

Cheshire Young Carers

20
23

SUMMER PROJECT REVIEW

5120

Hours of
activities for
young carers

Total of

983

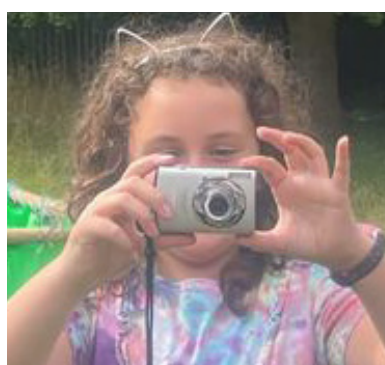
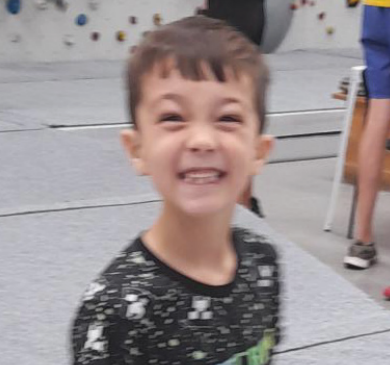
engagements

60

Events over
the holidays

60

Evening sessions &
after school clubs





SUMMER PROGRAMME

PROJECT REVIEW 2023

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INTRODUCTION SUMMER REVIEW 2023

As ever, the inspired team at Cheshire Young Carers has once again delivered an engaging and well-received programme of summer activities during the school summer holidays. This is only achieved by building confidence with funders about our delivery model so that they continue to support us, with young carers and families who desperately wanted to socialise with young carer friendship groups and families challenged to provide summer activities for their children.

In this review, you can read about the activities the young carers engaged with in great detail. It shows some of their achievements and it shows lots of smiling faces. This summer programme is only possible with the generous support of our funders, both small and large, who should be proud of the support they offer and be aware of the positive impact on the lives of young carers that their support has. Thank you.

It is also only possible to deliver this activity programme with the support, enthusiasm and sheer will to succeed from the staff team and volunteers. Thank you.

The smiling faces in this report tell their own story about how young carers have engaged with the activity programme and the value this whole respite programme in supporting children who are young carers really is. Those taking part embraced the opportunities on offer, sometimes faced their fears and generally supported each other to simply have a good time together.

Thank you,



Graham Phillips

Graham Phillips
Managing Director
Cheshire Young Carers



FUNDERS & SUPPORTERS

Without the support of our generous donors, this programme would not have been possible. We want to thank them for their support, donations and encouragement.

Edsential

Cheshire East

CCF - Cheshire Community Foundation

PCC – Police Crimes Commissioner

Sanctuary Housing

Crewe Town Council

Wirral Lions

Congleton Lions

Cheshire and Warrington Carers Trust

M&S

Cheshire & Warrington Pledge

The Widows Sons Masonic Bike Association

Michael Oliver - Oliver Valves

THE PROGRAMME WOULD NOT BE POSSIBLE WITHOUT THE GENEROUS SUPPORT OF DONORS!
THANK YOU!



WHAT WE DO

CHESHIRE YOUNG CARERS

Cheshire Young Carers provide a range of support:

1. Fortnightly activity groups
2. School holiday respite programmes
3. Support in school or college

Our activity groups give young carers the opportunity to socialise with other children who have caring roles at home. We provide a safe space for them to talk about their worries or concerns, but most importantly we create an environment for them to have FUN!

Fortnightly activity groups - We run sessions in Ellesmere Port, Chester, Neston, Winsford, Crewe and Macclesfield, as well as after school clubs. They are designed to offer young carers engaging activities that are fun and to crucially help break down isolation amongst young carers.

School holiday respite programmes - The programmes have been designed to overcome a key period of stress for young carers when they can be expected to provide 24/7 support. Our focus on this area is a direct result of feedback from young carers. We now offer activity programmes during every school holiday period with a variety of activities based around Cheshire and on many occasions provide meals.

Support in school or college - We have developed a unique assessment tool, which accurately measures the impact a caring role is having upon a young carer's attainment, attendance, and emotional wellbeing in schools. We are delivering ongoing staff briefings, assemblies and PSHE work so we can identify and support more young carers. This in turn will increase the number of referrals into our respite activities. We work closely with schools to set up in-school and after school clubs specifically to support young carers.



TEAM YAC

Teenage Young Carers face additional challenges in life as they move towards adulthood, as they consider exam options, think about moving to further education, apprenticeships or straight into work – and of course this is all with the peer pressure that comes from being a teenager.

Our YAC programme is designed to provide the young adult carers (ages 14 to 18) with information, confidence and new skills as well as helping them to develop friendship groups that will help them through their challenging teenage years. The YACs are encouraged to plan and decide what activities and trips will be included in the programmes, whilst keeping in mind a clear objectives:

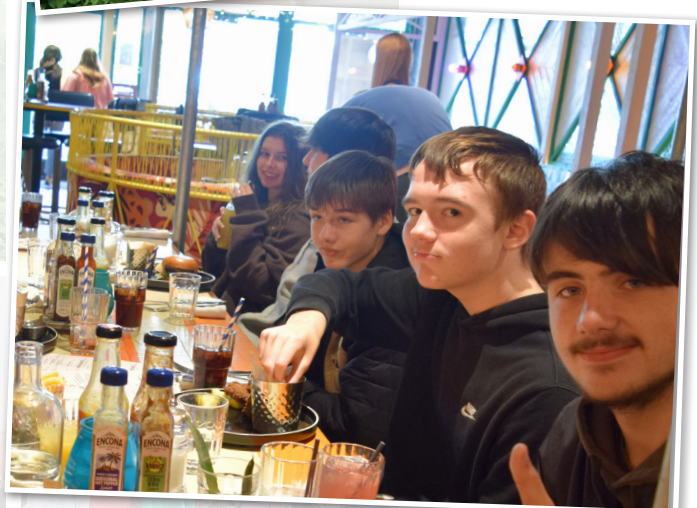
Ambition - Some young carers struggle to reach their full potential through mainstream education. Hardly any young adult carers receive advice on transferable skills they have gained as a result of caring for family members. An important aspect of the programme is to recognise and develop these skills and encourage more ambition.

