



20 22



WINTER PROJECT REVIEW

4062

Hours of
activities for
young carers

Total of

1030

engagements

39

Events over
the holidays

49

Evening sessions and
after school clubs





WINTER PROGRAMME

PROJECT REVIEW 2022

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INTRODUCTION WINTER REVIEW 2022

Our programme of events over the October half term and Christmas holiday period saw plenty of our regular young carers join us for activities, but it was also wonderful to see lots of new faces as Cheshire Young Carers continues to grow.

The school holidays can often be a very isolating time for many of our young carers who's lives are already challenging enough.

The respite opportunities we provide are essential support for young carers, giving them the freedom to relax and enjoy their free time.

As ever we are very grateful to all of our funders who make delivery of the school holiday programmes possible and there also needs to be a big shout out to the Cheshire Young Carers volunteers and staff team who make the magic happen.

Thank you,

Graham Phillips

Graham Phillips
Managing Director
Cheshire Young Carers



FUNDERS & SUPPORTERS

Without the support of our generous donors, this programme would not have been possible. We want to thank them for their support, donations and encouragement.

Beaverbrooks (Chester)

Carers Hub

Cheshire & Warrington Carers Trust

Cheshire East Council

Department for Education - Holiday Activity Fund

Eurocamp

Frodsham Sings

Innospec

Morrisons Gadbrook Park

Mr Dave Nesbitt

Mr John Yates

Steve Morgan Foundation

Ms Susie Plant

The Community Shop (Ellesmere Port)

The Lions (Ellesmere Port)

The Westminster Foundation

THE
PROGRAMME WOULD
NOT BE POSSIBLE
WITHOUT THE
GENEROUS SUPPORT
OF DONORS!

THANK YOU!



WHAT WE DO

CHESHIRE YOUNG CARERS

Cheshire Young Carers provide a range of support:

1. Fortnightly activity groups
2. School holiday respite programmes
3. Support in school or college

Our activity groups give young carers the opportunity to socialise with other children who have caring roles at home. We provide a safe space for them to talk about their worries or concerns, but most importantly we create an environment for them to have FUN!

Fortnightly activity groups - We run sessions in Ellesmere Port, Chester, Neston, Winsford, Crewe and Macclesfield, as well as after school clubs. They are designed to offer young carers engaging activities that are fun and to crucially help break down isolation amongst young carers.

School holiday respite programmes - The programmes have been designed to overcome a key period of stress for young carers when they can be expected to provide 24/7 support. Our focus on this area is a direct result of feedback from young carers. We now offer activity programmes during every school holiday period with a variety of activities based around Cheshire and on many occasions provide meals.

Support in school or college - We have developed a unique assessment tool, which accurately measures the impact a caring role is having upon a young carer's attainment, attendance, and emotional wellbeing in schools. We are delivering ongoing staff briefings, assemblies and PSHE work so we can identify and support more young carers. This in turn will increase the number of referrals into our respite activities. We work closely with schools to set up in-school and after school clubs specifically to support young carers.



TEAM YAC

Teenage Young Carers face additional challenges in life as they move towards adulthood, as they consider exam options, think about moving to further education, apprenticeships or straight into work – and of course this is all with the peer pressure that comes from being a teenager.

Our YAC programme is designed to provide the young adult carers (ages 14 to 18) with information, confidence and new skills as well as helping them to develop friendship groups that will help them through their challenging teenage years. The YACs are encouraged to plan and decide what activities and trips will be included in the programmes, whilst keeping in mind a number of clear objectives:

Ambition - Some young carers struggle to reach their full potential through mainstream education. Hardly any young adult carers receive advice on transferable skills they have gained as a result of caring for family members. An important aspect of the programme is to recognise and develop these skills and encourage more ambition.

Independence - Our aim is to encourage independence, so the YACs have confidence when joining in social activities and taking control of their own lives.

Into work programme - This aspect of the work we undertake offers young adult carers the opportunity to explore a wide range of job opportunities, methods of entry into the workplace and is generally designed to inspire more challenging aspirations.

