



TELFORD & WREKIN



June
2026

A TIME TO
BE **YOU!**

**YOU. YOUR
VOICE.
YOUR FUTURE.**

We're here
to listen
and support
you!



YOUNG CARERS MAGAZINE

REAL TALK

Stories, tips
and advice
from young
carers like
you.

SPOTLIGHT ON OUR VOLUNTEERS

WHAT'S ON

Events, activities
and chances
to get involved.

YOU ARE
NOT
ALONE

PLUS:

✓ WELLNESS & SELF CARE
TIPS

✓ CREATIVE CORNER
& FUN STUFF

✓ BOOKS, FILMS &
RECOMMENDATIONS



TELFORD CHILDREN'S
AUTISM HUB





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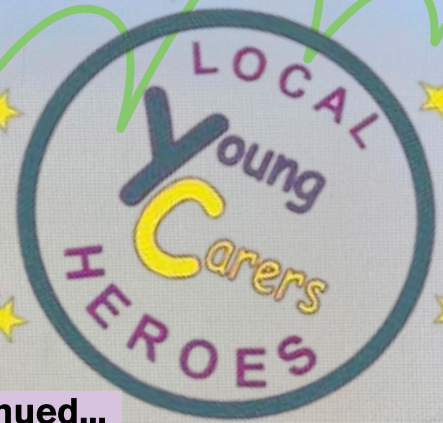
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TELFORD CHILDREN'S
AUTISM HUB



INSIDE THIS ISSUE



1

Recently...

2

Recently Continued...

3

Shout outs and Thankyou's

4

Monday Club

5

Are you a Young Carer?

6

**A little something from our
volunteers.**

7

**A little something from your
Young Carers team.**

8

Volunteer with us!

9

Spotlight on Amelia

10

Whats On!

11

Upcoming Events

12

Our Social Media

13

**How to tell your teachers,
friends or family**

14

Emergency Kit!

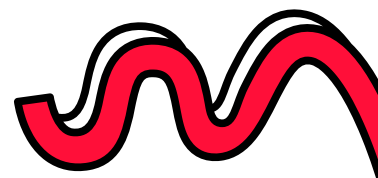
15

Protect your own time

16

Feedback





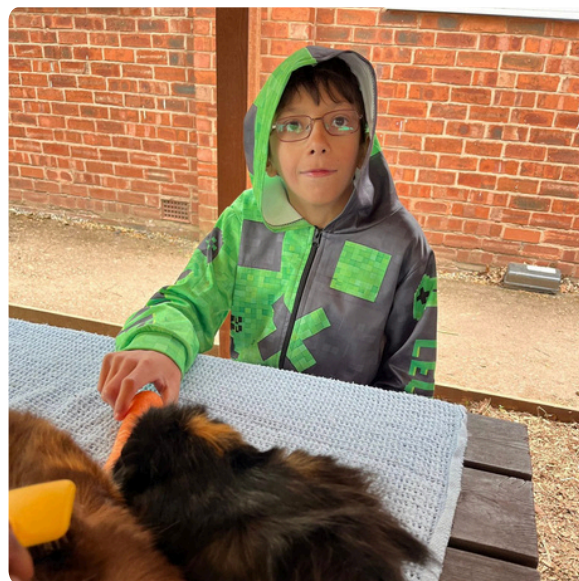
Recently..



February Half Term we went to Flip Out. it was an energetic and fulfilled half term activity.



Also, during half term we had a great time at Inflatation. Giving our young carers a trip out and time for them to just be themselves is always needed!



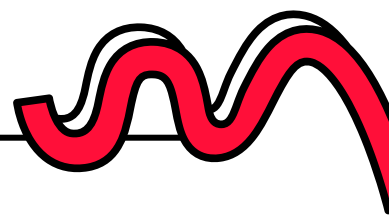
Sharing above a glimpse from our Easter fun activities for Telford Young Carers. Photo says it all. You all had a super fun time. Below we wanted to say a massive thank you for your generosity Shaun Davies MP for Telford. Our Young Carers were delighted to indulge in your eggcellent donation



Time to be you...

