

YOUNG CARERS NEWS

January 2020

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Happy New Year!

Welcome to 2020 & the second edition of The Benjamin Foundation's Young Carers news. This is just a taster of what our Young Carers' Team are getting up to. If you would like to find more out about anything please do not hesitate to contact us!

Meet the Team

With the expansion of our services over the last few months our staff team has also grown. Here is the list of our Young Carers staff team:

Alice Stevenson - Young Carers Development Manager

Claire Rogers - Young Carers Key Worker & Stalham Team Leader

Roger - Stalham Youth Support Worker

Santana - Watton Team Leader

Sofi - Watton Youth Support Worker

Rob - Youth Support Worker

Carers Matter Norfolk

We are pleased to announce that in October we joined Carers Matter Norfolk to help deliver the Council Commissioned Services for Young Carers. This is an exciting opportunity for us to expand our work with Young Carers in the Norwich, Broadland and part of North Norfolk areas of Norfolk. The work we offer includes both 1-2-1 sessions and monthly groups.

The first Norwich group is on Saturday 25th January and the first group for North Norfolk is on 21st Feb. If you, or someone you know, think you might be interested in accessing these groups and/or 1-2-1 sessions or you would like to find out more please contact us!



Bowling

February Half-Term

On Monday 17th February 15 Young Carers will get the opportunity to come along with us for a fun lunch out and a game of bowling as a half term treat. This will take place in Norwich so if you are a Young Carer and would like to be involved in this please do let us know.

Stalham Young Carers getting messy with slime making!



Stalham Young Carers

November saw the first of our Stalham Drop In groups for Young Carers. This takes place fortnightly during term time at Stalham Academy. The group have had a good first half term getting to know each other a little better, taking part in craft activities and playing games. Their favourite activity so far has been making slime!



Stalham Young Carers Getting Crafty!



Musical and dance performance by the Junior film makers!

Film Workshop

October Half-Term

As well as our regular groups we also provide fun activities for Young Carers to participate in during school holidays. October half term saw two groups of Young Carers get together to script write, develop and film their own films. The junior group shot the forming of their own band and put together a musical rendition to end the production with a bang! The senior group wrote script to promote a drink of their making and created a witty tv advert. The two days saw a lot of dressing up, silly props and fun antics giving the Young Carers the opportunity to gain skills in communication, team work, script writing and all areas of film making. Thank you to Tamion from Tamion Unlimited Film Club for running these workshops!

What's Coming Up?

Last Saturdays of the month - Norwich area Young Carers groups

Feb Half Term - Bowling trip, UEA Young Carers' University Taster Day and North Norfolk Group

Easter Holidays - Cooking Workshop and North Norfolk Group

May Half Term - Reach for the Skies Activity Holiday

Watton Young Carers

Watton Young Carers are entering their second full term since starting new in September. Their groups have so far involved yoga, Zumba, crafts, games and baking. During October Half Term some of the members from both the Junior and Senior groups visited the Norwich Science Festival and watched the Entertaining Science—Circus Skills show with two members even taking part in the show from the stage! There are currently a small number of spaces for new members in both the junior and senior groups so if you know of a Young Carer in the Watton area aged between 8 and 18 years old let them know and contact us to register!



A Young Carer taking centre stage at the Entertaining Science—Circus Skills Show!

A Thank You!

A big thank you goes to the Norwich Puppet Theatre who gave The Benjamin Foundation family tickets over Christmas. 14 of our Young Carers and their families were able to enjoy one of their Christmas shows totally free of charge and they had a wonderful time! One family reported that the children had a fantastic time and it was amazing for the family to be able to get out and take part in an activity they wouldn't normally get chance to do.



Watch this Space - Norwich Young Carers

We are working towards a new Boom! group starting in Norwich after February Half Term. These will be held fortnightly for Young Carers aged 8 to 12 and 12 to 18, Please contact us if you would like to be kept informed of start dates.

Contact Us

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