

# EMPOWER MAGAZINE



For young carers in Wiltshire and Dorset



*Brave  
Smart*

*Forgiving a friend  
Daughter*

*Make-up artist*

**Find out  
about our  
cover star,  
Phoebe!**

**Summer 2023**

**Ages 10 - 18\***

**\*FLIP OVER FOR 5 - 10**

 Carer Support Wiltshire  
**Young Carers**

 Carer Support Dorset  
**Young Carers**



# EMPOWER MAGAZINE

For young carers in  
Wiltshire and Dorset

## WHO IS A YOUNG CARER?



A young carer is a child who helps to look after someone who has an illness, learning or physical disability, a mental health illness or uses drugs or alcohol too much.

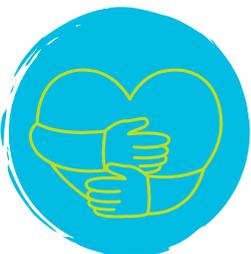
## WHAT DOES A YOUNG CARER DO?

As a young carer, you might do things like cooking, cleaning, shopping, giving medicine, or simply talking and helping when the person you care for feels sad.



## WE CAN SUPPORT YOU

This is YOUR magazine full of fun things to do, colouring and news. You can also find out about our fun events and activities near you!





# YOUNG CARER EVENTS WILTSHIRE



We have lots of fun activities planned this summer you can get involved with! Ask an adult to help you find the full list by going online and typing in: [shorturl.at/wDGQR](https://shorturl.at/wDGQR)



COOKING  
WORKSHOPS



CREATIVE  
WRITING



CAFES



WILDLIFE



# YOUNG CARER EVENTS DORSET



Keep an eye out on our website for upcoming events and activities. MYTIME also runs fun activities for young carers in Dorset – go to their website here: [mytimeyoungcarers.org](https://mytimeyoungcarers.org)



## COPING WITH ANGER

Feeling angry looks different for everyone, some people might cry when they are angry, others might want to shout, and others might want to hide and be by themselves. Anger can be hard emotion to deal with, but if you are feeling angry, know that your feelings are valid and okay. How you respond to anger can change how you feel about things and help you to cope better. Try fill out our anger coping page and think about what helps you to take a step back when you are angry.

# THE NEXT TIME I GET ANGRY, I WILL...



**Circle some ideas you will try:**

<b>Get a drink</b>	<b>Draw a picture</b>	<b>Take calming breaths</b>
<b>Take a walk</b>	<b>Talk with someone</b>	<b>Listen to music</b>

**What helped you calm down today?**

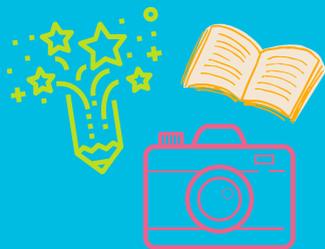
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# GET CREATIVE!

Each issue we will have a different theme or activity for you to get involved with!

## 'PET-CTURE' PERFECT!

Here are some pictures of young carers and team members adorable pets!



## NEXT ISSUE: SUNSET SEEKERS!

Ask an adult to email your pictures of a beautiful sunset to [communications@carersupportwiltshire.co.uk](mailto:communications@carersupportwiltshire.co.uk)



# MEET THE TEAM!

Meet our friendly young carer team in Wiltshire and Dorset...meet the rest of the team in the next issue!



## IAN

Ian has been with in the young carer team in Wiltshire for 4 years, and runs the Salisbury young adult carer group. He enjoys most sports especially football and cricket!

## RACHEL



Rachel has been in the young carer team in Wiltshire for 4 years, she enjoys going on adventures with her family, walking, bike riding, fishing, camping and racing events.





## ANDREA

Andrea has been in the young carer team in Wiltshire for many years. She enjoys being outside walking her dogs, and is known for her love of cakes!

## SARAH



As Young Carer Coordinator Sarah works closely with young carers across Dorset. In her free time she loves being outdoors, exploring and being by the sea.



## CONTACT US

For the **Wiltshire** team email:

[youngcarers@carersupportwiltshire.co.uk](mailto:youngcarers@carersupportwiltshire.co.uk)

For the **Dorset** team email:

[admin@carersupportdorset.co.uk](mailto:admin@carersupportdorset.co.uk)

# HELPLINES



If you are looking after someone, sometimes things might feel a bit too much. If you need someone to talk to about how you're feeling, talk to a trusted adult or teacher that can help. Here are some other places you can call or message that can help you:



**CHILDLINE: CALL 0800 1111,  
WWW.CHILDLINE.ORG.UK**

Childline has a free helpline and also a 1-1 chat where you can talk to counsellors about anything you're going through from 9am – 12am.

**SHOUT: TEXT 85258  
WWW.GIVEUSASHOUT.ORG**



Shout is a free text line that you can text 24/7 about anything you're struggling with.

**HAVE A LOOK AT OUR YOUNG CARER WEBSITES**

**CARERSUPPORTWILTSHIRE.CO.UK/YOUNG-CARERS  
CARERSUPPORTDORSET.CO.UK/YOUNG-CARERS**

**REMEMBER TO ALWAYS CALL 999 IN AN  
EMERGENCY.**

# WHAT DOES ADULTHOOD MEAN TO YOU?

Our young carer coordinator, Sarah is on the lookout for opinions that will shape the kind of support Carer Support Dorset will give 16 – 18-year-olds. Being at this age means transitioning from childhood to adulthood and that can bring up a lot of questions about your caring role, as well as worries for the future.

