

VOICE OF YC

BY WILTSHIRE'S YOUNG CARERS COUNCIL



ISSUE 1

FEB 2025

Young Carers Council

We are a group of young people who are passionate about improving the lives of young carers.

We do lots of amazing projects that help make sure that young carers have a voice and are listened to!

We have worked really hard to produce this magazine. We hope you enjoy reading it and learn something new!



Hi, I'm Caleb!

I am 17, and I live with my mum and sister aged 5, I have a passion for music, I love making beats and writing songs, I also play basketball and currently training to be submitted for the national team, and also I have been a Young Carer for over 8 years!

I like the YCC because we make a difference for people who are young carers or who haven't been identified as a young carer and saying things that need to be improved and changed and build an understanding of young carers.

People should join the YCC because you get to make a big positive change for a community that has been around for years and still needs help and support from others.

Join the Young Carers Council

If you are aged **11 to 17** and would like to...

- Meet young carers in your area
- Make new friends
- Share your ideas about how to help young carers
- Improve the lives of young carers
- Work together to create amazing projects
- Join in fun activities
- Have your views heard by decision makers in your community

**JOIN US
TODAY!**

Email:
Voice@Wiltshire.gov.uk

Am I a Young Carer?

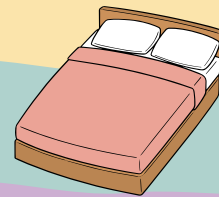
What is a Young Carer?

A Young Carer is someone aged 18 and under who cares for a family member or friend due to illness, disability, mental health condition or substance addiction. Without your help, this person would not be able to cope.

A Young Adult Carer (YAC) is someone aged between 18 and 24 who cares for a family member or friend due to the reasons above.

Do You....

- Find it hard to concentrate at school because I am worried about a family member
- Help a family member get out of bed
- Miss school or turn up late because I look after a family member
- Remind a family member to take their medication
- Find it hard to do my homework because I look after a family member
- Have to say 'no' to doing things I want to because I am caring for someone in my family



Reach out for support

It is okay to feel worried, embarrassed or guilty for asking for support, the team are here to help you get the support you are entitled to and very much deserve!



It's okay to ask for help

“Its really important that young carers gets the importance and attention it needs”

Young Carers in Schools

Every young carer can speak a lot about the struggles of juggling a challenging home life and school! Young Carer's education is undoubtedly affected by their caring roles, but do schools care?

“It's important to understand that we cant always meet deadlines and we need to take wellness breaks where necessary”

Many young carers struggle with....

- Meeting deadlines
- Having the right equipment
- Feeling stressed and overworked
- Affording uniform
- Having time to study
- Going to extra curriculars like after school clubs
- Affording and attending school trips



But, there is hope!

There are lots of people who can help...

- **Young Carers Council**

They can help create change in schools by training teachers and offering peer support.

- **Voice & Participation Service & Young Carers Schools Worker**

They are dedicated to making sure that young carer voice is heard and listened to in their school and community.

- **Young Carer Development Trust**

They equip young carers with the skills and means to achieve their educational goals!



“It's important that schools understand that we will be late sometimes and we shouldn't be issued detentions because of our vital caring duties”



Hi!

I'm Amy

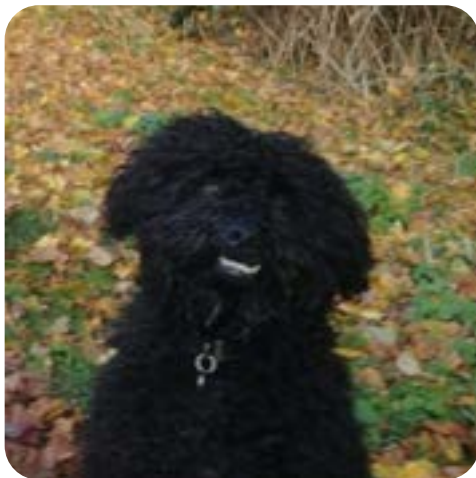
About me:

I am a Youth Voice Worker, I lead on Young Carer Voice projects.

