

FESTIVE!

A MAGAZINE FOR YOUNG CARERS IN OXFORD CITY



YOUNG
CARERS

www.coolyoungcarers.com



Oxford
Young Carers
Project

EDITORIAL

Hey Everyone!
Welcome to our second edition of FRIVE!

The magazine is packed with puzzles, games and beauty pages. Check out the new adventures of Wind and Bell, and take a look at the Trip updates articles about what activities young carers went on in the summer!

We have now included a new section to the magazine: a 5-13 section and a 13+ section so that there is appropriate information for each age group... please feedback and let us know what you think!

Lastly if you're reading this for the first time think you may be a Young Carer and would like support then please text, email or ring us, contact info is on the back page!

Until next time
Take Care!

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I'D ME

SCHOOL IDENTIFICATION



What can it feel like being a Young Carer

- Alone
- No Friends
- No one understands
- It can be very rewarding!
- Can't concentrate at school or get school work done.
- Enjoy helping your family!

I'm A Young Carer Badge

This is a Young Carer Badge...it means when you wear it can:

- Show others you're caring.
- It can let the school know you're a carer without having to go to your teacher and say "I'm a carer."

Callum (a Young Carers) says....

'It gives me a voice...

I'm recognized for what I do, it gives me identity from other Youth.'

The Oxford Young Carers Project says...

'We are giving these badges to schools... hopefully a member of staff will be wearing it and they will have a nominated Young Carers person who U can go to for support.'

Please wear your Young Carers Badge with PRIDE in school so teachers can know you are a young carer.



YOUNG CARERS



HAVE YOUR SAY ...

Dude interview!!!

Name: Mr B

Age: 14

Sex: Male

Who do you care for?

Little Brother

Why do you care for this person?

He has Cerebral Palsy which affects his legs, he use them but not very well he has to crawl around.

Do u like being a YC?

Maybe, sometimes. I like caring but it does have its down days... and good days.

How do deal with caring in general?

Being calm and not losing my temper!

Do you find it hard?

Not really... I get why I have to care.

Do ur friends know you're a YC?

Some of them do and they support me.

If yes are they supportive?

Yes they have always supported

me through bad times.

What about school?

Some people are supportive to me and my dyslexia

How could they (school) support you more?

Making homework easier for me and giving me time to do it!

How supportive are the other agencies involved in your support network?

They (the young carers project) have helped me a lot.

Any thing else you would like to say?

My message is that if you are a carer get in touch with the project... this is the chance to be known and then you will have enough support that will give you the confidence for you to make new friends and to have a great life.

Not all carers stories aren't the same as mine.

All young carers care in a different ways, some young carers hate caring, or feel guilty that they want free time for themselves.

Thanks Mr.B!

Dudette interview!!!

Name: kisp

Age: 12 years

Sex: Female

Who do you care for?
my Dad

Why do you care for that person?

He is disabled

Do you like being a yc?
Yes

What do you do to care for that person?

I do jobs like getting stuff from upstairs for him and helping him into the car and stuff like that.

Do you find it hard?

Sometimes I do and sometimes I don't.

Do your friends know you're a yc?

If yes, are they supportive?
Some are...some aren't.

How could they support you better?

Don't know really.

How supportive are the other agencies involved in your support network?

Yes young carers project and army cadets are supportive of my caring.

What about school?

They don't really say anything to me

What could school do for you?

They could be more understanding, like if I'm late after looking after my dad all night I still get a detention or I have to keep explaining it 2 teachers.

Anything else you wanna say?

No, oh yeah thanx 4 listinin!!!