Skills for life - All the activities we provide for young adult carers are designed to try and use various skills, to illustrate how these can be used as skills for life, irrespective of their choice at the age of 18 with regards to continuing in further education or moving into employment.

Friendship groups - Young carers often find it difficult maintaining friendships, it can be a challenge juggling responsibilities at home as well as regular social activities. From experience we have learnt that by linking young adult carers together they form strong friendship groups based on a common understanding, often without the need to discuss their specific challenges but with a general attitude of accepting people as they are.



OCTOBER HALF TERM HALLOWEEN PARTY

Young carers were all invited to Halloween parties across Cheshire- in Crewe, Winsford and Ellesmere Port, and what an amazing turn out we had!

The children arrived in some fantastic Halloween costumes ready for a day of spooky activities. We had witches, zombies, vampires, such an array of amazing outfits.

First task of the day was to get creative and decorate some pumpkins! Some young carers brought their own from home whilst others painted ceramic pumpkins or candy skull tea lights.

We also had some spooky scratch art and scary colouring sheets for the young carers to complete.

A few even had their Halloween makeup topped up at our face painting station.



Cheshire Young Carers - Winter 2022

Once they had finished their masterpieces, everyone joined in with some spooky party games and had chance to show off their best moves on the dance floor playing musical statues and musical bumps.

The Halloween theme carried on at lunch time with a terrifying menu of finger hot dogs and blood soup.

After lunch we held our own Cheshire Young Carers bake off competition to see who could decorate their cakes to be the spookiest of all!

The young carers worked in groups, discussing what design they would create and then decorated the cakes with the icing and sweets. They loved eating them afterwards!



Magic Moment!

" Thank you so much for today, Beth was so excited to get dressed up and see all her friends!

I also wanted to say thank you to all the staff as well, for the time and effort you put into planning the holiday events. "

Parent Feedback

OCTOBER HALF TERM NARROWBOAT TRIP

Thanks to Wirral Community Narrowboat Trust (WCNT) we were able to take two groups of young carers on narrow boat trips. We boarded the narrowboat at Christleton and enjoyed the views of the beautiful Cheshire countryside on a lovely day.

The young carers took turns helping the WCNT volunteers to steer the boat. They also enjoyed playing eye spy amongst other games on the deck. Inside the boat they enjoyed a Halloween themed quiz and an art competition to design the scariest monster followed by a treat of hot chocolate and marshmallows with some tasty snacks.

On the Friday trip, as it was the last trip of the year for the WCNT, the children got to explore the marina. Both trips were a great opportunity for the young carers and they were so grateful for the experience.



ONLINE EVENTS

As part of our family cooking project, young carers joined Sarah on two workshops. The first workshop was learning how to make a Hungarian 'Ghoulash' with young carers being shown how to prepare the meat and vegetables before putting them all in the slow cooker and serving with a yoghurt and coriander garnish and rice.

For a sweet treat the young carers learnt how to make shortcrust pastry and a delicious apple and cinnamon filling. Sarah then demonstrated how to make these in to a pie and cut the pastry in to a spooky scarecrow face as a part of the Halloween decoration.

The photographs the young carers sent in show some amazing designs and the feedback was that they tasted fabulous too!

Magic Moment!

"I loved the Narrowboat Adventure trip, I think it was my favourite Cheshire Young Carers trip ever!

The hot chocolate and flapjacks were pretty good too!"

Craig, Age 10



OCTOBER HALF TERM

GULLIVERS WORLD

As we pulled into Gulliver's World the rain subsided and a big double rainbow appeared. What an amazing day for young carers from across Cheshire to spend the day all together.

Gulliver's World had done an amazing job of creating a fun, spooky atmosphere for Halloween Half Term. The children were in awe, especially those who had never experienced a theme park before.

The young carers navigated the park in groups, with staff and volunteers helping them to decide which rides they wanted to go on. The young carers explored the different themed areas and particularly enjoyed the rides in The Lost World and Safari Kingdom and getting wet on the water rides.

It was a fun filled day for all!





Magic Moment!