Independence - Our aim is to encourage independence, so the YACs have confidence when joining in social activities and taking control of their own lives.

Into work programme - This aspect of the work we undertake offers young adult carers the opportunity to explore a wide range of job opportunities, methods of entry into the workplace and is generally designed to inspire more challenging aspirations.

Skills for life - All the activities we provide for young adult carers are designed to try and use various skills, to illustrate how these can be used as skills for life, irrespective of their choice at the age of 18 with regards to continuing in further education or moving into employment.

Friendship groups - Young carers often find it difficult maintaining friendships, it can be a challenge juggling responsibilities at home as well as regular social activities. From experience we have learnt that by linking young adult carers together they form strong friendship groups based on a common understanding, often without the need to discuss their specific challenges but with a general attitude of accepting people as they are.



SUMMER PROGRAMME

WEEK 1: SUPERHEROES

The theme for our first week of activities was 'Superheroes' and at our activity centres in Ellesmere Port and Crewe, young carers took part in lots of superhero inspired crafts and games across two action packed days.

Young carers had lots of fun discussing what superpowers they would like; they ranged from the ability to fly, laser eyes and even mind reading powers so they could always win at Uno! But it didn't stop there! The groups continued the conversation and discovered that they already possessed amazing powers by being young carers. Their compassion, resilience, and the ability to support others in times of need showcased their incredible abilities.

To top it all off, our young carers had the opportunity to unleash their creativity by designing their very own superhero masks, t-shirts and tote bags.



FIRE STATION VISITS

Young carers in Winsford, Macclesfield and Ellesmere Port visited their local fire stations to meet some real-life superheroes!

The firefighters at each station gave all a fantastic welcome, and explained how their equipment worked and keeps them safe, a few young carers even had a chance to try on the firefighters' uniforms! The staff explained how they started their careers in the fire service and how young people can get into that line of work, they also answered all of the young carers curious questions about a firefighter's role and general fire safety.

Following an informative talk young carers were given guided tours of the stations and also had the opportunity to sit in a fire engine and even have a go of the hose!

At Ellesmere Port Fire Station young carers were able to witness a controlled oil fire, and watch the firefighters at work skilfully extinguish the flames. They were also able to experience a live demonstration of fire fighters responding to a traffic incident, specifically when someone is trapped in a car. The young carers learnt about the importance of quick thinking, teamwork, and the specialised equipment used to free individuals from dangerous situations.

These interactive experiences not only provided young carers with a thrilling and memorable adventure but also instilled in them a deeper appreciation for the bravery and expertise of our everyday superheroes!



SUMMER PROGRAMME

WEEK 2: ADVENTURE

Onto week two of activities and the theme was 'Adventure'!

At our Ellesmere Port centre, we had a special guest, a knowledgeable scout leader, who expertly guided the group on how to build their very own woodland shelters. The young carers were shown different types of shelters, such as lean-tos and A-frames. They worked together to build their own shelters with large branches and ferns, and it was a lot of fun! To test whether their shelters were water resistant, our scout leader asked for volunteers (who had a change of clothing!) to sit in their shelters while water was poured over the shelter rooves ... there were a few wet children! Our young carers thought this was hilarious, as did the adults!

Other adventure activities at the centre included knot tying, fire lighting and even rescuing a cat from a tree. Our young carers had a great time at the bushcraft activity day. They learned a lot of new skills and had a lot of fun.



TRAMPOLINING

Our young carers often love the high energy world of trampolining, and this trip to UA Trampoline Park, Winsford, was no different!

Team games, challenges and acrobatics were all going on, with many of the young carers showing off their best moves and racing each other across the floor.

After burning all that energy, the group enjoyed lunch together, and a few more challenges, with some trying the climbing wall to race each other to the top!

A great time at UA trampolining, with many new friendships made and with quite a few young carers having their first time with Cheshire Young Carers and on the trampoline!



CLIMBING

Cheshire Young Carers had an exciting day at The Climbing Hut in Ellesmere Port. The centre offered a thrilling environment that promoted problem-solving as well as physical challenges and a great sense of achievement at all levels. The young carers were equipped with climbing shoes upon arrival and received a warm welcome from staff members Andy and Shaun, who provided a brief introduction, warm up tutorial, and reminders on how to stay safe whilst climbing.

The young carers were then divided into groups, each with a dedicated instructor, and began to tackle the various climbing routes. In particular, the young carers enjoyed the caving activities and playing games such as 'The Floor Is Lava!'. They also learnt how to use chalk when climbing for better grip on the walls, although they did get a little dusty at times!

The visit was a success, offering fun, new skills, and a much-needed break from their caregiving responsibilities. Cheshire Young Carers looks forward to planning another visit in the future.



SUMMER PROGRAMME

WEEK 3: MUSICALS

For week three of summer, our chosen theme was musicals, with young carers taking part in activities inspired by *The Greatest Showman* and the musical genre, Bollywood. Young carers had the opportunity to try out some circus skills, practicing juggling, ribbon dancing, plate spinning and more! The group at Ellesmere Port even treated staff to their own synchronised ribbon dance performance!