My Mission:

To empower young people and their voices and help make positive changes happen!

My Dog Oscar!



My Role:

I am lucky enough to work with Wiltshire's Young Carers Council, raising awareness, planning projects and activities. My goal is to make projects inspired by you to make things better...

Fun Facts:

When I am not in work, I love going on long dog walks and going to cafés with my friends!



HELLO! 

I'm Georgia

About me:

I work in the Commissioning team at Wiltshire Council.

Commissioning is about creating contracts that will support people in social care going forwards.

In my downtime I love to spend time with my two dogs!



What I do:

My role is leading on the All-Age Unpaid Carers contract in which I have set up the most recent support with Youth Action Wiltshire to support young carers.

My role is to make sure that the services I have created are fit for purpose and are appropriate to the people receiving it.

How I can Help:

I work with Amy and the carers assessments team as well as Public Health and Youth Action Wiltshire to ensure we are all singing off the same hymn sheet to support you better.

If you have any ideas for changes to support or the contact, please do contact Amy and she will feed this back to our group.



Young Carers Festival 2024

28th
-30th
June

Every summer, YMCA Fairthorne Manor hosts the largest festival in the world for young people with a caring responsibility at home.

10 young people on the Young Carers Council got to go to the event and this is what they have said about it....



'The festival was amazing, I got to relax and not worry about anything.'

'Once in a lifetime experience'

'I could be myself and I didn't need to hold back'



'I finally felt like I could finally be able to breathe in my own skin.'

'I gained lifelong bonds'

Mental Health

What is mental health?

Mental health is about how we think, feel and act. Just like physical health, we all have it and we need to take care of it.

Good Mental Health

Means we can think positively, feel confident and act calmly.

Poor Mental Health

Means we might not enjoy things we used to like doing. We might feel sad or angry for longer than usual. Or we might feel like we can't control how we feel or behave.

Urgent Mental Health Support

If you are in need of urgent mental health support, or you are not sure where to turn to get advice on your mental health

call 111 and press 2.

In an emergency, call 999.



SCAN ME



Who Can Help?

Wiltshire Children and Young people Wellbeing Service

If you are aged 5-18 and want some support with your mental health, you can call

01865 903777

9am-5pm on Weekdays

OR

01865 901000

5pm-9am on a weekday or on weekends

Childline

Is a free, private and confidential service where you can talk about anything.
call 0800 1111

On Your Mind Website

This website has lots of information and tips to help us understand negative emotions, and mental health conditions.

The Young Carers Council Loves Animals! ✨

Spending time with animals helps us relax and take our mind off of things.

These are some of our favourite photos of us and our animals!



Tall Ships Youth Trust



Tall Ships Youth Trust (TSYT) is just one of the many unreal experiences young carers has gifted me. It was very possibly one of the best 5 days of my life weather it was the beautiful views or the bonds and life long friendships that were made.

Also, something that is not taken into consideration is the how it makes us feel. The fact that we are being repaid for the kindness we show in day to day life really makes us feel appreciated for what we have done as usually I brush it off and forget about what I've done to help but young carers rewarding us helps remind us of our accomplishments and struggles we face.

I believe what TSYT is doing is truly wonderful. The best way to show this is in their mission statement "we help people 12-15 to redefine their horizons through transformational adventures at sea." For some background information, the person who runs it had his son die at a young age but what he couldn't bare is he never had the opportunity to enjoy the luxuries like a long sail so he made it his mission to make sure more people had these opportunities!



"The Greatest"

By Dee Dee

Born on 18th Dec 2001, has 3 wonderful albums with wonderful meaning that have saved tons of lives.

The Greatest

She is our home and comforts us whenever we are sad and alone.

There are many artists like her saving lives by just making music and being such a caring soul.

The Greatest

She is so creative just like her awesome brother who has been with her, her entire life helping her and caring for her like the amazing brother he is.

