Young Carers enjoyed.
- Tuesday we had a wonderful session at Busy Bees in Chessington. We had party games, food, sports on the field, a disco and bubbles. Plus a special visit from the Kingston Mayor! Who wanted to talk to us and see what we get up to at Young Carers Drop Ins.
- Wednesday we had fun at the Youth Group playing pie face and a rodeo in the sports hall, even the staff and volunteers had a go!

An Amazing Week!



CARERS' WEEK GALLERY



BRITE BOX GALLERY



Lots of you have been cooking up a storm with the Brite Boxes delivered to you by our wonderful, kind volunteers...



We are very thankful to Brite Box, who have donated these brilliant boxes through Voices of Hope and the Kingsgate Church charity.

BRITE BOX GALLERY

We've enjoyed seeing pictures you've sent of the dishes you've cooked...



Please keep taking photos – or even better, make us a video! – and send them to:

ycpteamleader@kingstoncarers.org.uk

KCN AND SCHOOL

Have you told one of your teachers, a teaching assistant, or someone who works at your school that you are a young carer?

It would be beneficial for your place of education to be aware that you have registered with Kingston Young Carers, and for us to be able to work together to support you and your family as best we can.

If you would like KCN to advise your school for you, you can send us a text giving us permission to do so; alternatively, you can let them know yourself.

**Please be aware for now we have minimal school sessions running at the moment. We hope to resume these fully from September!*

KCN Secondary School Contacts

Chessington School : Mrs Dowell

Coombe Boys : Ms Morris

Coombe Girls : Mr Sedgewicke

Grey Court : Mrs Price

Hollyfield School : Mrs Burrows

Holy Cross School : Mrs Kemp

Kingston Academy : Mr Holmes

Raynes Park High : Miss Finan

Richard Challoner School : Mrs Southall

South Borough : Mr Edwards

St Philips : Mrs Battle

Tiffin Boys : Mrs Shaw

Tiffin Girls : Miss Finch

Tolworth Girls : Mrs Monroe

THANK YOU!

A huge thank you from all of the YCP staff to our brilliant volunteer!



A Special Thank you to...

Paul Reddish!

CEO at Volunteering Matters, paid us a visit recently as part of his 1000km tandem bike ride from Edinburgh to London. Paul gave out special pin badges to our volunteers to thank them for giving their time to help carers.



Sue A !

A very special YCP helper, we are grateful for all her hard work and help. We were also very excited for the bubbles!



THE JACK PETCHEY AWARDS



About the Foundation

The Jack Petchey Foundation was established with the aim of inspiring and motivating young people across London and Essex by providing exciting projects and programs for them get involved in. They also recognise the outstanding achievements of today's young people by awarding them for their hard work and the positive impact that they have in their community.

About Sir Jack Petchey



Sir Jack Petchey, CBE set up the Foundation to encourage young people in London and Essex to work hard and reach their full potential. He believes that each and every young person should be given the chance to achieve. As he always says: "if you think you can, you can!"

How the Awards Work

Young carers, staff, and parents can nominate someone for an award. We then ask the young carers to choose the winners by voting anonymously.

The winners then receive £250 to spend on an activity or equipment for the project. Each winner also receives a framed certificate, and at the end of the year they are invited, along with their family, to celebrate their achievements in a ceremony hosted by the mayor.

JP AWARD WINNERS

"It's amazing! I'm really, really happy!"

"I'm over the moon for these kids. So happy for them!"

"Can't wait 'til I tell my mum!"

The Roll of Honour

*Kyle
Molly-May
Riyad*



"He is amazing; I am so proud."

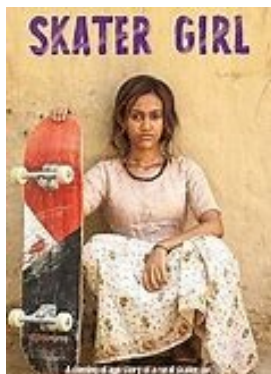
"I'm very, very proud of her."

The exciting activities chosen by our winners include:

Ringos, Trampoline Park, Brighton Pier Ride wristbands

Teen Zone

Something new on Netflix...