“Una’s brother hates going out to busy areas, so she often misses out on a lot of experiences her friends at school talk about.

I just wanted to say a massive thank you for all you do and giving her the amazing opportunity for special days out.

Thank you!”

Parent Feedback



OCTOBER HALF TERM TEAM YAC

Team YAC, our Young Adult Carers group headed to Manchester for the day to explore the city. Groups met at Chester and Crewe train stations and headed to the city centre. The groups met at John Rylands Library where they split into smaller groups to explore the beautiful architecture and to take in all the history from the archives and exhibits.

The group then walked to China Town where they enjoyed the buffet lunch at Tops Restaurant. This gave the young adults a chance to try some different foods they had never had before, including

sushi and bao buns.

After lunch the YACs enjoyed some free time in their friendship groups to explore the city or head to the shops. Some young carers went together to Affleck's Palace for the first time to experience the alternative indoor market and others made their way to Primark and the Arndale Centre.

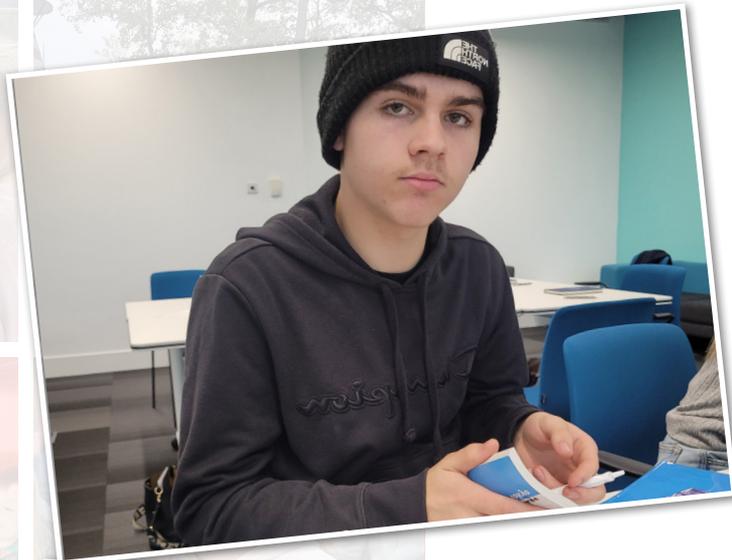
This was such a great trip, and the young adults were already discussing what they would like to do for the next trips at Christmas.

JAPAN : MMU

Professor Saul Becker invited five young carers to meet a delegation of eleven members of the Tokyo Government at Manchester Metropolitan University.

Graham, Claire and Alan all spoke about the services offered by Cheshire Young Carers and answered questions about how the service had responded to the Covid-19 Pandemic.

The young carers were then invited to speak about their own caring responsibilities, the impact the Covid-19 Pandemic had on their caring roles and how Cheshire Young Carers had supported them. This was all done through an interpreter and of course they rose to the challenge admirably. Everyone enjoyed afternoon tea and then heard about how the Tokyo Government were developing services to support young carers.



Magic Moment!

" It was good to have the opportunity to speak about our own stories and develop our own self-confidence, particularly when needing to communicate through a translator. We felt our voices were heard and appreciated, and we are grateful to have made an impact for other young carers. "

YACs, Ages 14 to 16



" Today was so much fun! The best bit was meeting Santa and getting more chocolate! "

WINTER TERM CADBURY WORLD

Cheshire Young Carers took 57 young carers from across Cheshire East and enjoyed a very chocolately adventure with a trip to Cadbury World. There was lots of excitement and singing on the coach!

Freddo greeted everyone at the entrance and even posed for photos with some of the groups. The first activity was a behind the scenes guided tour around the factory.

The groups were fascinated to travel back in time and find out where cocoa originated from and see how the cocoa beans are transformed into chocolate bars through all the different processes. Everyone loved the interactive films and the cocoa bean car rides around a fantasy cocoa bean world. The highlight of the tour was when the young carers all had a go at creating their own designs using melted chocolate to draw and write messages. The tour ended with the young carers tasting their own combination of melted chocolate and sweets and lots of time in the shop where the young carers bought gifts to take home.

