



Schools Out for Summer !!

Don't Panic

Sheffield Young Carers Project would like to let you know what you can do to keep your family happy this summer term.



Thank you for supporting us and being involved in our Family Project!

Parent Network Events

Parent network events are where our parents all meet together each month, all the parents have one thing in common they all have a young carer in their household other than that their all unique wonderful people from all backgrounds of life. We support

each other, share tips and advice, take part in different activities such as arts and crafts, cooking, we share skills with each other have lunch and most importantly create a safe space for you to build

Your confidence and make friends. We have funding for this group so all lunch, transport and activities are free for you to enjoy. This is a private group and you will have been referred by the family project team to come along;

Parent Network Event meet up's are:

Wednesday 21st September

Wednesday 19th October

Wednesday 14th December – Christmas Special

2023 Dates

Wednesday 15th February

Wednesday 15th March

Wednesday 9th May – Evaluation Celebration Event

Group Events

Look out for our group events!

We are planning a family cinema trip in December

Family Day Trip – August? Awaiting funding go ahead wish us luck!

Your Project, Your Suggestions!

We love your feedback and suggestions as we want to shape the project to suit your needs as best we can. If you have ideas or any feedback don't keep them hidden give us a shout. We are specially interested in your parent network event activities. As we think it's great to share skills.

We are trying to make our family project even more accessible and will be trying new venues for our Parent Network Events – were thinking Hillsborough Park

Celebration + Evaluation Event 2022

On the 17th May we held our celebration and evaluation event at the Kenwood Hall Hotel, with food, and lots of celebrations of the year to celebrate your progression with us and to congratulate the family team for their hard work this year. We also like to take the time to evaluate what we have achieved and what we could improve for the year in front as your ideas are the heart of the family project.

Thank you to those who attended our celebration and evaluation event, we had a fantastic time, we hope you did to!

Family Project Film Making

What a exciting development, the family project are creating a fantastic film to show others about our service and how we have supported you. Thank you to all who are involved we really appreciate your hard work and engagement and the enthusiasm you have put in. We are aiming to start sharing the film in the Autumn time.

White Rose Course

A massive well done to those who have completed the White Rose Beauty course, I hope you all learnt some great skills you can use in your future. The white Rose training course was open to all parents and fully funded, if you missed out and do fancy learning the foundations of holistic therapies and beauty such as massage then there will be further opportunities available in the future or we can direct you to the right people. Some of our parents are taking further courses to progress their careers. Remember it's never to late to start again.

Our Appreciation

This year as a thankyou to your engagement and hard work keeping the family Project at it's best we sent out £50 vouchers to all parents that have worked with us for the last 12 months.

Staff News

Danielle our family engagement worker is back and knee recovery is going well. So lots of useful information and events will be coming your way!!



Money Advice

We understand money is tight for most of us at this time and that benefits are not easy to understand. We are planning to find further support in our Groups to support you as it is huge need. Due to the changes happening around us.

If you are struggling to feed your family don't be shy we understand and keep everything confidential and will support you to find options. There are many food banks around Sheffield we can help you find yours or visit:

<http://www.sheffieldfoodbank.org.uk/food-bank-list/>

Sheffield City Council also offer help and advice on money issues such as grants, benefits, Debt, hardship funds, help with energy costs, follow the link for more information ;

<https://www.sheffield.gov.uk/home/benefits/help-money-issues>

Or call – 0114 273 4567

This is a great site to many organisations that might be of help with money issues;

<https://sheffieldmoneysupport.co.uk/>

Need Debt Advice take a look at this booklet:

<https://sheffielddact.org.uk/wp-content/uploads/sites/3/2013/05/Dealing-with-Debt-Booklet-March-20091.pdf>

Money saving advice;

Check out Martin Lewis the money saving expert at:

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

Cooking on a Budget

We have been told about this cooking on a bootstrap at <https://cookingonabootstrap.com/>

Some of you know about this but for those who don't it's worth a visit, great recipes which are cheap to make;

Crumbly Almond (accidentally gluten-free) Cookies, 12p [VG/V/DF/GF]

Recipe



Makes 10, at 12p each. As ever, prices based on Sainsburys, Basics range where available, and correct at time of writing. Other supermarkets offer similar products at comparable prices. When checking the prices on moneysupermarket.com I did notice that 200g of ground almonds were

£1.39 at LIDL right now, so if you have a LIDL nearby, you might want to check it out...