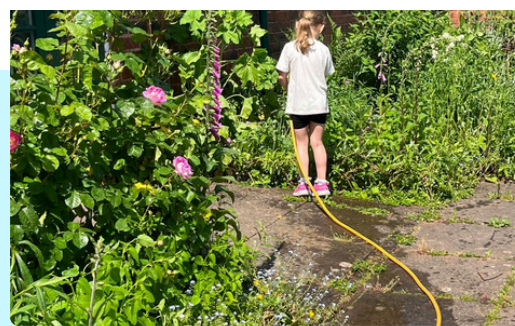
We have loved seeing our Young Carers having so much fun at our youth clubs over the past three months. It has been wonderful to watch you make new friends, take part in activities and enjoy some well-deserved time for yourself. Supporting our Young Carers is at the heart of what we do, and it is important to us that every young person feels welcome, has fun, and can access any support you may need. We look forward to creating many more happy memories together in the months ahead.





Recently..

Our Young Carers enjoyed a wonderful week with activities at the Kingswood Trust. Making the most of the lovely sunny weather. The children had great fun playing outdoors, taking part in activities and spending time with their friends. Trips like these are so important, giving our Young Carers a well-deserved break from their caring responsibilities and the opportunity to relax, have fun, and create lasting memories. We can't wait for the summer holidays and hope for more beautiful weather to enjoy together!



Carers Week...

During Carers Week, our Young Carers had a fantastic time dancing the evening away with the DJ and spending quality time with their friends. The event was filled with music, laughter, and wonderful moments, giving everyone the chance to unwind, enjoy a well-earned break and just have fun! A huge thank you to Charlie Cartwright and Charlie's Disco for providing such a brilliant experience and helping to make Carers Week so special.





Shout outs and Thank Yous..

A huge thank you to the Oddballs Motorcycle Group for their generous donation and for visiting our Wednesday Youth Club. Our young carers loved meeting the riders and getting the chance to sit on the motorcycles. It was a fantastic evening filled with smiles, excitement, and unforgettable memories. Thank you for your kindness and support.

Thank You OddBalls!



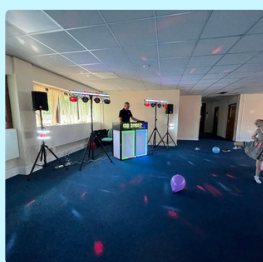
Thank You Exotic Zoo!

A huge thank you to Exotic Zoo for visiting our Youth Club and giving the children the opportunity to meet a variety of amazing animals. The session was a fantastic success, and the young people thoroughly enjoyed the experience, creating memories that will last for a long time.



Thank You The Sunflower Cafe

A special thank you to Sunflower Café for all the hard work and care you put into providing food for our Youth Club each week. The homemade meals are always delicious and are something our young people look forward to. Your kindness, dedication, and ongoing support make a real difference, and we are incredibly grateful for everything you do.

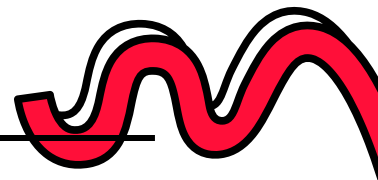


A big thank you to Charlie's Disco for attending our Young Carers Disco and helping to make it such a fantastic event.

Your energy and enthusiasm created a fun and memorable experience for everyone. Thank you for helping make the night so special.

Thank You Charlie's Disco





Monday Art Club...

Our Monday Art Club provides a calm and creative space for young carers who may find larger youth club settings overwhelming. The group offers a supportive environment where children can build confidence, form friendships, and express themselves through art at their own pace. Since starting, the children have grown in confidence, becoming more comfortable chatting, sharing their thoughts and supporting one another. They have been creating self-portraits, which will be combined into a collaborative artwork for the front cover of the next young carers' magazine. The club helps ensure that every young carer feels included, supported, and connected, while also providing an important stepping stone towards engaging in wider youth club activities.



Your artwork has been truly amazing, and it has been a pleasure watching your creativity grow each week. Through art, conversation, and shared experiences, we hope we have helped build your confidence, develop new skills, and, most importantly, provided plenty of fun along the way.

We are so proud of everything you have achieved and created. Please take a look at some of the fantastic artwork produced by our talented Young Carers. Thank you for being part of our Monday Club journey



If you do feel you or your child, is interested/ benefit from this club then please do express your interest to-
molly.brookes@tandwcvcs.org.uk



ARE YOU A YOUNG CARER?

