

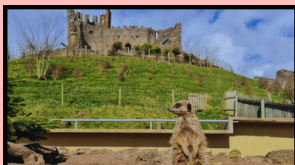
DUDLEY YOUNG CARERS NEWSLETTER



APRIL 2026

WHAT'S BEEN HAPPENING?

Easter Holiday Fun



We've had a fantastic and busy Easter break with lots of fun activities for our Young Carers and their families! Some of our Young Carers took on an exciting adventure at Baggeridge Challenge Academy, where they braved the high ropes course – showing real courage, teamwork, and determination. It was amazing to see everyone supporting each other and building confidence.

We also enjoyed some brilliant family trips, including a visit to Dudley Zoo, where families explored the animals and spent quality time together, and a trip to the Black Country Living Museum, stepping back in time and experiencing life from the past.

For those who preferred a calmer space, our quiet craft session provided a relaxing environment to get creative, unwind, and enjoy some peaceful time together. It's been wonderful to see so many smiles, new friendships, and special memories being made, and we can't wait for the next lot of activities!



YOUNG CARER FRIENDLY SCHOOLS PROGRAM

We're continuing to raise awareness of Young Carers in schools and colleges, helping staff understand the important role Young Carers have and how best to support them.

So far, 13 schools and colleges are on the journey to becoming Young Carer Friendly, and we hope to reach 20 before the summer holidays.

Excitingly, 4 schools and colleges are very close to achieving their certificates and badges... but no spoilers on which schools that is yet — we want to keep you guessing!

If your school isn't involved yet, please get in touch and we'll share a ready-made email you can send to your Headteacher. Together, we can help more Young Carers feel seen, supported, and understood in school.

PARENT DROP IN SESSION

We recently held a Parent Drop-In session and it was lovely to see so many families come along and spend time together.

These sessions are a great opportunity for parents and carers to meet the team, ask questions, and get support in a relaxed environment.

During the session, we supported families with completing consent forms, registering for HAF, and making referrals to services such as the Food Bank, Kids Clothes Project and Provision House.

It was also a chance to connect, share experiences, and find out more about the support available. We look forward to seeing even more families at our next session!

All information will be in the Whatsapp group.

DATES FOR YOUR DIARY

12/5

Online Club
(via Teams)

13/5

Youth Club

18/5

Youth Club

27/5

Family Trip

29/5

Family Trip

Please look out in the Whatsapp Group for all booking forms and extra information!



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MENTAL HEALTH

April was Stress Awareness Month, which was a great chance to think about our feelings and how we can look after our mental health and wellbeing.

Being a Young Carer can sometimes feel really busy, tiring, or overwhelming.

You might spend a lot of time thinking about other people, helping at home, or worrying about things that other people your age may not fully understand. Some days you might feel happy and proud of the support you give, while other days you may feel stressed or exhausted — and all of those feelings are completely normal.

It's important to remember that your feelings matter too. Looking after yourself is just as important as looking after someone else.

There are lots of small things that can help when you're feeling stressed or overwhelmed, it may help for you to make a list and feel free to send it to us!

Remember — you are never alone. Whether it's a parent, teacher, friend, or someone from our team, there are always people who care about you and want to help.

Listen to music and have a dance around my bedroom.

Watch a movie or TV Series that I like.

Read a good book or poem.

Paint/ Draw a picture.

Name 5 things that I can see, touch, smell and hear.

Talk to a friend or family member about anything that is bothering me.

Declutter and tidy your bedroom - a tidy room, helps with a tidy brain!

Colouring in a colouring book.

Going out for a walk with a friend/ adult.

Getting some exercise - Star jumps are great!

COMPETITION WINNER

A massive WELL DONE to our competition winner, who created a poem about being a Young Carer! Your £10 voucher is on its way!!

WINNING POEM

Being a Young Carer

I help at home most days,
In lots of little helpful ways.

Sometimes it's hard, sometimes it's ok,
But I still try my best each day.

I like to laugh and have some fun,
And play outside out in the sun.
Being a Young Carer is part of me,
But it's not the only me you see.

EASTER WORDSEARCH

BASKET
BUNNY
CARROT
CELEBRATION
CHICK
CHOCOLATE
DECORATED
DUCKLINGS
EASTER
EGGS
FLOWERS
GRASS
HOP
HUNT
JELLYBEANS
PARADE
RABBIT
SPRING
SUNDAY
TULIP

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G	J	G	E	G	E	A	S	T	E	R	J	E	B	N
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T	F	A	L	N	G	D	E	C	O	R	A	T	E	D
R	L	E	R	L	A	D	A	B	I	P	O	Y	S	C
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U	E	P	A	R	A	D	E	J	E	L	T	S	P	C
C	R	J	L	A	I	N	S	A	H	O	L	I	Y	K
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I	K	S	H	J	H	B	U	N	N	Y	E	G	S	I
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S	P	R	I	N	G	T	U	L	I	P	A	G	D	S

FUTURE NEWSLETTERS

Got an idea for the next newsletter, want to submit your own poem or drawing?

Let us know at

info@forwardcarers.org.uk

UNITEEN GROUP

Are you aged 13 or over? Our UniTeen group is a great way to meet other Young Carers, enjoy trips and activities, and take part in training that can help build your skills and confidence.

It's a friendly and supportive space where you can have fun, make new connections, and enjoy some time for yourself. If you'd like to join, please get in touch with the team.

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HONEYPOT RESPITE

Recently, a group of our Young Carers had the chance to visit The Honeypot Children's Charity – and what an amazing time they had!

Honeypot offers fun breaks and support for Young Carers, giving them time away from their caring role to relax, make friends, and enjoy being children.

During the visit, the children took part in lots of brilliant activities, including baking, swimming, arts and crafts, and other fun group sessions. These activities gave them the chance to try new things, be creative, build confidence, and enjoy time with other young people who understand what it can be like to be a Young Carer.

The group had a fantastic time and came back with lots of happy memories. They enjoyed the welcoming environment, the friendly staff, and the chance to have fun without worrying about their responsibilities at home.

These breaks are available for primary-aged Young Carers aged 5 to 11. Parents and carers who would like their Young Carer to attend a future break can email us to find out more or register their interest.

A big thank you to The Honeypot Children's Charity for giving our Young Carers such a special and memorable experience.



STAY CONNECTED

Visit our website
www.carerfriendlydudley.org.uk

Email us at
info@forwardcarers.org.uk