

## Hello

We thought it was a good time to send you a message to introduce the Young Carer Team and to share our summer activities and events.

### Our Team

- Lindsey Clay – Team Leader
- Rachel Hamblin – Young Carer Worker
- Ian Withers – Young Carer Worker
- Andrea James – Young Carer Worker
- Jo Hiller- Culley – Family and Parent Carer Worker

Our Young Carer Workers are available to provide 1-2-1 support and answer any questions you may have. You will be able to find out more about them in our 1<sup>st</sup> Young Carer Magazine or feel free to email them at [youngcarers@carersupportwiltshire.co.uk](mailto:youngcarers@carersupportwiltshire.co.uk) to introduce yourself or ask them a question, they would love to hear from you.

Jo can provide support and information to the whole family on a wide range of topics. Jo can be contacted through our Freephone Support Line on 0800 181 4118 or emailed via [youngcarers@carersupportwiltshire.co.uk](mailto:youngcarers@carersupportwiltshire.co.uk)

## If you have a question or want talk to someone

Looking after a friend or family member is an amazing thing to do, but it can also be really tough.

If you need someone to talk to, we're here for you.

You can call our friendly team through our **Freephone Support Line on 0800 181 4118** or email us on [youngcarers@carersupportwiltshire.co.uk](mailto:youngcarers@carersupportwiltshire.co.uk)

We can answer your questions and point you in the right direction to help you and your family.

## Online

The young carers section on our website also has lots of information, ideas and advice and is available 24hrs a day [www.carersupportwiltshire.co.uk/young-carers/](http://www.carersupportwiltshire.co.uk/young-carers/)

If you are aged 16 or over, you can access virtual support via our YAC Book site [www.yacbook.co.uk/](http://www.yacbook.co.uk/)

## Family support

If you are a family that cares for someone, we have a Family and Parent Carer Worker who can offer support, advice, and access to services, for the whole family. You can contact the Family and Parent Carer Worker via our **Freephone Support Line on 0800 181 4118** or email her at [youngcarers@carersupportwiltshire.co.uk](mailto:youngcarers@carersupportwiltshire.co.uk)

## Young carer magazine

Calling all budding journalists, and photographers. We need you to be part of our Young Carer Magazine Team. We will be producing four magazines a year packed full of hints, tips, stories, activities, and competitions, and we want you all to be part of it. The magazine will also advertise all our events and activities for three months. If you would like to get involved, please contact Jess and Georgia at [Communications@carersupportwiltshire.co.uk](mailto:Communications@carersupportwiltshire.co.uk) they would love to hear from you.

## Activities

### You are invited!

All our activities are free; however, we are unable to provide transport unless stated. Spaces are limited so if you would like to join us, please email [admin@carersupportwiltshire.co.uk](mailto:admin@carersupportwiltshire.co.uk) or call us on 0800 181 4118 to book.

Date	Time	Venue	Age	Activity	Description
Thursday 27 <sup>th</sup> July	2pm – 4.30pm	Stanley Park Sports Ground - Chippenham	14+	Creative Writing Workshop	Calling all aspiring writers and imaginative minds! Are you ready to embark on a captivating journey of words and imagination? Join our fun Creative Writing Workshop and discover the power of storytelling.  Refreshments, stationery, and materials provided
Friday 4 <sup>th</sup> August	11am - 2pm	Biss wood Near Trowbridge (Greenlane woodland Complex)	5 to 11	Wiltshire Wildlife Wild Day Out	Calling all Wild adventures, join us for a fun few hours of woodland activities with our friends at Wiltshire Wildlife Trust. Please bring a packed lunch
Tuesday 8 <sup>th</sup> August	3pm - 4pm	Online via google media link	8 to 11	Cooking	Calling all young aspiring chefs and food explorers! Get ready for a mouth-watering adventure in our Fun Cookery Session designed especially for young carers like you! Join us from the comfort of your own home as we embark on a culinary journey filled with flavours, creativity, and laughter.  All Ingredients will be sent by post before the session
Wednesday 9 <sup>th</sup> August	3pm - 4pm	Online via google media link	11+	Cooking	
Wednesday 9 <sup>th</sup> August	1pm - 4pm	Lower Moor Farm (SN16 9TW) is located in	11+	Wiltshire Wildlife Wild Day Out	This one is for all the Eco Warriors A stunning mosaic of lakes, ponds, wildflower meadows, woodland and ancient hedges that support a huge range of plant and animal species awaits