We also had some special guests visit for a henna workshop! Young carers first learnt about the history of henna and what it is used for. They began practicing the design on paper and tracing using stencil images before drawing out the design on their hands.

At our activity centre in Crewe, young carers even had a visit from the Mayor, Dennis Straine-Francis. They were all very curious about his role and what he does, with some asking 'how much paperwork does he have to sign?' Dennis told the group how rewarding his job was and that he loves meeting people and helping to make Crewe a better place to live. The young carers were even lucky enough to wear the mayor's chain!



PARK DAYS

During week three of the summer, young carers from Chester and Crewe visited their local parks with many excited to spend the day outdoors with friends.

The Cheshire West group started their day by visiting the play area at Grosvenor Park, Chester and were kept entertained for most of the morning, bouncing from swing to slide to climbing frame, luckily with no injuries! The young carers then had a ride on the miniature railway that was operated by volunteers from the Grosvenor Park Miniature Railway Society. The train ride provided a fun and relaxing way to explore the park.

In the afternoon, the group visited Chester Cathedral and had a guided tour, learning all about the history of the building. The young carers were especially impressed with the LEGO replica of the cathedral. Built by a group of volunteers, the model consists of over 271,000 LEGO bricks and it is currently the largest LEGO model of a cathedral in the world!

The children were also lucky enough to see Pete Waterman's model railway of Chester Cathedral! Our children enjoyed the scavenger hunt, looking for special trains and model animals on the tracks - they even found Superman on top of one of the buildings!

The children finished their day with an ice cream and a final ride on the Grosvenor Park Miniature Railway. So much fun was had by all - playing games, exploring the park, and spending time with each other.

The Cheshire East group visited Queens Park in Crewe, but unfortunately, they were not as lucky as the west group with the weather and had to take shelter in the park bandstand. The morning may have been grey and drizzly but our young carers had a great time playing card games such as Uno and Dobble, whilst others chose to get creative and give painting a go.

As the rain eased, the group were able to venture outside and play. They enjoyed playing with skipping ropes, the parachute, and even used the camera to take pictures of the wildlife. Although the weather wasn't on their side, the group still had a fantastic day in the park.





SUMMER PROGRAMME

DELAMERE FOREST

The sun was shining as young carers from Winsford and the surrounding areas arrived at Delamere Forest for an adventure in the great outdoors.

Their journey began with a hike up Pale Hill, but the soaring temperatures compelled them to retreat back to the visitor centre and replenish their water bottles and, of course, a quick snack break!

Refreshed and ready to resume their adventure, the young carers then embarked on an exciting scavenger hunt through the forest. Each had to find different

objects and take pictures of them. They all had a great time exploring the forest and foraging for different items, from leaves and twigs to mushrooms and pretty flowers.

To finish the day, off the group made their way back to the field near the visitor centre to play some group games, but the heat proved a little too much, with most opting to sit in the shade and colour in or chat amongst friends.

LIVERPOOL

Young carers enjoyed a fun day out in Liverpool, visiting the Museum of Liverpool before embarking on a scavenger hunt around the city!

Each group was given plenty of time to explore the museum, which included exhibits on the history of Liverpool, the Beatles, slavery, and childhood.

The children were particularly interested in the exhibits on the Beatles and slavery. They learned about the band's early days in Liverpool and their rise to fame, and they also learned about the dark side of Liverpool's history, when the city was a major hub for the slave trade. Our young carers also had the opportunity to take part in some of the museum's interactive activities. They played with retro toys in the Story of Liverpool exhibit, learned about the instruments of the Beatles in The Beatles Story exhibit, and tried their hand at the tricky wordsearches in the Over the Pond exhibit – the children who found all the words were awarded with a sherbet lemon!

The young carers had a lot of fun learning about Liverpool and its history. They also appreciated the opportunity to take a break from their caring responsibilities and spend some time with other young people.

At lunch time, the children enjoyed a nutritious packed lunch in a shaded area on the waterfront. Each child was able to choose which packed lunch they preferred – which was much needed after our morning of learning!

In the afternoon, Cheshire Young Carers challenged the groups to take photos of Liverpool landmarks, including the 'The Beatles Statue' and 'Lambananas' as they explored the city centre.

The prizes for the winners included Liverpool fridge magnets and keyrings. The challenge was a great way for our young carers to explore Liverpool and learn about its history. It was also a great way to show their appreciation for the city and the people who make it special.



SUMMER PROGRAMME

WEEK 4: SCI-FI

W eek four of the summer programme and the theme for our activity centres was Sci-Fi. The children were excited to get hands on and have a go at some experiments.

In the morning, our young carers learned how to make bubble wands. They were instructed to bend the pipe cleaner with the beads into a loop, leaving a small tail, and twist the tail around to secure the loop - their bubble wand was then ready to use for blowing bubbles in the afternoon! Our children used different colours of pipe cleaners and beads to make their bubble wands more colourful. They also made different shapes with the pipe cleaners, such as hearts, stars, or circles.

Next, the children created nature pictures using sun paper. First, the group gathered their natural materials, such as leaves and flowers. They then placed the sun print paper on a flat surface. The group moved on to arrange the leaves and flowers on the paper in a pleasing arrangement. They weighed down the leaves and flowers so that they did not move and placed the paper in a sunny spot. The children left the paper in the sun for ten to fifteen minutes. Finally, the children removed the paper from the sun and rinsed it under cold water.

