

NIGHT OF GLAMOUR FOR YORKSHIRE'S FINEST ON 'OSCAR' NIGHT

BY MATT ARMSTRONG.....

Children and young people across Yorkshire celebrated their achievements at the weekend at a show biz style award ceremony.

Called the Yoscars - the Yorkshire Oscars - the event took place at Harewood House, Leeds. The event was held to acknowledge the achievements of Barnardo's young people throughout Yorkshire over the last year.

200 people attended including the Regional Director of Barnardo's Yorkshire, Peter Allinson, along with children and young people from various Barnardo's



Yoscar award winners celebrate at Harewood House

services across Yorkshire.

The event was a major success supported with sponsorship and funding from Linfoot PLC and recruitment agency, The Works. Young people, staff from Barnardos and Linfoot's PA Laura Meek volunteered to lend a hand on the 3rd annual event. Harewood House staged the 2nd Yoscars last year and were more than happy to hold this event again.

The young people received a medal, £5 WHSmith gift voucher, a family ticket to Harewood House and a certificate marking their achievement. A disco and buffet was enjoyed after the ceremony for all those involved.

Young people were awarded Yoscars for a variety of positive achievements such as a group of young carers who displayed good teamwork skills on a residential



Matt interviews organiser Carolyn Bradley

trip to Herd Farm Activity Centre.

Your reporter is a 15 year old carer supported by Willow Young Carers Service and one of the ten members of the group to receive a Yoscar. I had a good time and felt happy for being recognised for doing something positive, especially when there are so many negative stories about young people.

Peter Allinson said on the night, "The event was a great success, it seems to be getting bigger and better each year. We were really pleased to see so many young people receiving awards for their achievements and having a good time on the night."

A Bit about Matt Armstrong

Matt Armstrong is a 15 year old carer for his mum who suffers from bipolar condition (manic depression).

Willow Young Carers Service have helped Matt with his caring role and have helped him with his future career. Matt wants to be a journalist. Willow have helped Matt to organise interviews, helped with research on the journalism industry and have played an important part in getting this story published in two local newspapers.

The Willow young Carers Mosaic



By the Newsletter Team

We all met at a restaurant and started to jot ideas down about what design we would like to mosaic. The main goals of the mosaic were:

- ◆ To help young people develop skills
- ◆ To express themselves as young carers
- ◆ To create a piece of art to be seen by everyone who visits the service.

A group called Seagulls provided all of the equipment and expert advice to make the mosaic. We began work on the mosaic and soon it all started to come together. After two sessions of working, Seagulls took the mosaic to finish it off. Once the mosaic was finished the group



Aiden, Jenni, Bobbie-Jo, Chris, Katy & Josh present their work at the unveiling event

held a presentation to show parents, Willow workers and local councillors what they have achieved. Some of the comments about the mosaic were :

"The end result was fantastic, as it balances a young carers life"

"It took a lot of hard work"

"It was so much fun"

"All the children enjoyed making the mosaic"



Alison, Seagulls volunteer

Seagulls is a charity which recycles paint and sells it to the public at low prices. They also run community arts projects, including mosaic workshops.



<http://www.seagullsreuse.org.uk/>

Katy's Interview with Seagulls

How many litres of paint are sold in the UK per year?

400 million litres of paint are sold in the UK every year.

Why do you make mosaics?

Mosaic is a colourful and easy way to reuse old tiles. People of all ages and abilities are able to make a mosaic, so if someone has little confidence in their creative skills mosaic is a good way to show people what they are able to do. As Alison says "Nothing pleases me more that seeing something beautiful made out of brokenness".

How much do full, un-opened tins cost?

We ask for 50p per litre for coloured paint and £1 per litre for white and cream - its very cheap!

How do you recycle your paint?

We collect paint from the 5 Leeds City Council Household Waste Sorting sites, and also leftover paint from painting and decorating firms. All the paint is brought back to our warehouse and sorted into types (matt, silk or gloss) and mixed together into full tins, which then go on the shelves to sell.

Getaway Girls Residential

By Rebekah Heald



Emily on the ropes

I went on a weekend residential with 7 other girls to the lake district which was really enjoyable. The trip involved fun activities such as the king swing, canoeing, zip wire and the challenge course. This gave us the opportunity to make new friends and enjoy ourselves.

One of the activities I found the most fun was canoeing and it was a chance to do team work and have a laugh with one another and get wet !

Rebecca commented, "It was very exciting and enjoyable".

I found the time away from my caring role very useful as it gave me a rest from looking after my family. The trip made me feel better about myself and it gave me the chance to do other things that I would not do normally.

The girls who went on the residential thought it was "very cool" and would love to do another residential in the near future .