Skater Girl

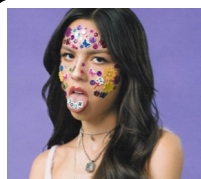
Following your dreams and falling in love with something new...

Revisit a classic on Netflix...



Clueless

A student, discovering the ups and downs of social dynamics...



Have you listened to this month's top hit yet?

Good 4 U by Olivia Rodrigo



ChildLine is a private and confidential

service for children and young people up to the age of 19. You can contact a ChildLine counsellor about anything — no problem is too big or too small. Call free on 0800 1111, have a 1-to-1 chat now online, or send an email through the website:
www.childline.org.uk/Talk/Pages/Email.aspx



Check out this brilliant, supportive social network for young carers, set up and run by Carers' Trust:

www.babble.careres.org

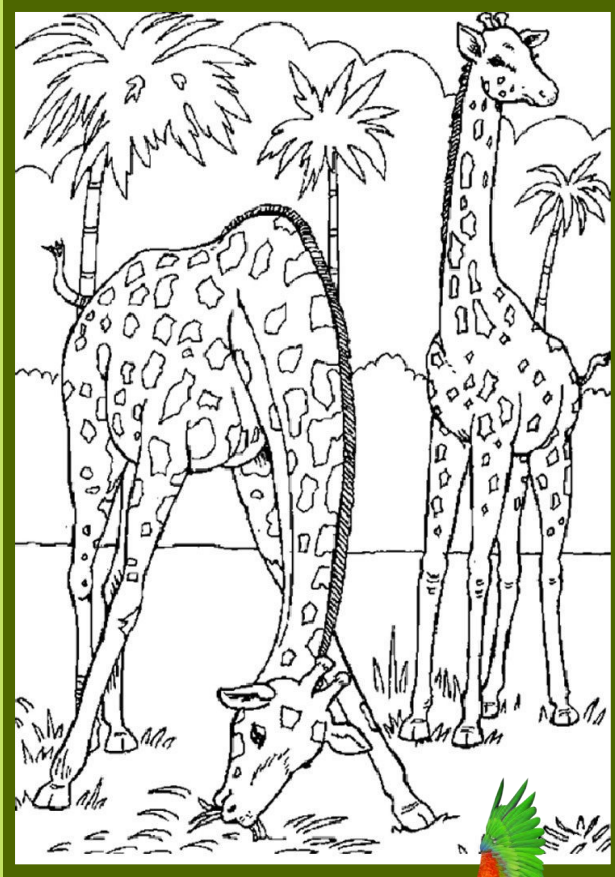
It's a great place to turn to if you're looking for support and aren't sure who to talk to.



FUN ZONE



The Jungle Edition!



JOKES

- Why is it so hard to play cards in the jungle?
- There are too many cheetahs.**

S	C	I	W	P	F
A	W	I	L	D	S
R	I	E	H	T	F
N	T	R	M	Y	C
I	I	H	A	Z	A
U	G	L	R	A	S
R	E	M	E	T	N
A	R	N	Q	U	A
L	E	M	U	R	K
E	N	F	A	W	E
M	R	S	F	L	L
S	A	S	B	P	P
R	L	H	J	A	T
A	X	O	N	H	B
R	H	I	T	K	H
O	A	T	O	H	A
R	S	P	Y	V	P
R	T	I	Z	R	E

Tiger Sloth Wild

Lemur Rain Ape Snake

CONTACT US!



Liz

07551 647 448

ycpteamleader@kingstoncarers.org.uk

Chrissy

07458 300 550

youngcarers2@kingstoncarers.org.uk



Klaire

07565 540 676

youngcarers6@kingstoncarers.org.uk



Imelda

07458 300 552

youngcarers7@kingstoncarers.org.uk



Julie

07458 300 551

targetedsupport@kingstoncarers.org.uk



Nic

monitoringandevaluation@kingstoncarers.org.uk



SUPPORTED BY
MAYOR OF LONDON



LLOYDS BANK FOUNDATION
England & Wales