At lunch time, our young carers enjoyed making their own pizzas with a choice of toppings, ranging from passata, cheese, ham, sausage and peppers. For those who did not fancy the pizza, there were rolls with butter, ham and cheese.

Our young carers had a great time at the science activity day. They learned a lot of new skills and had a lot of fun.



CATALYST

It was a pleasant day in Widnes, and our group of young carers were excited to be visiting Catalyst Science Museum. On arrival, the young carers were greeted by friendly staff and given maps of the museum which included a schedule of activities, and they were then set loose to explore!

The children began by visiting the Interactive Gallery and were able to get hands-on at each of the exhibits. From experimenting with the scarf shooter, creating captivating animations, and constructing intricate marble runs, the children were fully immersed in a hands-on experience that sparked their curiosity and creativity.

Next, they visited the Theatre of Science to watch the show, 'Light Fantastic', and even got to participate in some live experiments! The show was exciting and interactive with UV lights, fibre optics, a challenge to step over a laser beam and much, much more!

After lunch, the young carers visited the 'Birth of an Industry' exhibit. They investigated the development of the Chemical Industry from ancient times up to the 1940s with the aid of fascinating historical objects, life like reconstructions, archive films and computer quizzes which brought the past vividly to life. Our group had lots of fun trying on the different historical costumes!

A little later, our group made their way to the very top floor of the building – The Observatory Gallery. This was a glass walled, roof-top gallery that could be accessed by an external glass lift, with panoramic views, hands-on exhibits, and an extensive photographic collection. This was an ideal spot for our young carers to learn about the heritage of the area with the Panoramic Halton tablets.

To finish off the day, the children enjoyed playing in the expansive play area on Spike Island, with its zip line, swings, rope course and climbing areas. The children also enjoyed rolling down the hills on the large green lawn.

By the end of the afternoon, the young carers were exhausted but happy. They had had a great time learning together. The trip to Catalyst Science Museum was a great way for the young carers to relax and have some fun, as well as learning scientific facts.



SUMMER PROGRAMME

WEEK 5: ANIMALS

W eek five of the summer and the theme was 'Animals'. Young carers had a choice of three craft options; animal masks, llama dream catchers and beaded bracelets. The young carers who made animal masks had a lot of fun choosing their materials and decorating their masks. They made masks of all shapes and sizes, from lions and tigers to rabbits, bears, and monkeys.

The children who made llama dream catchers were also very creative. They used different colours of yarn and beads to make their dream catchers unique. Some of the group thought they were a bit difficult to make, but they enjoyed the challenge.

The beaded bracelets were in-keeping with the animal theme, as there were lots of animal beads to choose from. Some of the children even made friendship bracelets for one another. They had so much fun creating their own unique jewellery.



CINEMA

Young carers enjoyed the latest blockbuster films at cinemas across Cheshire! The younger children wanted to watch Elemental, the latest Disney Pixar movie, laughing along with each other all the way through. The teenagers in the group wanted to watch different films, so they split up to watch either Barbie or The Blue Beetle.

The reaction to Barbie was very positive, with a lot of young carers saying they found it 'hilarious, emotional and totally different', and the Young Adult Carers who enjoyed The Blue Beetle were fans of a new superhero, with a lot of action and funny moments.

All of the young carers enjoyed a relaxed day, some made new friends and many of them loved their popcorn and pick and mix!



LASER TAG

Eager for another day of fun, young carers from Cheshire East prepared for some friendly competition at Laser Tag in Crewe.

The group were divided into two teams before making their way into the arena, the aim of the game to score as many points as possible by hitting the targets or shooters on the opposing team.

The young carers had great fun running around, hiding in the various tunnels and behind the walls within the arena.

This will definitely be a trip Cheshire Young Carers repeat again.



SUMMER PROGRAMME

WEEK 6: SURPRISE TRIPS

BLUE PLANET

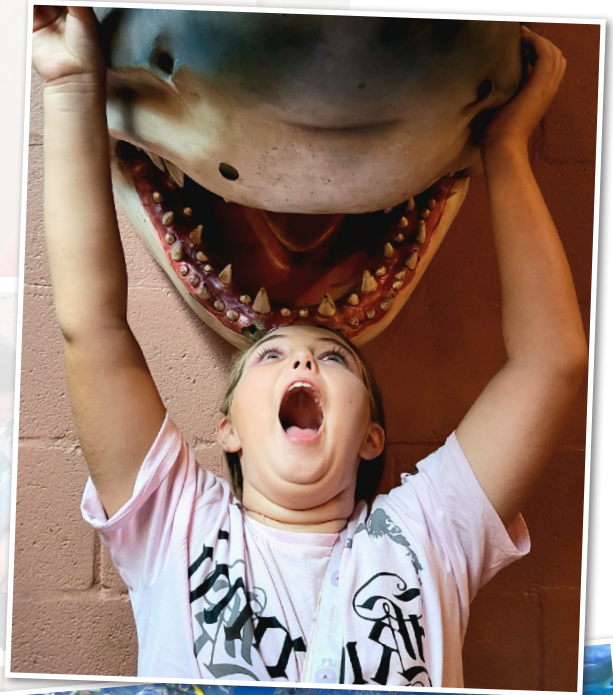
The young carers arrived at the Blue Planet Aquarium excited to explore the underwater world and learn about the amazing creatures that live in the ocean.

The first stop on their tour was the Coral Reef exhibit. The young carers were amazed by the colourful coral and the fish that swam among it. They learned about how coral reefs are formed and how they are important to the marine ecosystem. Next, the young carers visited the Shark Tank, led by Sinead who very kindly gave the children a private tour! They got to see sharks of all shapes and sizes. They learned about the different types of sharks and how they hunt for food, as well as their names and individual personalities.

