

## **Welcome to the YCP Summer 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.

**<https://localgiving.org/fundraising/KingstonYCP>**

## **YCP Newsletter: Now a Click Away!**

We're excited to share that the **YCP Newsletter is now available online!** This means you and your parents/guardians can enjoy all the stories and updates anytime, right from your phone, tablet, or computer.

## **Why is the YCP Newsletter online?**

- Read it whenever it suits you
- Bright, colourful, and easy to navigate
- By going digital, we're helping to reduce paper waste and protect the environment

To read the latest issue, go to:

**<https://www.kingstoncarers.org.uk/young-carers/>**

# MEET THE YCP VOLUNTEER: JON

**What's your name and what do you do?**

My name is Jon, and I work as an engineer on SONAR onboard ships.



**How long have you been volunteering?**

I'm new to volunteering at YCP, but I started four months ago helping with the Wednesday youth group. I'm a youth group volunteer, and I either take the YCs to weekly football sessions or help with the activity stations.

**What does YCP Activities volunteer do?**

I enjoy energy of my role – it's a great way to end the day after sitting at my desk.

**What do you like about your role?**

I worked for NCS a few years ago and loved it. I knew I wanted to work with young people again because of how fun it can be.

**What made you interested in volunteering for YCP?**

Since I live locally, when I heard about YCP and the positive impact it has on the community, it felt like a great way to get involved and start volunteering again.

**WELCOME TO THE YCP VOLUNTEER TEAM JON!**

# 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)

- |   |           |   |          |
|---|-----------|---|----------|
| ★ | 11th June | ★ | 2nd July |
| ★ | 18th June | ★ | 9th July |
| ★ | 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. We currently have a waiting list for new young carers as we are at full capacity. If your child already attends sessions, they will continue to get reminder texts (depending on what group they are in).

# DROP IN/GROUP DATES

**Important Information about**

**Monday RAPS for ages 5 - 11**

**PLEASE ASK YOUR PARENTS/GUARDIANS  
TO READ BELOW**

If your child is 11 years old and in year 6 and they would like to move up to Youth Group on Wednesdays, please text Klaire for more information (contact details on back of newsletter)

## **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](mailto:yac@kingstoncarers.org.uk)

# WHAT WE'VE BEEN UP TO



# WHAT WE'VE BEEN UP TO



# FROM POETS TO PERFORMANCES!

Earlier this year Rosetta Life and YCP teamed up to run an exciting creative arts project!

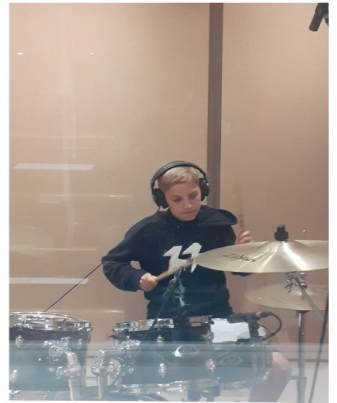
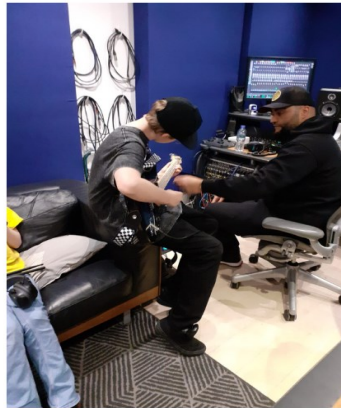
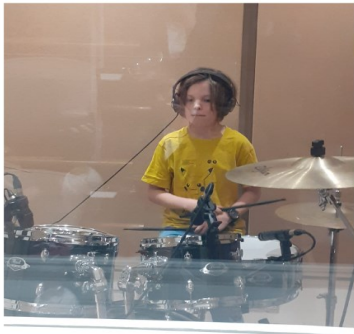
Children got to explore their creativity by writing poems, making beautiful artwork, and even creating their own music.

As part of the music workshops, children brought their talents to life, playing **drums, ukulele, and guitar**, and using their voices to help write and perform an original song. Five of our children were even chosen to record their parts in a real music studio! They worked with a top music producer who has worked with famous artists like **Jessie J, Professor Green, and Chip**. The song was mixed and mastered professionally, and it sounds incredible.

We also created a special **360° film** that captured all the amazing things we did in the project. It gave people a chance to feel like they were right there with us, inside the workshops and studio sessions. The film was shown in Plymouth and Kingston, where members of the public and the young carers' families got to watch their amazing creations.

