


Christmas Newsletter

Hello everyone and welcome to our Christmas edition Newsletter. In this newsletter we will be reflecting on what the service has been doing over this very turbulent year and looking ahead to what the service will be concentrating on in the New Year.

Reflecting on 2020

What a year it's been!  The service has continued to operate throughout both lockdowns and offered both socially distanced outdoor activities during school holidays as well as activity packs delivered to families which seem to have proved popular. Mentoring has continued throughout term time and holidays and this year that has also been extended to parents. These sessions have been offered in schools (where the school has allowed visitors), via video calls or as 'walk and talk' meet-ups where appropriate.

We have received an increased number of referrals and welcome new children and families to the service. We hope to get to know you over the coming year and expect to see plenty of new faces at our future events.

As a service we encourage contact from parents either by email or telephone and we are happy to discuss any issues that families are facing as that can help us to better support the young carer and their family/household.

We have also welcomed Joanna Gregory who some of you might recognise from youth club and trips. Joanna is helping with young carer assessments and also mentoring as part of her student placement and she will be with us in this capacity until April.

Youth club

Youth club is currently on hold and will be re-launched when appropriate to do so. So far, feedback seems to be that children prefer face to face sessions but we could look at holding monthly online meet-ups if that feedback changed. The views and opinions of the young carers and parents is always welcome and can be emailed to us at: lives@carersresource.org

Looking ahead

Young people have been particularly impacted by the social changes and rules that have been in force this year and with that in mind, the service will be concentrating on building friendships and social networks which are so important for maintaining resilience.

Trips and activities that we offer may well look different, we will continue to offer minibus trips and exciting venues but we will also include more local meet-ups where the young people can take the time to get to know one another better and hopefully build lasting connections.

This might include picnics, sports days, park meet-ups and organised walks amongst other things.

The children like having the days out and we try to go to places that they haven't been before, but often the logistics and keeping to timings doesn't always allow time for establishing friendships and relationships. We hope that including more laid-back, simple outings will help us get to know the children and the children to get to know each other better. The geography and nature of the Craven area really does allow us to bring together young people who have very similar situations and give them a chance to meet people that they would not come into contact with otherwise simply due to geography/boundaries/districts etc.

Events for parents

As well as offering a service to young carers aged 7-18 the Carers' Resource also supports parent carers throughout Craven and throughout the Bradford district.

Whether you are a parent new to Carers' Resource or are already registered with us, if you would like to participate in any events please let us know. There is a 'private group' Parent Carer Facebook page for each location and in Craven there are upcoming face to face and virtual sessions, see below:

Face to face parent carer coffee meet ups

Come along to meet other parent carers and to chat to our parent carer locality worker about any questions you might have or support you might want to access.

Skipton	Friday 4.12.20	9.30-10.30am
	Friday 8.1.21	9.30-10.30am

These are book on sessions and subject to change due to Covid restrictions.

Virtual parent carer coffee meet ups

Come along to meet other parent carers via video and to chat to our parent carer locality worker about any questions you might have or support you might want to access.

<u>Harrogate District & Craven District</u>		
Tuesday	15.12.20	1.30-2.30pm
Wednesday	20.1.21	1.30-2.30pm
Wednesday	4.2.21	1.30-2.30pm

Contact Natalie Baxter 07801 577196 nbaxter@carersresource.org for the links to join or book onto these sessions.

Activities from other Organisations

CALL OUT FOR YOUNG PEOPLE FROM NORTH YORKSHIRE

DANCE OPPORTUNITY FOR 11-16 YRS

- JOIN OUR FREE ZOOM DANCE TASTER SESSION
- 30/11/2020 6:30-7:30 PM
- FEEL GOOD, HAVE FUN, NO EXPERIENCE NEEDED
- CONTACT UNIONOFDANCEUK@GMAIL.COM 07814012081



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YORKSHIRE DANCE

Christmas Activities

Please note numbers are limited, please book as soon as possible.

Activity	Date / Time	How session will be held
Mini Gingerbread Baking Kit from Craft & Crumb	A nice activity to do at home at a day/time to suit you.	Kit delivered to your address during w/c 14 th December. If interested please email: lives@carersresource.org
Mind & Draw Creative Art sessions (Secondary age)	Thursday 10th December at 6:30pm 1 hour of art/drawing and then 30 mins to chat	Via Zoom, please email Sarah Beard of our Harrogate Team to book and get the zoom link. sbeard@carersresource.org
Online contemporary dance session. Promoting confidence and teamwork, this fun session includes games as well as dancing.	Monday 21 st December 9.45am – 11am	Held via Zoom and hosted by Joanna Gregory, delivered by Katy Hewison of RURAL STEPS. To book please email jgregory@carersresource.org