

January 2026

VOL

01



Young CARERS

Magazine



All about Young Carers!

In this magazine you will find...

Our Team

Comic book competition

Upcoming events

Game to win prizes

Useful coping ideas

Why you are amazing and doing a great job!



Telford and Wrekin

MEET THE TEAM

COME AND SAY HI TO OUR AMAZING TEAM



Lorna
Activities Co-Ordinator



Claire
Family Resilience Worker



Esmae
All Age Carers Centre Service Manager



Simi
Family Resilience Worker

YOU WILL HAVE GOT TO KNOW OUR YOUNG CARERS TEAM AND THEY REALLY ENJOY SEEING AND SUPPORTING YOU ALL!

PLUS TWO NEW MEMBERS TO OUR TEAM



Anna
Community Link Worker



Molly
Community Link Worker

Alongside working on the carers team Anna is a scout leader and loves anything outdoors!

Molly is super excited to have a job thats so rewarding and can't wait to get too know you! Molly loves baking and anything crafty!

A cartoon banana character with a yellow body, wearing black sunglasses and a yellow jacket. It is pointing its right hand towards the right side of the frame. The background is a simple gradient of pink and purple with some yellow star-like shapes.



YOUTH CLUB RUNS WEEKLY IN TERM TIME. TRIPS AND DAYS OUT ARE PLANNED FOR THE HOLIDAYS. DATE, PLACE AND TIME TO BE CONFIRMED! SO EXCITING!

YOU CAN FIND YOUNG CARERS PASSPORTS AT YOUTH CLUB. THEY ARE A SUPER USEFUL TOOL. FOR EXAMPLE TO FILL IN AND SHOW ANYONE YOU WANT TO SHARE HOW YOU ARE FEELING, WITHOUT TALKING.



Hi, I am Jack Vaughan, and I am currently working as a supported intern at Telford and Wrekin CVS, I have a job as a radio presenter on this job spotlight.

