

FREE



Norfolk County Council

YC

Young Carers Magazine 2005

Your real life experiences

Coping
with school
and being a
carer

**Young carers
groups in
Norfolk**

**where to get the
support you need**

www.norfolkcarers.org.uk

For carers of all ages
who live in Norfolk.

INSIDE: Young Carers' views, news, advice & more...

Welcome

Hi guys! Welcome to this year's edition of the Young Carers Magazine. This year we as young carers aim to publicise and give awareness of the many ways that young carers live with, help and support the people we love. We want to let the world know that being a carer isn't always a profession – sometimes we don't get the opportunity to choose whether or not we care.

We as young carers don't wish for sympathy; we wish for people not to be judgemental. We want people to recognise the work we do, and to respect us. We need support not only from other family members, but also from the outside world, just to let us know that we are doing a good job for a good cause. We don't ask for much but at least the little that we deserve.

I thank you for taking the time to sit and read this magazine, I hope that it will open your eyes to some of the circumstances that we live in and also help you to recognise the amount of time and support we get from youth workers. We need more support than ever, as more cases of kids under the age of 18 that care for someone are uncovered every day.

As support is so much in demand, sometimes the people who need help don't receive it because of lack of resources. So please carry on reading this issue and see not only the people that are young carers, but also some of the activities that we get the opportunity to do because of the young carers support groups across Norfolk.

Charlie⁽¹⁵⁾



**IN
TRAN**
communication for all

If you would like this newsletter in Large print, audio, Braille, alternative format or in a different language contact Dan Pritchard on 01603 223 154, minicom 01603 223 242.

Edited, designed and produced by Sarah Thomas Communications Tel 01603 470440 Email: info@stcom.co.uk



Charlie's story

Hi, my name is Charlie and I'm 15. I have a younger brother called Matthew, he is 14. We both care for our mum.

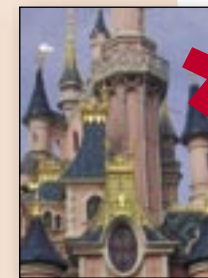
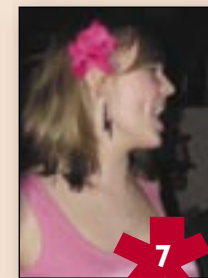
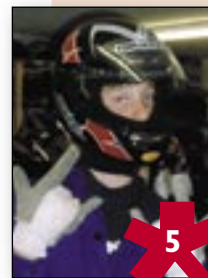
She suffers from a range of things and recently she was taken into hospital, but this is nothing new. I have to be so careful with simple things that people take for granted. Even something like body deodorant sprayed too close to my mum makes her stomach ulcers play up, which means she would be up all night being very ill.

I have to cook, clean, do shopping and basic house tasks, which means I don't get an awful amount of time for myself.

Sometimes at school I feel so alone, like no-one feels as upset, tired or emotionally challenged as me. I felt like that until I found out about my young carers group. I've only been going to it for about six months, but this support group has helped me so much. Just being with other people who are caring for someone gives you hope and makes you feel like you are not alone.

In April 2005, there were 25 young carers support groups in Norfolk and 352 young carers were receiving a service.

in this issue



who we are

Young carers are children and young people up to 18 years old whose lives are affected by caring. We might be caring for our mum or dad, sister or brother, who may have a long term illness or disability, mental health problems, learning disability or misuse alcohol or drugs.

What it feels like to be a young carer

- We can feel that there's nobody there for us, that professionals do not listen and are only working with adult family members.
- There's often a lack of recognition, praise or respect for our contribution.
- We can feel different from other children and unable to be part of a group.
- Although there are lots of young carers out there, it's easy to feel alone and that no one else understands our experience.
- We can face problems moving into adulthood, especially with finding work, moving into our own homes and establishing relationships.

Problems we face

- We're more likely to have difficulties at school, completing homework and getting qualifications.
- We can feel isolated from other children of our own age, and even from other family members.
- We don't always have time for play, sport or leisure activities.
- We can find it difficult to find a balance between the needs of the person we're caring for and our own needs, which can lead to feeling of guilt and resentment.

What we need

- We need recognition of our role, which means being heard, believed and respected.
- We may need extra encouragement with our education, and for our teachers to be aware of our situation.
- We need information about the support available to us and our families.
- We may need support with our caring tasks.
- We need services for our family so that we can do things together.
- We need emotional support, someone who is there for us.
- We need a break from caring.
- We need an opportunity just to be children.