Telford & Wrekin
Young Carers



NO

Does someone close to you have:

- ✓ A disability?
- ✓ A long-term illness?
- ✓ A mental health condition?
- ✓ Problems with drugs or alcohol?

YES

Do you help them with things such as:

- Cooking or cleaning?
- Looking after brothers or sisters?
- Shopping or collecting medication?
- Helping them get dressed or washed?
- Providing emotional support or checking they are okay?

NO

YES

Does their situation affect you?

- Do you worry about them?
- Do you feel responsible for them?
- Do you miss out on activities with friends?
- Does it affect school, college, sleep, or your wellbeing?

YES

You are likely to be a Young Carer



HOW DO YOU FEEL ABOUT YOUR CARING ROLE?



I cope most of the time

It can still help to connect with other young carers and access support.



I often feel worried, stressed, tired, or overwhelmed

You may benefit from additional support and someone to talk to.



I feel like I'm the only one dealing with this

Many young carers feel this way, but you're not alone.

TELFORD & WREKIN YOUNG CARERS CAN HELP



Talk to Someone

- One-to-one support
- Friendly advice
- School drop-ins
- Someone who understands young carers



Meet Other Young Carers

- Youth clubs
- Holiday activities
- Trips and events
- Opportunities to make friends and have a break from caring



Get Support at School

- Young Carer awareness
- Young Carer Passports
- Help communicating with teachers and staff



Take Time For Yourself

- Respite activities
- Wellbeing support
- Confidence-building opportunities
- Safe spaces where your voice is heard

NEED HELP?



01952 240209



telfordcarers.org.uk/
young-carers



info.youngcarers@telfordcarers.org.uk

Telford & Wrekin Young Carers Service

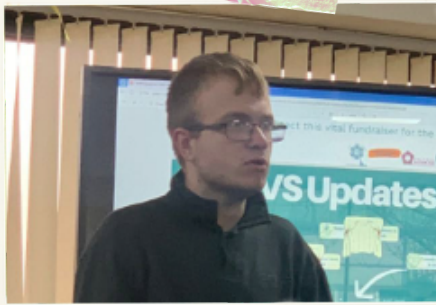
The service supports young carers aged 5–18 across Telford & Wrekin through advice, activities, youth clubs, school support and one-to-one help.



A LITTLE SOMETHING FROM CVS VOLUNTEERS

As part of National Volunteer Week in May, we would like to highlight our volunteers and hear their thoughts on the valuable role they play in supporting the services and activities delivered by TWCVS.

JACK



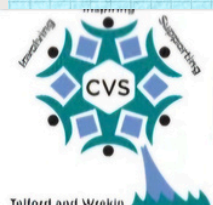
Since late 2025, I have been on a work placement at Telford & Wrekin CVS through Derwen College. The staff, including my job coach Amy, have been very supportive and welcoming.

I help with tasks such as making flyers, answering phone calls, and general office work. Working at CVS has helped me build confidence and workplace skills. I am autistic and sometimes need extra support, but with guidance I work well as part of the team. I hope to continue working at CVS after I leave college because I enjoy the role and feel valued there.

AMBER

Please see below how Amber is finding Youth Clubs (taken from a video taken here at CVS)

I've been really enjoying youth club and volunteering here, I've been here for around 2 year now. Every single time i come in they come up to me and it's a really friendly atmosphere. I'm enjoying the primary school age the most they all know me know and im just really enjoying working with them and helping out.



A Little Something from your Young Carers Team...



Simi



I enjoy working and supporting young carers, helping to bring a smile to their faces, and making a positive difference in their lives. Seeing them feel happy, confident, and valued is what motivates me every day.

**YOU
GOT
THIS**

Spending time with your hands, not screens, helps you slow down. You start noticing little details again: the feel of paper, the color of the sky, the sound of silence.

Next time things feel too much, take a creative break. No pressure. No audience. Just you, your imagination, and a little space to breathe.



Esmae

**MAKE
TODAY
GREAT**

To our young carers, your kindness, strength, and courage make a difference every day. Never forget that what you do matters, and so do you. Keep believing in yourself—you are amazing.



