

EMPOWER MAGAZINE



For young carers in Wiltshire and Dorset



Find out
about our
cover star,
Katie!

Winter 2023

Ages 5 - 10*

*FLIP OVER FOR 10+

Carer Support Wiltshire
Young Carers

Carer Support Dorset
Young Carers



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Wiltshire and Dorset



WHO IS A YOUNG CARER?

A young carer is a child who helps to look after someone who has an illness, learning or physical disability, a mental health illness or uses drugs or alcohol too much.

WHAT DOES A YOUNG CARER DO?

As a young carer, you might do things like cooking, cleaning, shopping, giving medicine, or simply talking and helping when the person you care for feels sad.



WE CAN SUPPORT YOU!

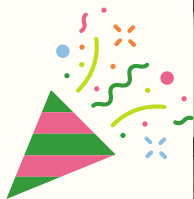


This is YOUR magazine full of fun things to do, colouring and news. You can also find out about our fun events and activities near you!

HAVE A LOOK AT OUR YOUNG CARER WEBSITES

**CARERSUPPORTWILTSHIRE.CO.UK/YOUNG-CARERS/
CARERSUPPORTDORSET.CO.UK/YOUNG-CARERS/**

GET YOUR FUN ON WITH YOUNG CARER EVENTS AND ACTIVITIES!



Fun with cooking!



How far would you climb?



Outside team building was great fun (and muddy!)



Brave young carers tackle the climbing wall!





YOUNG CARER EVENTS WILTSHIRE



Keep an eye out for our upcoming activities and on-going events you can get involved with! Check our What's On page in December for February half term events.

www.carersupportwiltshire.co.uk/young-carers/whats-on/



MENTAL
HEALTH
WORKSHOPS



LIFE
SKILLS



WELLBEING



CAFES



DAYS
OUT



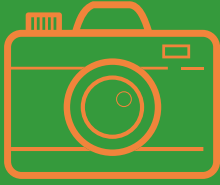
YOUNG CARER EVENTS DORSET



Go to our What's On Page to stay tuned for what events and activities we have coming up.

www.carersupportdorset.co.uk/young-carers/whats-on

MYTIME also runs fun activities for young carers in Dorset – go to their website here: mytimeyoungcarers.org



GET CREATIVE!

Each issue we will have a different theme or activity for you to get involved with!

SUNSET SEEKERS!

Here are some pictures of young carers' and team members' beautiful sunsets!



NEXT ISSUE: SPRING BLOOMS!

Ask an adult to email your pictures of some beautiful spring flowers to communications@carersupportwiltshire.co.uk

FEELING SAD AT CHRISTMAS

Christmas time is supposed to be filled with joy, laughter, and exciting surprises. But did you know it's also okay if you feel sad during the festive season?

Yep, it's totally normal to have mixed emotions, especially if you are a young carer. Being a young carer can be tough, so don't worry if you are feeling mixed emotions this Christmas.

Why might you feel sad? Well, sometimes you might miss doing regular things that other kids get to do. Maybe you can't go to parties or play with your friends as much, maybe going Christmas shopping and baking a gingerbread house comes second to taking care of your family.

It's understandable to feel sadness about that. However, always remember that what you're doing is not just something special, but truly extraordinary. You are helping and supporting your loved ones, and that's something to be very proud of.

It's important to talk about your feelings with someone you trust, like a family member or a teacher. They can understand and help you feel better, or maybe give you tools to help you through these emotions.

So, during this Christmas season, it's okay if you feel a little down sometimes. But it is important to remember, you are never alone, and there are people who appreciate and understand what you are going through.



GIFTS TO GIVE YOURSELF THIS CHRISTMAS!



Have a go at writing out the Christmas gift tags below!



What makes you smile?



What helps you calm down?



What makes you laugh?



What makes you want to dance?



What's your favourite food?



What's your favourite thing to do?



MEET THE TEAM!

Meet the rest of our friendly young carer team in Wiltshire and Dorset...

JO



Jo has been supporting carers and parent carers for 4 years with Carer Support Wiltshire, and has now moved into the family and young carer team. She enjoys walking her dog, singing in her local choir, socialising, and reading a good book!

CLARE

Clare is the new Carer Friendly Schools Coordinator for Carer Support Wiltshire. Her role is to work in schools so that they can give the best support to young carers during their school day. In her spare time she likes to read, spend time with her family and go for walks with her dog.



LINDSEY



Lindsey has been working with young carers and their families for over 10 years in the south west and recently joined our young carer team in Wiltshire. She has two lovely dogs called Dobby and Bluebell and enjoy's getting out and about with the pups.

HELPLINES AND WEBSITES

If you are looking after someone, sometimes things might feel a bit too much. If you need someone to talk to about how you're feeling, talk to a trusted adult or teacher that can help. Here are some other places you can call or message that can help you:



CHILDLINE: CALL 0800 1111
WWW.CHILDLINE.ORG.UK

Childline has a free helpline and also a 1-1 chat where you can talk to counsellors about anything you're going through from 9am – 12am.

SHOUT: TEXT SHOUT TO 85258
WWW.GIVEUSASHOUT.ORG



Shout is a free text line that you can text 24/7 about anything you're struggling with.



THE MIX: TEXT THEMIX TO 85258
WWW.THEMIX.ORG.UK

The Mix has online information as well as free helpline and webchat to talk about anything that is troubling you.

**SIBS: MESSAGE WWW.SIBS.ORG.UK/YOUNGSIBS/
ASK-SIBLING-ADVISOR**



Sibs supports people who grow up with or have grown up with a disabled brother or sister. You can ask one of their advisors a question by going to the link above.