Everyone gathered together to enjoy their picnics and then watched the Santa Claus show which ended with everyone receiving a Cadbury selection box. There was lots of excitement in the 4D cinema, where the young carers watched all the Cadbury characters and rode the Crunchie rollercoaster and Cadbury Cream Egg air ship piloted by Caramel Bunny.

The young carers enjoyed the trip so much they were already asking when they could go back on the coach home!



OCTOBER HALF TERM

FLIP OUT

In December a large group of our young carers went to Flip Out, Chester, for a party where they had 2 hours in the trampoline park. Some of our carers were very confident on the trampolines and loved showing off their tricks.

The young carers also went on the drop slides and Ninja Warrior course along with other fun filled areas. One of the young carers was very proud of himself as he discovered he could do 4 backflips in a row!

Once they had finished bouncing around, everyone went into the party room where they had pizza, chips and got to make their own slush puppies using lots of different flavours.



SUBSTATION

Young carers in Cheshire East enjoyed a bouldering and climbing session at Substation, Macclesfield.

After changing into climbing shoes and listening to the safety briefing, the instructors played games with the young carers so that they could learn how to use the holds.

The young carers had lots of fun and encouraged each other to try the different levels of difficulty. It was great to see everyone joining in, whether they were a beginner or more experienced climber.

With over 700 square metres of climbing walls there were lots of different routes to try and even the most nervous young carers conquered their fears!



Magic Moment!

"I just wanted to pass on my thanks for today's climbing session at Substation.

Jude had a fantastic time, he thoroughly enjoyed the activity and felt very welcome for his first session. He can't wait to get involved with more events."

Parent Feedback



WINTER TERM GREENACRES

What a magical time we had with some of our young carers at Greenacres Animal Park. With the entire park to ourselves the young carers had the best time, and we even had our own elves showing us around and doing fun activities.

Everyone went to the petting zoo and learnt about some of the animals, as well as meeting and petting some of the smaller animals including rabbits, rats, guinea pigs and even ferrets. Everyone then went and made some magic reindeer food, ready to

Cheshire Young Carers - Winter 2022

sprinkle on their gardens on Christmas Eve and had photos in a giant snow globe.

Then it was the fair rides, and because we had the park to ourselves everyone could go on the rides more than once. There were old Victorian double swings and rockets to fly in!

Lunch was next, tasty chicken nuggets and chips. We then spent time in the soft play area and playground, climbing and sliding. There were many unusual animals to see outside: lemurs, wolves, and arctic foxes to name a few.

At the end of the day we went to Santa's lodge where the young carers wrote a letter to Santa and then went to visit Santa and the elves in his grotto. Santa gave everyone the choice of their own present and when we left the grotto and posed for a photograph it magically snowed! This was a truly enchanting experience for everyone involved.



Magic Moment!

"I just wanted to say thank you, my daughter is quite a reserved child and I never thought she would go on these outings on her own but she loves them and has benefited so much.

You have made a huge difference to her self-esteem and confidence!"

Parent Feedback



WINTER TERM CHRISTMAS PARTIES

We had a fantastically festive time at our Christmas Party days. Our young carers arrived in their favourite festive outfits for a day of fun, games and delicious food.

We began with some festive crafts including making our own tree decorations, snowman stuffed toys, decorated our own festive paper bags and thread some popcorn and cranberry garlands. The popcorn garlands were a little tricky to make – mainly due to the popcorn ‘popping’ into our mouths more than onto the garlands!

Lunch was a full Christmas dinner with all the trimmings followed by a delicious chocolate log. A few of us even ate the sprouts!

After lunch we played some traditional party games such as pass the parcel and musical statues and musical chairs and danced to Christmas songs. The young carers left the party with their hands full of the crafts we had made, a chocolate selection box and a super Christmas hamper of food to help out over Christmas.



Magic Moment!

