Young & CARING

wcd young carers

Thoughts, inspiration and support by Young Carers in WCD

(Wrexham, Conwy & Denbighshire)



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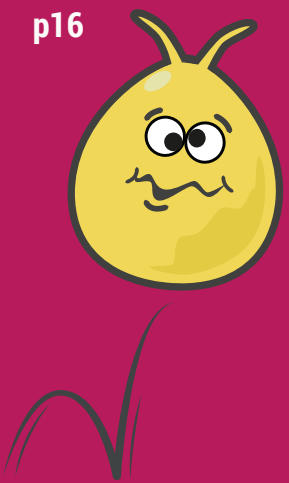
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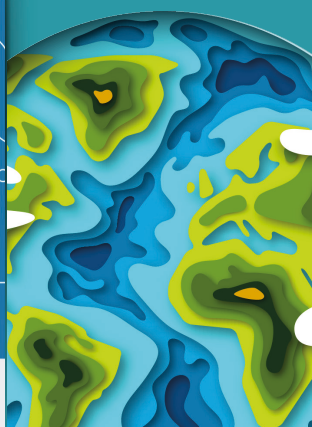
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About this magazine

This magazine was developed by WCD Young Carers.

We held workshops to talk about and develop ideas, style, and content.

This issue is focussed on **Wellbeing** and it's full of

- articles about life as young carers
- ideas for wellbeing and mental health
- stories and poems
- activities and games
- and lots more.

We hope you enjoy it!

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Are You A WCD Young Carer?

You are a WCD Young Carer if you live in Wrexham, Conwy or Denbighshire, are 18 or under, and help look after someone who is unwell or disabled. This could be a parent / brother / sister or other relative.

Some young carers help with cooking / cleaning / dressing; some help comfort the person they look after and help make them feel better.

It can be worrying and a struggle to juggle school and having fun with caring. It can sometimes feel a bit isolating.

At WCD Young Carers we believe in you. We think all young carers are amazing. We want you to get the most out of life and we'd love to support you and your family with what is important to you in a way that works for you.

We support you with:

- Practical Information
- One to one support / having someone there to listen
- Fun Young Carer / family groups and trips
- 'Build the life you want' workshops
- Raising awareness and support in schools / communities
- Peer mentors
- Young Carers ID Cards

To find out more go to: carers.cymru/wcdyc

WCD is awesome!

Hi, I'm a Young Carer. I look after my mum who is ill.

I help out with cooking, cleaning, helping look after my brother, and other things. Sometimes it's hard, sometimes I worry, sometimes I feel lonely!

WCD Young Carers helps me! They listen to me and support me. They help me have fun and I meet other young carers just like me.

We asked other WCD Young Carers across the area what they love about our group! These are just some things. There were lots so I couldn't include it all!!




The opportunities we get.
I enjoy everything.
The games.
There's always someone to talk to.
Everything.
The staff are helpful and they care.
Lego.
I love creating stuff.
It's creative.
Time away from my caring role.
Everyone is friendly
The bike group.
support

What I wished you knew...

It's hard work being a young carer.

Sometimes people don't understand your responsibilities or why you have less free time than others. Here's some things we wish people knew about us!



We want other people to be happy.

> I hope my friends have fun even if I can't be there.

> I want other people to have a nice life.

> I might be sad that I can't do things, but that doesn't mean I'm not happy for my friends.

It takes a lot of our time.

> Some young carers don't get a life, because of the caring they do.

> It takes time each day doing stuff as a young carer.

We don't always want to talk about it.

> I don't want another question about what's going on at home or why I go to young carers.

> Sometimes I just want to not talk about home.



We don't all care in the same ways or do the same things.

> The time spent each day doing stuff as a young carer is different for everyone.

> There are different types of caring roles. Some may support more in terms of emotional support rather than doing chores, et cetera.

We can't make every party, trip or social event, but still invite us!

> We always try to help our family, so we might not be the best with being social at times.

> Being a young carer means you can't always go out.

It can make you feel alone, under pressure and stressed!

> Sometimes I feel sad or worried.

> It can be hard and mentally draining.

> It can be alienating at times, having to balance between caring and other things.



> A young carer smiles too, but it doesn't mean there is nothing wrong.

Young carers groups are important.

> Young carers groups are a place for us to escape their problems, to have some fun.

> It's not just a place to play, it's a safe place for young carers to have a break.

> Being a young carer means you need some support if you're feeling down.



Don't tell me you understand — unless you're another young carer.

> When I say there are issues at home, I do not mean my phone has just been taken off me.

Not all HEROS wear capes



Many Young Carers are HEROS, but I've only seen a few of them wearing capes!

What makes someone a hero?
Is there a hero gene?
Is there a superhero school? — That'd be cool!

We may not know the answer to these questions, but we've been asking people what makes the young carers they know — heroes. **These are some of the answers.**

Brave
— being strong enough to face day-to-day challenges

Honesty
— being trustworthy, and fair to others and yourself

Inspirational
— challenging others to be the best they can be

Conviction
— doing the thing you believe are right to care for someone

Kind
—being considerate and putting other people's needs first

Thoughtful
— doing things that are needed as well as little things that matter

Determination
— continuing to care and support even when it's hard

Selfless
— caring more for the needs of others, than yourself

Listening
— hearing what people are saying and what they need

Helpful
— giving and doing the little things that make a difference

Generous
— giving time, energy and love and more

Respectful
— accepting people for who they are, even when they're different from you or you don't agree with them

Lliw tan mellow!

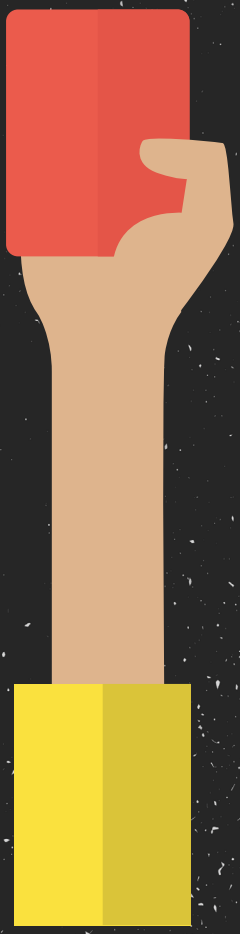
(Colour till mellow!)



Well gyda'n gilydd!

(Better together!)

SAY NO TO RACISM

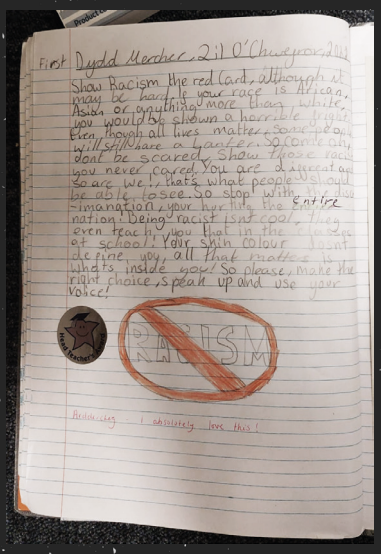


Show racism the red card, although it may be hard if your race is African, Asian or anything more than white, you would be showing a horrible fright even though all lives matter, some people will still have a banter.

So come on don't be scared, so those racists you never cared. You are different and so are we! That's what people should be able to see.

So stop with the Discrimination, you're hurting the entire nation! Being racist isn't cool, they even teach you that in the classes at school!

Your skin colour doesn't define you, all that matters is what's inside you! So please make the right choice, speak up and use your voice!



DWEUD NA WRTH HLIAETH



A little bit of Welsh goes a long way

Learning another language is good for your brain and can be fun too!

Young carers across North Wales thought it'd be fun to learn certain phases in Welsh. Plus a few extra to get you started.