Young carers celebrate Christmas in style

By Matt Armstrong.....



Young people celebrate with Willow Service Manager at Morley High

Young people celebrated at a Christmas party at Morley High School on December 8th. Over 30 young people attended the party and had fun playing dodge ball, karaoke, party games and eating a buffet prepared by the school caterer, Jill Gardiner. They also had a disco and dancing during the buffet. Many thanks to Morley Spirit for organising the event.

Presents were given to all of the young people, provided by CSA. Some of these gifts were: HMV gift cards, toiletries, board games and jewellery etc. All young people had a great time and are looking forward to the Christmas 2008 party!

The Awesome Beamish Museum

This is a memory of Beamish Museum, by Katy Mackenzie.

We had a week off school and went on a day trip with Willow to Beamish Museum. Here are the things we did:

- ☉ We went to the fair .There were swings, a merry go round , hall of mirrors and coconut shy.
- ☉ We went into the old fashioned houses, church, school and dentist.
- ☉ We had lunch on a bench and saw the gardens and the old-fashioned outside toilets.
- ☉ We went underground into the drift mine wearing red builder's hats and had to kneel down really low.
- ☉ The Victorian teacher was very strict!



Katy at the Beamish Funfair

WE HAD A GOOD TIME .

Young carers look after their mums and dads and they can't always go out. So that's why we went on this trip.

Chris interviews Jean Hartburn, Learning Mentor at Whitkirk Primary School, Leeds



What is your understanding of a young carer?

A young carer is a person who's under 18, who looks after someone in some way, it could be a parent, a sibling or a grandparent, a person who lives in their house.

What do you do for young carers in your school at the moment?

At the moment I'm helping to organise a full day for the 11 classes of 5-11 year olds to be visited by Willow Young Carers to learn about who young carers are. I recently invited young carers from Whitkirk and their parents to meet up at our school and talk to Willow's Education Participation Worker. We then referred all the families to Willow for support.

What do you know about Willow's 'Young Carers in Education' CD-ROM?

I was lucky enough to be invited to the launch of the CD-ROM at Leeds Town Hall. I thought the young people's speeches at the launch were excellent. I have a copy of the CD-ROM, which I use in my school.

What do you do if a young carer is down?

The best thing that you can do for any young person, not just a young carer, if something is worrying them, is to give them the chance to talk confidentially about it. Young carers often need this, as they don't want to put pressure on the person that they are looking after.

Do you think that staff and young people at your school understand what young carers do?

The Education Participation Worker at Willow did a staff training session at Whitkirk that was very valuable. Before then, most of our staff weren't aware at all. A lot of school staff are not aware of the prob-

lems that young carers have, even before they get to school. Some of their friends might know and some of their teachers might know, but the other 3 quarters of the school might not know what that young carer might have to deal with. We are having a special day at Whitkirk to raise awareness of young carers' issues, because all our kids need to know about young carers.

What support would you want if you were a young carer?

I would want awareness of young carers to be raised, so people understood. I think it would be vitally important that I would have a key worker who I could go to and explain things to, to get advice and be helped. I wish there had been that kind of help when I was at school, and I think that schools have moved fantastically far forward.

“We are having a special day at Whitkirk to raise awareness of young carers' issues ”

What improvements could schools make to help young carers?

We have quite a few young carers at my school. It's not always the fault of a young person if they come in late to school if they

are a young carer. As an attendance officer and mentor, I understand when a young person has been up all night and may not be at his or her best that day. I think that all schools in Leeds and in the UK should be trained by organisations such as Willow in how best to help young carers.

Are there any actions you will take to support young carers from now on?

I will continue to work with Willow to support young carers in my school. I want to make everyone in my school aware of young carers' issues and I think that the day we are planning is fantastic.

Whitkirk Primary School's website:
www.whitkirk.leeds.sch.uk/

If you do not have the interactive CD-ROM, 'Young Carers in Education', at your school and would like a free copy please contact Sheila Davenport at Willow Young Carers Service on 0113 2408368.

Problem Page

I am a 15 year old carer for my dad, who has depression. I can get very low myself sometimes. I don't know what to do when he's very down and I don't like leaving him when I have to go to school.