“ My favourite bit of the party was being dressed up as the snowman. ”

Bea, Age 7

WINTER TERM THEATRE TRIPS

CHESTER STORYHOUSE

Thanks to the Steve Morgan Foundation, twenty five of our young carers had the opportunity to see Chester Storyhouse's production, The Snow Queen. The children were treated as VIPs with front row seats, ice creams and drinks provided. This was a magical adventure and followed a story through all the seasons. There were so many amazing costumes and set changes. The show was full of highs and lows, from hilarious scenes, audience interaction, dancing and balls thrown into the audience to really moving emotional scenes and the scary snow queen!

One young carer said that his favourite part was the end because it all came together, and they lived happily ever after. The Steve Morgan Foundation also provided gifts for all the young carers including teddy bears and chocolate.



THE GRANGE THEATRE

We also took another twenty young carers to visit The Grange Theatre, Northwich, for the fantastic panto, *Sleeping Beauty*.

The show was amazing from start to finish. The children absolutely loved cheering on the characters and booing the villain Carabosse.

The sets and costumes were magnificent! There was even a huge monster on stage at one point! The children loved the show and did not stop laughing throughout and enjoyed the ice creams during the interval!



THEATR CLWYD

We also took another group of young carers to Theatr Clwyd's rock 'n' roll '*Robin Hood*', and it was outstanding!

This was a lovely collaboration between Cheshire and North Wales Young Carers, with many young carers making new friends whom they now look forward to seeing on other joint trips.

Theatr Clwyd is famous for its rock 'n' roll pantomime, where they bring well known stories and fairy tales to life with classic rock music that everyone knows and can sing along to. This year it was the wonderful tale of *Robin Hood*!

The young carers were enthralled by the cast's many talents; sword fighting one moment, next playing the drums for a big musical number, then singing a power ballad full pelt before completing a costume change and dashing to the top of the set to play keyboards!

Not to mention the water guns, bubbles, puppets and singing the Welsh football team's unofficial anthem '*Yma o Hyd*' at the tops of our voices! And, of course, not forgetting ice creams for all during the interval.





WINTER TERM ONLINE EVENTS

Online events remain popular, and over the Christmas period young carers and their family members joined the staff on Zoom to take part in a variety of activities.

In the family cooking workshops the young carers were given step by step instructions to make different meals and tasty treats.

In the first workshop the young carers made a Nutella Christmas Tree using puff pastry. They had to layer the chocolate and hazelnut spread between sheets of pastry and then cut the pastry into strips and twist them to form branches. This was a lot of fun and the results looked fabulous.

For the second workshop the young carers made a lemon posset dessert with cranberry and orange cookies all just in time to enjoy on Christmas Eve.

Finally after the Christmas bank holidays the young carers joined together once again to use up their leftover turkey and make a delicious turkey curry.

Lots of families joined online for Family Bingo with prizes given for the winners and also for the best Christmas jumper. There was lots of fun and laughter as everyone eagerly awaited their numbers being called.

The Christmas Kahoot Quiz was also lots of fun with prizes given to the top three competitors and an extra prize for the best fancy dress costume.





WINTER TERM MANCHESTER

Young adult carers met up with staff at Crewe and Chester railway stations where they boarded trains to Manchester Piccadilly.

at some of the music memorabilia displayed on the walls. The afternoon was spent finishing off Christmas shopping before meeting up with a lot of shopping bags for the homeward journey.

The two groups then split up into their own friendship groups to explore the Christmas Markets, Arndale Centre and Affleck's Palace.

Everyone then regrouped for lunch at The Hard Rock Café, whilst waiting for the food to arrive the YAC's were able to take a closer look