Next on the agenda was the Aqua Theatre Show! The children took their seats to observe divers in the large tank. They learned how the divers communicate under water, as well as how they feed the numerous fish on property. They even witnessed a 'fish tornado' when a diver dared to feed the hungry shoal!

After the Shark Tank, the young carers visited the Ocean Explorers exhibit. This exhibit allowed them to learn about the different types of ocean habitats, from the shallows to the deep sea. They also got to see some of the creatures that live in these habitats, such as sea turtles, sting rays and many different types of fish.

At the end of the visit, the children enjoyed having their photos taken with the model sharks and water features. They even creatively posed with life-sized LEGO brick marine creatures! The young carers really enjoyed their time at the Blue Planet Aquarium. They learned a lot about the ocean and the creatures that live there. They also had a lot of fun exploring the different exhibits.



BOWLING

Young carers met at Ten Pin bowling in Crewe, excited to spend their last day of freedom together. They chose their food options and then got themselves into teams ready to bowl. They started their games, and soon the food arrived, which was delicious. They got to play two games of bowling, and everyone had a great time. They cheered and laughed as they bowled, and even though they weren't all that good, they had a lot of fun.

After their games, they headed home, feeling tired but happy. They had made the most of their last day of the summer holidays, and they had created memories that they would cherish forever.

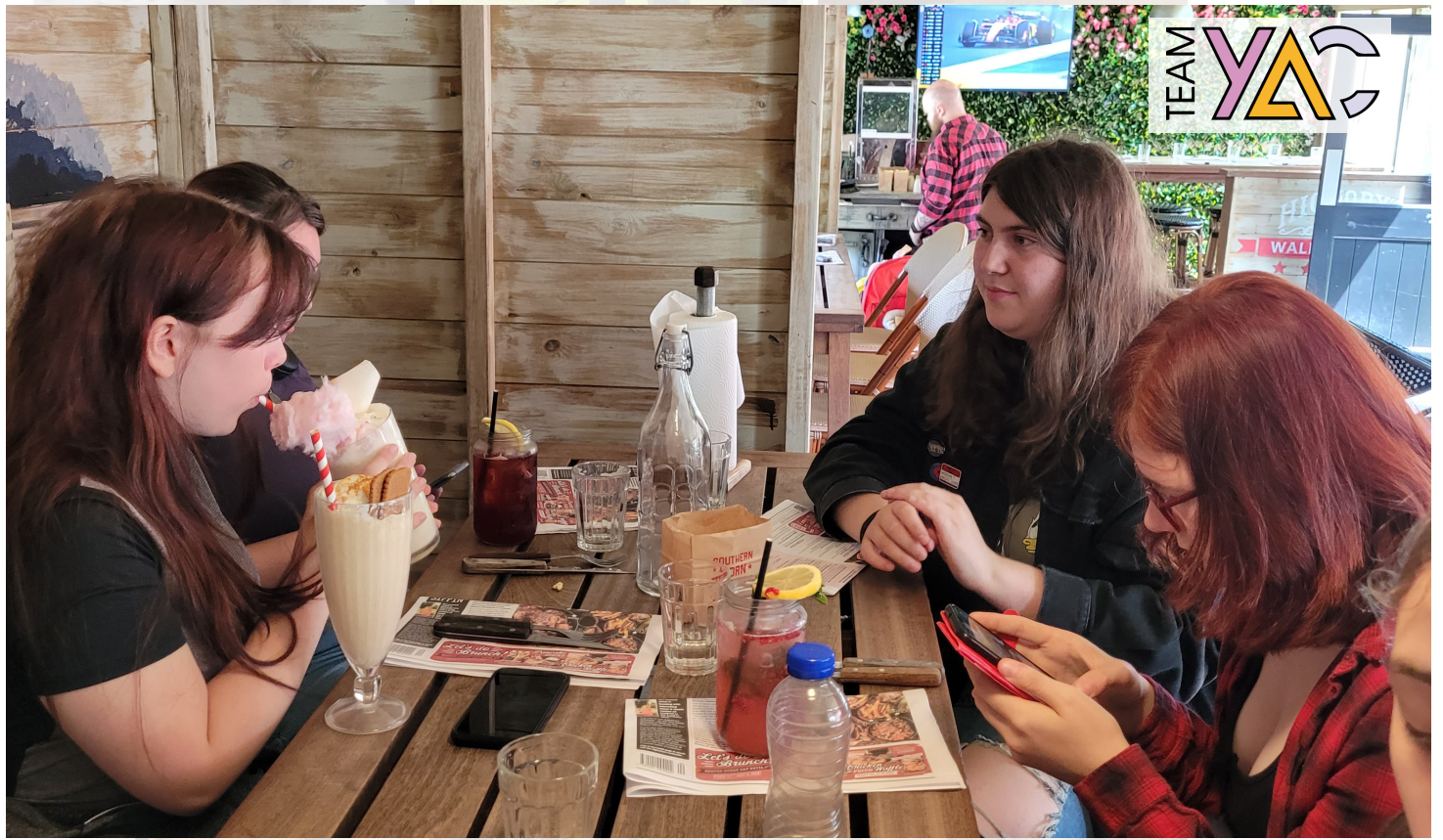
GOLF

A little bit of 'paradise' awaited the Young Carers in Ellesmere Port. They arrived at the golf course to find tropical music playing outside, welcoming them in. Once inside, they sorted themselves into groups, collected their balls and golf clubs, and set off on the Coral Cove course. They teed off amongst an abandoned shipwreck, then continued their adventures under the sea and on coral islands, encountering different challenges surrounded by palm trees, jungle animals, and sea creatures.