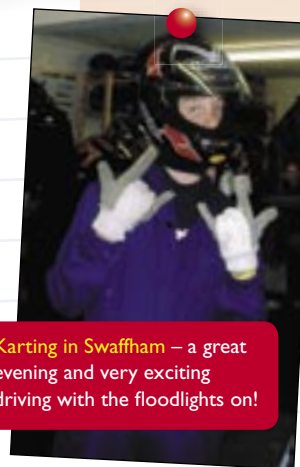


Climbing the walls in Trafalgar Square on our way to see a London panto and watch the changing of the guards.

Thetford Crossroads group



Our second weekend away at the Hilltop Activity centre – we did loads of adventure tasks and have some great holiday memories to share.



Karting in Swaffham – a great evening and very exciting driving with the floodlights on!

Do you feel like you're the only one who feels like you? Well, you're not! There are people out there who face things like you.

My young carers group is a group of young people who come together to get away from their lives at home. So if you have a parent, sister or brother who is physically or mentally ill, you could be a young carer and go to a group too.

Emma-Louise, 15, Norwich

Thanks

to the following who have helped young carers during the past year...

- Millennium Trust for Carers (EDP We Care Appeal 2000) for providing young carers with holidays, domestic appliances and computers. Thanks to Paddy Seligman and the Trustees for their continued support and encouragement.
- Radio Broadland Operation Santa Claus
- Norfolk Council for Voluntary Youth Services
- Norwich Union
- The Hase Foundation

All these have made it possible to organise young carers events like Fun Days and Discos.

www.nhsdirect.nhs.uk
Helpline 0845 4647

Not feeling well or want to find out more about an illness or condition? Info available on website.



The Broadland group for 12-18 year olds went wall climbing at Eaton Vale.

"I was really worried about doing the wall climbing but I felt fine afterwards."

"It was something new - I really enjoyed it."

Hi, my name is Shaun, I'm 14.

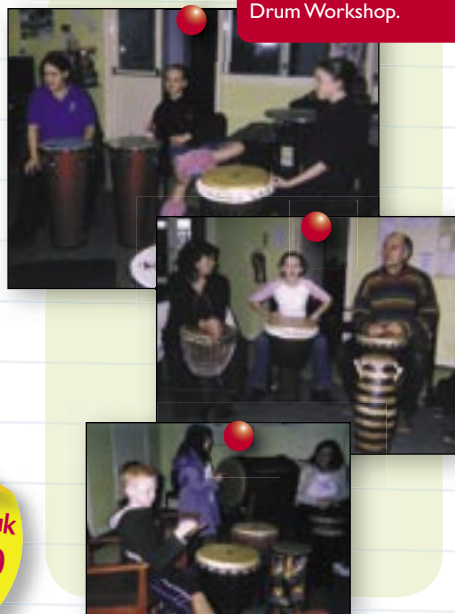
I am part of the Great Yarmouth Young Carers group. I enjoy going to this support group as there are lots of people in similar situations to mine and there are lots of people to talk to who understand me.

The youth workers that run the group take us to lots of different places and we are given the privilege to go to discos to meet members of other young carers groups across Norfolk. I really like coming here.

www.disabledparentsnetwork.org.uk
Helpline 08702 410 450

Disabled Parents Network is a national organisation of and for disabled people who are parents.

Wild West Seniors getting into the rhythm at their Drum Workshop.



Hi, my name is Johnathan, I'm 16.

I come to the young carers group because I look after my Dad who has arthritis and ulcers on his legs. I've looked after him 24/7 for five years. I don't go out much and it can be boring most of the time looking after my Dad.

www.youngcarers.net

New website from the Princess Royal Trust for Carers which will be the first UK-wide resource for young carers offering support via email, supervised message boards and chat sessions, also lots of useful information.

Memories (of a father)

By Lizzie Soanes

Laughing eyes in a smiling face
Loving arms to hold me safe
Happy times to cherish
A mother, a father and two little cherubs

A twisted face covered a tortured mind
A withered arm to hold me no more
Confusion and fear
Push boundaries away