100g ground almonds, £1.10 (£2.20/200g)

5 tbsp./70g butter substitute, 12p (80p/500g)

2 tbsp./40g marmalade, 3p (30p/454g)

a pinch of thyme

a pinch of lavender

Turn the oven on to 180C to pre-heat, and lightly grease a baking tray. Grab an egg cup, shot glass, espresso cup or small cookie cutter, and set to one side.

Tip the ground almonds into a bowl and add the thyme and lavender, if using.

In a separate small bowl, mash the marmalade and butter substitute together with a fork until well combined. Tip into the almonds and mix well until it forms a consistent dough.

Shake a little ground almond onto your worksurface and press or roll the dough out until around 1cm thick. Cut tiny cookie shapes – smaller than you think you need – and place on the baking sheet. Leave a large space in between each as they spread out when they warm through!

Smooch the dough back together and repeat until there are no more cookies to be made.

Bake for 10 minutes. Remove from the oven and allow to cool for a further 10 minutes to harden before trying to move them- they are deliciously crumbly, so they need some time to firm up before they are solid enough to cart about!

Enjoy warm.

Jack Monroe.

<https://cookingonabootstrap.com/2017/01/02/crumbly-almond-accidentally-gluten-free-cookies-12p/>

Health and Wellbeing Help Online

A one stop shop for Family Health and Wellbeing, and caters for both parents and professionals.

<https://sybhealthiertogether.nhs.uk/>

KIDS PASS – Discounted days out

<https://www.kidspass.co.uk/>

School Holiday Date

- 25 July to 31 August 2022

School Holiday Activities

Don't forget to contact the SYCP Youth Team for the holiday club !!

Events and activities - Websites

- <https://www.sheffieldcitytrust.org/half-term>
- <https://Sheffieldhealthyholidays.org>
- https://www.sheffielddirector.org.uk/kb5/sheffield/directory/family.page?familychannelnew=1_7

Commented [DB1]:

- <https://www.dayoutwiththekids.co.uk/things-to-do>

- <https://www.eventbrite.co.uk/?location=united-kingdom-sheffield/events>

Top 10 Free places to visit this summer

1. Weston Park Museum

Set in a beautiful park, the museum is free and there is lots for the family to do and see. There is also an indoor picnic room. Weston Park is a great place for the kids to run around outside and there is also the playground at Crookes Valley Park just next door. **Located at Western Bank, Sheffield S10 2TP.**

2. Heeley City Farm

Head to Heeley City Farm to see some lovely farmyard favourites. You'll get to see plenty of animals, many of which simply roam around in the fields between 10am and 3pm. **Located at Richards Rd, Heeley, Sheffield S2 3DT.**

3. Endcliffe Park

Another family favourite, Endcliffe Park has everything you need for a wonderful time, including a cafe, a playground and lots of open spaces to throw a ball around in or enjoy a picnic. If you really wanted to make a day of it you could join the two and complete the two-mile walk between Forge Dam and Endcliffe Park - make the most of the glorious autumn colours in the woodlands, but make sure to wrap up warm! **Located at Rustlings Rd, Sheffield S11 7AB.**

4. Highfield Adventure Playground

Take your trip to the park to the next level by visiting Highfield Adventure Playground. Here you will find a tunnel slide, wild zip wire and water pumps in the outdoor play area, as well as indoor play area so you can enjoy your day out come rain or shine. There are facilities to play pool and table tennis, as well as regular arts and crafts sessions. **Located at Crowther Pl, Nether Edge, Sheffield S7 1BJ.**

