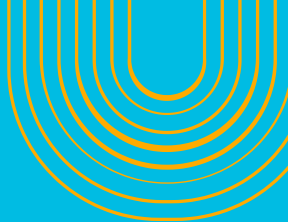


EMPOWER MAGAZINE



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 5 - 10*

*FLIP OVER FOR 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

COOKING
WORKSHOPS



PICNIC

DAYS
OUT



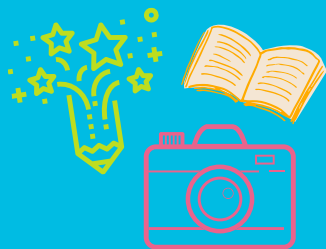
WILDLIFE



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



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!

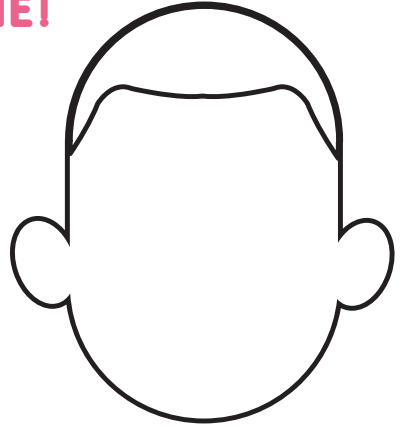
Ask an adult to email your pictures of a beautiful sunset to communications@carersupportwiltshire.co.uk



FEELING HAPPY

HAPPINESS LOOKS DIFFERENT FOR EVERYONE!

**What does your face look like when you're happy?
Draw it on this face here!**



Have a try at writing or drawing 3 things that make you happy:

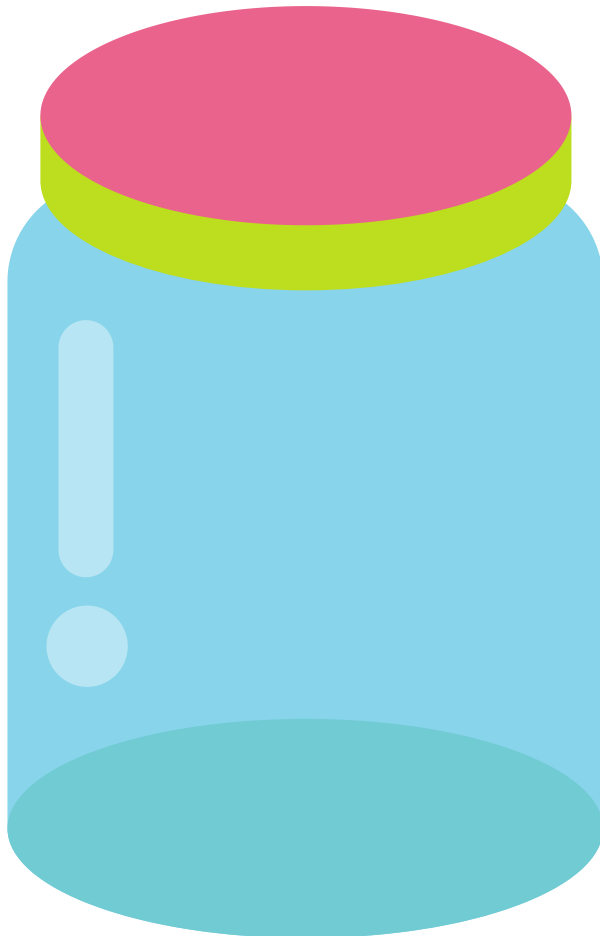
Why not draw a yummy ice cream or maybe a cute pet that makes you happy!

A large, empty square box with a blue border, intended for drawing a happy-making item.A second large, empty square box with a blue border, identical to the first one, for drawing another happy-making item.

Name: _____ Date: _____

MY WORRY JAR

A worry jar is a useful tool that can help you express your worries and anxious thoughts. What are some things that make you feel worried? Write them in the jar below.



Think of a special time each day when you will open your worry jar and read your worries. You can do this with someone you trust.

What time will you open your worry jar?

Who is going to be with you?



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

For the **Dorset** team email:

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.**

SUMMERTIME

Circle the differences between two pictures!





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.'

SUMMER

COLORING PAGE

Have fun colouring
in these summer
bits and bobs!



YOUNG CARERS IN THE SUMMER 'N



BBQ CARER FUN ICECREAM
LOLLIES POOL SUMMER
YOUNG



**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.