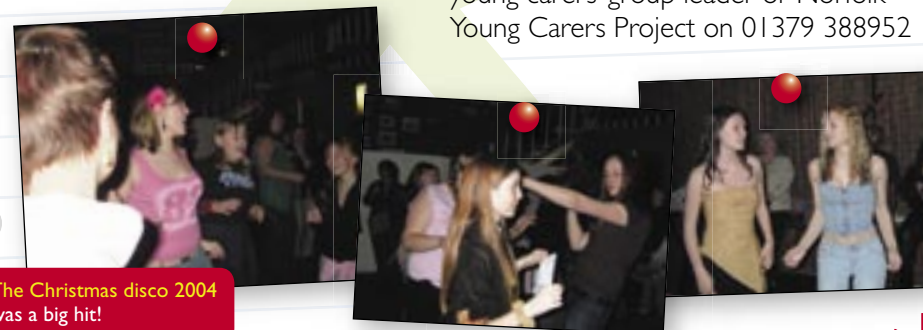
Hearts are broken
Prayers and homilies said
Eternal slumber. Under
A name engraved on a granite stone

Dreams and ambitions left unfulfilled
Love and hope dashed
What if and why echo around
Emptiness abounds

Watch out for the Christmas disco 2005

There will be a disco for the under 11s and another one for 11+ with DJ and refreshments provided. All young carers in Norfolk are invited. Contact your young carers' group leader or Norfolk Young Carers Project on 01379 388952

Yo ho ho!



The Christmas disco 2004 was a big hit!

In October 2004, the North Walsham 12-18 year olds group visited Disneyland Paris. Their amazing trip was made possible by some incredibly successful fundraising, all started off by one group member...

Disney dream

The Fundraising

I started fundraising back in 2002 after having an idea that was laughed off by all of the adults – to raise £8,500 to take the 15 young carers from our group to Disneyland Paris.

The first thing we did was a teacher versus student competition which was a great start raising £250. Still none of the adults thought it was a realistic dream.

I was still determined to raise all of the money, but the task was slowly getting harder and harder as the group kept growing! I was now aiming to raise £10,000 to take 20 young carers away. I carried on long and hard and wrote off to different companies and organisations for grants.

The total figure we as a group raised was £12,317! We all had a fantastic time away and for the size of the group there were very few upsets or mistakes!

Marc Shuter, 16.



"I saw things I'd never seen before – it was interesting and good."

"We did a sponsored 24 hour stay awake to raise money for the trip. Most of us needed a break but we couldn't afford it ourselves, so we did this. The hardest part was at about 3am as it got really difficult to keep my eyes open!"

Kim



"The Wild Buffalo Show was really fun. There were horses running around and about seven buffalo – they were huge! We all had cowboy hats on and were given tea too – it was delicious."

Nicole, 12



Thanks...



... to everyone who got involved and made this trip possible. All the events made a lot of money, and grants and donations from Archant, The Hedley Trust, The D'Oyly Carte Trust, the Boileau Lodge at Wroxham, Bradfield Flower Club and many, many more made up the rest of the money.



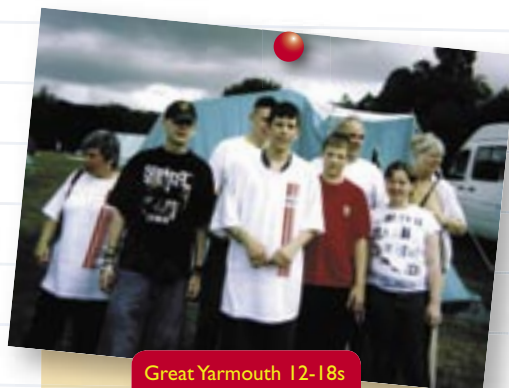
She keeps coming back
It's making my Dad crack
She gulps down the wine
Like it's all just fine
I'm now in care
And it's really not fair
Gemma, 15

Being a young carer

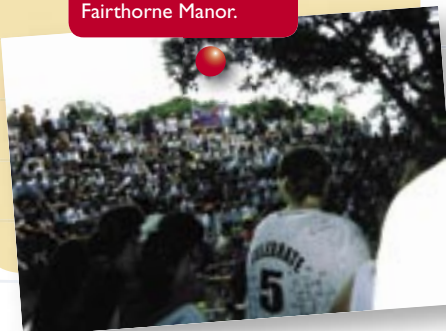
By Thomas 13,
Downham Market

Being a young carer for my sister can be good as it makes me happy that I am helping someone that I love and care about, but there is a downside to it. It can be hard work and some things have to be sacrificed – like sports. She can be a bit over demanding sometimes, but I love my sister whether she is disabled or not – to me it doesn't really make a difference.

My young carers group helps me because it gives me time to relax with people who experience the same pressures as me. Also if something is bothering us, the staff are always willing to listen.