Molly

TELFORD AND WREKIN CVS VOLUNTEER WITH US

A FULFILLING LIFE FOR ALL



WHY VOLUNTEER WITH US?

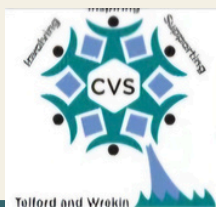
Volunteering with us is a great way to support your community, while building confidence and skills.

We offer a range of volunteering opportunities across our TWCVS services, such as roles available to support at our youth clubs. For more information - get in touch!

We welcome volunteers from all backgrounds, including those with learning difficulties or who may be further from employment; we provide a supportive environment to gain experience and build resilience in the work place.

Please do email or ring if this is something you would be interested in.

**BE A PART OF OUR
VISION!**



01952 916035

admin@tandwcvcs.org.uk

SPOTLIGHT..

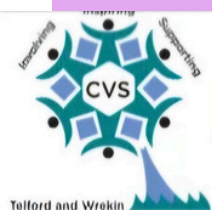


Huge congratulations to Amelia on your amazing achievement at The High Sheriff of Shropshire Outstanding Young Citizens Award Ceremony 2026. Being nominated and successfully invited to attend is a fantastic accomplishment in itself, and a true reflection of your hard work, dedication, and determination. You should be incredibly proud of this well-deserved recognition, and it's only the beginning of even greater things ahead. Wishing you continued success and many more milestones to celebrate.

BIG WIN FOR OUR YOUNG CARER AMELIA!



High-Sheriff Of Shropshire's
Outstanding Young Citizen
Awards



TEL FORD CHILDREN'S
AUTISM HUB





WHATS

ON...

Youth Club Dates

Wednesday's 4.45pm- 6.30pm

Telford and Wrekin CVS, Suite 12 & 15
Hazledine House, Central Square, Town
Centre, Telford, TF3 4JL



Please note: Our youth clubs are for young carers registered with our service. If you receive an invitation, simply let us know if you'd like to attend. We'll confirm your place closer to the event, as spaces are limited.



Primary Youth Club Dates 2026

JANUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Half Term - No Youth Club						
22	23	24	25	26	27	28

MARCH

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

S	M	T	W	T	F	S
Easter - No Youth Club						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

S	M	T	W	T	F	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
Half Term - No Youth Club						

JUNE

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21	22	23	24	25	26	27
28	29	30				

JULY

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Summer Break No Youth Club						

AUGUST

S	M	T	W	T	F	S
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Summer Break No Youth Club						

SEPTEMBER

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OCTOBER

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Half Term - No Youth Club						

NOVEMBER

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DECEMBER

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Christmas Break No Youth Club						

JANUARY

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OCTOBER

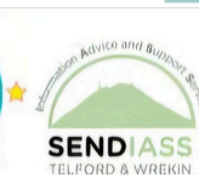
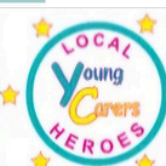
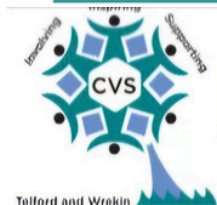
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13	14	15	16	17	18	19
Christmas Break No Youth Club						



July

UPCOMING EVENTS

2026

TANDWCVS Young Carers

DON'T MISS OUT!

WED
01

YOUTH CLUB

Discover handmade crafts, vintage finds and tasty local bites in a vibrant outdoor setting.

🕒 4.45pm – 6:30pm

July

WED
08

YOUTH CLUB

A cozy evening of unplugged performances, picnic vibes and soulful melodies.

🕒 4.45pm – 6:30pm

July

WED
15

YOUTH CLUB

Explore eco-friendly brands, workshops and tips for a greener lifestyle.

🕒 4.45pm – 6:30pm

July

SUMMER HOLIDAYS

TUES
21

SHROPSHIRE HILLS

digital farm

Invitations and details will be sent out shortly

there are lots more dates and activities to be confirmed

August

WED
22

SCOUTS

learn and enjoy a day with our very own scouts leader Anna.

