

Welcome to the YCP Spring 2025 Newsletter!

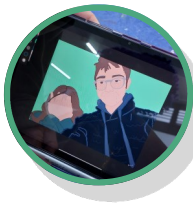
Hey there, young carers!

**We hope you're doing well and staying positive. We've had
some awesome experiences together!**

**Inside this newsletter, you'll find all the details about what
we've been up to, and get to know our volunteers!**

So be sure to check it out!

Positive vibes from The YCP Team!



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YCP TEAM NEWS

Support our Young Carers - Help Us Spread the Word!

We rely on external funding and donations to allow us to continue providing essential support and fun activities that help our incredible Young Carers to thrive. You can help us to reach more people who care by sharing our LocalGiving donation page with your friends, family and social networks. Every penny counts! Together we can give Young Carers the care **they** deserve.

<https://localgiving.org/KingstonYCP>

NEW PROJECT COMING SOON : Safe Space!

Introducing a new project coming to YCP that will be lead by local artist Chrissy Brouwer.



Some of you may recognise Chrissy, she was a support worker for YCP until 2021, and is regular volunteer at Wednesdays youth group.

Chrissy will be running art workshops at Wednesday youth group (for young carers aged 11–18) that will lead up to an exhibition in the summer. Our first focus group will be on Wednesday 12th March, so please come along and let us know your thoughts!

We want to give you the chance to **get to know our amazing YCP volunteers!** On the next page, you'll meet the people who help make our services possible. If you see them at drop-ins or holiday activities, don't be shy, come say hi!

MEET THE YCP VOLUNTEER: JO



What's your name and what do you do? Hi, my name is Jo and I volunteer at the Wednesday drop-in session for the Young Carers Project.

How long have you been volunteering?

I started helping out in October 2024.

What does a Cooking volunteer do?

I am mainly in the kitchen assisting with the preparation of the meal that is offered every Wednesday. So you will find me in the kitchen happily chopping, stirring and washing up! I work with our lovely fellow cooking volunteer Corinne.

What do you like about your role?

I really enjoy cooking, so my role is ideal, but what I really love is the team of people that I am working with. Everyone I have encountered is so enthusiastic and positive that I can't help but go home from volunteering in a good mood. The carers themselves really seem to enjoy the drop-in session so it is really rewarding to feel I contribute in some small way towards this.

What made you interested in volunteering for YCP?

I knew about the YCP from something that I read years ago and I was struck by the situation that some young people face and the invaluable support that the charity provides. So when I saw this voluntary role advertised, I applied. It's a great way for me to do something a bit different, have fun whilst doing it and support this amazing charity.

DROP IN/GROUP DATES

Youth Group for ages 11 – 18

Wednesdays from 4:30 pm to 6:30 pm

Searchlight Centre, Hammerton Way

(off Kingston Road, KT3 3RX)

- | | | | | | |
|---|------------|---|-----------|---|----------|
| ★ | 30th April | ★ | 11th June | ★ | 2nd July |
| ★ | 7th May | ★ | 18th June | ★ | 9th July |
| ★ | 14th May | ★ | 25th June | | |

Important Information about

Monday RAPS for ages 5 - 11

PLEASE ASK YOUR PARENTS/GUARDIANS

TO READ BELOW

As our Monday RAPS sessions are fast growing in numbers and we are receiving a large number of referrals. As a result, we want to give every child the opportunity to attend but have reached full capacity for our sessions. Due to this, after Easter we will be creating a new group - Group C. This may mean that your current group has changed, but we will let you know which group you are in

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but we will let you know which group you are in the week before the new term. This may also mean children can only attend one session a term. We understand this may be difficult, and we want to reassure you that we are committed to supporting every young carer as best we can. Thank you for your patience and understanding.

YACs Support Group

Our YACs Support Group is a relaxed space where **young adult carers aged 16 to 25** can openly share, unwind, enjoy free food and connect with new friends.

This will take place on the
1st and 3rd Friday of every month from 6 to 8pm
at **New Malden Community Hub & Café, KT3 4BY**
Please email for more information at
yac@kingstoncarers.org.uk

KLAIRE'S COLUMN



Our Young Carers, aged 11-18, have had a fantastic term filled with exciting activities and special guest visits! We were joined by Kingston Council for a youth engagement session, where Owen Robinson, the strategy and Partnerships Inclusion Apprentice and his colleagues consulted on key Equality, Diversity, and Inclusion topics. They even designed a fun and interactive game to keep everyone engaged while sharing their views.