Great Yarmouth 12-18s
young carers group
at the national Young
Carers Festival at
Fairthorne Manor.



[www.childrenssociety.org.uk/
youngcarers](http://www.childrenssociety.org.uk/youngcarers)

Site for young carers, their families
and those who work to support
them across the UK

What is being done for young carers in Norfolk

Young carers projects in Norfolk are working to raise awareness of young carers and the issues they face, helping young carers in schools and establishing and maintaining support systems.

There are groups for young carers across Norfolk which offer a break from caring, a chance to have fun and meet other young carers.

The work of all young carers is co-ordinated by a multi-agency Project Advisory Group convened by Norfolk County Council Social Services.

All agencies – Primary Care Trusts, voluntary organisations, Norfolk County Council Social Services, Education, Youth and Community Service have a contribution to make.

This can be through direct work with young carers and their families, funding young carers projects or providing transport, venues for group activities or office space for projects. A partnership approach is essential if young carers are to be properly recognised and properly supported.

I think the young carers group is beneficial to all young people who want a safe place to get away and enjoy themselves.

Holly King, Sprowston group.

I enjoy coming to the young carers group to get away from my problems. They take me out to places and I really enjoy myself as it gives me time on my own. Also, I can mix with people who have the same problems as me and now I know I'm not on my own which makes me happy.

James, 14, Great Yarmouth



Jenni on her 18th birthday. She's been with the Thetford Crossroads young carers group since June 2002 and is now undergoing training so she can stay on and help as a volunteer.

Young carers groups in Norfolk

BROADLAND

Group for 12 – 18 year olds

Meets fortnightly on Mondays 17:00 – 19:00.
Based at the Broadland District Resource Base,
Sprowston.

Contact: Anita Beckett on 01603 408678

E-mail: anita.beckett@norfolk.gov.uk

DEREHAM

Group for 8 – 12 year olds

Meets monthly on the 2nd Saturday of the
month 10:00 – 15:00.

Group for 12 – 16 year olds

Meets last Friday of the month 17:00 – 22:00.

Both groups are based at Breckland District
Resource Base.

Contact: Hazel Taylor on 01362 696110

E-mail: breckland@crossroads.org.uk

DISS

Group for 11 – 18 year olds

Meets Tuesdays fortnightly 16:30 – 18:15
at the Youth & Community Centre.

Contact: Julia Fairbrother on 01379 642425

E-mail: julia.fairbrother@norfolk.gov.uk

DOWNHAM MARKET

Group for 8 – 16 year olds

Meets Wednesdays fortnightly 18:00-20:00.
Based at Howdale Community Centre.

Contact: Rose Rooney on 01366 377510

E-mail: rose.rooney@crossroads.org.uk

GREAT YARMOUTH

Group for 8 – 11 year olds

'The Lodgers' meets about 6 times per term
17:00-18:30.

Contact: Cath Thomas on 01263 570157.

E-mail: cath.thomas@crossroads.org.uk

Group for 12 – 18 year olds

Meets Tuesdays fortnightly 17:30 – 19:30.
Based at The Source, (Drill Hall), York Road.

Contact: Glenis Townsend on 01493 854661

E-mail: glenis.townsend@norfolk.gov.uk

HUNSTANTON

Group for 12-18 year olds

Meets alternate Mondays 16:00 – 18:00.
Based at Hunstanton Community Centre.

Contact: Rose Rooney on 01366 377510

E-mail: rose.rooney@crossroads.org.uk

KING'S LYNN

2 groups for 7 – 11 year olds

Meet Tuesdays alternately and fortnightly
16:30 – 18:30. Based at NCH, The Willows.

Contact: Christine O'Keeffe on 01553 670990

E-mail: familycentre.willows@nch.org.uk

Group for 13 – 18 year olds

Meets on Mondays 16:30 – 19:30. Based at the
Youth & Community Centre.

Contact: Dave Rodwell on 01553 773565

E-mail: dave.rodwell.edu@norfolk.gov.uk

Group for 8-11 year olds

'Wild West Carers' meets Mondays fortnightly
17:00 – 18:30. Based at North Lynn
Community Centre.

Contact: Louise Gould on 01553 768708

E-mail: louise.cforum@freeuk.com

Group for 11-13 year olds

'Wild West Carers' meets Mondays fortnightly
17:00 – 18:30. Based at North Lynn
Community Centre.

