



Keeping.In.Touch.

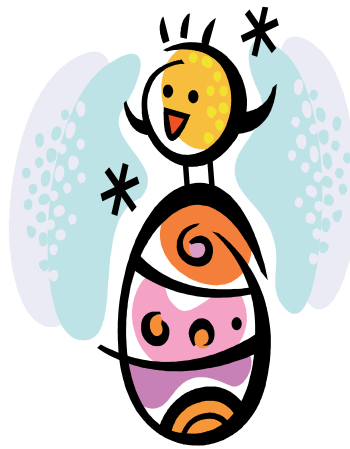
Easter Activities coming up

We have enlisted the help of Lewisham Community Sports to put on some activities over the Easter holiday in April.

There are Junior days on 8th and 15th April and a Senior day on 9th April which will offer everything from Dodgeball, T-shirt making, cake baking, basket ball, team building and more.

We will be sending out flyers and calling people closer to the holiday to put their names down, so unless you are new to the service you don't need to call.

These activities have been very popular when we have trialed them in the past, so we are hoping to run more during the summer holidays to compliment our outdoor activities.



Carers Lewisham
Young Carers Service

Issue 61

March 2008

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Young Carers Club Dates Spring /Summer

Junior dates will be sent out by flyer to all on the list soon, and the Macaroni Woods Weekend 30th May—1st June will be open to those with the highest need who haven't been before. Remember if you are contacting Sue on the night before or day of the club activity then please use the club mobile number (07906 368143), and do not leave messages on the landline number. Senior dates are as follows 26th April, 17th May, 21st June, 19th July. Calls will be made closer to the dates, and you can contact Gari, Marilyn or Caroline on 08000 198841 for more details.

Young Carers Drop in and Forum

The Drop-in continues after school on a Thursday's between 4-6pm. We have had as many as 10 young carers attending to use the computers, play pool, enjoy a drink and a snack, chat and chill out.

We plan to organize a forum meeting four times a year lasting 30 minutes for young carers and workers to discuss the running of the YC service, and make some decisions about the things we do, like the activities and support on offer, planning new challenges for everyone and representing young carers views on the management committee and outside agencies like the Young Mayors panel. If you are interested in joining the forum then let Gari know as soon as possible as the first meeting will be at the end of April, during a drop in session.

Jack Petchey Award Update

The four winners from last year Jessica Toriyen, Shirena Watt, Conor Fagin and Salome Jacob, received their medallions from Jeremy Guscott (former Rugby player) at a presentation on 6th March on stage at the Mermaid theatre, Blackfriars. The winners for January to March this year will be announced at the end of March and will receive a certificate, badge, and £300 cheque to spend on activities for the club, plus they will attend a presentation ceremony like the one already mentioned to get their medallions later in the year. If you would like to nominate someone you think deserves an award for being a good role model or a supportive friend then let us know or you can get a form from the notice board (by the kitchen hatch) at the Carers centre.



COOL Group News

The COOL group will be finishing on 11th March and has proved to be very helpful to those taking part over the six Tuesday after school sessions (between 4-6pm).

We hope to run another one in the near future and are looking for people to join, so if you feel the need for some support or confidence building, then you can get in touch with Marilyn by calling her on 08000 198841 or email marilyn@carerslewisham.org.uk.

Thames Walk for Carers Lewisham in June

We need young carers and their families to take part in the PRTC Thames walk from the London Eye to Greenwich Park (11 miles and you don't have to walk the whole way) on Sunday 8th June. To raise money for Carers Lewisham to support the work we do. The Young Carers walking team will have a minibus to take you to the start unless you choose to travel their yourself, and then the vehicle will be in support for anyone who cannot make the whole distance.

We will be taking our time and enjoying the views and stopping for lunch along the way, so if you are interested then please let us know and we will give you more details and a sponsor form.

Call Gari or Marilyn 08000 198841

New Man to Man Group Meeting 7th April

We have made a new date for the Man to Man workshop (cancelled during half term), to take place on 7th April at the centre 11am till 4pm.

This is for young male carers to get together and offer support to each other sharing experiences and relaxing together, we will have a couple of hours of discussion and information followed by lunch then an activity like biking or bowling or football/ cricket on the park (Burt used to play for the West Indies, in 1932). Please call Burt or Gari on 08000 198841.

Making it Better !!!

We need your help !!

Are you a young person with experience of living with an adult who has mental health problems such as: Bipolar disorder, Schizophrenia, Depression, Anxiety, Self Harm, Substance misuse ?

Would you like to help make a film with other young people that talks about your experiences ?

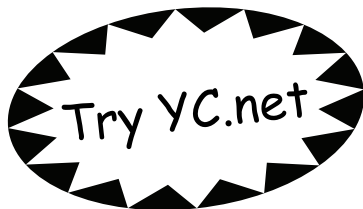
If your interested in getting involved with the film, contact Rajinder from Children's Rights Service on 0208 691 803 Freephone 0800 1693762 (from landlines only) or email LewishamChildrensRights@barnardos.org.uk

**Carers Lewisham Young
Carers Service**

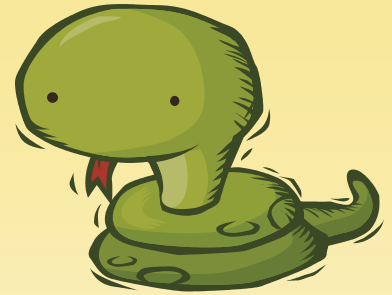
Waldram Place,
Forest Hill,
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SE23 2LB

Phone :020 8699 8686
Fax: 020 8699 0634
E-mail: info@carerslewisham.org.uk

**Caring about Young Carers
in Lewisham**



The Serpent Special ?



1. *What is the name of the biggest snake in south America ?*
2. *What sort of snake is a 'diamond back' ?*
3. *Name the only poisonous snake in Britain ?*
4. *Which snake has a hood ?*
5. *How does a python kill it's dinner ?*

*Answers to Gari by postcard or email
gari@carerslewisham.org.uk by 28th March.*

To win £30 worth of vouchers.

Grants and Holiday Information

The Fix yourself a break fund is available for breaks with your cared for person and family if you haven't had a break for 2 years or a grant in the previous 4 years. For info call Bruce on 020 8699 8686.

The Princess royal Trust for Carers offers the Young Carers Activities Fund (up to £300) for an established interest to fund equipment, tuition or classes related to education or leisure. Provided you haven't had a previous grant for at least a year. Call Gari for a form on 08000 198841.

The PRTC Educational Bursary offers (up to £400) to carers aged 18+ for educational courses including driving lessons. These receive a lot of applications and panels sit every 3-4 months to make decisions, so please note that help can be gained through the Motability scheme.

Our Respite service also arranges group holidays for families where a child has physical or learning disabilities. These are run by carers themselves with support from Carers Lewisham and a centre in Kent where they take place. Contact Bruce on 020 8699 8686 for details.

The Children's Country Holidays Fund provides weekends (£10) and holidays (£25) including transport, accommodation and food for children living in London. If you would like to know more then contact Julie Singleton at CCHF on 020 7401 8142 or look on www.childrenholiday.org.uk

CHICKS offers free sponsored children's holidays (March to Sept) in Devon and Cornwall with all activities and food provided, all that is needed is transport to a meeting point which can be arranged. Ideal for confident children aged 8 -15 individually or in small groups. For info/ booking call Gari or look at the website www.chicks.org.uk

The Next Issue will be in May 2008