**We can't wait to share more of the poems, artwork, the song, and the film with you soon!**

# ROSETTA LIFE



# 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.

These young carers are nominated by staff, their peers and parents.. They are 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](mailto:youth.services@achievingforchildren.org.uk)



**achieving  
for children**

# YOUNG CARER ZONE

## Kingston School of Art: Short Courses 2025 for students in Years 10-13

Explore your creativity with short courses in Art & Design at Kingston School of Art!

### Courses:

- Foundation Summer School: 28th July - 8th August
- Intro to Animation: 4th - 8th August
- Intro to Architecture: 28th July - 1st August
- Experimental Drawing Workshop: 11th - 13th August

**Free places available** for students from Widening Participation backgrounds (e.g. Pupil Premium, Young Carers). Please complete both links below (**applications will not be accepted without the parental permission form**)

**Application** <https://forms.office.com/e/CYzgZ9xMYp>

**Parental permission form required**

<https://forms.office.com/e/YjMkWUpqiQ>



# YOUNG CARER ZONE



## ART EXHIBITION



24th July

OPENING SHOW  
12:30 PM

**Please join us for an exciting and brand new exhibition!!**

Selected Kingston Young Carers will be showcasing their artworks in collaboration with **Safe Space**.

The exhibition at **Fusebox** will be open to families and the public from the 24<sup>th</sup> - 25<sup>th</sup> July 2025. (YCP staff will be onsite on the 24<sup>th</sup> July for the opening show)

**Free Entry**  
**NO BOOKING  
NEEDED**



### Opening hours

24<sup>th</sup> July: 12:30-6pm | 25<sup>th</sup> July: 11-6pm



### Location

FUSEBOX, 2 Bucklands Wharf, Thames Side,  
Kingston upon Thames, KT1 1TF



### YCP contact

klaire.osuji@kingstoncarers.org.uk  
020 3031 2753



### Safe Space Project

Website: [www.christinabrouwer.co.uk](http://www.christinabrouwer.co.uk)  
Instagram: [christina.art.brouwer](https://www.instagram.com/christina.art.brouwer)



# FAMILY ZONE: PLEASE SHOW TO PARENTS/GUARDIANS

KAG Advocacy provide assistance to patients struggling with debt, benefits or housing issues.

Drop-in Sessions Available at two locations

## Surgery 1: Claremont Medical Centre

2nd May	13th June	28th July
16th May	27th June	8th August
30th May	11th July	22nd August

Date & Time: The below dates from 10:30am to 11:30am

Address: 2 Glenbuck Road, Surbiton

## Surgery 2: Hook Surgery, Merritt Medical Centre

Date & Time: The below dates from 10:30am to 11:30am

11th April	6th June	1st August
25th April	20th June	15th August
9th May	4th July	29th August
23rd May	18th July	

Address: 2 Merritt Gardens Chessington KT9 2GY

For more information visit [www.kagadvocacy.org.uk](http://www.kagadvocacy.org.uk)

or email [rights@kag.org.uk](mailto:rights@kag.org.uk)

# THANK YOUS



# THANK YOUS!

Nico, Chelsea Foundation

John Bangs

Blossom Homecare

Lee, Odeon Cinemas

Historical Royal Palaces

Create

John Lewis and Partners

Jack Petchey Foundation

Kingston Charitable  
Foundation

Nick, Chelsea Foundation

Rosetta Life

Kingstonian Football Club

Friends of Latchmere  
Recreation Ground

Kingston Horticultural  
Society

Co-Op Community Grants

Imber Court

Our wonderful  
YCP Volunteers!

# TEEN ZONE



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

*Pop: Alexander Warren - Ordinary*

*Dance: Calvin Harris & Clementine Douglas - Blessings*

*Alternative/Indie: Myles Douglas - Nice to Meet You*

*Afrobeats: WizTheMc, bees & honey &*

*Tyla - Show Me Love*



Kooth is a 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](http://www.babble.careres.org). It's a great place to turn to if you're looking for support and aren't sure who to talk to.

# FUN ZONE

How many words can you find in our wordsearch?!

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

SUNSHINE  
BREEZE  
ADVENTURE  
HOLIDAY  
SMILE  
NATURE  
PICNIC  
RELAX  
FAMILY  
FUN  
DREAM  
EXPLORE  
JOY  
PLAY  
GROWTH  
TOGETHER



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](http://www.childline.ord.uk/Talk/Pages/Email.aspx)

# CONTACT US!

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Supported by...