Victoria Horner, the Children and Young People's Development Lead from Kingston Council also visited to get some footage of our young carers, capturing their thoughts on important issues like health, equality, climate change, and safety. Their voices will help shape the upcoming Inclusion Strategy and promote the council's vital services. It's been an inspiring term of empowerment and advocacy.

We've also been delighted to welcome Nico Manduzio, Inclusion and Disability Project Officer at Chelsea FC, who has been running fantastic football sessions for our young carers. These sessions have been a highlight of the term, giving our young people the chance to stay active, enjoy some healthy competition, and build friendships in a supportive environment. Nico's enthusiasm and dedication have made a real impact, and the young carers trust and connect with him.

KLAIRE'S COLUMN

We're also excited that Nico has extended this partnership by introducing us to his colleague, Nicholas Abrahamsen, who is now delivering football sessions at our 5 - 11 RAPS sessions. We are incredibly grateful for their continued support in creating new opportunities for our young carers!

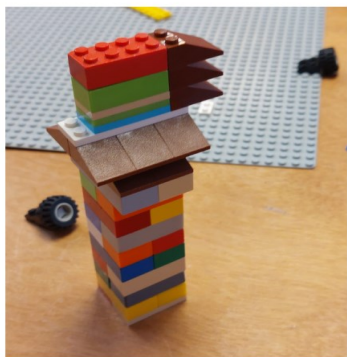
We've been incredibly fortunate to partner with Aaron Mohammad, Managing Director at Blossom Home Care, and his wonderful team, who have been providing our young carers with hot soup and delicious bread at our youth group sessions.

This has been a huge hit, especially during the colder months, giving our young carers the chance to enjoy a warm, nutritious meal without the worry of cooking at home. Their kindness and generosity have made a real difference, and we are so grateful for their continued support in helping to create a comforting and welcoming space for our young carers.

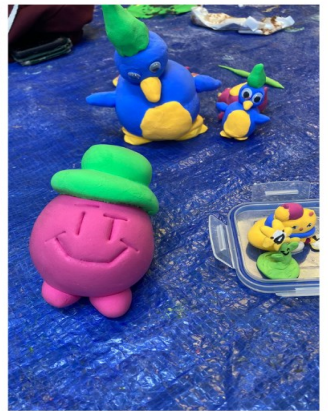
WHAT WE'VE BEEN UP TO



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JACK PETCHEY AWARDS



The Late Sir Jack Petchey, CBE set up his foundation to encourage young people in to work hard and reach their full potential. He believed that each and every young person should be given the chance to achieve. He always said: “if you think you can, you can!”

At YCP, any young carer, team member, or parent can nominate someone for an award. The young carers then choose the winners by voting anonymously. The winners receive £250 to spend on an activity or equipment for the project. Each winner also receives a framed certificate, and at the end of the year they are invited, along with their family, to celebrate their achievements in a ceremony hosted by the mayor.

A big congratulations to our recent winners: from Youth Group!

Add new names

These young carers were nominated by staff, their peers and parents.. They were chosen for a variety of reasons, including speaking at the YCP conference, learning how to and supporting their parents to administer medications, making new young carers welcome at the project and for keeping their cool when lost and doing excellently in their travel training.

YOUNG CARER ZONE



Tellmi is a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem, sharing your experiences with our awesome community helps you to feel better. Our moderators check everything to keep you safe and our in-house counsellors are always on hand if you need extra support.

Stay anonymous

Talk to people your age who get what you are going through. If you need professional support, our in-house counsellors are available 365 days a year.

Join the community

Download the app now via the QR code, and start connecting with real people who know what you're going through.

You can add your school when signing



NEW YOUTH CLUB OPENING!

**Do you want a safe
place where you can...**

**take part in sports, play games,
chill with your friends, listen to
music and more?**

Then look no further.

**School Years
7 to 11**

Tolworth has a new
youth club located at
Sunray Community
Centre, Knollmead
KT5 9QP

Thursdays

7pm to 8.30pm

Term time

For more information and to find out how to get involved please
email: youth.services@achievingforchildren.org.uk



**achieving
for children**



FAMILY FOCUS

Discover the OLIO app

OLIO is an app that connects families with groceries to gadgets, toys to tools, OLIO lets you share and receive items right from your neighbours. Visit the website below or scan the code for more information.