Spotlight on

Novafm
97.5 FM | novafm.co.uk

**Broadcasting 24 hours a
day across Newport.**

**Jack Vaughan's Drivetime
Show 4-6 PM Thursdays
and Fridays**

**You can send Jack
Vaughan Requests,
Shoutouts and
Dedications throughout
the show as well.**



**Get in touch anytime during the show
by emailing to
Studio@NovaFM.co.uk.**



WEDNESDAY'S
4.45PM-6.30PM

YOUNG CARERS YOUTH CLUB



Telford & Wrekin CVS

Suite 12 & 15 Hazledine House

Tel: 01952 916035

Email: info.youngcarers@telfordcarers.org.uk

Central Square

Telford Centre

Telford

Shropshire

TF3 4JL





YOU ARE

AWESOME



LOGO PUZZLE



GAME

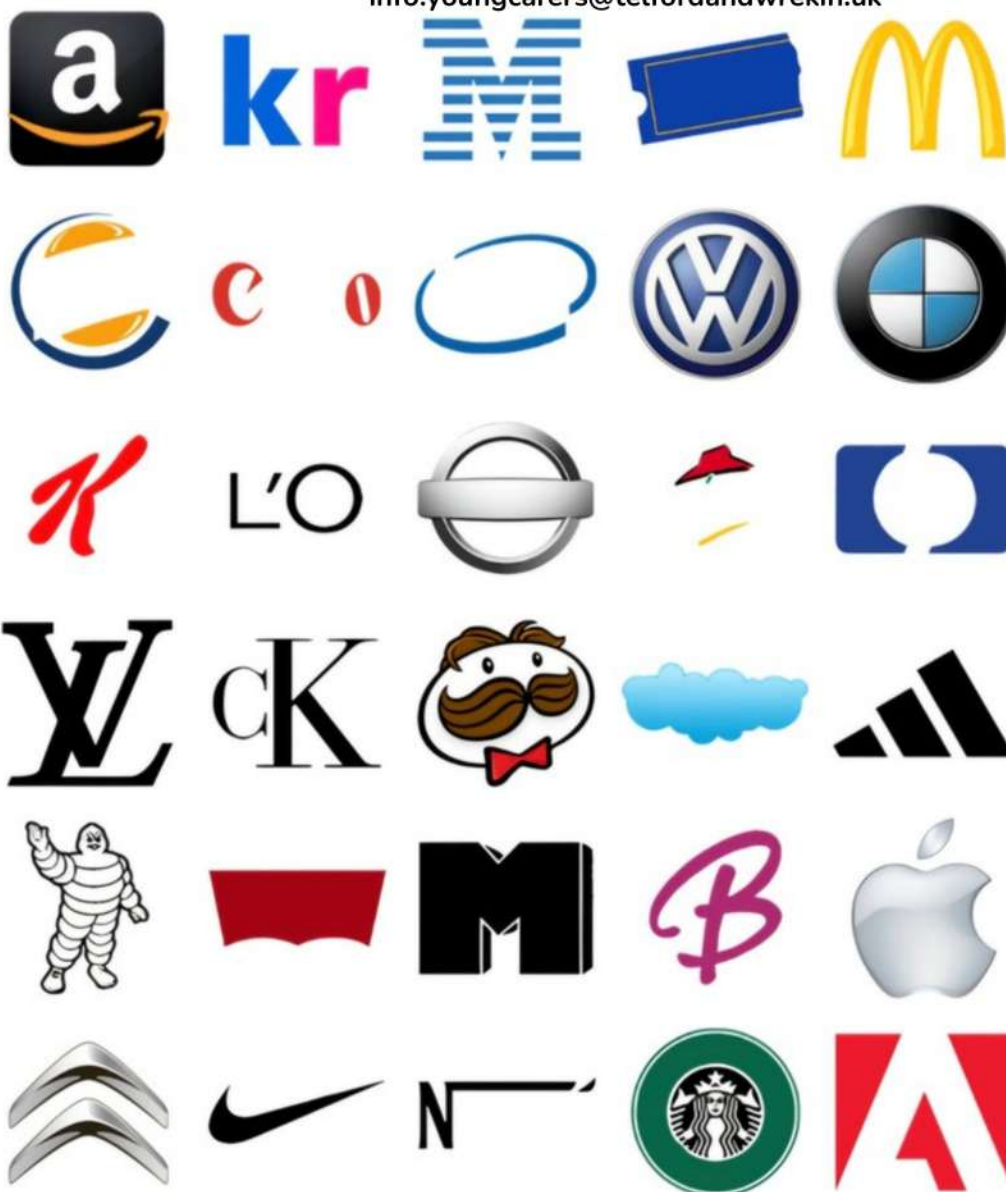
PLAY

PRIZES



DIRECTION :

Name all the logos to win a prize!
on a piece of paper write down all logos :)
Bring your answers to Youth Club or Email your
submissions to
info.youngcarers@telfordandwrekin.uk





YOU CARE, WE CARE,

WE WOULD LOVE TO HEAR YOUR FEEDBACK AND IDEAS- WE WOULD REALLY APPRECIATE PARENTS, CARERS AND YOUNG CARERS TO USE THE QR CODE TO COMPLETE THE QUESTIONNAIRE



YOUNG CARERS FEEDBACK
QUESTIONNAIRE



WHAT WOULD YOU LIKE?
WHAT ACTIVITIES WOULD YOU LIKE TO DO?
WHERE WOULD YOU LIKE TO GO?
WHAT WOULD YOU LIKE TO DO MORE?
WHAT FOOD DO YOU LIKE?
HOW CAN WE SUPPORT YOU?

