



**Drama Workshop**



**Cattle Country**



**Waitrose Cooking**



## The Wilderness Centre

In the summer holidays 48 young carers went to the Wilderness Centre in the Forest of Dean. We had two groups of young carers: a senior group of 24 and a junior group of 24. The senior group was at the Wilderness Centre for two nights and three days. The other group stayed one night and two days.

This is Tasmin writing about the senior group. The first night we went to the common room and played "the name game". We then split into rooms and went to settle in. The boys settled into annoying us pretty quickly! At 10:30 we went to hang out in our rooms and at 11:00 we were asked to go to bed (but we lay and chatted instead).

My dorm decided to get up at 7:45 because breakfast was at 8:30. After breakfast, once we were ready, we split into two groups of 12. Our group did crate stacking first, me and my partner were the first pair to go up (it was scary and I kept falling off). Then we did archery, I nearly got a bulls-eye but my aim got worse as the others got better. We went in and had lunch.

The first activity we did after lunch was the low ropes course, it was a little slippery and I slipped and hurt my bottom, my team also failed the challenge of not to spill your water as at the end, on the Tarzan swing, the water went flying (but my first team member had already slipped and chucked the water on another team mate, so Shane, our helper, went and got us some more puddle water). Then we did team building exercises, we passed them all. Tunnelling was next and most of us enjoyed it. Half way through they persuaded me to go down one tunnel so I did but didn't like it and stayed behind. That was our last activity. We went back for dinner and had free time.



After a late night, breakfast was a quiet affair. The first group left for the lake and we followed shortly after. My group's first activity was raft building, a member of our group chose to get very wet - instead of climbing to the front she swam. After a trip around the lake we raced each other to see who could take apart their raft quickest. Kayaking was next and the best part of this was playing Sharks and Minnows. This was our last activity of the day; we said our goodbyes and awaited our parents to take us home.

## Recruitment Training

A group of young carers got together to train how to successfully interview prospective staff for Gloucestershire Young Carers. In August the young people from around the county received the training from Gloucestershire Young Carers' Development Worker Elaine Drew.

And now they will be involved in helping to interview future staff for the charity.

Elaine explained to them how to plan an interview, what to expect and what not to do during a professional interview. One of the young carers that did the interview training said "It was fun to reunite with old friends and learn how to be professional at the same time."

Another young carer Jordan, 15 from the Forest said "I feel very proud to have been given this momentous role and the responsibility." Following the training, some of those young carers that took part have helped to interview and choose two new youth workers and a referral worker for the charity.

[www.glosyoungcarers.org.uk](http://www.glosyoungcarers.org.uk)

Have you seen our website lately? It is packed full of interesting information about all things relating to young carers. You can check on events at your group or see what's going on at other groups around the county.

If you have any information that could be put on the website to benefit young carers then Trina would like to hear from you 01452 733060 or e-mail [trina@glosyoungcarers.org.uk](mailto:trina@glosyoungcarers.org.uk)

Gloucestershire Young Carers  
7 Twigworth Court Business Centre,  
Twigworth, Gloucester GL2 9PG

Tel: 01452 733060 Fax: 01452 731306  
Email: [mail@glosyoungcarers.org.uk](mailto:mail@glosyoungcarers.org.uk)  
[www.glosyoungcarers.org.uk](http://www.glosyoungcarers.org.uk)



# WE CARE, WE COUNT...



Tel: 01452 733060  
[www.glosyoungcarers.org.uk](http://www.glosyoungcarers.org.uk)

October 2010

## The Facts...

There are around 1500 children and young people who are caring for a loved one in Gloucestershire.

As many as 75% of them are not known to be young carers by ANYONE at their school.

The average age of a young carer is 12 years old.

50% of young carers care for their mother.

## My School is Supporting Young Carers. Is Yours?

By Chelsey

GCSE Citizenship coursework, nobody wants to do it, right? Well, my school has taken a new spin on the idea, and thanks to their great thinking it means I can now help other young carers across the county.