To make sure we are supporting you in the right way Sarah sat down with some young carers to discuss if topics such as education/employment, health and wellbeing, social life, finances, and planning for the future, are useful to 16 – 18-year-olds. The group agreed that these topics were helpful and decided on 3 questions about growing up and what adulthood meant to them, and now its your turn!

**Scan the QR code to answer the questions and let us know if the support we offer is what you need:**

SCAN ME





## YOUNG CARER NEWS

### MEET PHOEBE - OUR COVER STAR

Phoebe is a young carer who looks after her Mum who has cerebral palsy which is a condition that affects a person's movement and ability to maintain balance and posture. Heidi also struggles with anxiety and Obsessive Compulsive Disorder (OCD). Phoebe featured above in our More Than a Carer campaign, showcasing the amazing things that make her who she is. Phoebe says 'the best piece of advice I can give to a young carer is don't ever let your worries get you down. Talk to friends who listen and talk to someone that you trust at your school. I also think that young carers should be proud of what they do.'

# WEEK REFLECTION

**My week has been:**

**How I feel about today:**



**Today I am grateful for:**

**Reason for my rating:**

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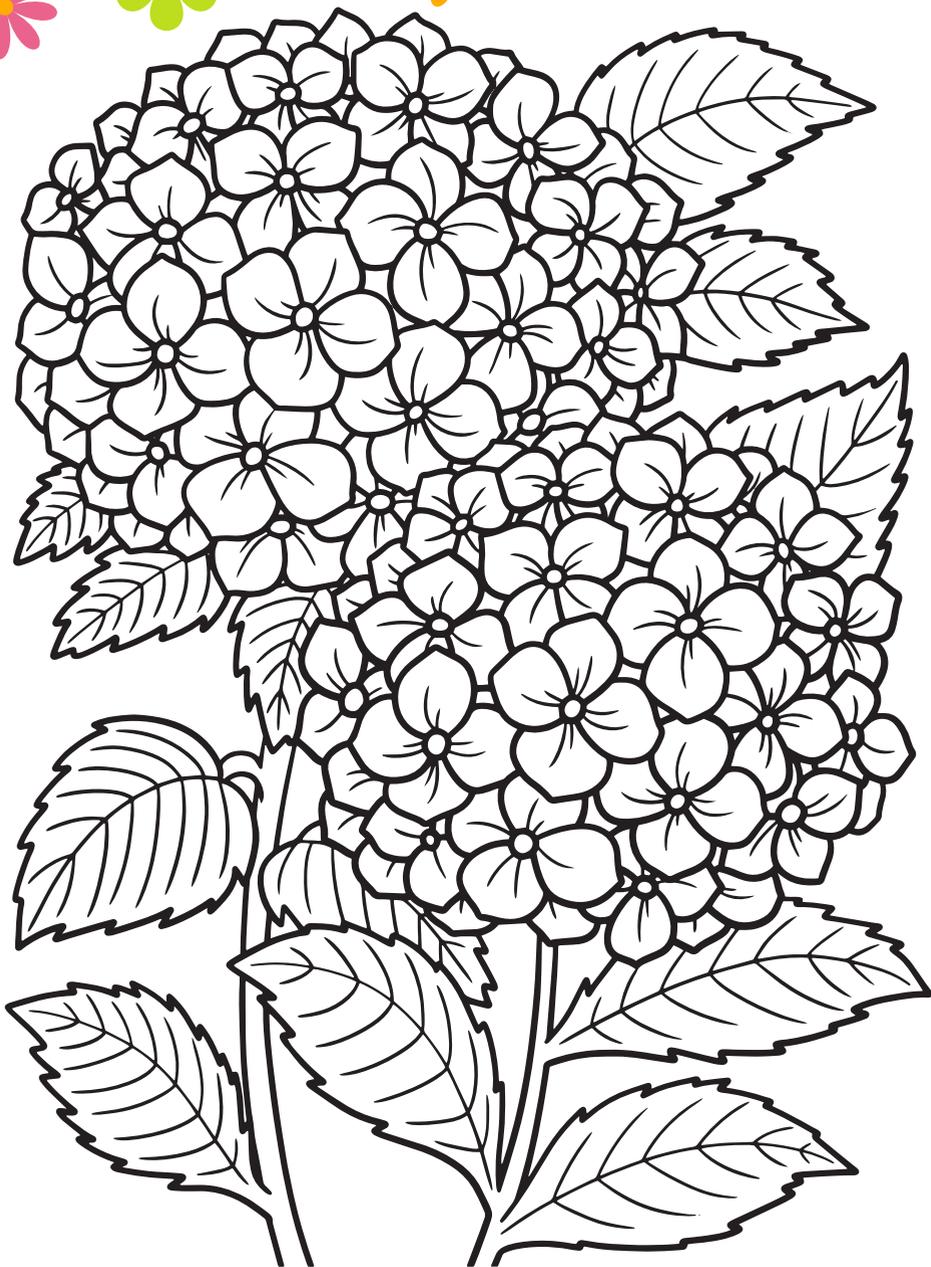
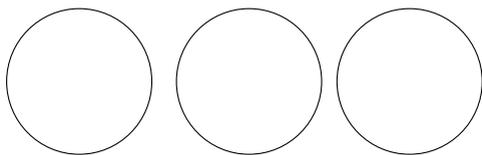
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**How can you be kind to yourself today?**

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Create a colour pallet and use it to colour these summer flowers!





**WE WANT  
TO HEAR  
FROM YOU!**

Whether you have ideas for the next issue of our young carer magazine or want to share a creative project you're working on, let us know!



**Ask an adult to scan the QR code** with their phone camera to go to a survey where you can send us all of your thoughts and ideas for our next issue.