Contact: Louise Gould on 01553 768708

E-mail: louise.cforum@freeuk.com

NORTH WALSHAM

Group for 11 – 18 year olds

Meets Thursdays fortnightly 17:00 – 19:00.
Based at North Walsham Youth &
Community Centre.

Contact: Teresa Guest and

Nigel Ward on 01692 402498

E-mail: pamela.boyes@norfolk.gov.uk

2 groups for 8 – 11 year olds

Group 1 meets fortnightly on Tuesdays and
group 2 meets fortnightly on Thursday
16:30 – 18:00. Based at Furze Hill Day Centre,
Happisburgh Road.

Contact: Lynne Shimell on 01603 466908

E-mail: ycpmb@freeuk.com

NORWICH

Group for 12 – 16 year olds

'Connect Club' meets Fridays fortnightly
19:30 – 21:30.

Group for 8 – 11 year olds

'Connect 2' meets Fridays fortnightly
19:30 – 21:00.

Group for 4 – 7 year olds

'Connect Kids' meets Mondays 3 weekly
17:15 – 19:00.

Group for 14 – 17 year olds

'Connect Cadets' runs alongside Connect groups.

All groups meet at the City Christian Centre,
Nelson Street.

Group for 12 – 17 year olds

'Connects@School' meets Fridays fortnightly at
Sprowston High School between 12:25 – 13:15.

Contact: Sallie Boyd / Jude Blumgart on
01603 632904

E-mail: judi.blu@ntworld.com or
sallie-boyd@hotmail.com

Group for 8 – 11 year olds

'Flarers Carers' meets Tuesday fortnightly
17:00 – 18:30. Based at Coronation Hall,
Hellesdon.

Contact: Farida Valli-Kahumbu on
01603 219924 / 01603 617393

E-mail: ycpma.cforum@freeuk.com

2 Groups for 11 -18 year olds

Meet Thursdays alternately and fortnightly
17:00 – 18:45. Based at the Norwich District
Resource Base.

Contact: Alison Thorley or Kiernan Atkins on
01603 630948

E-mail: alison.thorley@norfolk.gov.uk

SWAFFHAM

Group for 8 – 13 year olds

Meets Wednesdays fortnightly.

Contact: Louise Gould on 01553 768708

E-mail: louise.cforum@freeuk.com

THETFORD

Group for 7 – 11 year olds

Meets Tuesdays 16:30 – 18:30 at
Thetford Family Centre.

Contact: Merlyn Shepherd on 01842 753294

E-mail: merlyn.shephard@nch.org.uk

Group for 11 – 18 year olds

Meets Fridays fortnightly 18:00 – 20:00 at 'The
Maltings', The Youth Centre, Raymond Street.

Contact: Debbie Blewsywyck on 01842 763477

E-mail: thetford.wayland@crossroads.org.uk

Young carers workers

CROSSROADS NORFOLK YOUNG CARERS PROJECT

Area office:
Crossroads Caring for Carers
PO Box 290, STRADBROKE IP21 5WZ

Christine Comacle-Smith,
Senior Project Officer,
Area covered: South Norfolk, Norwich PCTs
Tel/fax: 01379 388952
E-mail:
christine.comacle-smith@crossroads.org.uk

Cath Thomas,
Project Officer,
Area covered: North Norfolk, Broadland,
Great Yarmouth, Norwich PCTs
Tel/fax: 01263 570157
E-mail: cath.thomas@crossroads.org.uk

Rose Rooney,
Project Officer,
Area covered: West Norfolk PCT
Tel/fax: 01366 377510
E-mail: rose.rooney@crossroads.org.uk

Norfolk Carers Helpline 0808 808 9876

FREEPHONE 24 hours. P.O. Box 154, Norwich NR3 4EZ. www.norfolkcarers.org.uk

299 young carers were supported by the Crossroads Norfolk Young Carers Project and Carers Forum between April 2004 and March 2005.

Those young carers live in the following areas:

- West Norfolk: 27.5 %
- Great Yarmouth: 21.8 %
- Norwich: 18.3 %
- South Norfolk: 12.5 %
- North Norfolk: 12.3 %
- Broadland: 8 %

54% of those young carers were female, and 46% were male.

34% were under 11, 51% were aged between 11 and 14, and 15% were 14 to 18 years old.

60% were caring for their mother, 15% for their father, 19% for their brother or sister and 6% for another relative.

