

**CEREDIGION
YOUNG CARERS
NEWSLETTER**

WE ARE NOW ON FACEBOOK

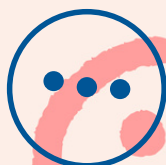


Did you know we now have a Carers and Community Support Facebook page?

We are looking forward to sharing what the team are getting up to and telling you all about the exciting events and activities that are going on in your area.

Make sure you follow and like our Facebook page to keep up to date with all our news.

Scan me!



[Why not check out our Facebook page now by clicking here](#)

YOUNG CARER ID CARD - APPLY NOW



FOR YOUNG CARERS IN
CEREDIGION WHO HELP TO
LOOK AFTER A FAMILY
MEMBER OR FRIEND.

- **FREE** swims and gym entry*
at leisure centres:

★ Plascrug ☆ Cardigan
★ Aberaeron ★ Lampeter

- Check out our website
for more offers...

APPLY NOW:

SCAN
ME! >>>



*age restrictions may apply



★ ★ ★
**DESIGN YOUR
OWN CARD** ★ ★ ★

For more information and to apply for a Young Carers ID card go to:
[Young Carer ID Card - Ceredigion County Council](#)

THE YOUNG CARERS BOOKLET

We have a NEW booklet that brings together the important things you should know if you are a young carer in Ceredigion.

It's called: Information for Young Carers.



What's in it?

1. Names of places where you can get help in Ceredigion
2. Names of places where you can get help in Wales
3. How to apply for a Young Carers ID Card
4. Who to tell if you are worried about how being a carer affects school or college
5. Who to ask for help with money worries
6. Help for carers who have a job
7. What to do in a medical emergency

You can read the booklet online [here](#) or email us and we can send you a booklet in the post.

GOFALWYR CEREDIGION CARERS

GCC are here to help you if you are a young carer in Ceredigion.

Our Outreach Workers are Jamie, Dylan, and Anthea. They can give you the support and information you might need. All young carers are welcome to come along to our regular family and young carer groups. Have a look at what we are up to.

Over the summer we went to the beach at New Quay where we built sandcastles and paddled in the sea.

We also went to the woods where we played on a hammock, made things from clay and even cooked snacks on a fire.



We have been on lots of exciting trips. We have been to Heatherton where we had fun on the different rides and attractions there. In the summer holidays we went on the Vale of Rheidol steam train to Devils Bridge. We went to see the donkeys near Machynlleth.

We stayed overnight at the Urdd in Llangrannog in May and we took part in activities like go-carting, climbing, swimming and archery.

We had lots of nice food!



Coming up soon:

At half term we will be visiting Llandysul paddlers again and we will be going with families to Folly Farm!

In November, December and January we are planning some Christmas events all over Ceredigion where we will have some nice food, and some fun activities.

We are also planning on going to the Panto!

MENTAL HEALTH IS A HUMAN RIGHT!

What is mental health?

We all have mental health, just like we all have physical health. It's about how we think, feel and act. Sometimes we feel well, and sometimes we don't. When our mental health is good, we feel motivated and able to take on challenges and new experiences. But when our mental health is not so good, we can find it much harder to cope.

1 in 6 children aged five to 16 were identified as having a probable mental health problem in July 2020.

Less than 1 in 3 young people with a mental health condition get access to NHS care and treatment.



80% of young people with mental health needs agree that the Covid-19 pandemic has made their mental health worse.

We all have good days and bad days, but when negative thoughts and feelings start to affect your daily life and stop you doing the things you enjoy, or your ability to feel ok, this means you probably need some support with your mental health.

This is why it is so important to look after the way you feel mentally! On the next few pages, we have put together an activity page and information pages on a few places that you can go get help in school and outside of school.

All data recorded on this page is data collected by Young Minds and is located on their website.

Colouring is a healthy way to relieve stress. It calms the brain and helps your body relax.

Why not print this page out and give it a go?



Paying attention to your breathing is also a great way to calm down when feeling anxious.

Why not give the breathing task below a go?

4 -7- 8 Breathing

Breathe in slowly for 4 seconds through your nose - pretend that your belly is a balloon that you are trying to blow up.

Hold for 7 seconds

Breathe out slowly for 8 seconds out of your mouth - try to make a whooshing when breathing out.

Repeat three more times - then see how you feel.



SUPPORT AT SCHOOLS: MENTAL HEALTH

As we celebrate World Mental Health Day it is a perfect reminder that we must take care of ourselves, as well as others. It is very important that we know where to go for help and support if needed.