5. Rivelin Valley Park

Fancy splashing around in a paddling pool, putting on the sprinklers or simply relaxing with a picnic? Head to Rivelin Valley Park, where the kids can play in the mini water park and you can relax on the grass, or take in the lovely woodland walk. There is also a cafe, play area and nature trail - what's not to love! **Located at 70 Rivelin Park Rd, Sheffield S6 5GE.**

6. Forge Dam

You can enjoy a playground, ducks and a cafe at this park, situated on the Porter Brook. It's 49 acres of sheer beauty and a great place to take the kids for some fresh air and enjoy some autumn sunshine. **Located at 9 Whiteley Ln, Sheffield S10 4GL.**

7. Botanical Gardens

Stroll around 18 different garden areas, set in 19 acres of land close to Ecclesall Road. There is also a Grade II listed Bear Pit to see, which is very popular with children, and a fossil in the Evolution garden. Something for everyone! **Located at**

**Clarkehouse Rd, Broomhall,
Sheffield S10 2LN**

8. Graves Park

Can't get enough farmyard animals? Well why not combine your day out at a lovely park with a trip to see some? The animal farm at Graves Park is home to Tamworth pigs, Highland cattle and Jacob sheep, plus goats, donkeys, waterfowl and many more. There's also two play areas, pitch and putt, a cafe and a nature trail, as well as outdoor sports facilities. **Located at Hemsworth Rd, Norton, Sheffield S8 8LJ.**

9. Millhouses Park

If you're looking for a full outdoor day of entertainment for the kids, look no further than Millhouses Park. There's a boating lake, bouncy castle, splash water play, adventure park and skate park, as well as tennis and basketball courts, football pitches and even a nine-hole putting course. There's also a cafe on site. **Located at Abbeydale Rd S, Sheffield S17 3LA.**

10. Padley Gorge

If you fancy getting out into the Peaks with the kids over the holidays, Padley Gorge is a great option as you can paddle in the stream and climb the nearby boulders. It's in a shaded woodland and there are lots of walking routes around it, including the Longshaw Estate - part of the National Trust. **Located at Padley Gorge Trail, Hope Valley S32 2HY.**

Refer A Family to Sheffield Young Carers

Sheffield Young Carers Family Project is available for adults who have long-term physical illnesses, mental illnesses, disabilities and/or substance misuse if you know someone spread the word and earn yourself a gift!!

How we doing?

The family project has been really busy since Easter we now have 20 new families and 18 on our waiting list. We try our best to be superhero's and give you all the best support possible, If you have been waiting a while and need urgent assistance give us a shout send us a message titled urgent and we will be in touch. If we can't help we will direct you to support elsewhere.

Wellbeing – Social Care Helplines

If you or a loved one is already receiving

Single Point of Access on [0808 196 8281](tel:08081968281) (calls are free from a landline or mobile) or [0114 226 3636](tel:01142263636). They are available 24 hours a day, seven days a week.

If you or a loved one are aged under 18 you need to contact the [Child and Adolescent Mental Health Service \(CAMHS\)](#) at Sheffield Children's Hospital NHS Foundation Trust.

Helplines

If you need to talk to someone for advice or support there are lots of different helplines available to you.

Sheffield Rethink Helpline

Available 24 hours a day, seven days a week, the Sheffield Rethink Helpline can offer advice to anyone struggling with their mental health.



You can call them on 0808 801 0440.

Samaritans

If you are suicidal and want to talk to someone in confidence you can call the Samaritans on 0114 276 7277 or 116 123, or email jo@samaritans.org



Emergency Help

<https://www.shsc.nhs.uk/selfhelp>

111 – Medical Helpline 101 Police
999 – Emergency Services

Contact Us –

Sheffield Young Carers
0114 258 4595

Email

information@sheffieldyoungcarers.org.uk



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