

MEDWAY YC'S

# ARTICLE

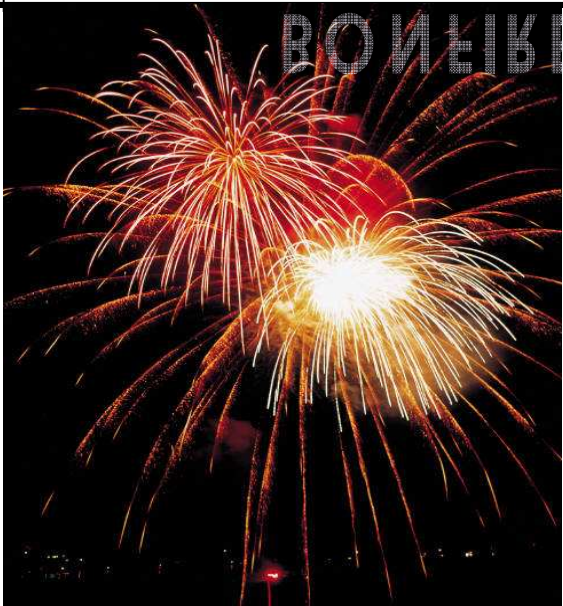
November 2011 ISSUE

MEDWAY CARERS CENTRE  
3 CANTERBURY STREET  
GILLINGHAM  
ME7 5TP  
01634 577340

[www.youngcarers.net](http://www.youngcarers.net)

## Happy Guy Fawkes Night

**BONFIRE/FIREWORKS  
ARE JUST AROUND THE CORNER!!**



### **NEWSFLASH**

**Look out for some  
more exciting activities!!!**

Whatever your up to this weekend we  
hope your have a good time!!  
There's lots of places in Medway that will  
be putting on firework displays inc:  
*THE GREAT LINES, GILLINGHAM*  
*7PM BONFIRE / 7.30PM FIREWORKS*  
*ITS FUN AND FREE!!*  
*SATURDAY 5TH NOVEMBER*



Hope you had  
a great Halloween!!

# Young Carers Team Update

## Haunted Holly's bit

Hey everyone

Just a quick update to let you all know what ive been up to and what's going on.

Groups are still running at the centre fortnightly, so it would be great if you could come along, If you don't have a leaflet or you have lost it just give us a call and we can send you another.

**PLEASE NOTE BINGO NIGHT ON 24/11/11 FOR 12+ YRS IS CANCELLED!! SORRY FOR ANY INCONVENIENCE.**

During the October half term lots of young carers enjoyed our Halloween party, everybody looked very good in their costumes, soon were veeeery spooky!! So well done to you all for dressing up.

We'll hope you enjoy guy fawkes hope to see you all soon.

Bye Bye

Holly :-p

## Lucy's bit

Hey Everyone, Lucy here!

Just wanted to give you all an update of what schools I am working in running lunch clubs and doing 1-1 support so you can pop by and have a chat.

Chatham Grammar Boys- Ms Childs

Chatham Grammar Girls- Ms Elliot

Fort Pitt Grammar School for Girls- Ms Camp

BORA- Mr Smith (Chaplin)

Rochester Grammar School for Girls- Miss Farrow

St John Fisher- Miss Lucas

Howard Boys School- Mr Capelin

Hundred of Hoo- Mr Mortley

Strood Academy- Ms George

Twydall Juniors- Ms Evans

Rainham Girls School- Ms Durrant

If I'm in your school and your unsure of what day or times I am in please ask the teacher I have listed next to your schools name. If I'm not in your school yet, then please pass my details on to one of your teachers and ask them to give me a call so we can support you in your school.

Lucy Collins- Schools Development Worker

[info@medwaycarerscentre.org.uk](mailto:info@medwaycarerscentre.org.uk) 01634577340

hope to see you all soon!