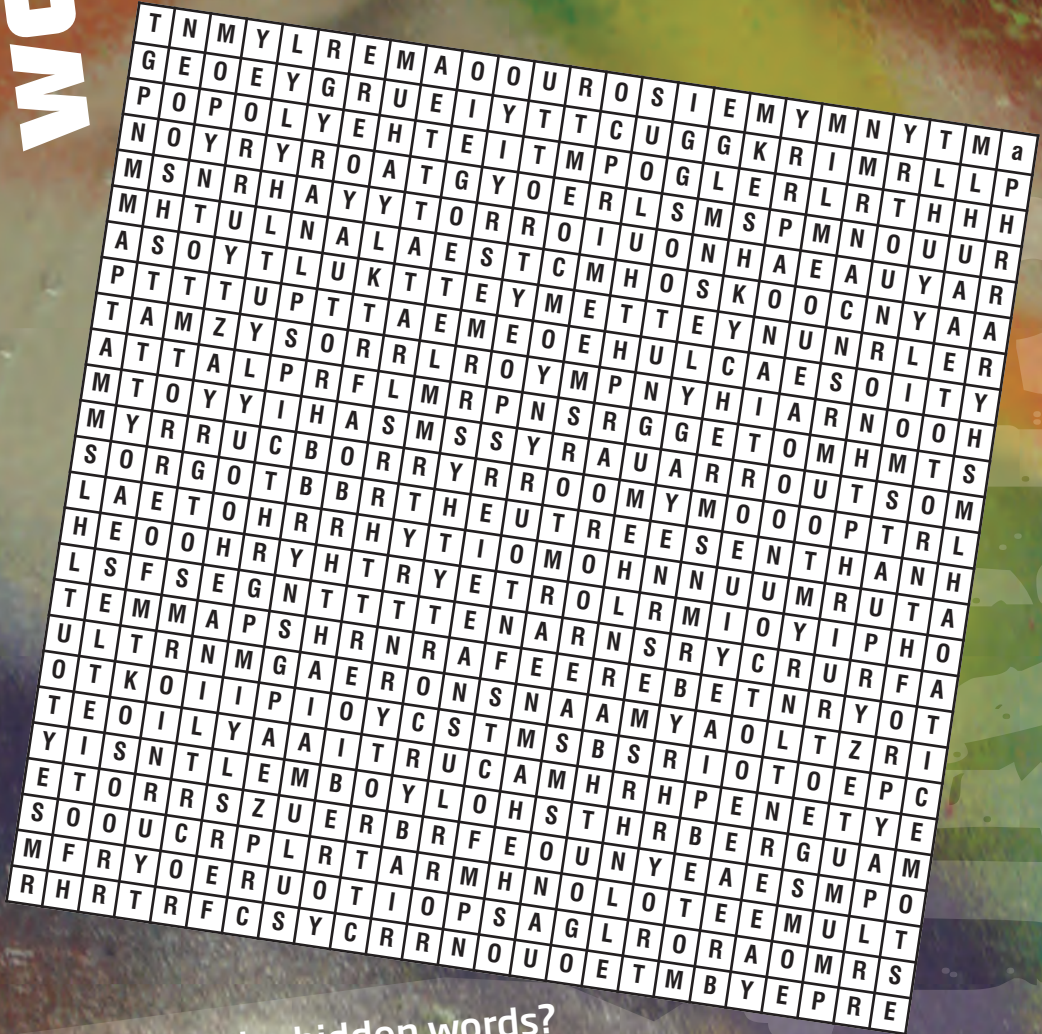
J J J

FUN & GAMES

guess who...



word search



Can you find the hidden words?

Cinemas Superstar Moonlight Ozone Igor Summer
 Ugly betty Harry Potter Party Football Homer Money
 Make up Curry No school



UPDATES

Summer

Review on the Festival

The festival happens once a year and it's a really great thing. The festival is about that all carers coming together from all over England and some other countries for 2 days and having fun, meeting each other and having a break from the caring they do.

The festival has a lot of activities and fun stuff to do like rock climbing. There are loads of fireworks and 2 discos.

This year for me was the 3rd time it was still really enjoyable. This time only that there was a silent disco which was kind of fun, we also used U.V. paint for our hair and face that glowed in the dark, that was pretty cool.

Review on Youlbury

The Youlbury activity zone was quite good there were loads of things to do, we had a giant swing (which scared the girls) we had a team game which we didn't do so great at. We all loved the climbing, some people were scared and had fright but we overcame it...we had a brilliant time of our lives!