After finishing a short course GCSE in R.E. last year, I'm now doing the same in citizenship. The course is based around an event you do for charity. You plan, document and then review your activity. Not only will I be getting a GCSE, I will also have the opportunity to donate some money to a much-loved and much-needed charity. My class partner and I are planning a karaoke night to raise money for two separate organisations. My charity of choice will, of course, be Gloucestershire Young Carers.



The evening will be a night of singing and dancing, and hopefully by the end of the night we will have found our Champion Warbler.

As the biggest part of a young person's life, schools have, I feel, a responsibility to make teenagers aware of how important charities are, and how one day you may need one to help you. I urge anybody reading this to donate to young carers.

Due to government budget cuts, charities such as Gloucestershire Young Carers are at real risk of disappearing, just like many other crucial young people's charities.

Does your school support young carers? Is your school aware of the young people inside its walls that go home at the end of the day and care for a member of their family? If you are one of those people who are unknown in their school, please, make yourself known, and get the support you need and deserve.

## Chef for a Day

Owen from tewkesbury did a cookery demonstration with top Cotswold Chef Rob Rees at Cheltenham Food Festival.

Four young carers went along to help the well-known chef do the demonstration in front of an audience of around 50 people.

Owen, 14, got to do some 'hands-on' cooking and prepare two dishes. He then took it all round the crowd and allowed them to test the food. Both the dishes were based on healthy recipes.



Owen said: "At first it was quite nerve-wracking but it got better and it was a really good experience. I never thought I would get the chance to work with a well-known chef."

## Editors' Note

Hello we are Abbie and Jordan.

For a change, we are the editors for this edition of We care, We count. Congratulations to those who got good exam results this summer. In this issue we will be covering some of the activities involving Gloucestershire's young carers, as well as informing you on some more of the serious issues, such as budget cuts. We would also like to say goodbye to Harley, who has moved on.

We are now into our second year of publishing and have welcomed new members to the team, who will each bring their own special talents to the group. Sadly, however, we lost a valuable member of staff in Helen Predgen-Lay, who passed away in the summer.

Finally, we would just like to say that we hope you enjoy this issue, we had a great time putting it together! If you are interested in helping out with the editorial team, or if you have a story you would like to feature, then get in touch with GYC now!!!



## My Story...

Hi, my name is Gemma. I am 11-years-old and I have been at Gloucestershire Young Carers for roughly 2 years.

I go to the Gloucester Junior Group once a week because I have 2 people I care for.

My sister Megan (9) has Leukaemia and is on penicillin for LIFE! She is now in recovery.

My younger brother Oscar (6) currently has scoliosis. He has had surgery but still goes to hospital for general check-ups.

I also had another brother who died at 4 hours old because his lungs had fluid in them.

I care for both Megan and Oscar. I also support my mum through the rough times like the appointments.

I feel the same stress as mum, it is very stressful with Oscar having huge operations at the age he is.

If Megan forgets her medicine too regularly there are consequences that are bad!! The young carers group has got me out of the house and interacting more and gets the stress out of me so I can go home calm and relaxed so I am happy.

This group is BRILLIANTLY AMAZING!!



## The Facts...

Scoliosis is an abnormal curvature of the spine to one side either left or right. In people with the condition, the spine bends. The curvature in the spine can vary from being slight to severe. In the UK, scoliosis affects three to four children out of every 1,000. The cause is unknown!!

Source: [www.nhs.uk/conditions/scoliosis](http://www.nhs.uk/conditions/scoliosis)

Leukemia is often referred to as cancer of the blood. Characterized by the widespread uncontrolled proliferation of large numbers of abnormal blood cells, usually of the white cell lineages, which take over the bone marrow and often spill out into the blood stream.

Source: **The Leukaemia Research Foundation**  
<http://www.leukemia-research.org>

## £120 Million Cuts Threaten Young Carer Services

Young carers gave their views on how the county council should make changes to services due to cuts in public spending.