The Greatest

From ocean eyes to whatever the future brings us. She is the bravest person and so creative. Who could hate her??

The Greatest

Her being homeschooled, having suicide thoughts, things were thrown at her face for 6 years straight and still alive and happy to this day.

[Man, Billie Eilish is the greatest, isn't she?]



It's Recipe Time!

Chloe's Perfect Scrambled Eggs

This recipe serves 5 people, so it is perfect if you cook breakfast for your family. It will take around 20 minutes.

You will need:

- 10 eggs
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 teaspoon of garlic salt
- 1/4 of a teaspoon of turmeric
- A splash of milk
- One spring onion finely chopped.



Step 1: Crack the eggs into a bowl

Step 2: Add the salt, pepper, garlic salt and turmeric

Step 3: Add the milk

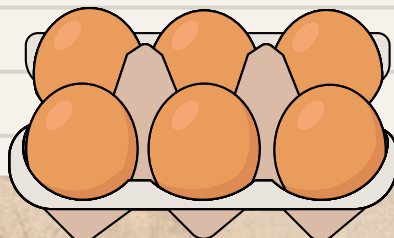
Step 4: Whisk the ingredients

Step 5: Oil the frying pan

Step 6: Pour the whisked egg into the frying pan

Step 7: Cook until fully cooked by moving it around the pan with a spatula

Step 8: Serve with spring onion on top



Share Your Views!

Mind of My Own

If you or your siblings have a social worker, Mind of My Own is an app on your phone where you can express how you are feeling to your social worker when you are feeling it!

There are many great things that the Mind of My Own app helps with....

Communication, privacy & safety, expressing yourself, feeling comfortable, taking care of yourself, being heard.

Scan the QR Code
OR
Click here to sign up now!



Independent Advocacy

An independent advocate is someone who helps you understand your rights and supports you to get your voice heard in important meetings and transitions.

Support with important meetings in school such as..

- Attendance meetings
- Educational Health Care Plan Meetings
- Parents Evenings

Support with other meetings which affect your life such as...

- GP Appointments
- Social Care
- Housing



Share my good news



My wellbeing



Confused



Excited



Calm



Sort a problem



Meet the Young Carer Assessors!



Ria

We are looking forward to meeting you and thought you might like to know a bit about us before we do!

About Me:

I like- Marmite, dogs, people, the music group Oasis, walking in the rain, playing I Spy on long car journeys and singing whilst hoovering.

I dislike - people being disrespectful to others, unfairness, people judging others and going to the hairdressers.

What we do:

We want to find out all about your caring responsibilities and how they impact you.

We usually meet you in school for a catch up and to listen to what you have to say because we want to make sure that you receive the support you are entitled to and very much deserve

About Me:

I like – My family including my dog, all animals, lots of different music, going on dog walks, visiting new places, crochet and watching films.

I dislike – Rain, sprouts – yuk!, rude people and going to the dentist!



Fiona

Email us at: integratedfrontdoor@wiltshire.gov.uk

Youth Action Wiltshire

After your Young Carer Assessment, you can access amazing support from Youth Action Wiltshire's Young Carers Service! They are here to support you every step of the way.

What is the Youth Action Wiltshire, Young Carers Service Offer?

Fun Clubs:

These clubs run monthly, with Saturday sessions for primary and secondary-aged young carers, and weekday evening sessions for those aged 16+.

New friendships:

Meet new people, share your hobbies and experiences! 😊

If you need help getting here, no problem! We can help with transport!



School Holiday Activities :

Enjoy, fun-filled days out including activities like adventure sports, arts & crafts, music, and much more!

★ Learn New Skills: ★

Get trained as a Peer Mentor or Young Leader!



Call us:
01380 720671
or email



“Wiltshire Young Carers Service, has stopped me being lonely. I now have people I can talk to and lots of things to look forward to”



Wiltshireyoungcarers@youthactionwiltshire.org



Hi, my name is
Jo



What I do:

Whether you've been caring for a loved one or you're new to taking on a caring role, I'm here to ensure you feel supported and confident as you balance caring with your own independence.