THANK
YOU



<https://forms.office.com/e/kpSUn4mCQE>

COPING SKILLS FOR KIDS

Fun & effective coping strategies:

Creative Activities:

- Draw your feelings
- Journal or colour
- Make a calm-down box

Physical Movement:

- Jumping jacks
- Dancing to music
- Stretching or yoga

Calm the Mind:

- Deep belly breathing
- Counting to 10
- Guided imagery or meditation

Talking it Out:

- Talk to a trusted adult
- Name the feeling out loud
- Use "I feel" statements

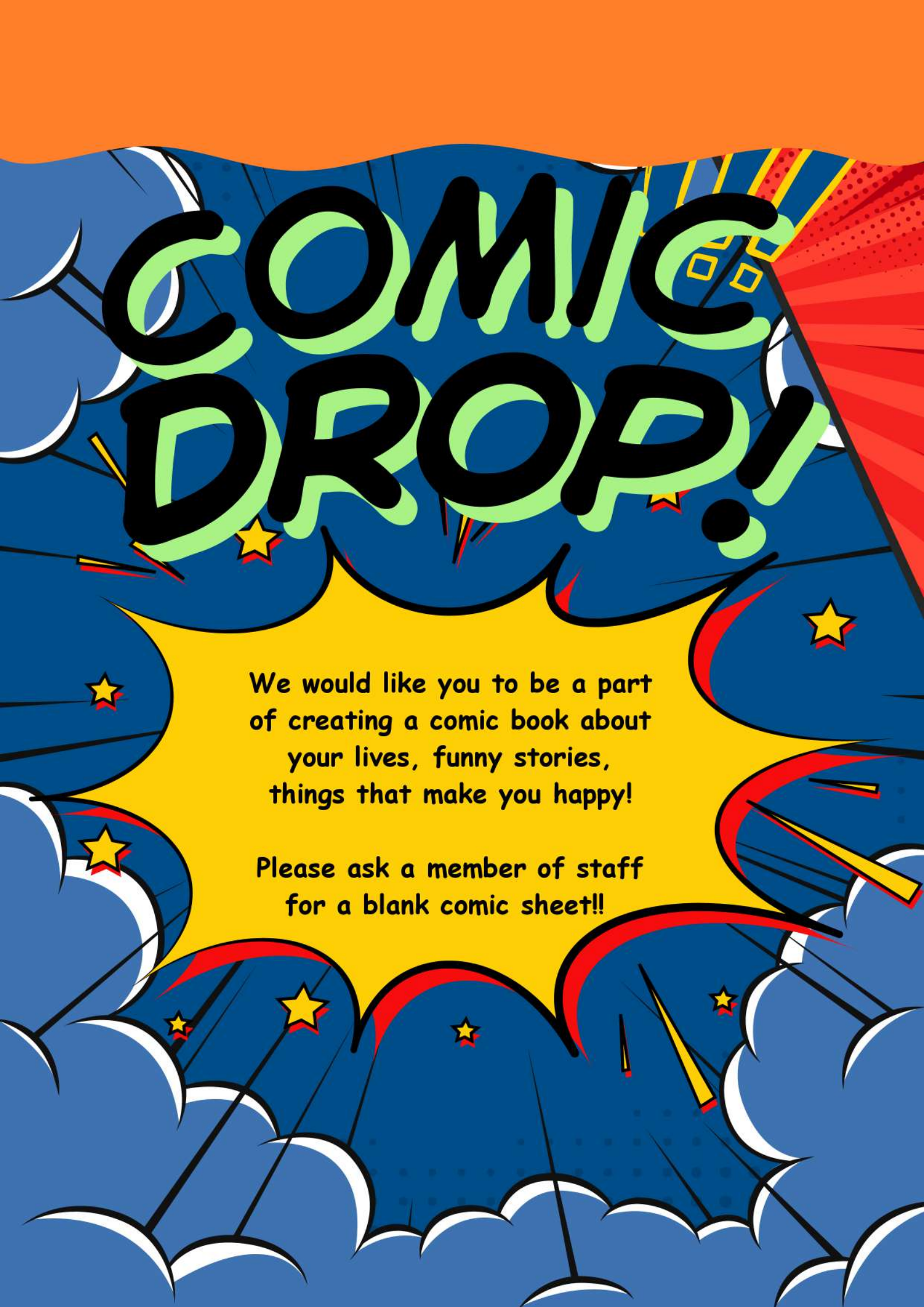
Sensory Tools:

- Listen to music
- Squeeze a stress ball
- Hold a comfort item

Please talk to one of the youth club staff for support/sensory tools

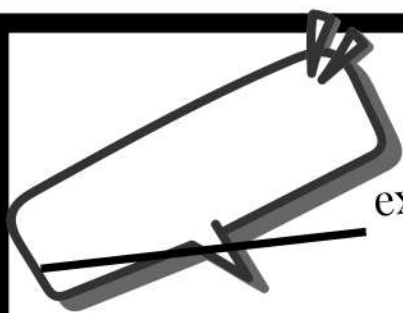
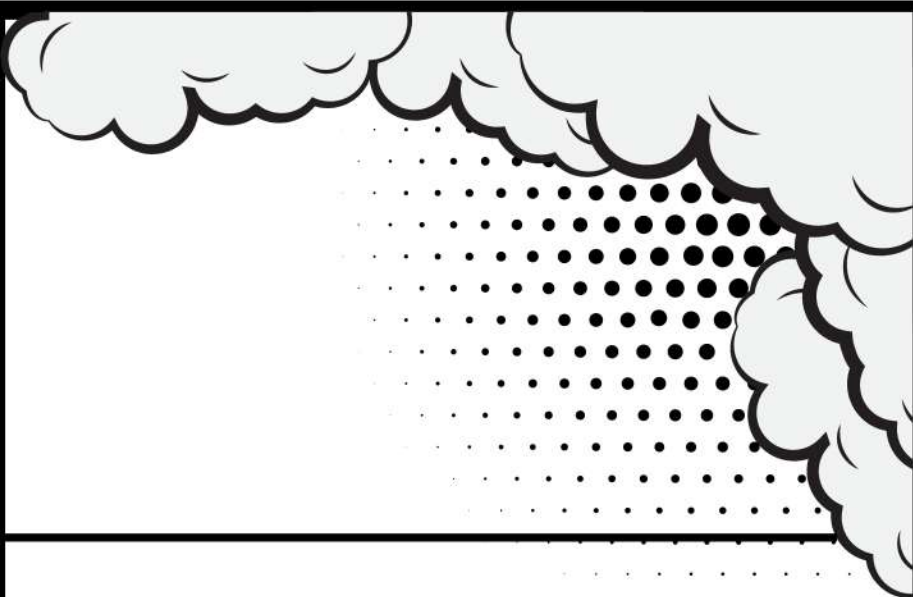


COMIC DROP!



We would like you to be a part
of creating a comic book about
your lives, funny stories,
things that make you happy!

Please ask a member of staff
for a blank comic sheet!!



example of pages you will find
print outs at youth club :)





TELFORD AND WREKIN YOUNG CARERS

What is a Young Carer?

Aged between 5 and 18 years, young carers help look after one or more members of their family – usually mum, dad, brother, sister or grandparent. Sometimes they are the only carer.

The young carer may have to deal with a range of situations, such as disability, chronic illness, mental health difficulties or problems with drugs or alcohol misuse.

They may be taking on practical and/or emotional caring responsibilities that an adult would normally do.

With the risk of social isolation, bullying, school attendance problems, and physical and mental ill health themselves, young carers can often find life tiring, worrying and lonely.

What we offer?

The Young Carers Service provides support for all young carers in Telford who want to register, and with currently nearly 500 children and young people between 5 and 18 years on roll, the service offers:

One-to-one support for those who need it most

Term-time Youth Club

Holiday and half-term activities, trips and events

School drop-ins

Information and advice for the whole family

Regular newsletter with news, events and helpful advice

Remember to **BREATHE**

BREATH



REST



EAT WELL



AIR



TEND TO YOURSELF

I matter

HELP – ASK FOR HELP



EASY DOES IT, ONE MOMENT AT A TIME!

