



Working to improve the lives of carers

Young Adult Carers News

April 2018

Please note all information in this section can only be accessed by carers between the ages of 18 and 25.

Welcome to our latest edition of YAC News. Lydia is now back at work so is offering 1-1 sessions again. These can include helping with carers needs assessments, emergency back up plans and information about services for the person you care for. We have a new activity list for the next few months and Mel, who some of you will already know, will be helping at the activities. We are hoping to be putting on a residential towards the end of the year so keep an eye out!

Training/Information Session

I would like to organise a few training or information sessions this year for YACs and would like your ideas and suggestions. We have previously done sessions in first aid, starting your own business and benefits advice and could look at arranging these again or I am happy to look into new sessions as requested. To put forward your ideas speak to Lydia.

Money Advice Service

Did you know that the money advice website offers advice and guides to help improve your finances, handy tools and calculators to help keep track and plan ahead and support over the phone and online. Their advice is free and impartial and the website is definitely worth a look!

www.moneyadviceservice.org.uk

New Website For Young People

If you are a young person in Calderdale this site is for you. It will help you with questions about emotional health and wellbeing, showing you where you can find support. It will also help you to sort things out for yourself with ideas and tools and people you can talk to.

www.openmindscalderdale.org.uk

Carers Personal Budget

Did you know carers can apply for a one off payment of up to £250 to pay for a break, social or leisure activities, driving lessons, laptop etc or up to £60 a month towards cleaning, ironing or gardening. To apply you need to complete a Carers Assessment which Calderdale Carers can help you with or you can request a form from Gateway to Care on (01422) 393000 or Gatewaytocare@calderdale.gov.uk. The award lasts for one year and then you can reapply if you wish.

If anyone wants more information or to apply just ask!

To participate in any of these activities please contact Lydia on 01422 369101 or 07858714068

Don't Forget To.... Like us on Facebook: **Calderdale Carers-Young Adult Carers Service**



If you no longer wish to receive this newsletter please let us know on 01422 369101 so we can remove you from the list.

Event	Date	Details
TGI Fridays	Wednesday 11 th April 5pm-7pm	2 courses and a drink provided. Meeting at TGI Fridays at 5pm
Bowling	Monday 21 st May 5pm-7pm	2 Games of bowling and a drink provided. Meeting at Electric Bowl at 5pm.
Pub Social	Friday 22 nd June 6pm-8pm	£20 allowance each to spend on food and drinks. Meeting at Percy Shaw (Wetherspoons) at 6pm.
Escape Room	Saturday 21 st July 11am-1pm	An hour game at the escape room. Meeting at the Piece Hall at 11am

If you have any ideas for future activities please let Lydia know. We're always up for trying new, fun things!