Carer Support Wiltshire and Dorset will be closed on:
25 December (Christmas Day)
26 December (Boxing Day)
1 January (New Years Day)

REMEMBER TO ALWAYS CALL 999 IN AN EMERGENCY

CREATE A CHRISTMAS POEM!

Have you ever tried your hand at black-out poetry? Use the story below, scribble out the words and see if you can make a poem from the words left over! We've started it off for you...

Tw ~~o~~ before Christmas, and all through the house,
Young carers were bustling, without even a grouse.
Their hearts full of kindness, their spirits so bright,
For through their selflessness, they spread pure delight.

In the midst of their duties, they still find a way,
To embrace the holiday spirit, so special this day.
With tinsel and baubles, they decorate with glee,
Creating a wooh, children, gather round the tree,
With twinkling lights that all can see.

It's time for joy and holiday cheer,
Santa and his reindeer are almost here!

With jingle bells and festive song,
We celebrate Christmas all day long.
We'll bake some cookies for Santa's delight,
Leaving them out on a frosty night.

So snuggle up tight with loved ones near,
As Santa's sleigh bells tinkle and cheer.
Remember, my dear friends all so dear,
Spread kindness and love, it's that time of year!



YOUNG CARER STORY

MEET KATIE - OUR COVER STAR

Meet Katie, a young carer who takes care of her Mum and siblings all while shining a light on the world of young carers. She's a girl on a mission, setting up a young carers group at her secondary School, attending educational summits, gracing radio interviews, and even sipping tea with the Prime Minister's wife at Downing Street!

Growing up as a young carer was quite a journey for me. I attended six different schools. Sometimes it was tough explaining to my teachers why I couldn't always finish my homework or participate in school activities. But family always came first, and I made sure my siblings had a regular childhood by taking them to the park, helping with homework, and playing together.

My dedication to helping young carers like me led me to start a young carers' group at my secondary school. I not only ran the group for two years but also gave presentations and surveys to help teachers understand how to support young carers. The group became a safe place for us to relax, chat, and take a break from our responsibilities.

Now, I'm studying for my A-levels at Marlborough College. My dream is to study medicine and become a doctor. To all young carers out there, I say find your passion and stick with it. Keep going, and be proud of yourself no matter what happens!

CHRISTMAS COLOURING

Colour and label the Christmas pictures!

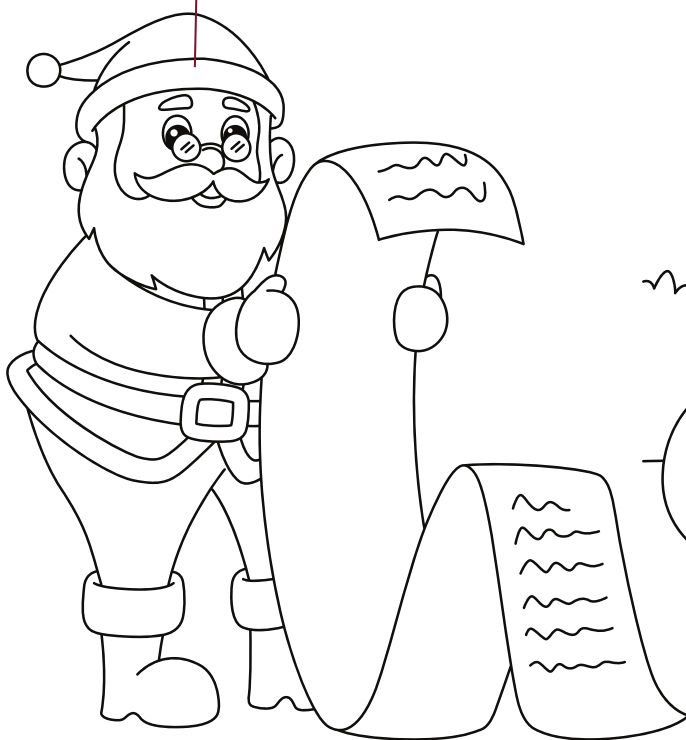
Father
Christmas

Sleigh

Present

Star

Sack



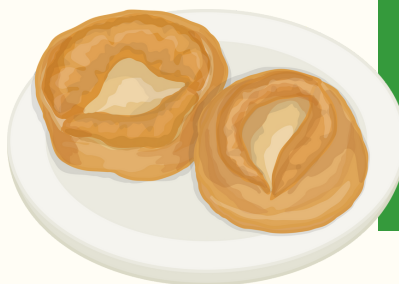
YORKSHIRE PUDDINGS!

How many ways have you tasted a Yorkshire pudding? But wait, have you ever indulged in a sweet one? This holiday season, let's take your taste buds on a jolly good ride with some Christmas baking!



INGREDIENTS:

- 100ml milk
- 70g plain flour
- 2 eggs
- Pinch of salt
- vegetable oil



HOW TO MAKE THEM:

Get an adult to help you!

1. Put the flour in a bowl
2. Mix in the eggs and half the milk, then add the remaining milk and beat until smooth
3. Preheat the oven to 220°C/Gas mark 7
4. Place a large drop of oil (about 1/2 a teaspoon) into each section of a muffin tin and place the tray in the oven until the oil is very hot
5. Beat the batter again and pour the batter into the tins and bake for 10–15 minutes until puffed up and golden brown!
6. Add your sweet toppings – try jam or golden syrup!

Young carer Ted trying one with jam!





Whether you have ideas for the next issue of our young carer magazine or want to share a creative project you're working on, let us know!

Ask an adult to scan the QR code with their phone camera to go to a survey where you can send us all of your thoughts and ideas for our next issue.

