



**CARERS  
TRUST**

*St Helens Carers Centre*

Winter Edition

# Young Carers Newsletter



Hello Young Carers!

Please have a read through  
your latest newsletter and  
book onto activity sessions!

Time to recharge!

Your activity timetable is  
here – packed with fun,  
relaxing and creative  
sessions just for you!

See pages 12–15!



Find useful wellbeing tips to  
support your caring role on  
pages 7–8



Wishing you all a  
Merry Christmas and a  
Happy New Year!



Young Carers Action Day  
2026 is coming!  
Turn to page 3 for all the  
details.

**CELEBRATING YOUNG CARERS EVERY DAY!**

# Welcome

This edition is packed with exciting updates, fun activity timetables, information, wellbeing support and all the amazing things you've been getting up to at the Young Carers Centre.

Have a read and see what's coming up next – we can't wait to share it with you! 

## A Reminder for Our Young Carers

You're registered with us because you do something really important at home – you support someone in your family because of an illness, mental health condition, disability or substance misuse. This person would struggle without your help..

You might be the one who:

- Helps a parent or sibling with daily tasks
- Looks after someone who finds their emotions hard to manage
- Helps a family member who uses alcohol or drugs
- Or simply keeps things calm when life gets stressful

You might not always think of yourself as a carer, but the support you give makes a big difference.

Being a Young Carer can bring pride and strength – and it can also be tiring or overwhelming at times. That's why you're part of this service: so you don't have to manage everything alone.

Remember:



- You deserve support just as much as the person you help
- It's okay to ask for a break or a listening ear
- And you still need time to enjoy yourself, see friends, and just be you

# Updates



## YOUNG CARERS ACTION DAY

12th March 2026

Did you know we have planned a whole week of fun and interactive sessions to celebrate Young Carers Action Day 2026? 🎉

Check out your activity timetable to see what is going on.

In October, some of the Young Carers staff headed down to London for the Young Carer Conference and came back truly inspired!

The theme this year was Fair Futures for Young Carers, and we spent the day connecting with services from across the country, sharing what's working well, and exploring new ways to make support fairer for all young carers.

There were powerful talks from young carers themselves, practical workshops, and plenty of chances to swap ideas with others.



Our Young Carers worked closely with Carers Trust and Young Carer National Voice. We are so proud to say that Young Carers are now recognised by Ofsted as a key group that schools must support.



## Mental Health Bill

Working together with Carers Trust, the Government has made changes to the Mental Health Act. This means that Young Carers are more likely to be identified when the person they care for is being treated for severe mental



illness.

## Outreach In Action: Empowering Young Carers Through Awareness



We've been visiting schools across St Helens to help pupils to understand who a Young Carer is and how they can get support. We have shared information with teachers and parents too, so more people understand how amazing Young Carers are and how to help them.

### DID YOU KNOW...

Our YC Committee Champions will support our Outreach Officer with delivering outreach and raising the profile of YCs? Keep an eye on our social media to see our committee in action!



## Chattin' 4 Action



### Our Young Carers Committee Have Been Busy!

Our fantastic group have been learning sign language, boosting their confidence through a public speaking drama workshop, and designing powerful posters and presentations to share with local high schools. ★



Are you a Young Carer?  
Want to share your ideas and  
make a difference?  
Join Chattin' 4 Action – our Young  
Carers' committee for ages 13+!



You can help shape support,  
meet new friends, and have your  
voice heard.  
Get in touch if you'd like to join!



# Young Carers in Action!



## Young Carers in Action!



**CAN YOU SPOT YOURSELF?**





## Wellbeing Tips Looking After You



Your feelings matter – and it's important to look after yourself while you care for others.

### Everyday Ways to Look After Your Wellbeing

These small ideas can make a big difference on busy or tough days:

- Take short breaks – Even a few minutes can help your mind rest.
- Stay connected – Talk to friends or someone you trust.
- Notice your feelings – It's okay to feel happy, sad, tired or stressed.
- Keep a simple routine – Knowing what's coming next can help you feel calmer.
- Remember you're not alone – Support is always here if you need it.

### Myths vs Facts



MYTH: "I should cope on my own."

FACT: Asking for help is a strength.

MYTH: "Taking time for myself is selfish."

FACT: Breaks help you to stay healthy and safe!

MYTH: "Everyone else is fine, so I should be too."

FACT: Everyone struggles sometimes – and that's okay.





## Wellbeing Tips When Things Feel Tough

It's completely normal to have difficult days.

Here's how to spot when you might need help – and what you can do next.

