

Newsletter

Easter 2021 - Carers Northumberland

Hi Everyone

Happy Easter, I hope you enjoy your break from school. I hope you like your little Easter treat from us at Carers Northumberland. We hope next Easter we will actually be able to see you! Have you got any plans for Easter? I am planning on eating my breakfast cereal out of my easter egg... everyone does that right? I would still love to hear from you about activities, we need some ideas, what would you like to do?

You can contact me by:

Text or WhatsApp to 07500 886 319

Telephone at 01670 320025

Email: info@carersnorthumberland.org.uk

Are you registered?

I may have written out to you with registration forms, if you haven't had a chance to complete these, don't worry!

You can do them online at

<https://tinyurl.com/yxj57dny>

Or Scan the QR code.



Young Carers Grants...

We offer grants to Young Carers so they can

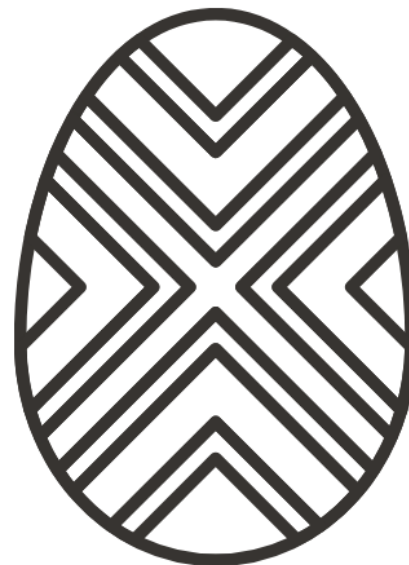
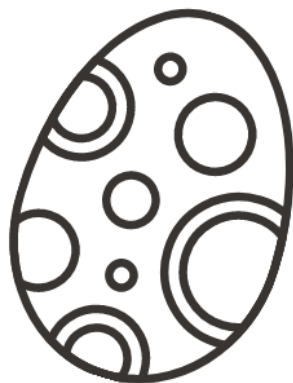
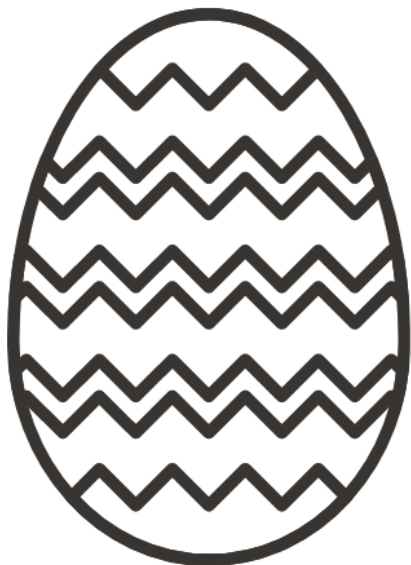
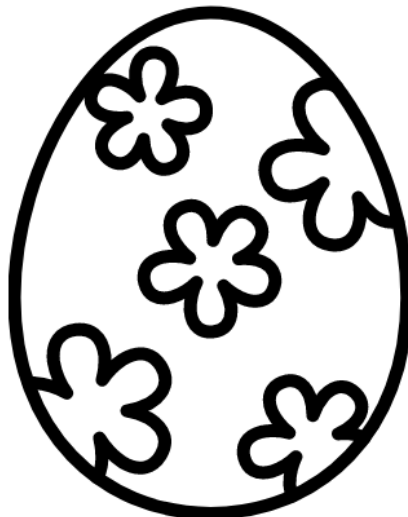
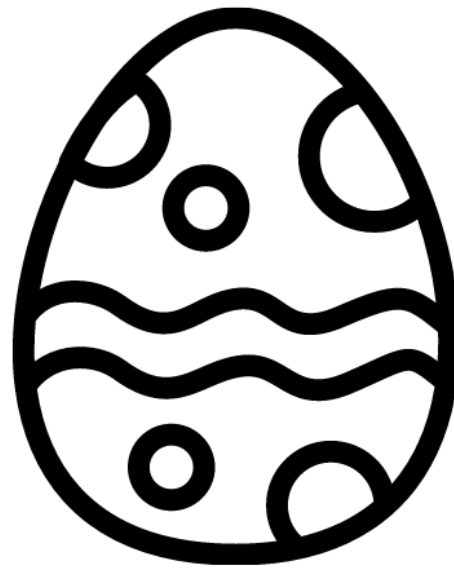
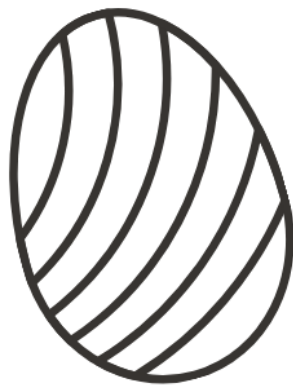
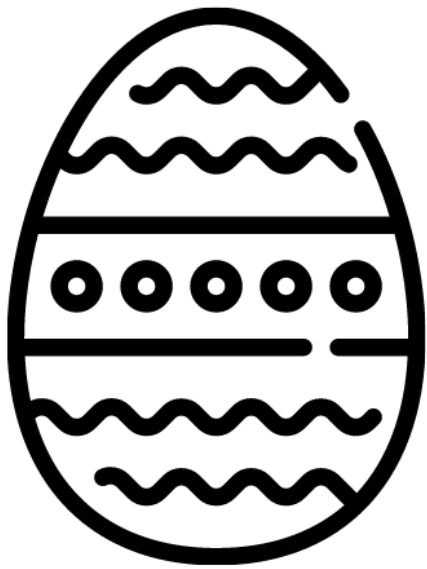
take a break. Some of us find taking part in a hobby helps take our mind off everything, giving YOU a break!

