



Young Carers Project Summer News

Hello from the YCP team!



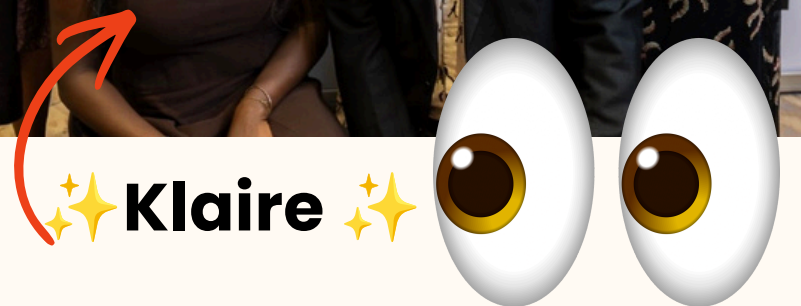
It's been a busy few months, and we wanted to share some highlights with you.

In **March**, a journalist from The Big Issue visited our Wednesday Youth Group. Sophia loved watching many of you play football, and Lola was interviewed about her experience as a young carer. Lola was even featured in the magazine, showing off her football skills!



In **April**, the YCP project received a Highly Commended award in the Outstanding Young Futures category at the Kingston Borough Business Awards.

This is important because it shows local people the difference we are making for young carers across Kingston, and may help more young carers just like you hear about us and get support.

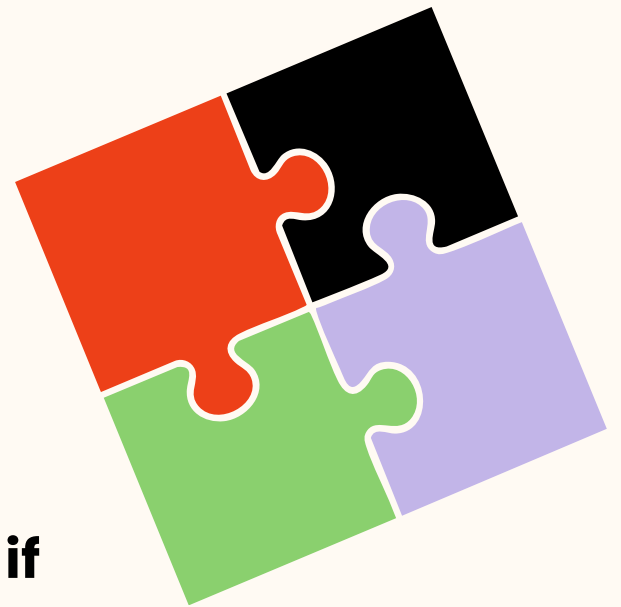


Our very own Young Carers Project Manager, Klaire, attended the ceremony!

You may also recognise two of our volunteer superstars – Sheila on the left and Amanda on the right!

For Mental Health Awareness Week in **May**, young carer volunteer Jake, gave a brilliant speech to the Youth Group. Jake shared this message:

“Mental health isn't one problem with one solution; it's hundreds of tiny problems with hundreds of solutions. However, something can always be done. Don't feel afraid to say, 'I need help.' Maybe you're the solution to someone else's mental health puzzle.”



Remember, our team is always here for you if you need to talk, ask for support, or simply check in. No problem is too big or too small.



Plus, *Young Carers in Space* has been chosen as a CBBC Bedtime Story and will air at the end of May. The book was shaped by the voices of some of our youngest carers, who shared their experiences with author Ana Graca.

You can catch it on iPlayer – and even if Bedtime Stories aren't exactly your thing anymore, it's still pretty amazing that this is the first story about young carers to EVER be chosen for this slot, with KCN young carers helping to inspire it.

Got something you'd like to share?

Your voice matters, and we want more young carers to help shape what we do and speak up about the issues that matter to them.



If you've got an idea, a point of view, or something you want to share, we'd love to hear from you – with opportunities to get involved in future magazine stories, and interviews too.

Email us at **choices@kingstoncarers.org.uk**