Invitations and details will be sent out shortly

August

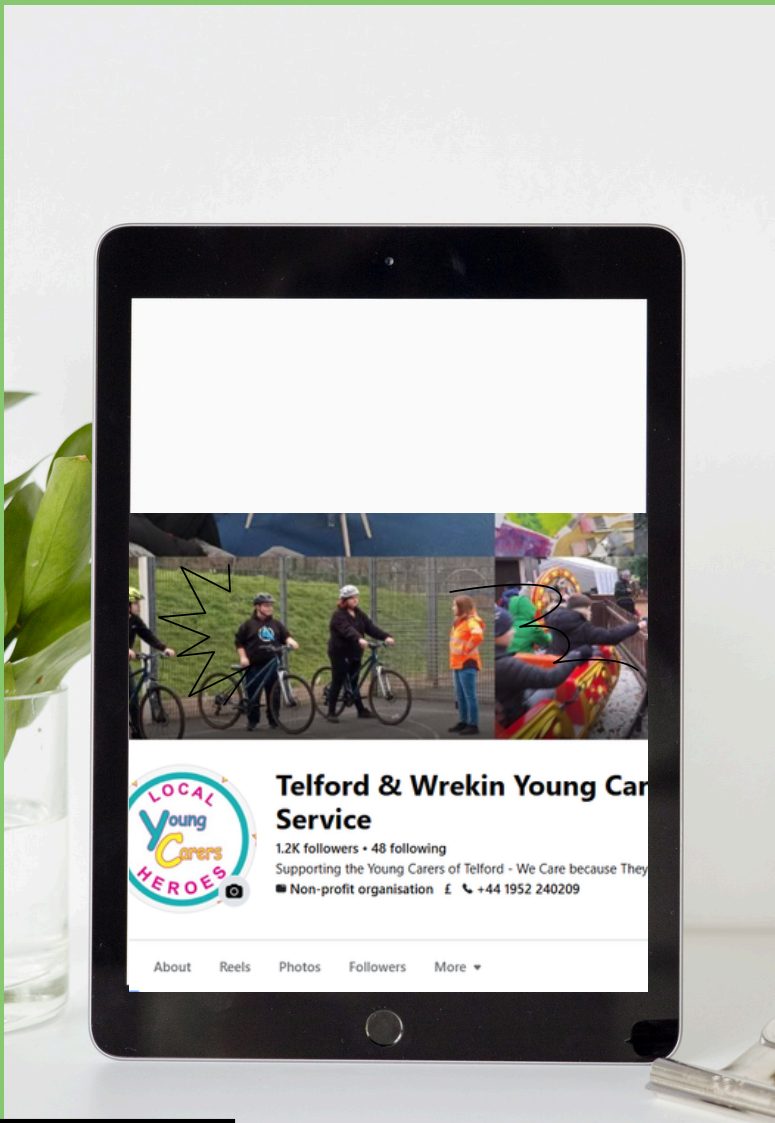


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TELFORD AND WREKIN YOUNG CARERS FACEBOOK



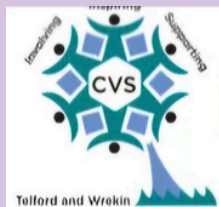
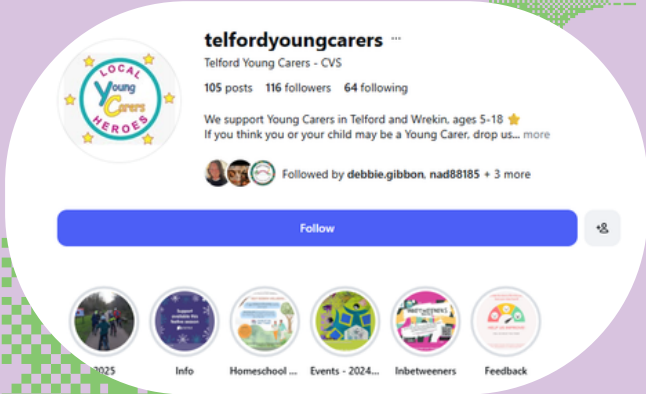
Keep up to date with what Young Carers are up to and what we do here at the Carers Centre.