Cheese is good! – **Mae caws yn dda!**

Where's the food? – **Ble mae'r bwyd?**

You look gorgeous! – **Rydych chi'n edrych yn hyfryd!**

Good morning – **Bore da**

Bye! – **Hwyl!**

Please – **Os gwelwch yn dda**

Thank you – **Diolch**

Yes – **Cei**

No – **Na chei**

Jellyfish sandwiches – **Brechdanau slefrod môr**

I think you look nice! – **Rwy'n meddwl eich bod chi'n edrych yn neis!**

Can we play football? – **Allwn ni chwarae pêl-droed?**

If you fly - you will die! – **Os byddwch chi'n hedfan - byddwch chi'n marw!**

Can I have a drink of water? – **A allaf gael diod o ddŵr?**

What's you name? – **Beth yw dy enw?**

No, I don't want the service in Cymraeg – **Na, dydw i ddim eisiau gwasanaeth Cymraeg**

I'm having a bad day – **Rwy'n cael diwrnod gwael**

Can I help? – **Alla i helpu?**

Ready...? **Barod...?**

Water please – **Dŵr plis**

Drink – **Doid**

Hedgehog – **Draenog**

Well done – **Da iawn**

Who....? **Pwy ....?**

Dewi the Red Dragon

The story of why we have a dragon on our flag!

There was a time when Dragons ruled the skies over Wales. They were all different sizes, colours, and had different powers.

One day, a white ice dragon flew down to a village in Wales.

The dragon liked the village and decided to stay.

But the white dragon wasn't a nice dragon, he treated the villagers badly, was angry and froze the village.



Near the village lived a red dragon called Dewi. The red dragon slept through the winter months.

In the spring, the red dragon woke up. He went out of his cave and he looked at the frozen village. He saw the villagers were sad and decided to help.



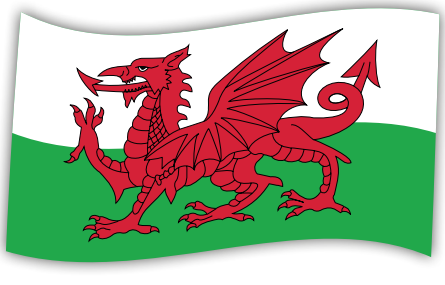
So, the red fire dragon shouted to the white ice dragon, "Ice dragon. You can't destroy my village. Tomorrow we are going to fight on the cliff by the village."

So, the next day, the dragons fought on the cliff. It was a long battle. But the red dragon won. He killed the white dragon and returned to his cave.

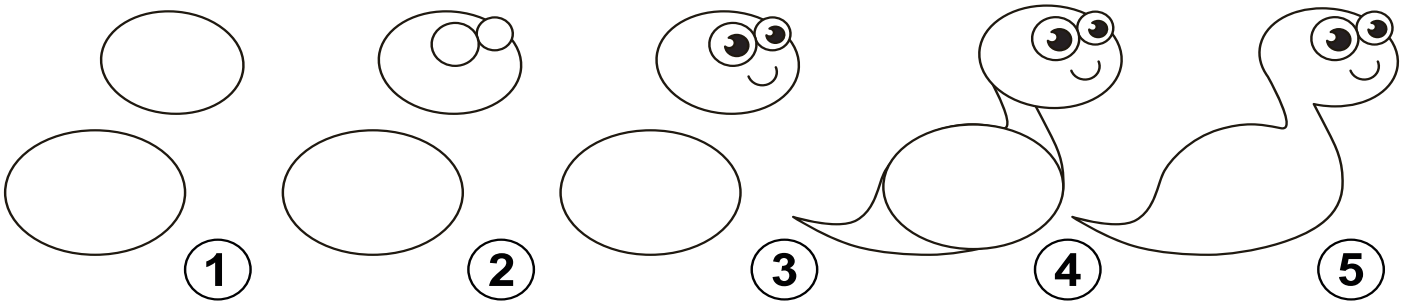
The ice melted under the spring rains and turned the village green. People were happy until they realised the red dragon was injured and would never wake again.

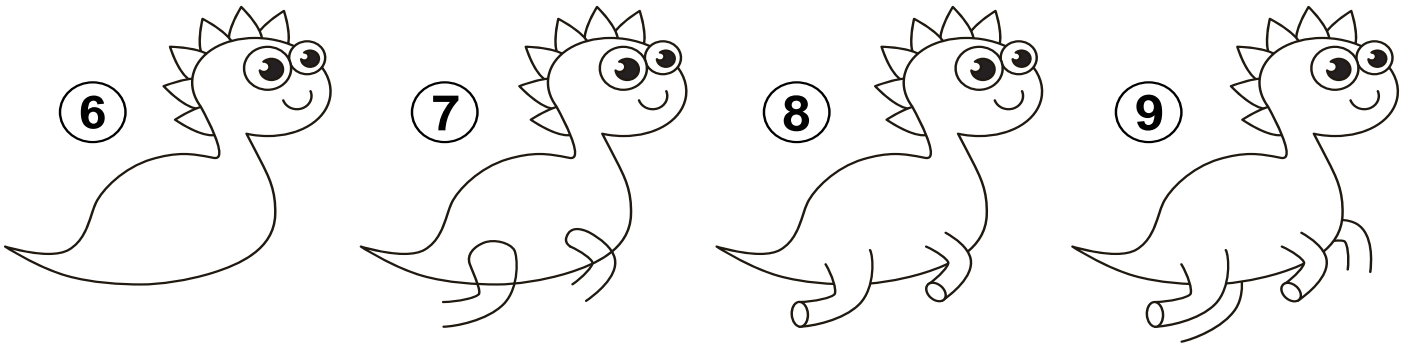
The village mayor said, "We will have a red dragon on our flag. The flag will have green for the grass and white for the ice, so we don't forget."

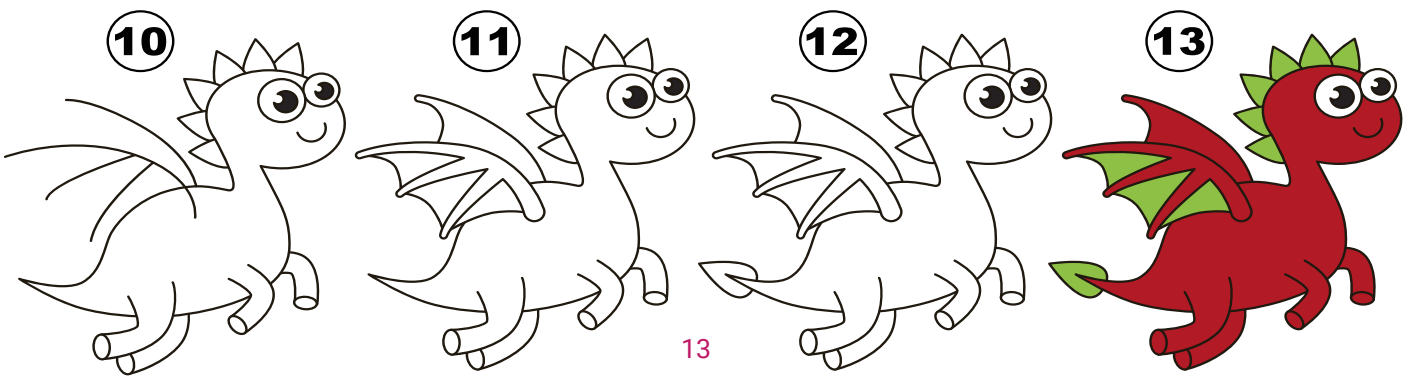
And that is still our flag!




HELP THE DRAGON
FIND THE WAY
TO THE CASTLE


1
2
3
4
5


6
7
8
9


10
11
12
13

Spidey senses

Keeping your balance

Sometimes it's hard to find the balance between caring for others and looking after yourself. Being aware of where you're at and reducing stress is important.

Try this simple activity to check out where you're at. (It's not a real spider)

Sometimes, being a young carer can get too much to deal with on your own. Talk to your teacher, school nurse, school counsellor, or GP if you're having any of these feelings:

- feeling stressed by too much responsibility
- feeling physically tired
- feeling worried about your relative's health
- struggling to cope with other people's mood
- having no time for yourself or your homework
- or anything else about your situation.