London Trip

Hey dudes and dudette's!!!

At 9:00am (ish) a load of YC's from the 15-18 group met at Gloucester green in town, we woke up a bit when we had a breakfast in a coffee shop (it was too early to remember which one, LOL!!) then we had a long coach journey to London. We got off at marble arch, near Oxford Street and got on the underground.

When we go to the London eye area we split up and did different stuff, there was a mix. Some of us went on the London eye, some went on the aquarium, and a few of us went to an art gallery. We met up with a picnic in the park, and then took the tube back Oxford Street and shopped for ages!!!!

After all the shopping we were all hungry so we got food and drink from Sainsbury's and ate it on the coach home!!!!

Funding

Young Carers Support Services Contract

The Oxford Young Carers Project were recently successful in being awarded the Young Carers Support Services Contract for the next two years through Oxfordshire County Council.

This means that we will be working more closely with the new Young Carers Team in the County Council to offer more support for you and your family.

Youth Opportunity Fund

The Youth Opportunity Fund is funding for young people by young people!

Young People can apply to the YOF fund for things like trips, activities and equipment.

Recently we were successful in receiving money to be able to go to the Young Carers Festival, buy lots of lovely sports and apple computers and run our summer trips!

A big Thank-you to: Johnathan, Lucy, Daniel, Melissa, Sarah, Shannon and Reece who were all involved in filling

our the application forms and doing very nerve racking presentations to the panel!

Thank-you!

Young Carers Fundraising Day!

The OYCP would like to say a Big Thank-you to Atlanta and her friends who worked hard to organise a Young Carers Fundraising Day back in August.

The day raised over £300!

WELL DONE!

“Recently we were successful in receiving money to be able to go to the Young Carers Festival”



Beauty...

TOP 3 BEAUTY TIPS

- 1) Nails, If you don't have time to let your nails dry, try putting them in a bowl of cold water! It makes them dry quicker and stops them from chipping.
- 2) Clothes, In a hurry?? Try planning your outfit the night before. It saves you time and stress in the morning
- 3) Make up, If you want your lipstick to last longer, try applying a little foundation to your lips first and then apply the lip stick.

Top 3 Beauty Foods

- 1) Plain Yogurt! Plain yogurt can be used as a face mask! It helps against spots, dry skin and oily complexions! (only use plain yogurt!!)
- 2) Banana! Mash up some banana and apply to your face for 5-10min, it's great for dry skin!
- 3) Tea Bags! After making a cup of tea, squeeze out the bags and place them in a container in the fridge. Once cooled, apply them to your closed eyes and relax for 10-15min, its great for tired eyes!

Top 5 Budget Shops in Oxford!

- 1)Primark (Westgate centre)
- 2) New look (Queens Street)
- 3) Sports and soccer. (Westgate centre)
- 4) Madhouse. (Westgate centre)
- 5)Next Clearance. (Westgate centre)



GAMING AWARDS

Gaming awards are combined of a lot of different categories that a certain game must fall under to qualify, for example, some of the categories are:

Best game of the year, Best (Console) game of the year, Editors choice award, PC game of the year, Online world of the year, Best MMORG game of the year, Best audio, and Best RPG game, alongside many more categories.

These are some of the games that have qualified for just some of these categories shown above

Today we are getting new games, great new graphics and more, but all of this requires more storage and more expenses.

Hard drives

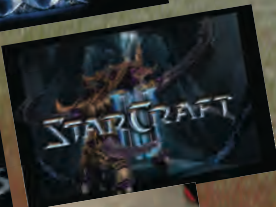
A hard drive is the computer hardware that contains an optical or magnetic disk, which it both reads and writes data on. It stores all electronic information and software programs, making it one of the most important components of a computer. Hard drive capacity is measured in bytes both megabytes (Mb) or gigabytes (Gb).

Ram Cards

A printed circuit board containing memory chips that is plugged into a socket within the computer. Computer (Only Desktop) would have more than two sockets so it allows people to have a nice and fast computer.