### Spotting the Signs

You may need extra support if you notice:

- Feeling tired, overwhelmed or “on edge”
- Worrying more than usual
- Finding it hard to concentrate at school
- Not enjoying things you usually like
- Feeling angry, upset or confused
- Feeling like you have too much to do

If any of this sounds familiar, talking to someone can really help.

### What You Can Do if You're Struggling

- Talk to someone you trust
- Take time to rest and recharge
- Do something small that makes you feel calm
- Let an adult know if things feel too much
- Reach out to our team – we are here to help

Asking for help is always okay.



### Reach Out

You never have to struggle alone  
If something feels too much, please see  
the next page on how to contact our  
Wellbeing Officers for support.



## Support from Our Wellbeing Officers

Get in touch with Sophie or Hollie, our Wellbeing Officers, by calling our office on 01744 677279 to find out how we can support you with your wellbeing & your caring role.



### What to Expect When You Talk to Us:

- There's no pressure and no judgement.
- You can share as much or as little as you want.
- You can come alone or bring someone with you – whatever feels right.

### Our Wellbeing Officers can support with...

- Helping you to understand your caring role and the medical conditions of the person you care for
- Giving you tips and coping strategies to support your emotional wellbeing
- Working with your school to help them to better understand your caring role and any extra support you might need
- Making referrals and signposting to other services who may also be able to help and provide practical advice, for example mental health services or Foodbanks in the event of having no food and it's an emergency.
- Being a listening ear and allowing you space and time to talk about your caring role and how you are doing

## Other Support



There are lots of other services that can support you with your caring role as well as us, have a look at some of the services/resources below

### Kooth

Kooth provides free, safe and anonymous mental health and wellbeing service for children and young people aged 10 to 25 years old.

[www.kooth.com](http://www.kooth.com)

### Sibs

Sibs exists to support people who grow up with or have grown up with a disabled brother or sister

[www.sibs.org.uk](http://www.sibs.org.uk)



### Chat Health

Chat Health is a new text messaging service for young people across Cheshire East, Knowsley, St Helens and Wirral. If you're aged 11-19 you can text a school nurse to get confidential health and wellbeing advice

Text 07312263250



### The Mix

The Mix aim to help you take on any challenge you're facing. They have online resources and also offer counselling

[www.themix.org.uk](http://www.themix.org.uk)

### Sidekick

Sidekick is a confidential, anonymous text service for young people aged 13 to 18 in the UK, you can share anything that's bothering you

07888868059



### Shout

Shout is a free, confidential, 24/7 text messaging service for anyone who is struggling to cope. It is free on all major mobile networks, for anyone in crisis anytime, anywhere to start a conversation, text the word 'Shout' to 85258.

# Activities

## Your New Timetable Is Here!

You can find all our exciting activities on the next pages! 🎨🎲

### REMEMBER

Spaces fill up fast, so make sure to book your spot quickly!  
If an activity is full, don't worry – we'll pop you on our waiting list  
and let you know if a space becomes available.

#### 🎨 We've Had a Makeover!

Our Young Carers Centre has had a fresh new look – and we want to know what you think!  
Which room is your favourite?

Main Centre – comfy vibes and cosy chats

Craft Room – creativity and colour everywhere!

Games Room – fun, laughter, and friendly competition



👉 To book a place on our activities, visit [www.sthelensyoungcarers.org/activities](http://www.sthelensyoungcarers.org/activities) or scan the QR code!

📞 You can also call us on 01744 677279 to book your spot.



SCAN TO BOOK



## Group A (School Years 1-4)



Date	Time/Location	Theme and Additional Information
Monday 12th January 2026	5pm - 7pm Young Carers Centre	Under The Sea
Monday 26th January 2026	5pm - 7pm Young Carers Centre	Chocolate Crunch Creations
Monday 9th February 2026	5pm - 7pm Young Carers Centre	Teddy Bear's Picnic
Monday 23rd February 2026	5pm - 7pm Young Carers Centre	Minecraft Madness
Monday 9th March 2026	5pm - 7pm Young Carers Centre	<b>YOUNG CARERS ACTION DAY</b> My Hopes For The Future
Monday 16th March 2026	5pm - 7pm Young Carers Centre	Celebrating Love and Luck <small>Valentines Day and St Patricks Day</small>
Monday 30th March 2026	2pm - 4pm Young Carers Centre	Easter Fun and Bonnet Making
Monday 13th April 2026	5pm - 7pm Young Carers Centre	All Around The World - USA
Monday 27th April 2026	5pm - 7pm Young Carers Centre	Superhero Academy



### Quick Booking Reminder

Before completing a booking form, please double-check the young carer's group and the school year it covers. This helps avoid confusion and ensures every child is booked into the correct session. Thank you!



