



# Orkney Young Carers

welcome to our world.....

Newsletter 2011 - 2012

## Welcome

We are coming to the end of another year in the Orkney Young Carers Service. It has been a hectic but exciting year with lots of new developments!

This newsletter is to give you an idea of the support that the service has been able to offer throughout the year, as well as some of the things that have been going on behind the scenes.

We would love to hear from you if you have any suggestions or queries about the service or if there is anything you think we should be doing to improve our service.

I look forward to hearing from you.

Celia Clark  
Young Carers Support Worker

## Schools Resource

'Supporting Young Carers – A Resource for Schools' is now in schools! The resource was launched during a presentation to head teachers and heads of service in May 2011. On the day, head teachers were invited to sign their individual school pledges to show their commitment in supporting young carers within their school.

The resource is an important tool in educating schools of the simple but very effective measures they could be putting in place to ensure the correct support for their young carers is available. Raising awareness and understanding of young carers and the difficulties they may face is key to ensuring that they are identified and therefore able to receive support.

The resource is also available online at

[www.orkneyyoungcarers.org](http://www.orkneyyoungcarers.org)

## SUPPORT Programme

We have been delivering the 'SUPPORT Programme' in a number of youth clubs around Orkney and also to all pupils in Stromness Academy. We will be looking to work with KGS in Autumn 2012.

The SUPPORT programme educates young people about the issues affecting young carers both at home and in school and looks at what support they can offer. It has not only helped raise awareness but a strong and positive working relationship has developed between our service and the staff involved.

We have many young carers in Orkney who undertake much more than their peers and it is crucial that schools and local groups are able to play their part in supporting these incredible young people to become the best that they can be despite the pressures they face.

## Activities

We have had a great year of monthly activity sessions for both the Junior (primary) and Senior (secondary) groups.

Some of the activities enjoyed by the groups have been a RSPB Wildlife Explorers, Folk Festival concert, pampering sessions, beach picnic and land art competition, an inflatables session at the pool, craft days, a BBQ at the beach, archery, the Young Carers Festival (more about that later...), Trampolining, Christmas Dinner with all the trimmings, a day trip to Hoy, the Cinema and more.

We have got plenty planned for the next 12 months but if there is anything you think we should be doing then let us know!

## Young Carers Festival Trip

After receiving a generous donation from the Carer Information Strategy Fund and financial assistance from the festival organisers, we were able to travel with our senior group to attend the fourth Scottish Young Carers Festival in West Linton, just south of Edinburgh.

Our four day trip was fantastic and the Festival was packed with activities from animation workshops, cake decorating, wii games, face painting, street dance, football talent show, disco and the highlight of the Festival - a surprise appearance from boy band McFly! The group made friends with other Young Carers and were given the opportunity to 'speed date' with visiting Politicians and decision makers to discuss the issues that affect them.

As well as giving the Young Carers a break from their caring role the four day trip greatly strengthened friendships and peer group support and helped increase confidence in many of our young carers.

We have already managed to secure further funding so we can attend again this August!

## Plans for this coming year

Our senior young carers are going to be working on a book together with local writer Pamela Besant that tells their collective story of being a young carer. The book will be used as part of our SUPPORT programme in schools and will be a useful additional tool that has come directly from those who know first hand what it is to be a young carer. We will be looking for an illustrator to work along side the seniors and Pamela to give the book that extra special look!

We will continue to build on the success of the SUPPORT Programme and look to work with Kirkwall Grammar School but also with some of the Primary Schools.

We will be moving to new premises at the beginning of May. The new address details are given in the 'Contact' section to your right. Please note that our telephone number and email will remain the same.

Our service will continue to deliver support to Orkney's young carers in terms of regular group support, one to one support, advocacy, regular assessments of their needs and offering appropriate referrals in order to build confidence, increase self esteem, reduce isolation and to empower them to be better carers.

## Funding

We have secured various grants as well as receiving much needed funding from a local group. We would like to give a big THANKYOU! to those who have given so generously.

**PRTC** £1550  
Festival Trip (2011)  
Copyright donation

**Ork Aid** £250  
Donation

**Carer Info Strategy Fund** £5000  
Festival Trip  
Project work

We would like to give special thanks to Orkney Islands Council who core fund the Young Carer Support Worker post (12 hrs/wk) which is managed by Crossroads (Orkney).

## Contact

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