Graphic Cards

Video cards, also called graphics accelerators can speed both 2D and 3D graphics rendering programs such as photo editors and Web browsers may benefit from 2D acceleration while CAD design programs and video games will most likely benefit from the cards 3D acceleration. Some programs rely so heavily on the video card that they will not run if a supported video card is not installed.





Wendy's Ball



Welcome to Our Halloween Special we our trying to make a potion on our friend Tom keep it a secret.



HOW DO U FEEL SINCE YOU HAVE JOINED THE PROJECT?

I feel great about the project. It gives people, 5-25 years of age and people, to have a break from caring.

Yeah it 's well cool; we do lots of things and go to cool places over the summer

It has helped me to have a break.

The project is great!

It ROCKS!

I love the project and it has given me a load of confidence.

Young Carers are AWESOME!

Really built my confidence

I enjoy coming to the groups as we have lots of fun! We play games, make things and get the chance to hang out with other young Carers.

MAGDALEN COLLEGE

Magdalen College

We have been working with Magadlen College recently to see how they could support Oxford Young Carers more.

From next year students from the college will be volunteering at our local Young Carers Groups (so keep an eye out for them at the groups!) and also on some trips. This year they have kindly donated presents for Young Carers at Christmas!

A BIG THANK-YOU to Magadlen College students!

This Is Me

This Is Me Project was a project about Young Carers thinking about themselves and their identity as Children and Young people not just as Young Carers. The project has been a series of workshops. One of the workshops was at Ruskin College

where we got to use their art studios for 2 days and create art canvases; the other was a spray graffiti workshop (some of these pieces now decorate the Young Carers Office/Space!) with SS20. We will be starting the exhibition of Young Carers Art at the Town Hall Easter 2010 which will then be exhibiting around the City! Watch this space for more Info!

Chessington Zoo

Today we went to Chessington Zoo, it was great!

I went on lots of different rides and a very scary roller coaster!

There was the petty Zoo, and I petted a goat, we also saw monkeys, snakes and penguins... we got to meet Sid the Sloth from Age Ice!

CHANGE OF YOUNG CARERS GROUPS JAN 2010!

As of January we will be changing the ages of the Young Carers Support Groups! They will be:

- Years 1-3
 - Years 4-6
 - Years 7-9
 - Years 10-11
- And Years 12+

In the future there will also be a support group for 19+

From January to March we will be having activity based groups with activities such as:

The Bedroom Project – creating new things for your bedroom such as mirrors, cushions and photo frames.

Street Dance – Learn to break dance!

Football Club –with Oxford United coaches!

Drumming Workshops and Cooking skills!

The older age groups (Years 10-11 and Years 12+) will chose each month what they want to do!

If you haven't been for a while and would like to start coming again then just get in touch with us at the project and ask for Josie.....

We'd LOVE to C U!

Definition...

Could U be a Young Carer or Young Adult Carer and not realise?

A carer is someone who physically or emotionally looks after a relative who may have mental health problems, drug or alcohol dependency, disability or long term illness.

PLEASE EMAIL US IF YOU WOULD LIKE TO MAKE A DONATION.



www.youngcarers.net

– it's a website for Young Carers from the Prince's Royal Trust for Carers with message boards, email support and lots of useful information!

www.childline.org.uk

– is a website to help with all sorts of issues. Also a **24hr free helpline:**
0800 11 11

www.carerscentre.co.uk

– this is the website for the Oxford Carers' Centre (which the OYCP is a part of)

www.connexions-direct.com

– is a website for Connexions support ages 13-19 through careers, work, money and learning. Advice line:
08080 013219

www.youngcarer.com

– is the website for the Children's Society for Young Carers, their families and the people who work to support them across the UK.

WWW.COOLYOUNGCARERS CARE.COM

– check out our cool Oxford Young Carers Project website!!

You can always email us at

youngcarers@carerscentre.co.uk



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1. David Tennant, 2. Lady Gaga, 3. Mikey Argus, 4. Zac Efron, 5. Daniel Radcliffe, 6. Jordan