We can't go on days out at the moment, but we can still do fun things at home! You can apply for a grant to buy a bike, a skateboard, computer games or even books and art supplies! Whatever you enjoy...

Our grants are not means tested (this just means we don't ask about your family money) regardless of your circumstances, you can apply.

This small grant is available to all young carers and you can apply every 12 months! The grant is for up to £150, the average grant is around £100. If you would like to apply, please get in touch.





GET
CREATIVE

Are you feeling creative?

Send me your best creations and we will share them in the next newsletter. You could win a £20 Amazon voucher.

It can be anything! A photo, a drawing, poem or short story, anything you feel proud of. Our colour in our Easter Eggs!

Send me your creations!

Covid Vaccine

Young Carers aged 16 & 17 can now be added to the carers list to get the Covid Vaccine. Carers Northumberland are working with local GP surgeries, please do not call your surgery, if you would like the vaccine contact us and we will add you to the list

DID YOU KNOW?

Fun fact of the month...

It has been discovered that gorillas, chimpanzees, and orangutans all laugh when they are tickled. 😂😂😂

Do you have a fun fact to share?

Get in touch.

Young Carer ID cards

During lockdown, many young people had to go into supermarkets and shops to make sure their family had supplies and were often stopped and asked why a child was in the store. We created Young Carer cards which you can hand out to people to identify yourself as a young carer as it can sometimes be hard to explain. You can use these anywhere, with teachers, social workers, in shops or even in your GP surgery. If you would like a supply of these cards, please contact me .

Text or WhatsApp to 07500 886 319

Telephone at 01670 320025



Because growing up can be hard

Voices consultation

We need your help! Children North East (CNE) wants to hear from young people about their experience of the coronavirus pandemic, so they can help shape how the North East responds to the pandemic and ensure children are at the centre of these plans.

CNE is committed to ensuring that every child in the North East grows up healthy and happy, and central to achieving this mission is the importance of engaging, consulting and collaborating with children and young people.

We are in the process of completing a region wide consultation to understand the challenges that children and young people across the region face as a result of Covid-19.

We'll share the findings with our partners, Newcastle University, schools, local authorities and the general public through reports, blogs and press releases. We can share our findings with you. You can also request a summary of the results from Children North East using the contact details provided.

If you would like to get involved with this study and share your experiences, please get in touch with Anne-Marie on

Text or WhatsApp to 07500 886 319

Telephone at 01670 320025

SIBLING SUPERSTARS

Autism Sibling Support Group

Monthly on Thursday Evenings via Zoom

The Toby Henderson Trust
The Doorway to Early Action in Autism

Are you a sibling superstar?

Our friends at the Toby Henderson Trust run a wonderful group for children who have a brother or sister with Autism.

They currently meet online due to Covid restrictions, if you would like to find our more about their group, ask your parent/carer to contact the Toby Henderson Trust on:

Telephone: 0300 365 3055

Email: support@ttht.co.uk



Being the brother or sister to a sibling with autism can be both difficult and rewarding. Some siblings have a very hard time coping the effect of their brother or sister's disability on their family, school, and social life. Acknowledging their feelings about being a sibling to a child with a disability is one of the most important things we can do to help them.

How does it work?

Our virtual Sibling Superstars are for children aged 6+ who can meet others in a similar position. Our group meets once a month via Zoom and invitations are emailed out on a monthly basis. A Zoom access link will be sent out a few days prior to the session. There's no obligation to come to every session; we know that not everyone likes the same thing. That's why we like to mix it up!

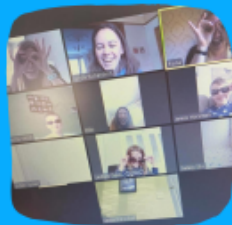
To register your interest for Sibling Superstars and to join the fun, please email lynda.richardson@ttht.co.uk

Get in touch

-  [facebook.com/TheTobyHendersonTrust](https://www.facebook.com/TheTobyHendersonTrust)
-  0300 365 3055
-  @The_toby_henderson_trust
-  support@ttht.co.uk
-  @autismTHT
-  www.ttht.co.uk
-  The Toby Henderson Trust

Toby House, Earth Balance, Bedlington, Northumberland, NE22 7AD

"Siblings Superstars is a lot of fun! I have been able to make new friends and I can talk about my situation with them because they are all in similar ones. When I think of Sibling Superstars I think of fun that I wouldn't be having otherwise!"



"I really like the sibling zoom sessions as it gives my daughter the opportunity to be in contact with others especially during lockdown. Siblings is her "thing" which she can do independently and seeing her communicate with others is making her grow in confidence."

The Toby Henderson Trust



We now have a closed Facebook group. It's completely private and you have to request to join. I will be sharing information and available to have a chat too. If you would like to join please search:

Young Carers – Northumberland

We have some group rules, like no swearing, no sharing outside of the group, but mostly BE KIND...

We would love to hear from you, if you are having trouble finding the page, please drop me a text and I can send you a link.

How to get in touch

Text or WhatsApp to

07500 886 319

Telephone:

01670 320025

Email:

info@carersnorthumberland.org.uk