At the time that We Care, We Count went to press Gloucestershire County Council had announced they would be cutting £120 million across 4 years.

This will have a huge effect on young carers, as they use many services that are at risk of losing crucial funds.

As part of the MP workshop that took place in August (see adjacent article by Abbie), young carers expressed some ideas that could be put forward to the government, councillors and school governors as a way of battling the budgets and keeping services at a high standard.

Two young carers came up with the idea to increase the use of school facilities and combine certain public services to enable costs to be lowered.

For example, the number of public libraries could be reduced by merging existing ones or relocation to within schools.

Schools could also become the location for more community access such as sports and youth clubs.

It's not just young carers that may suffer, the general public could possibly lose services such as easy accessible transport and social clubs.

We Care, We Count would like to know if other young carers have any ideas about ways that spending could be cut that would avoid current services they benefit from being affected.

Crucial to all young carers is the work of the charity Gloucestershire Young Carers which will undoubtedly be affected.

**If you have any ideas please email: [mail@glosyoungcarers.org.uk](mailto:mail@glosyoungcarers.org.uk) so your opinion can Be Seen, Be Heard.**

**In the next issue of We Care, We Count we will inform you about the government cuts. That's if we are still here!**



## Young Carers meet... ...Chef Heston Blumenthal

Young carer Jake waited patiently for quite a while to meet his hero Heston Blumenthal.

Blumenthal was a guest at the Cheltenham Science Festival and shook hands with Jake who attends the Cheltenham Junior Group.



## National Forum Conference



## DART

## MP Workshop Day

Young carers from Gloucestershire have launched a new campaign called 'Be Seen, Be Heard' to take issues raised about their situation to MP's and Councillors.

David Purchase, ex-personal assistant to Parmjit Dhanda, MP of Gloucester (2001-10), came to discuss and advise the group of young carers on how best to raise awareness on what they do. Young carers groups are not always noticed by their MP's.

'Be Seen, Be Heard' is a campaign designed by young carers to bring their issues to the right people and to achieve a better understanding of their situations. They want MP's to notice how much they help and tell them how much their weekly groups support them.

The ball was set in motion by a young carer who wrote to her local MP Geoffery Clifton-Brown. He responded positively and has requested a meeting with representatives of GYC.

The session began with discussions about personal situations and issues. They then progressed to draw around a carer and identify areas of problems and issues. Issues such as school support were raised as very few schools have adequate support for young carers. They organised their issues into who they should address the problem to, advised by David Purchase on how to approach each individual issue.

The young carers remained interactive and responsive throughout the day, pooling ideas and possible responses to create the 'Be Seen, Be heard' campaign. At the end of the day, David Purchase said, "You are all brilliant young people." Every carer came away positive and with the knowledge that if they try they can make a difference to their own lives, and that of future young carers after them, so watch this space.

## Visit to GFM

Young carer Jordan recently spoke out on his frustrations at schools' treatment of young carers.

During an interview at Gloucester FM, Jordan said that his school needs a kick up the backside.

While acknowledging that his school did support him in many ways he said there was still room for improvement.

The interview, in which three Y.Cs and representatives from the charity talked about GYC's work, took place in the summer.

They were given a tour of the building by the show's host and then had pizza. When they got on air, they were asked what it's like being a Y.C. This ended up with Jordan saying his quote and led to a discussion of how much schools do to recognise and support young carers. After the show, they all paid tribute to the presenter and headed off home.



## Thank You

Gloucestershire Young Carers is a charity that relies on individuals, organisations and government funding to deliver services to young carers across the county. We want to thank everyone who has previously supported us.

There are several organisations that have supported us as their 'Charity of the Year' such as M&S Gloucester, Wotton Ladies Circle, Moreton in Marsh Fire Service College, NHS Gloucestershire and Sainsbury's Barnwood.

If you wish to do some fundraising for our charity then please contact us on 01452 733060 for more info.



## MPs' Training Day



## First Aid