NORWICH & DISTRICT CARERS FORUM

Young Carers Primary &
Middle Schools Project,
18 St. Faith's Lane, Norwich NR1 1NN.
Tel: 01603 219924. Fax: 01603 219939

E-mail: admin.cforum@freeuk.com
www.norfolkyoungcarers.org

Project Workers:
Farida Valli-Kahumbu,
for Norwich and South Norfolk.
Tel: 01603 617393

E-mail: ycpma.cforum@freeuk.com

Louise Goold,
for West Norfolk
Tel: 01553 768708
E-mail: louise.cforum@freeuk.com

Lynne Shimell,
for North Norfolk, Broadland, Great
Yarmouth.
Tel : 01603 466908
E-mail: ycpmb.cforum@freeuk.com

Illness of person cared for:

- Physical illness or disability: 46.2 %
- Mental health problems: 30.9 %
- Learning disability: 14.4 %
- Substance misuse: 8.5 %

Source of referral

- Voluntary agencies: 31.3 %
- Statutory agencies: 53.6 %
- Young carers and their family: 15 %

*There may be more than one person with an illness/disability in a family and people may have more than one illness and/or disability.

Carers grant funding

The Carers Grant is money made available by the Department of Health to provide short breaks in the form of support groups for young carers. The budget allocated was £86,740, which is an increase of 3% over the final budget for 2004/05.

An additional £15,000 was made available, for this year only, by the Norfolk Drug & Alcohol Action Team, in acknowledgement

of the number of Young Carers whose parents are affected by substance misuse. This gave an increased budget for the year of £101,740, an overall increase of 20.8%

There were 18 applications from across Norfolk totalling £113,061, which meant there was a shortfall of £11,321 in terms of the total amount requested.

The money was allocated as follows:

Youth & Community Service Gt Yarmouth (11-18) - 2 groups:	£10,000
Youth & Community Service North Walsham (11-18) (prev. N E Norfolk Crossroads)	£4,258
North East Norfolk Crossroads (5-11) (previously NCH)	£1,556
Youth & Community Service Norwich (11-18) - 2 groups	£11,376
NCH King's Lynn (7-11)	£7,604
Breckland Crossroads (8-11 Group)	£6,097
Breckland Crossroads (12-15 Group)	£4,901
NCH Thetford (7-11)	£7,550
Thetford Crossroads (11-18)	£7,460
Youth & Community Service Diss (prev. S Norfolk Crossroads) (11-18)	£5,362
Connects & Co (City Christian Centre) (3 Groups 4-7; 8-11; 12-16)	£10,800
Carers Forum (The Lodgers, Gt Yarmouth) (8-12)	£3,370
Carers Forum (Flarers Carers, Norwich) (8-12)	£4,500
Youth & Community Service Broadland (13-18)	£4,850
Crossroads / Carers Forum Downham Market (8-16)	£4,259
Carers Forum (King's Lynn) (8-13)	£4,875
Carers Forum / FWA (Swaffham) (8-13)	£3,000

Coping with school

School can be difficult for young carers, but knowing where to get help can make a big difference. Here are some of your experiences...

Faith's story

"My name is Faith and I'm 11. Sometimes it is very hard to keep my emotions in when I'm having situations at home, but luckily my teacher, Miss Setterfield, is as caring as anyone could want their teacher to be. If you ever have the chance to talk to a person like my teacher about your problems at home, I suggest you take that chance and find out if you could be as lucky as me."

A teacher's perspective

"Initially I taught Faith for her daily literacy lesson, but it soon became clear that she saw me as an adult in whom she could confide, and someone she could trust.

Although I never offered Faith much advice, the fact that she could speak about things that were on her mind helped her get on with her school life. She also knew that if she had problems with getting her homework done I would bear in mind the difficulties she was having.

I think it is important for young people with problems to realise there are responsible adults in whom they can confide – and that teachers are sometimes the obvious choice!"

"I can't do my homework as I've got to look after my sister."

Hi, my name is Katy and I'm 14. I go to the young carers group at Yarmouth. My mum suffers from manic depression and I have to look after my two younger brothers and my younger sister. While my mum was in hospital I had to take them to and from school and then go home and look after the house and tidy up. I missed out on a lot of school – basically all of Year 9.

When I started to come to the young carers group I met other people in similar situations to me which helped me understand that what I do is not abnormal, and that makes me happy. The people who run the group are very helpful and are always there to listen which is wonderful. It has helped me a lot.