Lucy ☺

## Tricky Tracey's bit

**Hi Guys**

***Just to let you know the 3 of us are now remote workers which means we do not work in the office any longer we work from home and out in the community. You can contact us directly if you need to our mobiles. Our numbers are:***

***Tracey - 07827296199***

***Lucy - 07827298268***

***Holly - 07827296340***

**Please tell your parents the phone numbers as well**

***Also just to let you know I am still working within Brompton Academy and the chattenden drop in group is still running. Please call me for more details.***

***Take care Tracey :-)***

# Caring for someone with a mental health problem

If you know someone who suffers from a mental health problem this is not uncommon or abnormal. A mental health problem will affect how people think and feel. One minute they might be happy, the next minute sad. But, like any other illness it can be treated with expert help. There are many kinds of mental health problems, like anxiety, depression, stress or schizophrenia.

Sometimes just talking to other young carers can be useful and a weight of your mind. Or you could talk to close friends and other family members, maybe even a teacher or a support worker like Holly, Lucy or Tracey.

Story: When Alex was 15 his mum who was always happy and positive, started to become anxious and depressed. As Alex's parents are not together he found himself having to look after his mum everyday before and after school. Sometimes he missed school because he was scared to leave her alone. Looking after his mother was not easy and affected his own life. Fortunately, YCNet offers help and support to anyone who finds themselves caring for someone with a mental health problem, illness or disorder.

If you look after a parent or relative with mental health problems YCNet are here to offer you online support. All you have to do is become a member. It is easy and quick to join!

Why not fill out our online registration form online and become a member today?

## YCNET

YCNet is a website and online support service for young people aged 18 and under in the UK, who help to look after someone in their family who has an illness, disability, drug/alcohol addiction or mental health condition.

This is a place where young carers can find other young people in a similar position, chat to each other, share their stories and hear about each others' experiences in a safe environment.



Young Carers Project  
 Medway Carers Centre  
 3 Canterbury Street  
 Gillingham  
 Kent ME7 5TP  
 01634 577340  
[info@medwaycarerscentre.org.uk](mailto:info@medwaycarerscentre.org.uk)  
 Registered charity no.1104884



**Looking for useful info and advice?**

YC Net - internet site for anyone looking for advice or info about caring. [www.youngcarers.net](http://www.youngcarers.net)  
 Tel:0844 800 4361 email: [youngcarers@carers.org](mailto:youngcarers@carers.org)

[www.direct.gov.uk/en/CaringForSomeone](http://www.direct.gov.uk/en/CaringForSomeone)

Carers uk: [info@carersuk.org](mailto:info@carersuk.org) or Tel: 0808 808 7777

Dial North West Kent: Free confidential advice on all aspects of disability inc; equipment, mobility, housing and welfare benefits. Advice line open 11am-3pm Mon-Fri Tel: 01474321761

Kidscape: Advice & info on bullying and other issues. [www.kidscape.org.uk](http://www.kidscape.org.uk) Tel:08451205204

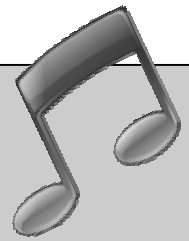
Childline: counselling service for children & young people [Childline.org.uk](http://Childline.org.uk) Tel: 0800 1111

Chatham/Gillingham Citizens Advice Bureau:  
 Tel: 08448269709 or email:  
[advice@cabmedwayadvice.org.uk](mailto:advice@cabmedwayadvice.org.uk)

Further help and advice always available from the Medway Carers Centre: 01634 577340

## Holly's top ten songs

1. Dappy - No Regrets
2. The Wanted - Lightning
3. Coldplay - Paradise
4. LMFAO - Sexy and I know it
5. Rhianna ft Calvin Harris - We found love
6. Professor Green ft Emeli Sande - Read all about it
7. Ed Sheeran - Lego house
8. Rizzle Kicks - When I was a youngster
9. Jessie J - Who are you
10. JLS - Take a chance on me



## Holly's GotGossip

Sophie Habibas—voted out of x factor !!

Ashley from The risk leaves!! And is replaced with Ashford from Nu-vibe!

## Holly's Jolly Jokes

Why didn't the skeleton cross the road?  
*He didn't have the guts!!*

What do ghosts have for dessert?  
*Ice scream!!*

What do you skeletons they wont do the washing up?  
*Lazy bones!!*