How it works:

Give each area a score: 0, 1, 2 or 3 by colouring in the sections on the web like the example below.

If you find your score is low on one or two areas… then pick one area and see how you could improve it.

No matter what your scores are, it's okay to ask for help.

For example

Lots of people don't sleep well because they're worried or stressed. Look at ways to reduce your stress by listening to music or doing breathing exercises.

Others don't sleep because they think watching TV, or playing computer games will help them sleep, but often that just makes your brain more active.

My Life Balance Web



Taking care of yourself is productive

The Bounce back

Building Resilience

Let's talk resilience...

The dictionary says it's being able to recover quickly from difficulties and change. Or put simply.... "I can bounce back when life throws things at me"



"Do not judge me by my success, judge me by how many times I fell down and got (bounced) back up again."

– Nelson Mandela

It's time to become more resilient.

Here are some tips:

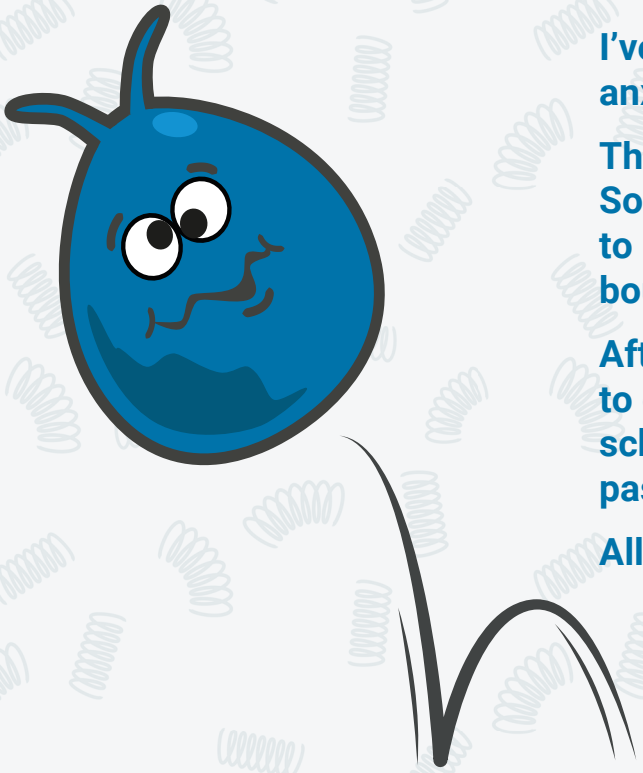
1. **Stay positive.** There's always something to be thankful for!
2. **Set realistic goals.** You're not going to be able to play the guitar in a day, lots of goals are reached by taking small steps, often.
3. **Think about your strengths and celebrate them.**
4. **When things happen, learn from it, and MOVE ON!**
5. **Connect** with people around you that you trust.
6. **Be OK with change.** It can be hard but dwelling in the past won't help. Put your energy into focussing on right 'now'.

Bounce back stories from VCD young carers



When my younger sister became ill, it took me over a month to realise that it wasn't my fault.

I now know I can bounce back to normal when things are hard.

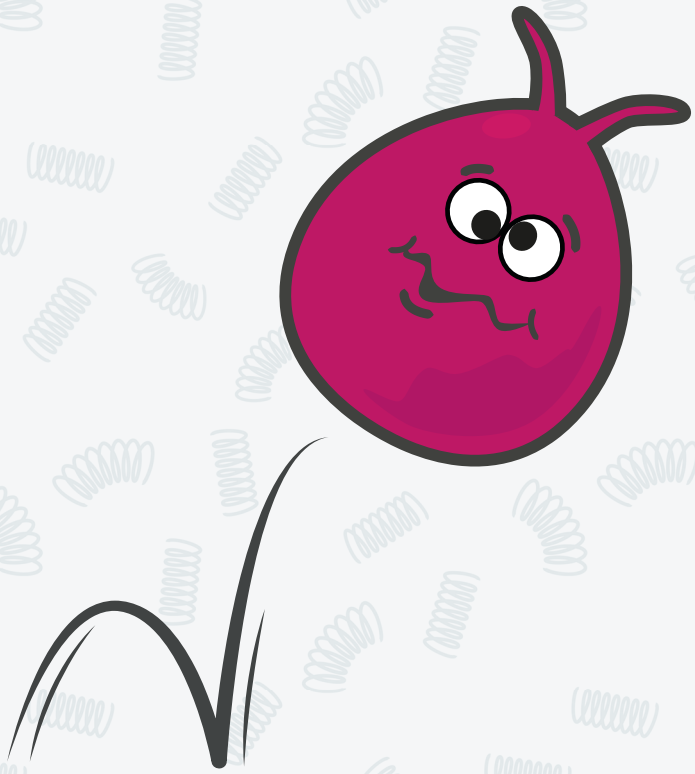


I've always struggled with my mental health and anxiety. Situations can make me nervous.

This includes situations with loud people. Sometimes I'll put off plans so I don't have to leave my room. I didn't think I'd be able to bounce back. I felt hopeless.

After I moved school in 2020, things started to get better. I started to get involved in after school clubs and challenges about things I'm passionate about. I also started a journal.

All of this has helped me bounce back.



I went through a stage where I was really worried about my mum and my family. I talked to a teacher and she said I should try journaling. It worked for me and helped me get things down and made some things look not as big as I had made them. It helps me bounce back to being me all the time!

Un Blwyddyn!!

Yn diweddar roedd y lansiad mwyaf pwysig i gofalwyr ifanc erioed!

Mae'n siom, dipyn dros blwyddyn yn ôl wnaethon ni dechrau dylunio cerdyn gyda templed blanc a wag ond nawr ar ôl blwyddyn mae gennym ni cerdyn pwysig ac arbennig sydd wedi gorffen ac sydd wedi cael ei rhannu gyda llawer o pobl. Mae'n Crazy. Dywedodd Josh 15, yn ddiwedar yn sôn am y cerdyn adnabod gofalwyr ifanc wnaeth lansia blwyddyn yn ol.

Yn ddiweddar oedd dathliad un blwyddyn lansiad y cerdyn adnabod gofalwyr ifanc. Daeth grŵp o gofalwyr ifanc wnaeth cymryd rhan yn creu y cerdyn at ei gilydd i rhannu ei barnau am y cerdyn ac sut mae wedi effeithio a helpu nhw a sut amser roedd y broses o creu y cerdyn.

Tra siarad gyda gofalwyr ifanc eraill am dan y cerdyn dywedodd Ffion "Wnes I mwynhau cyfarfod pobl newydd a clywed gwahanol fathau o syniadau. Mae'n wych gwybod beth ydan ni wedi creu yn wneud gwahaniaeth. Mae wedi bod yn bleser."

Dwedodd Bethan a oedd hefyd wedi helpu creu y cerdyn "Mae'r cerdyn wedi codi fy hyder ac dw i yn defnyddio fo llawer. Mae'n arbennig I pawb am gwahanol rhesymau. Ond pam yr ydan yn dangos y cerdyn mae pawb yn trio dweud yr un peth. Mae'r cerdyn yn golygu rhywbeth."

Ar ôl siarad gyda gofalwyr ifanc ar y diwrnod fawr arbennig mae'n glir mae'r cerdyn yn bwysig ac yn wneud y gwahaniaeth roedden nhw eisiau.

Mae'r cerdyn ddim ond allan yn rhai ardaloedd ond mae wedi cael ei gadarnhâi fod y cerdyn i dod allan yn mwy o ardaloedd ar draws Cymru dros y blwyddyn nesaf.

Mae'n anhygoel beth mae pobl ifanc yn gallu wneud.

Diolch i pawb wnaeth cymryd rhan yn greu y cerdyn bwysig iawn yma. Mae'n Wych! A llongyfarchiadau!!



'Beth ydi'r cerdyn ac pam wnaeth o gael ei greu?'