Faith and Miss Setterfield

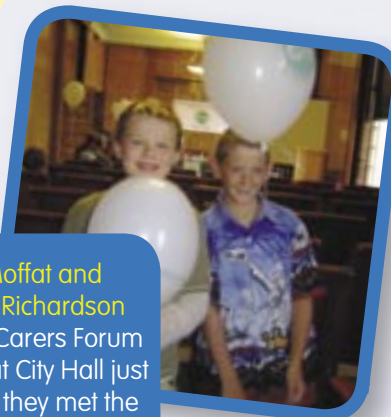
"It's hard to deal with caring for someone and doing all your school work."

My brother

My brother confuses me.
Most of the time I cry.
Sometimes I feel happy, sometimes sad.
Sometimes he's really nice and wonderful.
But sometimes he's really horrible.
Mum and Dad used to expect me to understand and be nice to him.
Now they try to get him to be kind to me.
My brother is AUTISTIC.

Kirsten, 11

Sam Moffat and Shaun Richardson at the Carers Forum AGM at City Hall just before they met the mayor!



www.norfolkyoungcarers.org

For help and advice for young carers living in Norfolk



Fritton Lake

We went out on the train and watched the falcon display. We saw some owls and played on the park. There was a big slide on the park. It was really fun and the lake is pretty.

by Alysha, age 10



Christmas Disco 2004

Why did the monster cross the road?
To get to the second hand shop

Art Matters is a unique arts initiative which aims to develop and celebrate the creative talents of young people supported by NCH. It involved a programme of art workshops to encourage them to explore and express themselves. The focus this year was on the work of Turner, Whistler and Monet.

art matters

Ten young carers from the Willows group in King's Lynn took part in the initiative. They attended three workshops with local artist Tara Sampy.

"At The Willows, me and my friends met an artist called Tara. We went to the Walks and took photos of trees. When they were developed we did pastel pictures. We also made pictures from glue and tissue paper. When they were dry we painted them and they were sent to the Tate Gallery. In April we are going to see them."

Bethany, 11



Here we are in April 2005 visiting our artwork at the exhibition at Tate Britain, London.



Left to right, back row first – Connor, Lewis, Hannah, Bethany, Natasha, Tanya, Siobhan. Chloe, Lauren and Rebecca were unable to attend.

First we took turns taking photos then used square pieces of acetate which we put Vaseline on to make a lens which made our photos turn out fuzzy.



1

Finally we painted on top of the tissue paper what we could see of the photo underneath.

3



2



Then using our photos we made pictures using pastels. We chose one photograph which was enlarged. Then we covered it with glue and tissue paper and kept layering it.



My Brother

My Brother, My Brother,
He's Always Winding Up My Mother!
My Mother, My Mother,
Always Saying We Should Love Her!
We Should Love Her, We Should Love Her,
Me, My Sister And My Brother!
My Brother, My Brother,
Always Winding Up My Mother!

By Louise, 10,
whose brother is Autistic



Doctor, doctor,
I feel like a bridge
What's come over you boy?
2 buses, 1 car and a lorry!



The North Walsham 7-12s young carers group making masks.

www.norfolkblurb.co.uk
Website for young people in
Norfolk with latest news about
events near you and
much more.



It was a bit
scary, but
great fun!

The Connect2 young carers group

for 8 - 12 year olds spent a residential
weekend at the Horstead Centre, made
possible by a donation of £1,250 from
Colman's of Norwich.

Friday

We were picked up by minibus and taken to
the centre to meet the rest of our friends. We
all had tea together and then played games.

Saturday

Today was great - we went kayaking and
rowing on the river and did a low ropes course
where we had to get a cup of water from one
end of the course to the other without spilling
any. It was really funny!

Sunday

We played footie in the sun and then went
to the climbing tower. When we got to the
top we had to slide back down a zip wire.

fluffy towers

The Glitter Girls and Bouncin Boyz group from
Downham Market see who can make the tallest
tower out of marsh mallows and spaghetti
- without eating it all first!

We have fun
It's never glum
Lots and
Lots of happiness
Oh, and also no bullying
When we come
So loads of fun, no glum.

Rebecca, 8,
from the Willows young carers group

We're the
Lodgers group
for 8-11 year olds
from Yarmouth

hi!



"Hi. My name is Annalise and I am 10 years old and live in Great Yarmouth. I have been a young carer for nearly 6 years. I look after my mum and my little sister Megan. When my mum was having a bad time I was looking after Megan more. I cooked for her, washed her, played with her and cleaned the house. Things were quite difficult at one point but now life is much easier. I joined a Young Carers group in September 2003 and I've made loads of friends. I get more time on my own and get a chance to play with my friends. I sometimes get fed up of looking after my sister because she winds me up. It's fun caring for my sister and I enjoy spending time with her."