About Me:

I am a support worker and I work with Young Adult Carers aged 16 to 25.

When I'm not meeting you folks, You find me halfway up a Walking Dogs, Mountain, vibing at the Pyramid Stage, On a Hockey pitch or playing Mario!

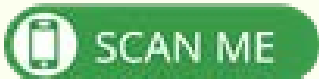
How to Contact Me:

16-17 Email me on:

youngadult@carerstogetherwiltshire.org.uk

18+ Call: 01380 710300

Refer Yourself Online:



How I can Help:

Your future matters to me, along with your independence and everything that makes you unique!

I'm here to listen, support, and encourage you to take a break from caring sometimes and connect with other young adult carers and find yourself along the way.

Adulthood is fun, but it does come with finance and paperwork! Don't worry, I'm here to help you navigate all that and your rights as a young adult carer together, so you can reach your life goals.

Creative Zone

We would like you to draw two animals mixed together to make a mythical creature!

Send a photo of your creation to us at Voice@wiltshire.gov.uk for a chance to feature in the next magazine!

Carer
Friendly

Young Carer Cards

Young Carer ID Card

This is a physical and digital card which....

- Proves you're a Young Carer when you are out and about
- Gives you access to Carer offers and discounts
- Request additional support due to your caring role.
- If you have an emergency, others will know you're a Carer and be able to contact your nominated person



Get your free Young Carer ID Card now!



Or click
here to
sign up!

Do you like reading?

If you are a young carer and are 16 or older you can get lots of perks at Wiltshire Libraries.

With a Carer's Library Card you can:
Borrow up to 12 books; audiobooks;
or eBooks!

Borrow a book for six weeks rather than three!

Make requests for books free of charge!

Get your Young Carer Library Card now!

If you already have a library membership bring in your Carer ID card to the library and take to the staff desk and ask for a Carer Library Card.

If you don't have a library card, go into any Wiltshire Council library with your Carer ID Card and sign up!

You can also talk to library staff if you would also like to take out a separate membership to borrow items for someone you care for.





I AM A YOUNG CARER

THIS IS ALL ABOUT ME

My name is _____

I am _____ years old

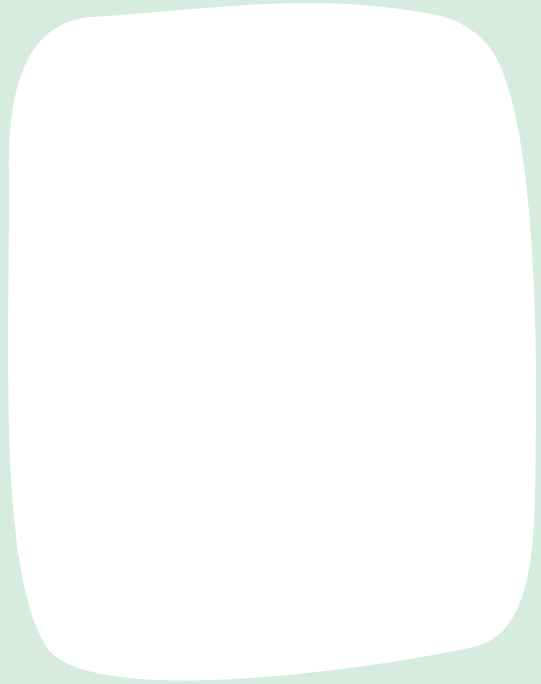
I care for...

My caring responsibilities are...

Because of my caring responsibilities I may...
(underline any that apply)

Be tired, not have enough time to do homework, be late, need someone to talk to, miss out on seeing friends, other.

Photo/drawing of me



My favourite things are...



My goal this year is...



My emergency contact is my _____

Their name is _____

Their phone number is _____



You can share this with anyone you like! This could be your friends, family, teachers and support worker!