Ar ôl sôn am dipyn wnaeth y trafodaeth dod i fyny, roedd gofalwyr ifanc eisiau cael rhywbeth roedd pawb yn ymwybodol o ac yn deall. Rhywbeth roedd pobl yn sylwi i wneud bywydau nhw yn haws.

Roedd llawer o syniadau gan pawb yn teulu mawr o gofalwyr ond yr un mwyaf amlwg oedd creu cerdyn adnabod.

Cyn i'r cerdyn newydd dod allan roedd yna cerdyn adnabod allan yn barod ond roedd gofalwyr ifanc ddim yn hoff iawn gyda sut roedd o yn edrych ac y nifer pobl oedd yn gwybod amdano. Rhannodd rhywun "Roedd y lliwiau yn diflas ac roedd ddim digon o pobl yn ymwybodol, adnabod na deall y cerdyn. Dw i'n falch bod gennym ni un newydd a dw i'n falch mae'n gael ei rhannu!"

Erbyn hyn mae'r cerdyn newydd yn fwy diddorol, ac yn cael mwy o sylwi! Mae'r cerdyn yn ffordd i pobl adnabod gofalwyr ifanc yn cymdeithas heb iddi nhw gorfod esbonio eu hunain. Mae'n helpu wneud yn siŵr fod gofalwyr ifanc yn cael y cymorth mae nhw angen. Gallan nhw cael eu defnyddio yn llefydd fel siopau, meddygon a fferyllfa. Mae rhai dyluniadau gwahanol or cerdyn dros ardaloedd gwahanol ond mae pob un yn cynnwys y logo penodol o enfys hapus mewn cwmwl! Mae nifer cardiau gwahanol ond mae nhw dal yn cael yr un effaith.

Os ydach eisiau mwy o wybodaeth am y cerdyn neu eisiau gwybod os ydi'r cerdyn wedi dosbarthu yn eich ardal chi (ddim ond yn cael ei dosbarthu i gofalwyr ifanc) Gallwch galw y rhif ffon: 01597 823800

One Year!!

"It's now just over a year since the most important launch for young carers ever!

We started designing the card from scratch with a blank template. But now we have an important and special card that is finished and has been shared with many people. It's Crazy!" Said Josh recently, talking about the ID card they launched a year ago. Recently was the one-year celebration of the launch of the young carers ID card. A group of young carers who took part in making the card came together to share their views about the card and how it has affected and helped them and how the process of creating the card was.

While talking with other young carers about the ID card they launched a year ago. Ffion said "I enjoyed meeting new people and hearing different kinds of ideas. It's great to know what we have created is making a difference. It's been a pleasure."

Bethan who also worked on the ID card said "The card has increased my confidence and I use it a lot. It's special for everyone for different reasons. But when we show the card we are all trying to say the same thing. This card means something."

After talking to young carers on the big day, it's clear the card is important and makes the difference they want.

The card is only out in some areas but has been confirmed that the card is due to be shared out in more areas across Wales over the next year.

It's amazing what young people can do.

Thank you to everyone who took part in creating this very important card. Congratulations, it's amazing!!



What is the card and why was it created?

After talking for a while, the discussion came up to that young carers wanted to have something everyone recognised and understood. Something that people would notice that would make life easier for them.

Everyone in the large family of carers had lots of ideas but the most obvious one was creating an identity card.

Before the new card came out, there was already an ID card, but young carers were not satisfied with how it looked and how many people knew about it. Someone said "The colours were boring and not enough people knew about or understood the card. I'm glad we have a new one and I'm glad it's being shared!"

The new card is now more interesting and is getting more attention! The card is a way for young carers to be identified in society without having to explain themselves. It helps make sure young carers get the help they need. The cards can be used in places like shops, doctors and pharmacies. There are some different designs of the card in different areas, but all include the specific logo of a happy rainbow in a cloud! The cards may be different but they still have the same effect and meaning.

If you want more information about the card or want to know if the card has been distributed in your area (only distributed to young carers) You can call: 01597 823800

ENJOY the LITTLE things



It's the little things!

Looking after your mental health doesn't have to take up a lot of time — it can be under 5 minutes!

Some little ideas that help include:

Make your bed — it's an easy way to start your day and will help you sleep better that night.

Have a gratitude attitude — Pause and think of 3 things you are thankful for. Studies show that grateful people are healthier.

Straighten up and smile — posture can make your energy flow and feel better.

Make a let go list — Write down things you want to let go off. It could be a negative habit or relationship, or even an unkind way you treat yourself. After you write them down, throw them away. Letting go physically will help you let go emotionally.

We asked young carers to tell us some of the little things they do that make a difference to them!

I like to imagine myself in another world.

Volunteering.

Watching TV.

Squeezing my fingers.

I watch anime.

Keeping to routine.

Looking at old photos

Stroking my cat.

Making others smile.

Always missing a step when I go down the stairs.

Going for a run.

Messaging my friend.

Making new stories.

Focusing on an important task.

Journal.

Revisiting an old book I haven't read in a while.

Playing the piano.

I dance.

Playing rugby, football, video games.

Playing Minecraft.

Lego.

Going for a walk.

Not stepping on the cracks on the floor.

Reading.

Playing board games.

Think of one good thing that's happened today.

Hot chocolate hour.

Listening to music.

Drawing.

Doing a random act of kindness.

Playing with my dogs and cats.

Going for a ride down to the beach, and watching the waves.

Working on my mental health/ bullying page.

Don't count sheep...

Get some sleep!



When you sleep, you allow your body to repair and rebuild.

Sleep reduces stress

Sleep improves your memory

Sleep helps you keep a healthy body weight

Sleep can help you stay healthy and stop getting ill

Sleep is important for your mental health

Sleep can help you find other people less annoying!!

Here's 10 tips for good night's sleep

1. Try to have a regular sleep schedule. Go to bed and get up at the same time every day!



2. Have a relaxing bedtime routine. Read a book, meditate, have a warm bath and try to avoid stressful conversations.



3. Stay away from things that stimulate your mind in the evening, like coffee and sugary drinks.



4. Keep your bedroom clean and uncluttered.



5. Block out as much noise and light as possible.



6. During the day try and get enough daylight and exercise. Even a short walk each day will help your sleep.



7. Eat a healthy diet. Stay away from spicy, fatty foods in the evenings. Cereal, yogurt, or a banana are good night-time snacks, if you need one.



8. Try not to focus on not sleeping — it keeps you awake!



9. Don't watch TV or play computer games before you go to bed.



10. Develop your own sleep ritual, habits can help your brain and body do what you want them to.



ANGER

is often the tip of the iceberg.

The real issues are beneath



Everyone reacts differently to situations.

Sometimes anger seems to sneak up on us. Anger can happen to anyone, at any time. It can be because of something that happened 2 hours ago or something that happened years ago.

For most people the stages of anger are the same:

(1) The build-up

It could be because of stress, a joke that went wrong, losing a game, exclusion, fatigue, hunger, illness or worrying about the person you're caring for. Being aware of what you're feeling and the 'build up' can help us not to get to stage 2 or 3!

(2) The spark

The spark is the 'thing' that sets things off. It can be something that: happens around you, that someone who hurt you, an exam that went wrong, a teacher not understanding that you didn't have time for that amount of homework yesterday

or something that happens in you - you're over tired and no one seems to understand you.

Defusing a spark can be difficult. Learning to understand your feelings, what's been building (stage1) can help recognise when you're heading for a spark.

(3) The explosion

This is when voices are raised, and things can feel out of control.

If anything explodes there's a mess. No matter how right or wrong you feel about 'exploding' there will need to be a clean-up.

6 tips for handling anger — before you explode!

1. Identify triggers and warning signs
2. Talk to somebody
3. Try breathing or muscle relaxation
4. Walk or exercise
5. Step away from the situation
6. Reframe your thinking
7. Use a feelings tracker to help you spot how you feel (see next page).