There was a mix of young carers and young adult carers attending the golf trip. The young adult carers formed their own team and kept score religiously, enjoying the competition amongst themselves. Many of the younger children cared less about the scores and simply relished the challenges of each different hole. The course offered a variety of challenges, including loop the loops and curves and corners. Many of the young carers had never played the course before and commented that they would definitely like to return.

At the end of the course, there was an additional '19th hole' challenge. Everyone tried it, but alas, only one of them won the grand prize - a chance to return for a free game another day! This trip was a lot of fun and received great feedback from all the children.





TEAM YAC

TEAM YAC SUMMER

CHESTER

The YACs gathered at Chester early, excited for their shopping trip and dinner in Hickories. The staff at Cheshire Young Carers had been planning this trip for weeks, and they were all

looking forward to spending some time together and getting some retail therapy.

The group made their way to the High Street, where they started browsing the shops. They found a few good deals on clothes, and they were all having a great time!

After a while, they decided to take a break for lunch. Hickories Smokehouse is a barbecue restaurant located near the River Dee in Chester. It is known for its smoked meats, such as brisket, ribs, and pulled pork. The young carers were all eager to try the food, and they were not disappointed.

They started their meal with the sampler platter, which included a variety of smoked meats, along with sides of

coleslaw, baked beans, and cornbread. They all agreed that the food was delicious, and they quickly polished off the platter.

For their main course, the young adult carers ordered a variety of dishes, including brisket, ribs, pulled pork, and chicken. They also shared a side of mac and cheese. Everything was cooked to perfection, and the young carers were all very satisfied with their meals.

After lunch, the young carers took a walk around the river front. They enjoyed the beautiful scenery and the fresh air. They also took some time to relax and chat with each other.

The YACs had a wonderful time shopping in Chester and at Hickories Smokehouse. They ate delicious food, spent time with friends, and made memories that they will cherish for years to come.

PHOTOGRAPHY CREWE

Our young adult carers arrived in Crewe enthusiastic about their photo challenge. They were all looking forward to exploring the town and taking some great photos.

First on the agenda was setting out to find some photogenic spots in Crewe. The group were challenged to take a photo of each item on a list, gaining one point for every correct photo. These included:

- Statue
- Historic plaques
- Churches
- Flowers
- Bridges
- Post boxes
- Flower shops
- Murals painted on walls
- A Cheshire East sign
- Police cars
- A courthouse
- Weathervanes
- Gargoyles
- Books
- A team photo!

They visited the Town Hall, the railway station, and the canal. They also took some photos of the people and the street scenes. The staff at Cheshire Young Carers were very impressed with the group's creativity, especially when taking photos of the colourful Eagle mural!

Their next stop was the Market Hall. The Market Hall is an historic building that has been restored and reopened as a shopping and dining destination. The young adult carers were impressed by the beautiful architecture of the building, and they took some time to explore the shops and restaurants.

The young carers had a great time on their photo challenge. They took some amazing photos, and they also learned a lot about Crewe. They were all exhausted but happy when they finally returned to their transport at the end of the day.



TEAM YAC SUMMER LASER QUEST

The YACs arrived at Laser Tag Crewe, eager for their day of adventure! Each member of the group was looking forward to some friendly competition and fun.

They started with a game of Team Deathmatch, where they were divided into two teams and tried to score the most points by tagging the other team's players. They then played a game of Capture the Flag, where they had to steal the other team's flag and bring it back to their base. The YACs had a lot of fun playing laser tag, and they were all laughing and screaming as they tried to tag each other. They were also very competitive, and they all wanted to win!

Our YACs had a great time at Laser Tag, Crewe. They had a lot of fun playing different games, and they also got to spend some time together and bond as a team. They all agreed that it was a day well spent.



ICE SKATING

Our young adult carers from Cheshire West and East were ready for a trip to Deeside Ice Arena, home of ice skating in North Wales and also celebrity training venue for ITV's Dancing on Ice!

The young adult carers, who range in age from 14 to 19, were looking forward to a day of fun and relaxation on the ice. They were able to learn how to skate or improve their skills if they already knew how.

Before an hour of skating, the young adult carers took a break for lunch to fuel up ready for all the exercise on the ice! They enjoyed a hot meal in the local area and were given a choice as to where they wanted to eat.

When they arrived at the arena, the group were greeted by friendly staff who helped them get fitted with skates. Some of our group struggled to get their skates tight enough to protect their ankles, but with a little help from each other as well as their chaperones, they were ready and raring to skate!

Our group started off slowly, but they soon got the hang of it and were skating around the rink with ease. After a while, the group even tried their hand at some beginners moves, such as the two-foot glide. Despite a few tumbles, the group were resilient and gained in confidence throughout the session.

The group had a lot of fun skating together. They laughed and chatted as they skated, and they even formed a few impromptu games with the ice penguins and bananas! They enjoyed the retro dance music and even had an impromptu dance on the rink's sidelines!

By the end of the afternoon, the young adult carers were exhausted but happy. They had had a great time skating together. The trip to Deeside Ice Arena was a great way for the young carers to relax and have some fun. The young carers said that they really enjoyed the trip, and they would like to do it again.



TEAM YAC SUMMER

IMPERIAL WAR MUSEUM

Our young adult carers had an early start for their trip to the Imperial War Museum in Salford Quays. They had been looking forward to this trip for weeks and couldn't wait to learn about the history of war and the people who fought in them.