How to support your own mental health and well-being?

- Make time for your hobbies e.g. art, reading, sport.
- Share your thoughts and feeling with others.
- Keep active – exercise is good for your body and mind!
- Spend time outdoors enjoying the fresh air.
- Eat healthy meals and snacks and drink plenty of water.
- Listen to music you enjoy.
- Get plenty of sleep – about 10 hours.



It's good to talk – where could you go for support in school?

• Teachers and school staff

• Hafan

• ELSA

• Counsellors

• Friends and peer mentors

• School nurse

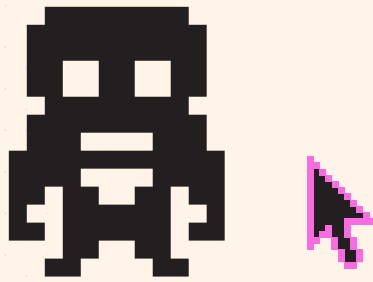
• Suggestion or worry box

• Youth workers and mentors

• Police Liaison Officer



Choices Young Persons Service is a place for 11 – 18 year olds (up to 25 years of age for older adults) to get free, confidential support for drug and alcohol use. Choices provide one to one support, where a young person can chat to a trained support worker, about drugs and alcohol and it affects them. Choices also provide support for families, to help them understand and cope with the drug or alcohol use of their family members. Choices cover Carmarthenshire, Pembrokeshire and Ceredigion.



Choices have recently launched a brand-new website, where you can access more information about specific drugs, as well as learn about how to deal with peer pressure regarding drug and alcohol use and access a frequently asked questions section. The website also provides a 'fun' section where you can download the Choices characters and colour them in.

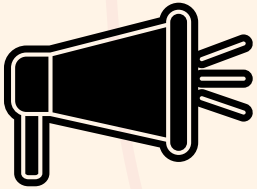


You may also see Choices in your secondary school, as they deliver workshops and sessions that raise awareness of drug and alcohol use, and support young people in developing effective coping strategies, if you ever find yourself in a situation where drugs and alcohol are present.



It takes courage to ask for help. But for many young people who do, the support they need just isn't there.

Young Minds want to see a world where every young person who is struggling feels able to reach out, and has people and services around them who can really help.



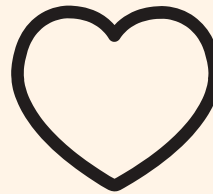
We're not afraid to speak up for what's right.

We know what needs to change because young people tell us. If they raise their voices, so do we.



We're optimistic.

Things get tough, but we never forget to celebrate progress and never stop looking for practical ways to make things better.



Kindness is our strength.

Everything we do, we do with love, care and compassion.



We celebrate what makes you, you.

Whoever you are, we welcome you and encourage you to always be true to yourself.

Whether you need a reassuring conversation, specialist mental health support, or simply the knowledge that you are not alone in how you are feeling, Young Minds make sure that all young people get support that meets them where they're at as quickly as possible.

Together, we can create a world where no young person feels alone with their mental health.

INFORMATION AND SUPPORT



SAMARITANS

Whatever you're going through, the Samaritans are here for you. Call **116 123** or for support in Welsh call **0808 164 0123**

ChildLine

0800 1111



You can call Childline to talk to them about anything, no problem is too big or small. Call **0800 1111**



Go to our website to chat online and find out more.

Visit:

www.meiccymru.org/

Call: **080880 23456**

Text: **84001**

Can talk and get help in Welsh

Barnardo's

GIVING CHILDREN BACK THEIR FUTURE



Barnados Support Young Carers and their families with various services.

Visit:

www.barnados.org.uk



Join Kooth now

Visit:

<https://www.kooth.com/>



Visit:

www.silvercloudhealth.com/



PAPYRUS
PREVENTION OF YOUNG SUICIDE

The Hopeline

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Visit:

www.papyrus-uk.org/

choices
young person substance use support

Call: 0330 363 9997

Visit:

www.choiceswest.cymru/



YOUNGMINDS
fighting for young people's mental health

Fighting for young people's
mental health

Visit:

www.youngminds.org.uk/

This is YOUR newsletter, and we want to know what you would like to read about!

Let us know at:

Ceredigion Carers and Community Support Team

connecting@ceredigion.gov.uk

01545 574200



Cyngor Sir
CEREDIGION
County Council



Cysylltu Ceredigion
Gofalwyr a Chymorth Cymunedol
Connecting Ceredigion
Carers and Community Support