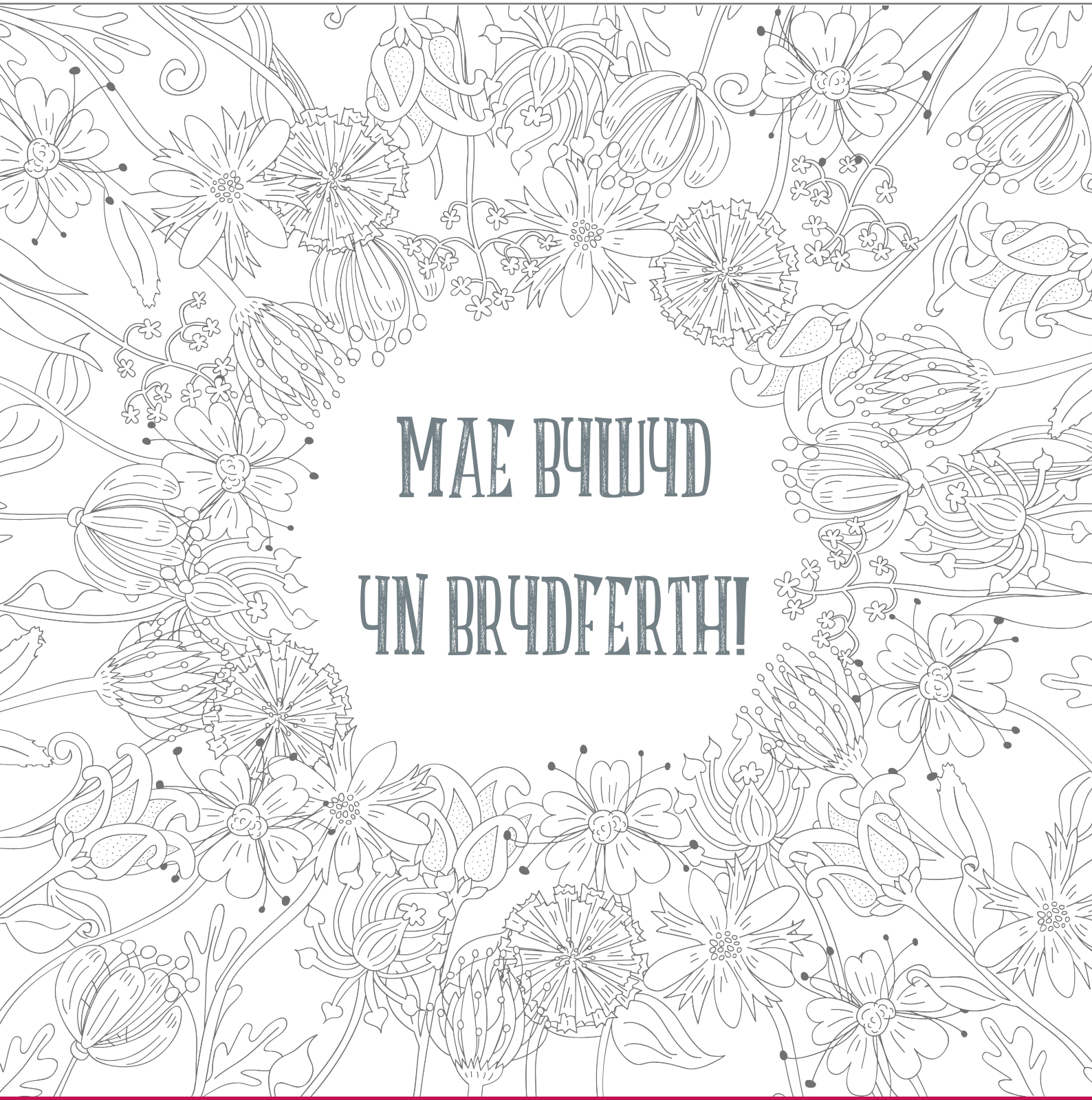


Feelings Tracker

 LOVED	 HAPPY	 CONTENT	 SLEEPY	 SAD	 HEARTBROKEN	 STRESSED	 WORRIED	 ANGRY
 ECSTATIC	 WARM	 AFFECTIONATE	 SHOCKED	 ANXIOUS	 HESITANT	 CONFUSED	 DEPRESSED	 BETRAYED
 INTELLIGENT	 LUCKY	 CONFIDENT	 SCEPTICAL	 SCARED	 HELPLESS	 DISAPPOINTED	 IRRITATED	 EXPLOSIVE
ACCEPTED	 HOPEFULLY	 PLAYFUL	 HOPELESS	 INVISIBLE	 FRUSTRATED	 POWERLESS	 DISGUSTED	 VIOLENT
 STRONG	 SILLY	 GOOD	 UNSURE	EMPTY	WORTHLESS	GUARDED	SNEAKY	RAGE
UNBREAKABLE	EXCITED	ABANDONED	LOST	ALONE	REJECTED	TOXIC	HURT	OVERWHELMED

Lliw tan mellow!

(Colour till mellow!)



(Life is beautiful!)

Cawl Cwtsh - Cuddle Soup



Carrot and tomato soup with toast for two!

Ingredients

1 red onion, roughly chopped

1½ carrots, roughly chopped

1 stick celery, roughly chopped

400g tin chopped tomatoes

1 vegetable stock cube, made up to 500ml

Method

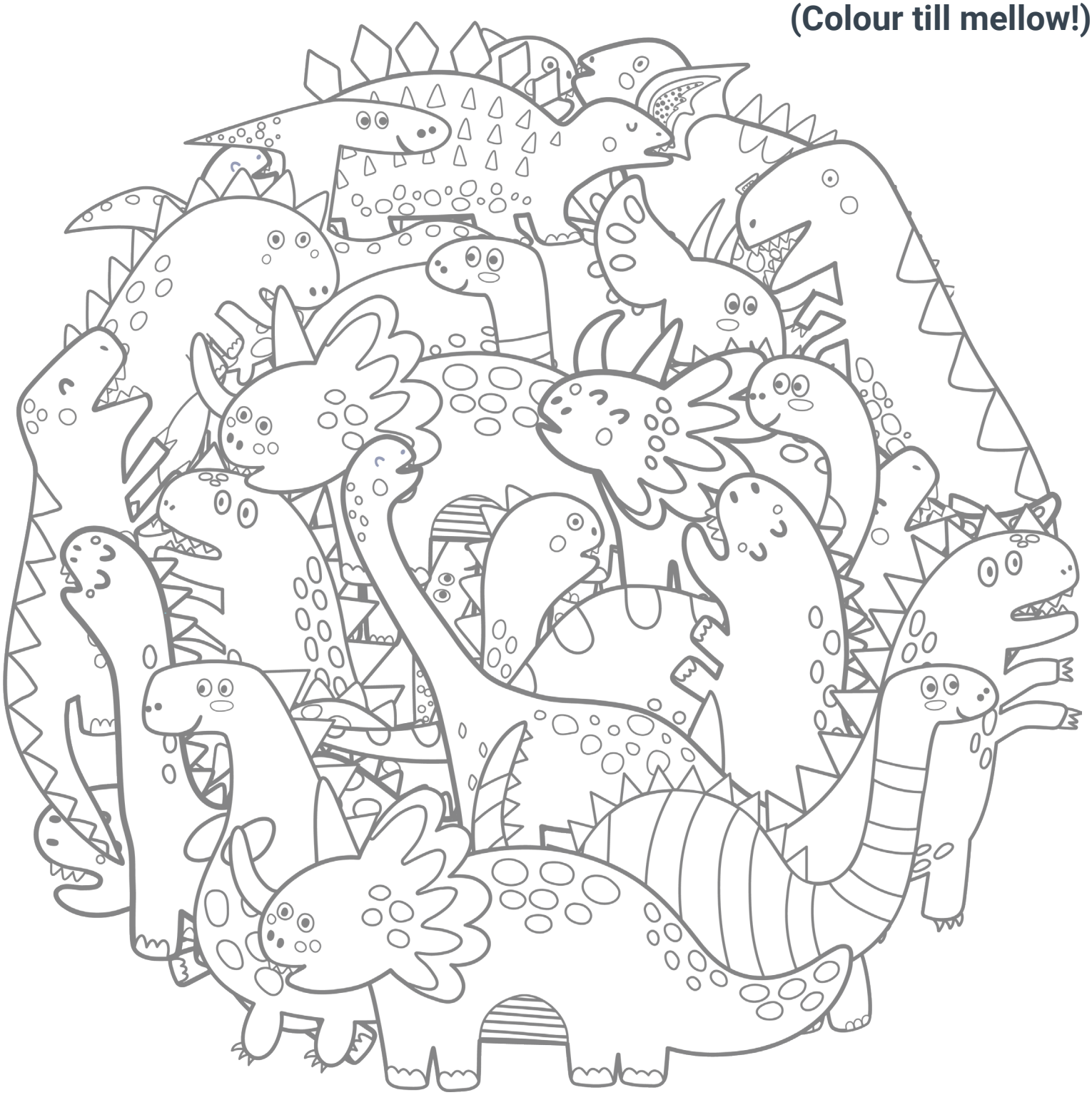
Add the onion, carrot, celery, tinned tomatoes and stock to a saucepan, bring to the boil and simmer for 15 mins until the vegetables have softened. Blend with a stick blender until smooth.