They started their tour with the First World War gallery. This gallery was incredibly moving, and our young carers learned a lot about the horrors of war. They saw exhibits on the trenches, the Battle of the Somme, and the Holocaust. It was sobering to think about the sacrifices that so many people made during this war.

The group were particularly interested in the exhibit on the Battle of Britain, as some had been learning about this battle in school. Following this, the group then visited the Holocaust Exhibition. This exhibition was incredibly powerful, and it really brought home the horrors of the Holocaust. They learned about the systematic extermination of Jews by the Nazis, and our YACs were left feeling horrified and disgusted.

The YACs finished their museum tour with viewing the art installation called Poppies. It was a permanent installation that was created by artist Paul Cummins and designer Tom Piper. The installation consisted of 12,960 handcrafted ceramic poppies that cascaded down and pooled within the unique architecture of the museum's Air Shard building.

After such a thought-provoking trip, our group enjoyed a lovely lunch at Turtle Bay, followed by a leisurely stroll around the shops at the Lowry Outlet. Our YACs were also treated to a drink of their choice at Costa.

Our group had a great time at the Imperial War Museum. They learned a lot about the history of war and the people who fought in them.



INTO WORK: CREWE LYCEUM

The YACs took part in a careers workshop at Crewe Lyceum where they explored a large variety of jobs that are on offer within the creative arts industry. This was followed by a behind the scenes tour of the theatre, including visiting the royal box, stage and backstage areas and learning lots about all the ghosts that have been seen around the theatre.

After the workshop, the group moved on to Crewe Market Hall where they were able to choose lunch from the different vendors. Some picked Cypriot food whilst others decided to try noodles or woodfire pizza. The group continued to discuss their career ambitions and to talk about the difficulties they face before sneaking in a delicious Snugbury's ice cream.

SCI-TECH

The Cheshire East YACs met at Crewe train station and took a train to Chester, where they met up with the Cheshire West YACs for lunch at Costa. After lunch, they took a train to Runcorn East and then a bus to Sci-Tech.

At Sci-Tech, they met their hosts, and took a tour of the facility. George showed them a virtual reality tour of the supercomputers and some of the amazing projects that had been worked on using them. The YACs learned that you could create a virtual wind tunnel experiment for designing cars, which engineers use to test how streamlined cars are. They also saw some Raspberry Pi computer nodes and got to test them out using games.

After the tour, the YACs had a cyber security workshop, where they learned how to keep safe from scammers online and protect themselves. At the end of the day, they had a chance to work on their CVs, look for jobs, and ask questions about their careers.



TEAM YAC SUMMER MANCHESTER

It was a very wet day in Manchester, and our YACs were excited to be visiting the Science and Industry Museum.

The first stop of the day was a visit to the Revolution Manchester Gallery. Our group journeyed through Manchester's rich legacy of industrial renovations, scientific discoveries and ideas that started life in Manchester and went on to change the world. Next, the group observed the Stephen Hawking at Work exhibition that included items never before seen by the public from his personal office.

In the afternoon, the YACs were free to explore Manchester City Centre, and visited the many shops in the Arndale Centre. They spent their time browsing and shopping, and some even bought souvenirs for their loved ones.

The young carers' visit to Manchester was a valuable experience for them. It gave them a chance to learn about science and technology, and it also gave them a chance to relax and have fun.



INTO WORK: GULLIVERS WORLD

A group of YAC members took a trip to Gulliver's World to learn more about the park's employment opportunities. We began our day by taking the train to Warrington Bank Quay, where we boarded a bus to the park.

Upon our arrival, we were greeted by Craig Clewes, the park's Resort Director. Craig gave us a brief overview of Gulliver's World and its history. He then discussed the different career paths available at the park, including the management pathway.

We were all very interested in the management pathway, as it could offer us the opportunity to learn new skills and advance our careers in the future. Craig explained that the pathway is designed to help employees develop their leadership and management skills. He also discussed the different training and development opportunities that are available to employees.

After our career talk, we were given lunch and then had free time to explore the park. We all had a great time riding the rides and seeing the attractions. We also enjoyed meeting some of the park's staff members and learning more about their jobs.

Overall, we had a very informative and enjoyable day at Gulliver's World. We learned a lot about the park's employment opportunities and had a great time exploring the park. We would definitely recommend this trip to other YAC members who are interested in a career in the leisure industry.



TEAM YAC SUMMER

INTO WORK: REASEHEATH

The Young Adult Carers enjoyed a day out as part of the 'Into Work' scheme. The group met at Reaseheath, and hosted by the staff, received a guided tour of the mini zoo, spending time with staff to understand what roles were available within the world of looking after animals. They had some great questions and even met a few of the animals, feeding and stroking them! There were some scary spiders as well as meerkats and some endangered species, with the young carers keen to learn about how zoos undertake conservation work.

Following a tour and learning about the zoo, the young adult carers had lunch and then had a skills workshop. Within this session, they focussed on interview skills, completing role play, learning how to answer questions to showcase their own skills and what are common mistakes when people are interviewed. This was a great day for young carers, and they focussed well, with some saying they felt a lot more confident about an interview in the future, which is massively helpful for teenagers. A big thanks to The Pledge and Reaseheath.



PHOTOGRAPHY WORKSHOP

Young adult carers from Cheshire West and East participated in a photography workshop with Sam Ivin, a photographic artist. Sam's work explores social issues and the people connected with them. By documenting their stories and perspectives, he hopes to provide a more personal, tangible understanding of them. Sam's process often involves hosting photography workshops, where he creates collaborative artwork.