TELFORD AND WREKIN YOUNG CARERS INSTAGRAM



Keep up to date with what Young Carers are up to and what we do here at the Carers Centre.





HOW TO TELL YOUR TEACHERS, FRIENDS, FAMILY...



That you may need some help,
support and to explain that you're a
Young Carer.

Do family responsibilities make it hard for you to take part in schoolwork or
extracurricular activities?

Do you feel stressed by balancing school and family commitments?

Do you think your school should take your family situation into account?

If you answered "yes" to any of these questions, read on—we've got some advice for
you!

**We do have Young Carer Passports available on request. These are super helpful for
expressing how you feel, writing in these could help you explain what you are going
through to someone without talking.**



WHERE TO START?

Try talking to someone in a safe, quiet
place, such as after class or during a
teacher's office hours. If speaking feels
difficult, you could write a letter, send
an email, or draw a picture showing
what life at home is like and how it
makes you feel. You might explain that
you have little time to play or relax, or
simply help someone you trust
understand the responsibilities you
have at home.

THE SOONER THE BETTER

If possible, talk about your
situation early, when you're
feeling safe and calm.
Then, if things become
stressful later, your
teachers, friends, and
family will already
understand and be able to
support you.

HOW DO I SAY THIS?

When making a request,
explain your needs as a
student. Phrases like "So I
can pass my exams" show
your good intentions and
help others understand
why you may need support,
flexibility, or understanding.



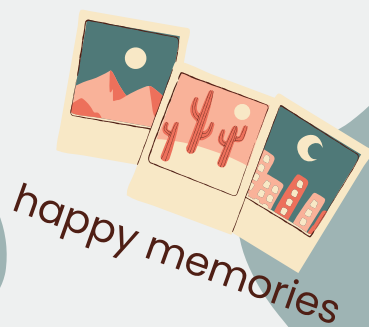
**TELFORD CHILDREN'S
AUTISM HUB**



Emergency kit

An Emergency Kit is a small collection of comfort items that young carers can keep with them to help manage stress, take a breather, and feel grounded when things get overwhelming

tips from staff...



Jade

Loops/ AirPods for noise
Fidget toy
Self care - face mask
Nice coffee whilst watching
my favourite show
And catsssss

Lip stick
Book
Hair bobble
Some time out in nature
Hand cream



Jeni



Ideas for your emergency kit

Journal and pens

Fidget toy

Your safe space

Your safe person

Water bottle



Whats in your emergency kit?



PROTECT YOUR OWN TIME

TRY TO HAVE A LITTLE TIME FOR YOU.

If you're a Young Carer, you probably spend a lot of your time looking after someone else and helping out at home. While caring for others is important, it's just as important to look after yourself too. Taking time for your own wellbeing isn't selfish – it's necessary.

One simple way to clear your mind is by going for a walk. Getting outside, breathing fresh air, and taking a break from your responsibilities can help you feel calmer and more positive. You could also try journalling. Writing down your thoughts, feelings, or even just what happened during your day can help you manage stress and understand your emotions better.

Remember to make time to relax as well. Whether it's listening to music, watching your favourite show, reading a book, or spending time with friends, doing something you enjoy can help you recharge. Looking after your own time and wellness will help you feel happier, healthier, and better able to cope with the challenges of being a Young Carer.



For Telford and Wrekin Young Carers





FEEDBACK PLEASE!

YOUR VOICE
MAKES A
DIFFERENCE

YOUR FEEDBACK HELPS US GROW AND
SUPPORT YOU AND YOUR FAMILY BETTER.

1 DO YOU ENJOY YOUNG CARERS YOUTH CLUBS?



What do you like
most?

What could be
better?

2 WHAT TRIPS WOULD YOU LIKE TO GO ON?

Where would you like to go?

What activities or places
would you enjoy?



3 HOW CAN WE IMPROVE?

What could we do
differently?

What would make our
clubs even better for you?

SCAN
ME!

Scan to
leave us a
review.



19



SHARE YOUR IDEAS
HELP SHAPE OUR FUTURE!

Thank you! ❤️



TELFORD CHILDREN'S
AUTISM HUB





CONTACT



Call- 01952 240209

Email- info.youngcarers@telfordcarers.org.uk

Website- www.telfordyoungcarers.org.uk