Read more of the Young Carers Magazine to see what we do in Norfolk, and the help that's available if you're looking after someone...

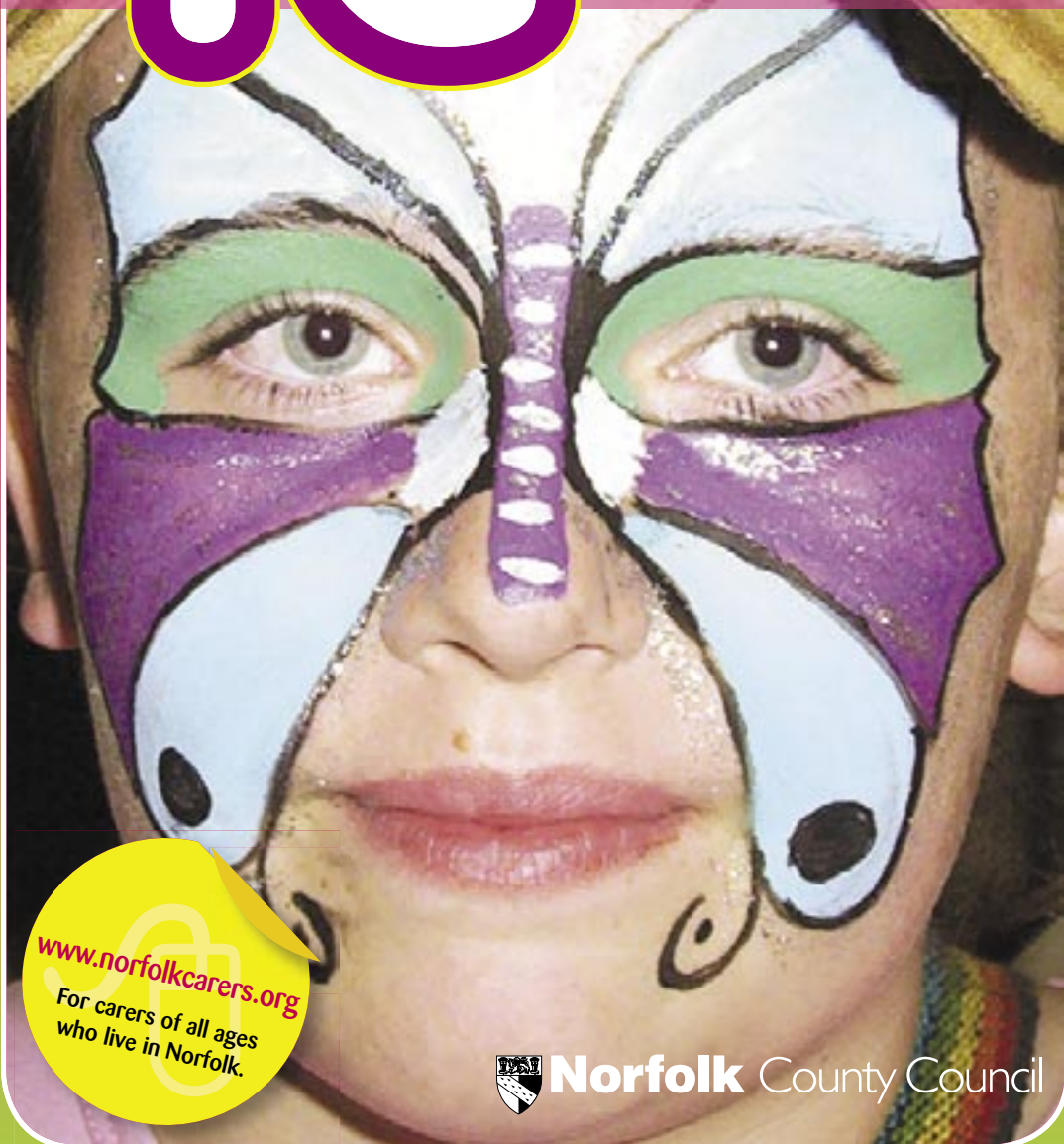


www.childline.org.uk
Can help with all sorts of issues
and has a free 24 hour helpline
0800 1111

FREE

YC

Young Carers Magazine 2005



www.norfolkcarers.org

For carers of all ages
who live in Norfolk.



Norfolk County Council

INSIDE: Young Carers' views, news, advice & more...