Divide the soup between 2 bowls and serve with toast dippers.

If you sprinkle a little cheese on top, it's even more yummy!!!

Lliw tan mellow!

(Colour till mellow!)

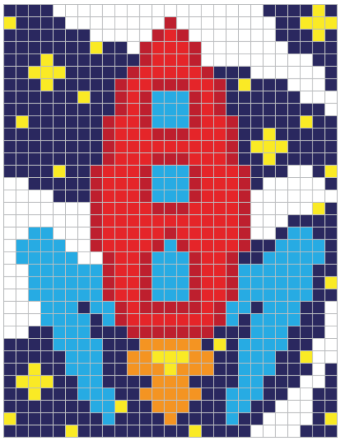


Mae cwtsh yn dda!

(Cuddles are good!)

Amser roced!

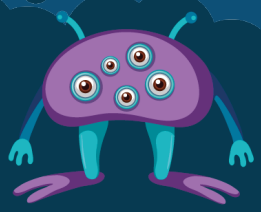
(Rocket time!)



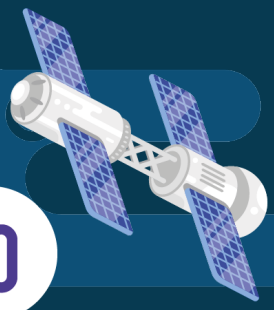
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alien space







Grab a dice and get the Astronaut back to her ship.

Whichever number you roll... take that many deep breaths before you move.



If I had a Money Tree!



I'm a young carer. I love my family and it's wonderful to help out. But it has an impact on my life. I'm lucky, I have people that are there for me, that listen to me and a young carers group to be part of.

I hear people in power say 'If I had a money tree' all the time.

So, just in case they're reading this, here's what we'd do if we had a 'money tree' to help young carers in Wales.



Give us a rest!

- It doesn't have to be a week away or cost lots...days out and trips make a big difference.
- An extra week off school would help!

Give us support!

- Some extra funding for mental health support would be great.
- Schools and teachers need to support us more.
- More counselling services that we can get to use easily.
- Health services could support us more and keep us in the loop!
- We could do with Young Carers study groups for GCSE and A level.

Promote us!

- Spend a little on making people aware of what we do!
- Schools and teachers need to know more about what we do.
- Sometimes people don't give me the information I need because they think I'm just a kid – staff need better training!



Give us some little things!

- It sounds silly, but art supplies, reward cards or other small gifts, do lift us a little.
- To be able to get some personal things (like period products) would really help.
- A Christmas gift or Easter egg!

Help us have fun!

- We have the right to be kids – free activities for groups like us would really help.

More support for families.

- It's hard caring without having to worry so much about bills and things.
- A permanent home that families can rent or buy at a reasonable price – so we don't have to worry about rent or losing our home.

Give us training.

- We're not stupid, there's lots we can do, it's just hard to find the resources we need sometimes.
- It doesn't have to cost lots, groups like army cadets and young carers can work together for things like medical training skills.
- Training for all ages to help with medical things like CPR.
- Training on how to handle money and budget!



How to talk to young carers

When you're caring for someone, especially someone who's ill, life can be hard and make normal conversation difficult. There are people who handle it well and are helpful, but some people get so worried about doing or saying the right thing... they got it ALL wrong!

We're young carers and we know it can be hard for people to understand what we do, but we still want friendships and people in our lives.

Here are a few dos and don'ts on how to talk to a young carer.



The Don'ts

Don't be sensationalist about it. Our life isn't gossip. It isn't there to spice up your social media posts!

Don't tag us or our families into photos or Instagrams unless you have our permission. It can be really upsetting!

Don't feel the need to put a positive spin on what we're saying. Some days are just crappy... and it's okay if we say that. It doesn't mean we don't see the positives. It feels like you're trying to diminish how we feel when you do that!

Don't compare our experience to your experience, unless you are a young carer. No matter how many times you've visited your Nan in hospital or helped your Mum — it really isn't the same!

Please **don't** cross the street to avoid talking to us. We see it, just be honest — wave, say that you can't talk and walk on!

Don't push your faith on us. We probably don't want to hear if this is God's plan, or that we need to join a meditation community. If we wanted to know, we'd ask!

The Dos

Do be yourself and keep it real. We can see when someone's different around us... and it's annoying!

Do reach out and just start a conversation. The fact that someone cares is important even when it's been a bad day, week or year!

Do be aware that sometimes the last thing we want to talk about is being a carer. Talking about music, books and normal things is great!

Do listen to us, even if it makes you uncomfortable when we're explaining how bad things might be.

Do invite us to things and introduce us to other people. It's great to meet new people and do new things! We might not be able to go to everything, but it feels horrible to not be invited.



Writing changes your life!

Journal can change your life. It's a great way to look after your wellbeing and your mental health.
Here are some great reasons to write down what's in your head!

1. It helps you reach your goals. Albert Einstein kept a journal of his experiences and thoughts. He was a pretty smart guy so if it helped him achieve his goals, it might help you too.

2. It reduces stress and anxiety. When negative thoughts and emotions run on a loop in your head. It makes situations feel worse. If you write your emotions down, it helps you release negative thoughts and you may even come up with a solution.

3. It helps you stay on track… see what you're doing.

4. It's good for your confidence when you see how you overcome challenges.

5. Being grateful is good for your health. It improves your sleep, increases happiness, and more.

You can use any book to journal in… but why not start right here?