DO YOU LOOK AFTER SOMEONE?

A PARENT, SIBLING, FAMILY MEMBER, A FRIEND?

YOU ARE NOT ALONE.

TALK TO SOMEONE YOU TRUST TO HELP
YOU FEEL SUPPORTED.

CONTACT



Call- 01952 240209

Email-

info.youngcarers@telfordcarers.org.uk

website-

www.telfordyoungcarers.org.uk



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EASY DOES IT, ONE MOMENT AT A TIME!

Daily Flow Tracker

you find this printed out at youth club, this could help you make sure you set time aside for yourself to do things for you!



Morning



- ☐ Make the bed
- ☐ Brush teeth
- ☐
- ☐ Eat breakfast
- ☐
- ☐



Afternoon



- ☐ Eat lunch
- ☐
- ☐
- ☐
- ☐ Have a snack
- ☐



Evening

- ☐ Playtime or family time
- ☐
- ☐
- ☐ Prepare clothes for tomorrow
- ☐
- ☐



Night



- ☐ Take a shower
- ☐ Brush teeth
- ☐
- ☐ Read a bedtime story
- ☐ Lights out
- ☐



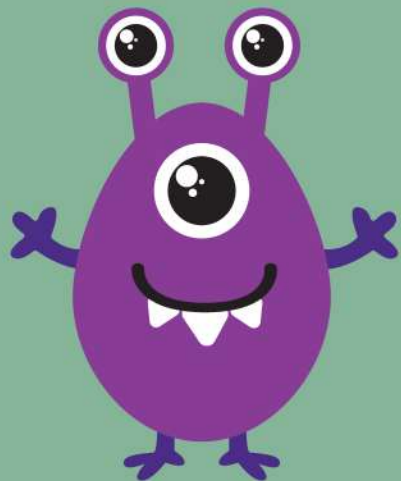
4 things to always remember!



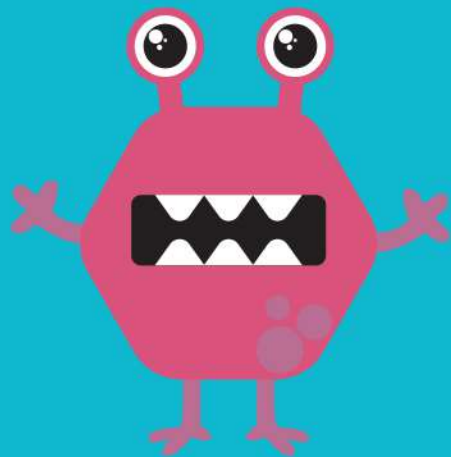
I am
Happy



I am
unique.



I am
Strong



I am
loved.

Please read...

Every young carers magazine there will be..

A little message from our staff

To our young carers — your strength, compassion, and selflessness do not go unnoticed. You carry responsibilities beyond your years with courage and kindness, often putting others first. We see you, we value you, and we are deeply grateful for the care and love you give every day. You deserve support, understanding, and moments of joy just as much as anyone else.

From Young Carers Team

Handsom
THANK YOU!

If you are interested in a Monday evening group 4pm-5.30pm please write your name down on the list found at youth club



Your Funny Animal Pictures

Each Young Carers magazine we would like to feature a funny or cute animal photo you have taken. This edition see the photo of Flynn, Annas dog. A Much loved 6.5 year old grey hound.....



We will be soon launching a Monday evening group for young carers. This will be aimed to be a smaller group for those potentially finding youth club a little busy or wanting some more 1-1 support. The aim for this group would to have around 6 of you in a smaller room to work on projects, homework, just to chat or play board games. Its up to you really!!