There are ways to manage this. You can get support, find information and get your school to help you. Try the following places:

INFORMATION & SUPPORT:

- **Barnardo's Willow Young Carers Service:** 75a Stoney Rock Lane LS9 7TB, 0113 2408368, email: willowyoungcarers@barnados.org.uk. Support for children and young people aged 5 to 17 years old who are caring for a family member with an illness or disability www.barnados.org.uk/willow.htm
- **The Marketplace:** counselling and support for 13-25 year olds. 28, Kirkgate Leeds, 0113 2461659, www.themarketplace.org.uk, email: themarket.place@virgin.net
- You can contact your **GP** and get them involved: They will be able to refer your dad and/or you to your local mental health team for support.
- www.youngcarers.net/ A website especially for young carers, giving information and advice.
- www.youngminds.org.uk/ A website that has information for young people about emotional wellbeing and mental health.
- **SANELINE:** Information & advice for people experiencing or affected by mental illness. Helpline: 0845 767 8000 6-11pm, website: www.sane.org.uk, email: sanemail@sane.org.uk
- If you do not have any access to a computer or internet at home, you can get online at your **local library** or **school**.

Matt's story

My name is Matt. I am a 15 year old young carer for my mum who has bipolar condition (manic depression).

Bipolar affects her moods. One day she can be happy and bouncy but the next day she can feel down, and these feelings can last for a couple of days at a time. My mum takes medication which helps stabilize her moods but the tablets don't work all the time. The medication can make her drowsy and so she may sleep in for a while in the morning or have a lack of energy. When my mum is like this I take care of my little sisters, by getting them dressed, cooking their tea etc.

But there are many things that have helped me such as talking to Willow workers. They have helped me talk to my school about my situation at home and now school understand if I'm late, absent from school or don't get some homework in on time. School also let me ring or go home to check if my mum is ok.

Focus on Illness: Depression

'Mixed anxiety & depression is the most common mental disorder in Britain'

The Mental Health Foundation, 2006.
www.mentalhealth.org.uk

Symptoms of depression may include:

- Feeling sad and miserable
- Not enjoying life
- Having no energy
- Not feeling good about your self
- Experiencing different moods
- Getting stressed out and shouting
- Finding it hard to sleep
- Feeling lonely
- Not eating properly
- Having bad thoughts and feelings



'Being depressed is very lonely and painful. I took the steps to getting better and found people who can help and, at last, I am a happier person and life is something I can enjoy'.
Fern Britton, 2008.

How can you help someone who may be suffering from depression?

- Let them talk to you about it in their own time
- Help them to find support (see the links on the Problem Page)
- Encourage them to take part in activities e.g. hobbies
- Don't be negative towards them or tease them
- Remember to look after yourself too! (see links on Problem Page)

Rebekah's Story

I am Rebekah. I am 13 years old and I care for my mum. My mum has mental and physical illnesses; she has a bad back and also suffers from depression. She can get very down and I am the one who is there for her.

I have to cook and clean when my mum is ill and give her some emotional support. I can feel good about looking after my mum, but I can also get down and not have a lot of free time.

My school has some understanding of my situation. In some ways they can be supportive and understanding of what's going on. Sometimes the school rules don't fit in with young carers' lives but once I spoke to someone in school I trusted about my caring situation I got the support that I needed to fit in with my home life. I have found the support of Willow and some of my friends who I trust to be useful in coping with my caring role and home life.

Cut Here

Name It To Win It Competition

Name :	Age:
School:	Phone number:
Address:	
Your name for the Newsletter:	

To enter our competition either [email](mailto:willow@willow.org.uk) your entry or fill in the above details & post to Willow at the address on the back page

What is the Willow Service?

Willow is a support service funded by Barnardo's, Leeds City Council, Education Leeds and the Integrated Youth Support Service. Willow always look to work in partnership with other agencies and their staff. We support children and young people aged 5-17 who are caring for, or affected by, a family member with an illness or disability.



Referral

Professionals should contact us by phone and we will send a referral form and guidance for you to complete with the child or young person and their families. Young carers and their families can make a referral by telephone.

Willow Young Carers Service

75a Stoney Rock Lane
Leeds LS9 7TB

Tel 0113 2408368

Fax 0113 2409113

Email: willow.youngcarers@barnardos.org.uk

www.barnardos.org.uk/willow.htm

To enter the NAME IT TO WIN IT competition, you can either post the reply slip on page 7, or email your name, contact details and newsletter name to any of the following e-mail addresses:

jennifer.osborne@barnardos.org.uk

lisa.barratt@barnardos.org.uk

sheila.davenport@barnardos.org.uk

Case study of a young carer supported by Willow

I was referred to Willow after I told my mentor at school I was a carer for my mum. Me and my mentor filled in a Willow Referral Form together and sent it to Willow.

Me and my Willow worker worked through my assessment form, so that I could identify my goals. The most important goals for me were:

- To be able to go out with my friends
- To go on holiday as a family
- To be able to talk to my friends about being a young carer

We made a plan to reach the goals and did this a stage at a time. As we went along, we reviewed my progress.

Willow has helped me care for my mum and still have time for friends.

I am now 15. In the future I want to be a chef, but I don't want worries about my mum to get in the way of my career.