Wordsearch Chwilair

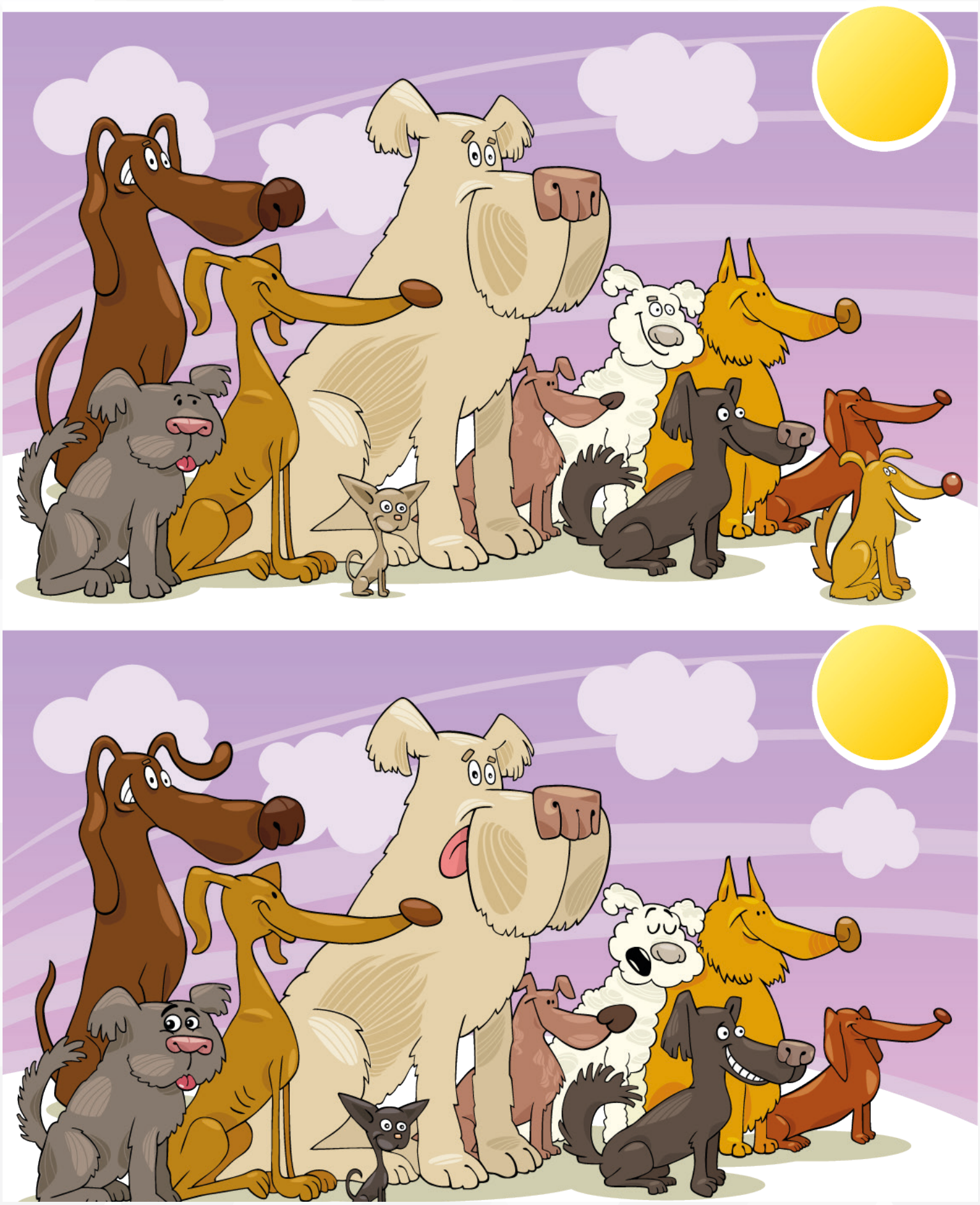


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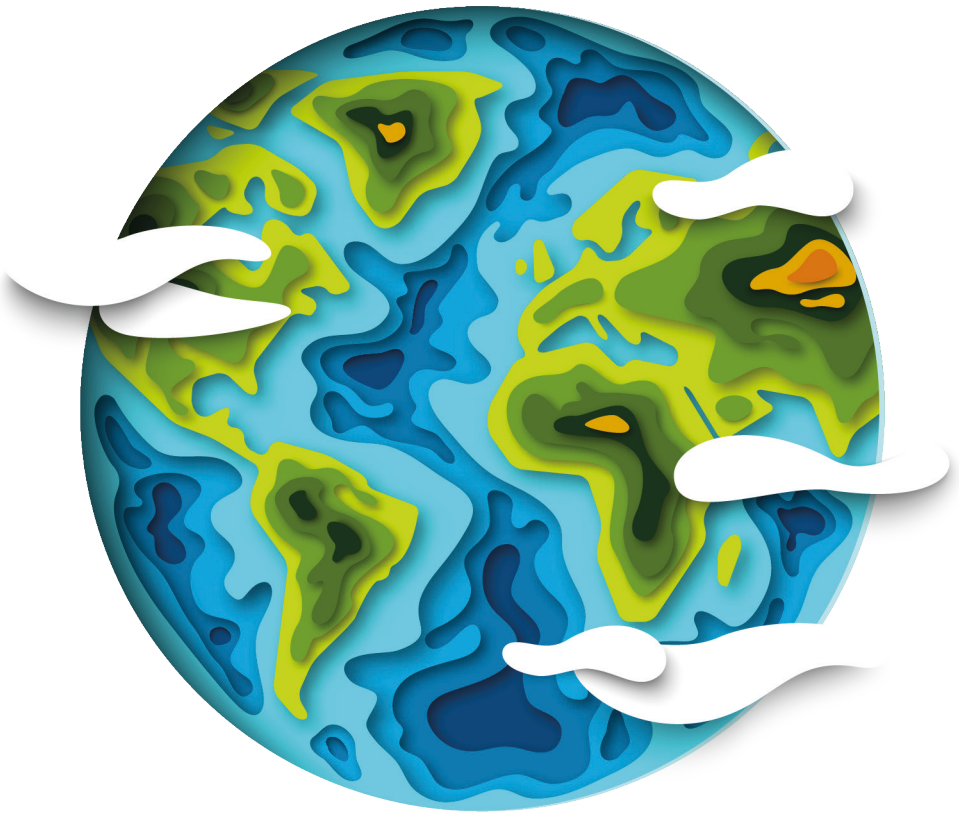
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Answers on final page

