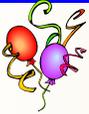
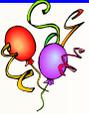




carers in Hertfordshire Young Carers Project **NEWSLETTER**



10th Young Carers Conference



The theme of this year's conference was ...**"A celebration"** as young carers reviewed the success of the Council and the project over the past 10 years.

It was an interesting journey for young carers and staff, looking back at 10 Years of Success!! Conference took place on October 27th at Campus West, Welwyn Garden City.

The first conference held was called a **"Young Carers Gathering"** and from that the Young Carer's Council was formed.

These Conferences would not have been possible without the commitment and participation of the Young Carer's Council members who never fail to lead the event in a professional but very fun way.

This 2011 Conference was a lively and thought provoking event—with a tongue-in-cheek sketch involving two "National Politicians" and some excellent entertainment from the Capel Players. It was very encouraging to welcome six of Hertfordshire's Mayors together with a number of leading County Councillors as their presence demonstrates the widespread commitment amongst our community leaders to supporting young carers.



County Councillor Richard Roberts (Executive Member of Children's Services) cut the Celebration Cake with members of Young Carers Council



Young Carers Presentation with The Capel Players in the background

The dedication of the Young Carers Council Members, to being a voice for young carers across Hertfordshire and raising the awareness of professionals across agencies and within schools, has ensured young carers issues are highlighted and taken into consideration by those attending the Conference and further afield.

They have been an inspiration to other young carers, brilliant role models and have impressed professionals with their ability to express their views, opinion and to speak honestly about their experiences. They have indeed achieved the aims of the Young Carers Council which are to:

- **Raise awareness**
- **Share young carers experiences**
- **Influence improvements in services**

Well done And thank you to the Young Carers Council and all young carers attending the event.

Changes to the Young Carers Service

As some of you might already know, Carers in Hertfordshire's Young Carers Service is changing.

What's changing?

From the start of April we will be doing things differently, the main focus of the service will be to work with children, young people and their families to help them find support locally to reduce the amount of caring the young carers have to do.

Why is it changing?

We have been asked to make changes to part of the Young Carers Service that is funded by Hertfordshire County Council and NHS Hertfordshire. We agree that by making these changes we can help more young carers and make a bigger difference to their lives. We are pleased that their commitment to young carers continues and that the level of funding remains the same.

How will the new service work?

Carers in Hertfordshire staff will visit young carers and their families in their homes so that they can understand the caring situation and find out what sort of help the family might need. They will then work with other organisations like Hertfordshire County Council to find support from local services to reduce the amount of caring the young person has to do.

Breaks and activities

Many of you will know the project through the breaks and activities we have provided. We know that these are very important to young carers and we will be fundraising, so that we can continue to provide them in the future.

Young Carers Councils and Conference

There will still be chances for you to have your say on the things that matter most to you, through the Young Carers Councils and the Young Carers Conference.

Who do I speak to if I need help before April?

If you need to speak to someone before April, please call the Targeted Advice Service within Children's Services on **0300 123 4043**.

Goodbye Cindy and Cheryll

Sadly, Cindy and Cheryll, who many of you will know, are leaving Carers in Hertfordshire. We would like to say a massive thank you to them both for all their hard work over the years, which has made a huge difference to the lives of hundreds of young carers. We would like to wish them success for the future.

Sue Reeve, Chief Executive, Carers in Hertfordshire.

This is our opportunity to say goodbye and thank you to all young carers. Cheryll and I have enjoyed our time at Carers in Hertfordshire. I have worked with young carers now for 11 and a half years and Cheryll six and a half years.

We have always been impressed with the way young carers cope with their varying situations and how dedicated they are to care for family members. We have found it a privilege to work with you and for you.

We will remember with fondness the trips and activities we have been on with you, and the workshops and conferences you have taken part in.

The profile of young carers has been increased across Hertfordshire because of you all, especially the Young Carers Councils.

Marie, who many of you know, will be continuing with young carers, and we look forward to hearing about how the project is moving on and supporting you all.

Best wishes from both of us!!!

Cindy & Cheryll

*The team at this year's Conference with Ellie
(Chair of the Young Carers Council)*



A Day in the life of an apprentice....

The future 565 apprenticeship scheme was launched in Autumn 2009 to create new employment opportunities for 16–24 year olds.

Ellie, Chair of The Young Carers Council is one young carer who has benefited from taking up an apprenticeship under this scheme as a teaching Assistant.

Ellie wanted to experience working in school before deciding on whether to look to teaching as a future career. This is an example of one day as a teaching assistant.

- | | |
|----------------|---|
| 7.30am | My alarm goes off! Everyone hates that! |
| 7.45pm | Up and getting ready. Mums carer comes in and sometimes makes me a cup of tea! |
| 8.45pm | Get to work, Sign in. Go to the staff room, get my drink and see if there are any chocolates or cakes lurking around. It's Monday which means I am in a year 4 class where I support a young boy with autism. |
| 9.30am | Usually at this time, I'm on the carpet in year 4 with my little friend. We are doing numeracy to-day. |
| 10.10am | Assembly time! During this time I either do handwriting intervention or listen to a group of children reading. As it's a Monday I am on medical duty, this means I deal with any accidents that happen, usually bumped heads or scraped knees during break time |
| 11.00am | Break and Assembly have finished, now it's time for Literacy. I do the same thing as I do for numeracy but with a lot more questions about spelling |

Continued from page 3

- 12.45pm** Lunch Time!! This week I have started my young carers group, so for forty minutes between 12:45 and 1:50pm a group of year 5 and 6 talk about things that might be upsetting them and we do activities that boost self esteem and confidence. I then have my lunch and a hot drink. My tea intake has increased dramatically since working in a school.
- 2:00pm** Back to class. This lesson is CLJ (creative learning journey) it covers everything like, music, science, religious studies and PSHCE. Today we were doing what makes us angry. We do a worksheet and then talk about different types of anger and how to deal with it. During this lesson I was marking maths homework and sticking up a display we have been doing on Rome.
- 3:15pm** The children are going home. At the end of the day I make sure all the children take all of their belongings and go home with the right parents/carers. I also need to write a comment in the home/school book for the boy I support about how he has been during the day. Sometimes it is appropriate that I speak to the parents, if the teacher agrees.
- 3:30pm** I tidy the classroom and get my things ready to go home. I go back to the class teacher and ask her any questions I might have. Then I get my stuff say goodbye and sign out!
- 4:00pm** Home again, it wasn't a very stressful day at work, just busy! So I get in, make myself a cup of tea and a slice of toast and then watch a little telly.
- 4:30pm** It's near the end of my course now so I do a little college work. I moan about it a lot but it needs to get done. That's it for today but tomorrow can be a completely different as I am in a year one class. Everyday is different as a teaching assistant!

If you would like information on apprenticeships, contact: Anna Marie at Connexions on 07920 467594

Read any good books lately that you would like to share with other young carers?

**PRESENTS**

It would be fun to hear from you about who got the strangest, funniest or the most useful presents this Christmas.

We would love to hear whether or not you have made a new year's resolution

You can tell us what it is and if you have managed to keep it and, if you haven't kept it WHY?

If you send us a short article on any of the above, it will be printed in the next newsletter and you will receive a £5 Gift Voucher