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## Group B (School Years 5-6)



Date	Time/Location	Theme and Additional Information
Monday 19th January 2026	5pm - 7pm Young Carers Centre	Retro Games
Monday 2nd February 2026	5pm - 7pm Young Carers Centre	Chocolate Crunch Creations
Monday 16th February 2026	2pm - 4pm Young Carers Centre	Ready Steady FLIP! Pancake Day
Monday 2nd March 2026	5pm - 7pm Young Carers Centre	Arcade Mania
TUESDAY 10th March 2026	5pm - 7pm Young Carers Centre	YOUNG CARERS ACTION DAY Building My Super Skills
Monday 23rd March 2026	5pm - 7pm Young Carers Centre	Lets Get Active!
TUESDAY 7th April 2026	5pm - 7pm Young Carers Centre	Pirate Crafts and Treasure Hunt
Monday 20th April 2026	5pm - 7pm Young Carers Centre	All Around The World - USA



### Quick Booking Reminder

Before completing a booking form, please double-check the young carer's group and the school year it covers. Some groupings may have changed with the new school year. This helps avoid confusion and ensures every child is booked into the correct session. Thank you!



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## Group C (School Years 7-9)



Date	Time/Location	Theme and Additional Information
Tuesday 13th January 2026	5pm - 7pm Young Carers Centre	You Dessert The Best Chocolate Fondue
Tuesday 27th January 2026	5pm - 7pm Young Carers Centre	Best Buddies Game Show!
Tuesday 10th February 2026	5pm - 7pm Young Carers Centre	Your Pancake, Your Way Pancake Day
Tuesday 24th February 2026	5pm - 7pm Young Carers Centre	Mission Impossible - YC Edition
<u>WEDNESDAY</u> 11 March 2026	5pm - 7pm Young Carers Centre	<b>YOUNG CARERS ACTION DAY</b> Exploring Pathways
Tuesday 17th March 2026	5pm - 7pm Young Carers Centre	Lucky You! Night St Patricks Day
Tuesday 31st March 2026	2pm - 4pm Young Carers Centre	Make Your Own Easter Cheesecake
Tuesday 14th April 2026	5pm - 7pm Young Carers Centre	All Around The World - USA
Tuesday 28th April 2026	5pm - 7pm Young Carers Centre	Movin' and Groovin'



### Quick Booking Reminder

Before completing a booking form, please double-check the young carer's group and the school year it covers. Some groupings may have changed with the new school year. This helps avoid confusion and ensures every child is booked into the correct session. Thank you!



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## Group D (School Years 10-18) Upto your 18<sup>th</sup> Birthday



Date	Time/Location	Theme and Additional Information
Wednesday 21st January 2026	5pm - 7pm Young Carers Centre	Crazy for Clay!
Wednesday 4th February 2026	5pm - 7pm Young Carers Centre	A Flippin' Good Night Pancake Day
Wednesday 18th February 2026	2pm - 4pm Young Carers Centre	Mindfulness Magic
Wednesday 4th March 2026	5pm - 7pm Young Carers Centre	The Dynamic Duo Game
THURSDAY 12th March 2026	5pm - 7pm Young Carers Centre	YOUNG CARERS ACTION DAY Preparing for Independence
Wednesday 25th March 2026	5pm - 7pm Young Carers Centre	Paint A Mate
Wednesday 8th April 2026	2pm - 4pm Young Carers Centre	Easter Cheesecake Making
Wednesday 22nd April 2026	5pm - 7pm Young Carers Centre	All Around The World - USA



### Quick Booking Reminder

Before completing a booking form, please double-check the young carer's group and the school year it covers. Some groupings may have changed with the new school year. This helps avoid confusion and ensures every child is booked into the correct session. Thank you!



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# Contact Us

If you would like to speak to a member of our team, please don't hesitate to get in touch!

Our team is dedicated to providing support to all of our young carers and their families.



**Opening Times:**  
Monday - Thursday  
9:30am - 4:30pm  
Friday  
9:30am - 4:00pm



St Helens  
Young Carers Centre

## FOLLOW US Stay Connected!

Be the first to hear about events, support & stories from other young carers!



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sth.yc



## Contact Details

01744 677279

[info@sthelenscarers.org.uk](mailto:info@sthelenscarers.org.uk)

[www.sthelensyoungcarers.org](http://www.sthelensyoungcarers.org)

## How to find us:

St Helens Young Carers Centre

1st Floor, Fishwick House

18 Cotham Street

St Helens

WA10 1SJ

(Opposite the  
St Helens Town Hall)

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WEBSITE



St Helens Young Carers is part of St Helens Carers Centre which is a registered charity in England and Wales (No. 1089663) registered as a company limited by guarantee in England & Wales (4203210)

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