<https://olioapp.com/en/>



GRAB FOOD, STOP WASTE IN SURBITON

*The Community Kitchen is in the
heart of Museum of Futures on
Brighton Road,
Surbiton*

*Open daily from 10am to 2pm, it's a
place where families can find fresh
bread, potatoes, fruits, canned
goods, books, DVDs, and clothes - all
for free! Just bring a bag and enjoy
the goodness.*



Visit the Museum of
Futures at 117 Brighton
Road, Surbiton, Surrey KT6
5NJ

MENTORING PROJECT

A warm welcome to our new volunteer mentors:

Becky, Chris, Emma, Sienna, Kahren, and Tom



Last month (January) we held mentor training and trained up 7 new mentors who are ready to be matched with young carers.

Mentoring is a commitment of 6-12 months where a volunteer mentor spends time with you once every two weeks. This is a chance to get to know someone really well, go on fun outings and achieve at least three personalised goals which can be anything from learning a new skill, building confidence, help with school, creating a resume or travel training etc. A great opportunity to explore new places and have some time with someone who will encourage, motivate and be there to listen.

If you think you would benefit from having a mentor then please reach out to a YCP staff member or contact Jess at mentoring@kingstoncarers.org.uk

THANK YOUS

Top Notch Volunteer Support from Tegan and Jake!

This month, we want to say a huge thank you to two wonderful young carer siblings who are volunteers, and bring so much energy and dedication to YCP activities each week. Tegan is a fantastic help RAPS, getting stuck into cooking activities and leading fun *Scoubidou* craft sessions.

Jake volunteers at our Wednesday Youth Group, helping with setup and making sure registration runs smoothly. Thanks again for your hard work, we are very grateful!

As young carers, Tegan and Jake know exactly what it's like to juggle caring responsibilities with everyday life. By volunteering, they're showing younger carers that they can thrive, grow, and help others in the process.

Volunteering is a chance for them to build confidence, develop new skills, and make a real difference in the lives of others.

If you are a young carer over age 16 and would like to volunteer like Tegan and Jake, please contact our Volunteer Manager Jess via volunteering@kingstoncarers.org.uk for more information!

THANK YOUS



THANK YOUS!

Nico, Chelsea Foundation

Carp and Trout

Blossom Homecare

Rose Theatre

Historical Royal Palaces

Create

John Lewis and Partners

The Hygiene Bank

Kingston Charitable
Foundation

Nick, Chelsea Foundation

Rosetta Life

Owen and Victoria, Kingston
Council

Tell Mi

Kingston Horticultural
Society

Co-Op Community Grants

Meera

Our wonderful
YCP Volunteers!

TEEN ZONE

Have you listened to this month's top hits yet?

Pop: Apt - Rose & Bruno Mars

Musical: I Always Wanted A Brother - Aaron Pierre & Theo Somolu

Dance: Someday - Sonny Fodera

Rock: Numb - Linkin Park



Kooth is an online mental wellbeing community where you can access free, safe and anonymous support. You will have access to helpful articles, discussion boards, options to message or chat to the Kooth team, and your own daily journal.



Babble

Check out this brilliant, supportive social network for young carers, set up and run by Carers' Trust: www.babble.careres.org. It's a great place to turn to if you're looking for support and

FUN ZONE

How many words can you find in our wordsearch?!

F S A E I Y B D H E I A
L U R S C O U E H T O C
O N P G I W T R E R B A
W S N R O M T O R D U T
E H G A R D E N I A N E
R I T S B W R A L F N R
S N U S T A F T D F Y P
H E L R P R L U B O A I
C H I C K M Y R L D D L
E F P I T R E E O I L L
S S I D A A N U O L L A
S P R I N G T I M E E R

BEE
BLOOM
BUNNY
BUTTERFLY
CATERPILLAR
CHICK
DAFFODIL
FLOWERS
GARDEN
GRASS
NATURE
SPRINGTIME
SUNSHINE
TREE
TULIP
WARM



ChildLine is a private and confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor about anything — no problem is too big or too small. Call free on 0800 1111, have a 1-to-1 chat now online, or send an email through the website: www.childline.ord.uk/Talk/Pages/Email.aspx



COLOURING IN ZONE



CONTACT US!

Liz

07551 647 448

liz.grimwood@kingstoncarers.org.uk



Klaire

07565 540 676

youngcarers6@kingstoncarers.org.uk



Jess

07458 305 353

mentoring@kingstoncarers.org.uk



Carol

07458 300 551

targetedsupport@kingstoncarers.org.uk



Aisha

07458 305 350

youngcarers2@kingstoncarers.org.uk



Claire

07539 606 004

youngcarers4@kingstoncarers.org.uk



Nicole

yccadmin@kingstoncarers.org.uk



Supported by...



Kingston Carers' Network, 418 Ewell Road, Surbiton, KT6 7HF, 020 3031 2757 Reg. Charity No. 1151456 Company No. 8376060