The workshop began with a brief introduction to Sam's work, moving on to the basics of photography composition, such as the rule of thirds, leading lines, filling the frame and negative space.

After the introduction, our young adult carers were divided into small groups. Each group was given a camera and a random colour. They were tasked with using the compositions mentioned above to take ten photographs including their assigned colour.

Our young adult carers had a great time taking pictures around the scout hut grounds as well as inside the hut itself. Some groups had trickier colours assigned, such as pink and orange, which meant they had to be particularly creative with their photos! After sharing their photos with Sam and the group, it was time to get creative with the polaroid cameras.

Next, the group took part in a matching exercise, where they were instructed to match the photographs with the type of photography they depicted. This included street, headshot, no face, studio, self-portrait, group, deadpan, full body and environmental photos. One group managed to get them all matched correctly except for two!

At the end of the workshop, our YACs had a chance to print their pictures and share with the group. They were all very proud of their work. They had a lot of fun and learned some new skills. They also had the opportunity to share their experiences as young adult carers with Sam, as well as having their portraits taken for an art project with Cheshire West and Chester.



TEAM YAC SUMMER LIVERPOOL

The YACs arrived in Liverpool excited to explore the city and complete their photo challenge. Their first stop was the Liverpool Cathedral. It was an impressive sight, and they spent a long time taking pictures of it from different angles.

Next, they visited the Albert Dock, an historic waterfront area that is now home to a variety of shops, restaurants, and museums. The young adult carers enjoyed wandering around and taking in the sights and sounds. Some of our YACs headed to the Beatles Story. This museum tells the story of the Beatles, from their humble beginnings in Liverpool to their worldwide success. The group were fascinated by the exhibits. Many of our YACs partook in shopping on Bold Street. This is a pedestrianised street that is lined with independent shops and boutiques. The group had a great time browsing the stores and finding some unique souvenirs.

Overall, the YACs had a wonderful time in Liverpool. They completed their photo challenge and learned a lot about the city's history and culture. They would definitely recommend visiting Liverpool.



FEEDBACK

Over the summer, we received some lovely feedback from some of the young carers' parents / guardians:

" I would just like to say thank you for all that you do. Beth loved the summer holidays and everything she has done with your team, so thank you! "

Parent Feedback



" We would like to thank you and all the staff organising the events for their time and dedication to deliver joyful and entertaining summer activities for the children. "

Parent Feedback



" I just wanted to say a massive thank you for all the activities Keiron has attended this summer, he has really enjoyed them and they have been much appreciated. Thanks again. "

Parent Feedback



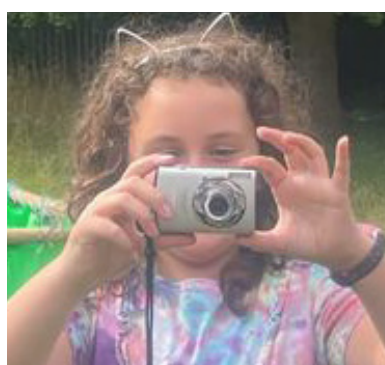
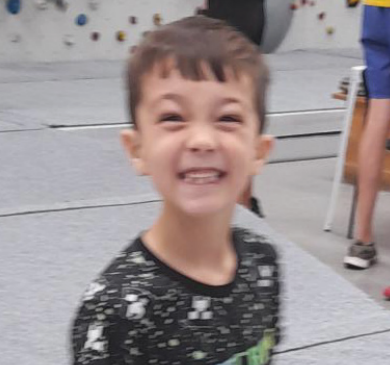
" I can't thank Cheshire Young Carers enough! Summer hasn't been the best this year and your sessions have helped Millie a lot. "

Parent Feedback

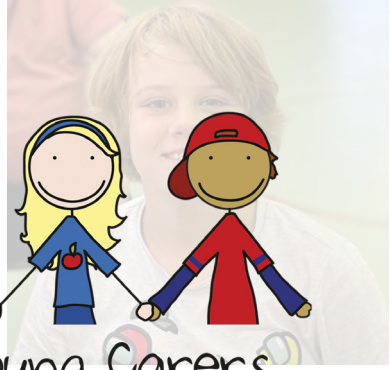


" Thank you so much for Summer. Georgia has loved the centre days. Your team are superstars! "

Parent Feedback

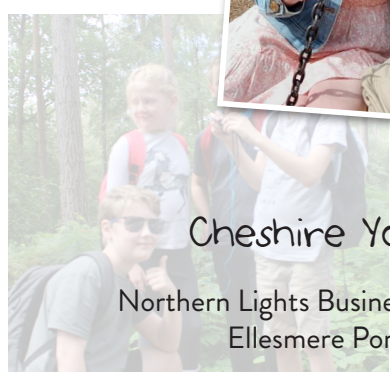
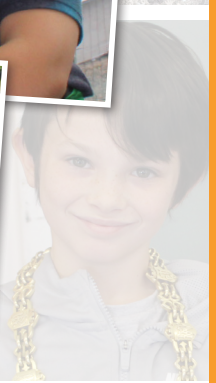






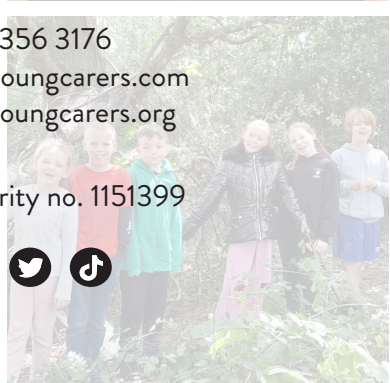
Cheshire Young Carers

SUMMER PROGRAMME 2023 PROJECT REVIEW



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