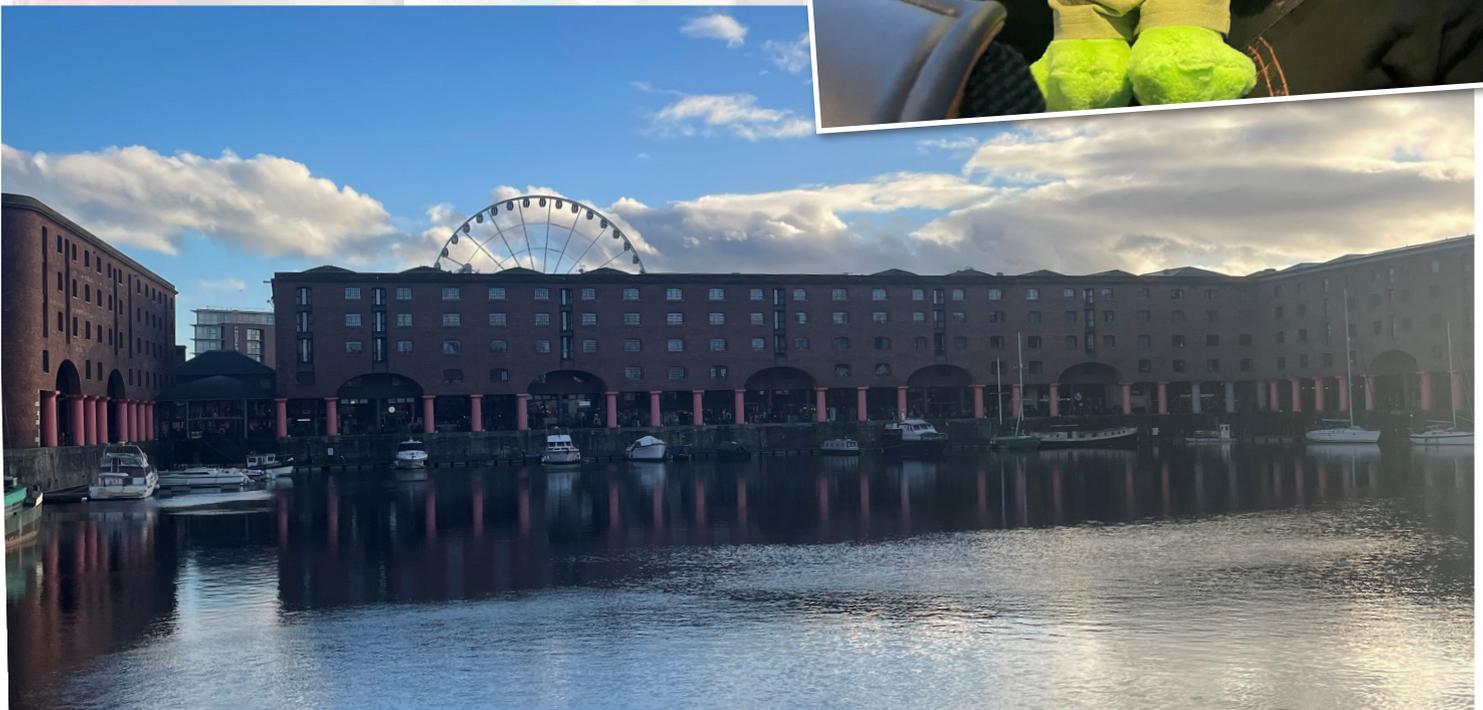
' I love the shopping trips and exploring new cities! '

LIVERPOOL

Usually we try and travel on all of the YAC trips by public transport, giving the young carers a chance to help buy the tickets and learn how to navigate the transport network. Due to the ongoing train strikes we changed this to a coach trip and did three pick-ups, in Crewe, Chester and Ellesmere Port.

Once we arrived in Liverpool the YACs were excited to receive a mystery gift from the staff at Eurocamp. Some received vouchers for Primark and others received vouchers for Costa Coffee. We had an hour of free time before lunch so split into smaller groups to go and investigate the sales. Lunch was an international 'all you can eat' buffet at Cosmo with lots of new foods to try and an enormous chocolate fountain!

Following lunch we again split into smaller groups for some shopping time, visits to museums or time enjoying a stroll around the Albert Dock. The Bear Factory proved to be a popular shop, as did Primark and Forbidden Planet, the comic shop. We then had a walk to The Albert Dock to take in the beautiful sites and catch the coach home.









Cheshire Young Carers

WINTER PROGRAMME 2022 PROJECT REVIEW



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