		north Wiltshire			you to explore and give you the opportunity to find out more about your local environment
Thursday 10 <sup>th</sup> August	10am - 4.30pm	Wiltshire Council Offices, Trowbridge, Cotswold Room	11+	First Aid	Attention all future lifesavers! Learn vital skills and become a certified hero with our specially designed First Aid Course for young carers. Gain the knowledge and confidence to handle emergency situations like a pro, making a real difference in times of need. Plus, it's a great addition to your CV  Refreshments provided
Friday 11 <sup>th</sup> August	11am - 12.30pm	Emmanuel's Yard Trowbridge	16+	YAC F2F Café	Join our Young Adult Carer Cafe designed specifically for young Adult Carers. Connect, share, and grow together with peers who understand the unique challenges Young Adult Carers Face. Activities and Refreshments provided
Tuesday 15 <sup>th</sup> August	11am - 12.30pm	Grounded Chippenham	16+	YAC F2F Café 16+	Join our Young Adult Carer Cafe designed specifically for young Adult Carers. Connect, share, and grow together with peers who understand the unique challenges Young Adult Carers Face. Activities and Refreshments provided
Wednesday 16 <sup>th</sup> August	10.30am – 12pm	Hillworth Park Devizes	All Welcome	Family Picnic – All Welcome  No Booking Required	Join our Young Carer and Family Support team for a relaxed and fun picnic in the park, we will even provide the ice cream!  Bring a picnic – Free Ice cream
Thursday 17 <sup>th</sup> August	10am - 4.30pm	Old Sarum Community Centre, Pheasant Dr, Old Sarum, Salisbury SP4 6GH	11+	First Aid	Attention all future lifesavers! Learn vital skills and become a certified hero with our specially designed First Aid Course for young carers. Gain the knowledge and confidence to handle emergency situations like a pro, making a real difference in times of need. Plus, it's a great addition to your CV  Refreshments provided
Monday 21 <sup>st</sup> August	11am - 2pm	Langford Lakes Salisbury SP34NH	5 to 11	Wiltshire Wildlife Wild Day Out	Langford is a stunning nature reserve in South Wiltshire with an amazing abundance of wildlife and a range of varied habitats. Join us for a wild time exploring the 'River's Tale' to discover the river's creatures and mini beasts. Please bring a packed lunch

Tuesday 22 <sup>nd</sup> August	11am - 12.30pm	Salisbury Cathedral Refectory	16+	YAC F2F Café 16+	Join our Young Adult Carer Cafe designed specifically for young Adult Carers. Connect, share, and grow together with peers who understand the unique challenges Young Adult Carers Face. Activities and Refreshments provided
Tuesday 29 <sup>th</sup> August	10.30am - 11.45am	Old Sarum Community Centre, Pheasant Dr, Old Sarum, Salisbury SP4 6GH	8 to 11	Cooking	Calling all young aspiring chefs and food explorers! Get ready for a mouth-watering adventure in our Fun Cookery Session designed especially for young carers like you! Join us as we embark on a culinary journey filled with flavours, creativity, and laughter.  All Ingredients and equipment supplied
	1pm - 2.15pm		11+		
Wednesday 30 <sup>th</sup> August	10.30am - 11.45am	Pewsham Community Centre, Lodge Rd, Chippenham, SN15 3SY	8-11	Cooking	Calling all young aspiring chefs and food explorers! Get ready for a mouth-watering adventure in our Fun Cookery Session designed especially for young carers like you! Join us as we embark on a culinary journey filled with flavours, creativity, and laughter.  All Ingredients and equipment supplied
	1pm - 2.15pm		11+		

## October Half Term

Look out for more information in September about our October half term activities - we have lots planned, including outdoor pursuits, cooking, wellbeing workshops and Cafes.

## Christmas

**\*\*\*Save the date for our Young Carer Christmas Extravaganza on 15<sup>th</sup> December 5.00-7.00pm.\*\*\***