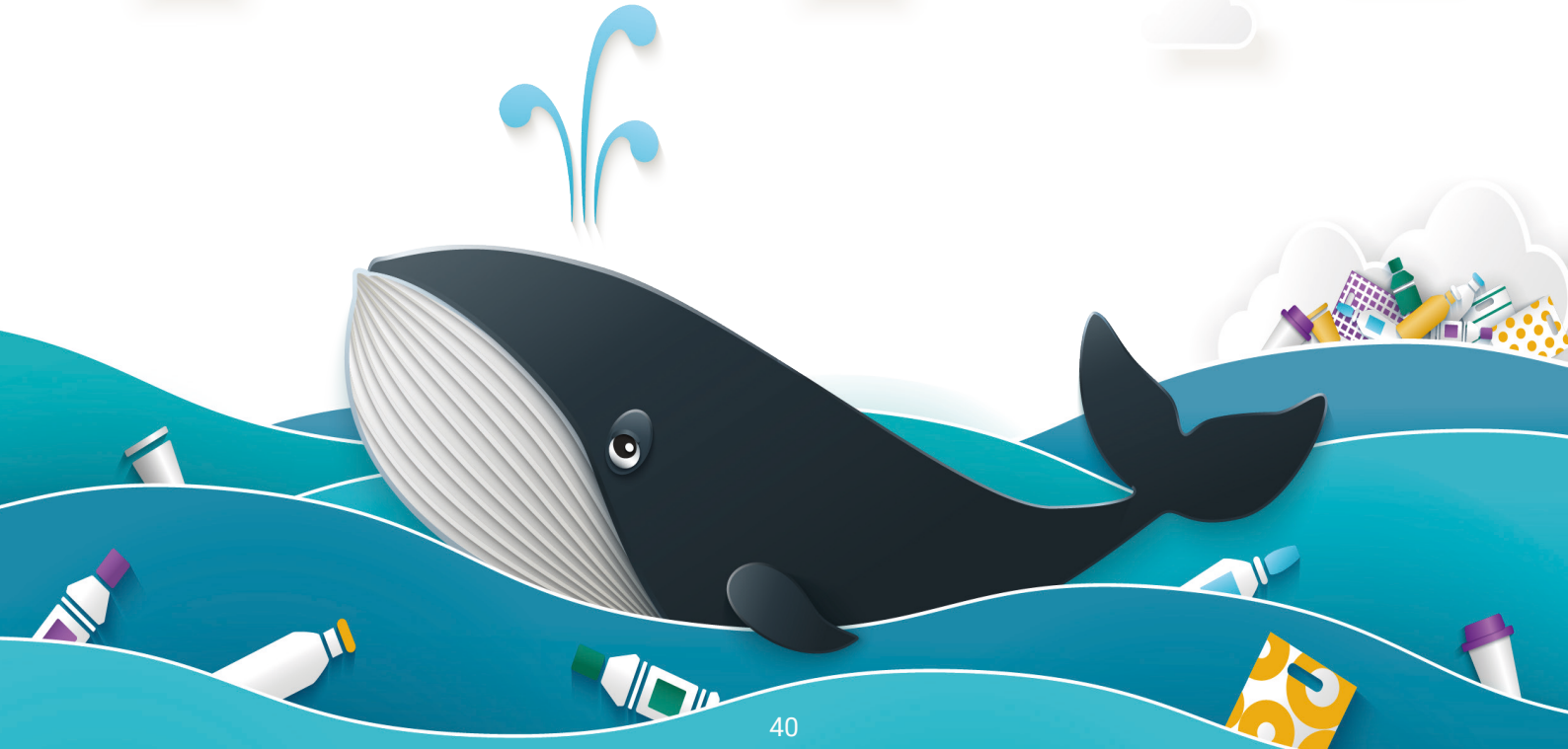
Spot 10 differences



Answers on final page



Young & Caring...
...about our planet!



Things you can do to show you care!

Plant a tree

Trees give oxygen to the planet. They clean air and help combat climate change.

Fill up

– don't use bottled water, use your own and fill it up!

Educate yourself

You can help others understand how important the planet is!

Conserve water

Using less water means there's less waste!

REUSE REDUCE RECYCLE

cutting down on what you throw away protects resources

GO energy efficient

long lasting light bulbs are a bright idea.

Use the bus

more than cars.

Shop wisely

buy less plastic, use a reusable shopping bag.

Volunteer

Helping out at a beach or park clean up helps the environment but it can also help you make friends and get out more.

Feeling alone?

Always feeling anxious?

Not sure what to do?

Stressed about schoolwork?

Worried about the person you care for?



Talking to someone at WCD can make all the difference!

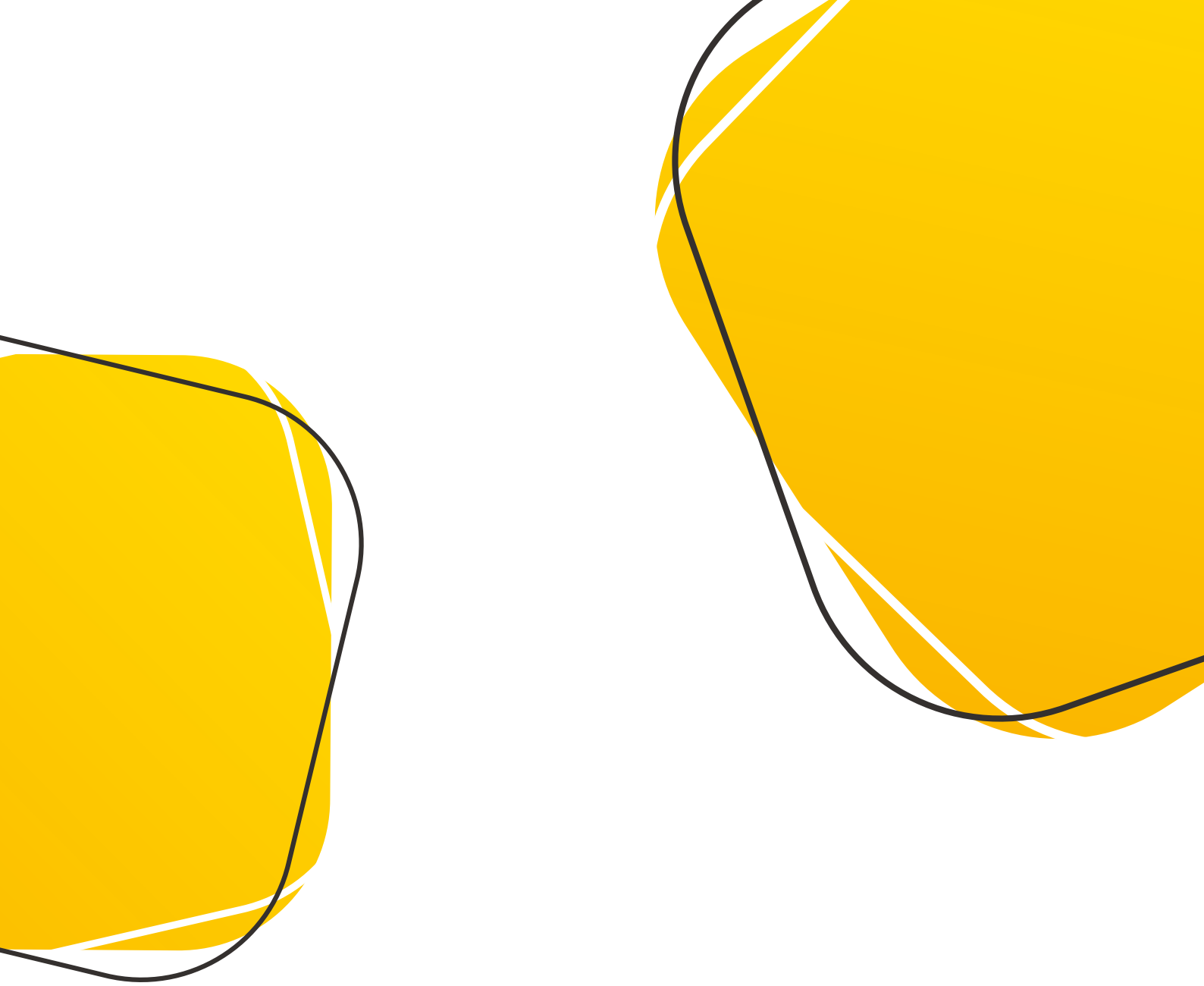
We're here to help you.

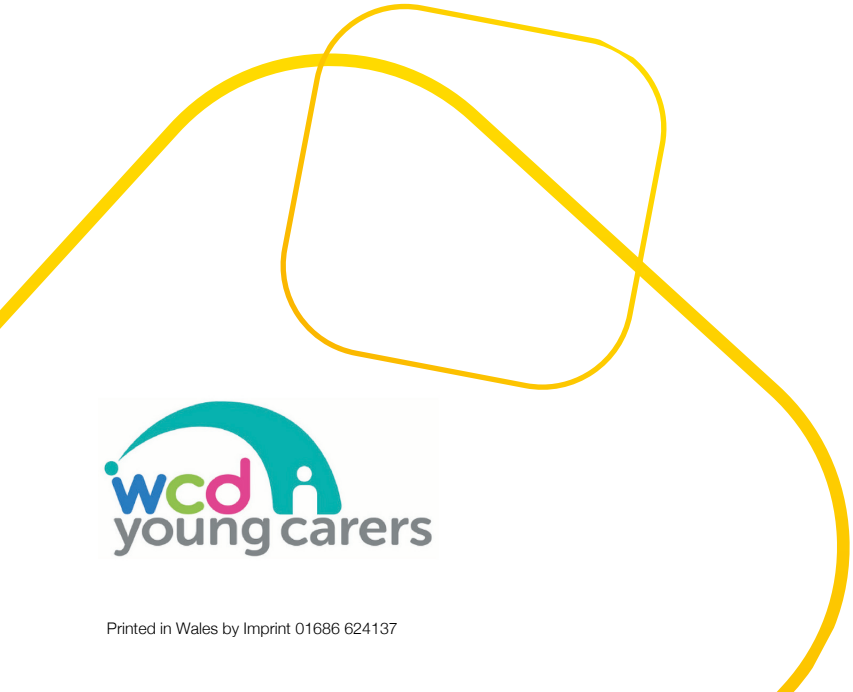
wcd young carer

Answers from page 38 & 39









wcd young carers

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