

## Young Carers and Young Adult Carers News



### Looking back...

We'd like to start off by saying a big "thank you" to those of you who were able to donate presents for our young carers. Thanks to your generosity we were able to give each young carer a Christmas gift and it definitely put a smile on their faces!

Christmas was a busy time with lots going on. A group of 16 young carers enjoyed a visit to the pantomime at Mugdock Country Park; this year it was Sleeping Beauty and the youngsters had a lot of fun and really got involved! The senior group enjoyed a pizza party here at Carers Link - pizzas from Domino's and a range of different party games made for a great night, and it was a good chance for them to just chill out and catch up with each other.

The juniors had a ton of fun at their Christmas party in Bishopbriggs. It was filled with lots of party games, arts & crafts (we created some funky looking elves!) and prizes, and everyone dressed up and looked great in their outfits.



In December, we also teamed up with Oxbang Primary to plant 50 trees in their playground. An organisation called 'I Dig Trees' provided us with the trees and we rounded up some young carers from the school to help with the planting. It was a fun way to spend the afternoon and get really messy, and it also gave the kids and adults some new skills!



### Looking ahead...

In April we have been given the fantastic opportunity to attend another Hopscotch residential trip. The first Hopscotch trip was in August 2019 when we took some young carers away for 3 days in Ardvullin House, Oban and it gave them some well-deserved respite. Amrit has contacted parents to provide information on the April trip; places will be limited so let us know as soon as possible if you would like to secure a space.

We have also taken the decision to change our groups to a Tuesday evening and these will now be held in Woodhill Evangelical Church, Wester Cleddens Road, Bishopbriggs. This is due to the limited spaces available for us to hold the groups. Parents will be contacted in the usual way and the timings of groups will be:

- Juniors: 5pm - 7pm
- Seniors: 5:30pm - 7:15pm

If you know of a child who is currently caring for someone or you need more information to identify what defines a 'young carer', you can visit our website at <https://www.carerslinkedup.org.uk>

### Young Adult Carers

Dates and times of Linked Up activities for Young Adult Carers will be advertised on Carers Link's Facebook page at [facebook.com/carerslink](https://facebook.com/carerslink) and on our website at [carerslink.org.uk](https://www.carerslink.org.uk)

Our front cover shows some of the young adult carers enjoying a trip to the Cairngorms in November last year.

If you or someone you know is a Young Adult Carer (aged 16-25) and would like some extra support please contact Jan on 0800 975 2131, text 07908718813 or email [janice@carerslink.org.uk](mailto:janice@carerslink.org.uk)