



Autumn-Winter Edition

Young Carers Newsletter

Autumn & Winter Activities

Halloween, Bonfire Night,
Christmas Crafts, Parties &
much more!



Christmas
PARTY

Join us on
**Sunday 20th
December**
for festive
fun!



Young Carers Voice

Find out how Chatten' 4
Action are helping
shape our service.



Wellbeing Corner

Tips for returning to school
and extra support
services.



Book Activities Online

Scan the QR code inside to reserve
your place.

CELEBRATING YOUNG CARERS EVERY DAY!

Updates

YOUNG CARER Christmas Celebration



Sunday 20th December
Mercure Hotel, Linkway
West, St Helens,
WA10 1NG,
★ Pyramid Suite

Join us for our annual Young Carer Christmas celebration! We've got festive food, music, activities and plenty of Christmas fun planned.

See pages 8-11 for more information on how to book on!

GROUP A & B

School Years 1-6

1:00pm - 3:30pm



Christmas games & activities



Festive surprises



Christmas buffet



Music, games & dancing

Come along, get festive and enjoy an afternoon with friends!

GROUP C & D

School Years 7 and above.

5:00pm - 7:30pm



DJ & your favourite tunes



Dance Floor



Christmas Buffet



Festive fun

Dress up, bring your Christmas spirit and enjoy an evening of festive fun with friends!

For Parents & Carers

FREE SCHOOL MEALS – IMPORTANT UPDATE

Did you know that from **September 2026**, the eligibility criteria for **Free School Meals** will be changing? Eligibility will now be extended to all children in households receiving Universal Credit, regardless of household earnings.

Please check with your school or local council to make sure you're registered. Free School Meals can help with the cost of living and ensure your child has access to a healthy, tasty lunch every day.

How to apply:

- Speak to our Welfare Benefits Team
- Speak to your school office or pastoral team
- Visit your local council's website to complete the online application
- Visit www.sthelens.gov.uk/free-school-meals

Even if you don't think you qualify, it's worth checking. Registering can also help your school access extra funding to support students.



Young Carers Making A Difference



Your Voice. Your Ideas. Your Impact.
Chattin' 4' Action is your Young Carers Committee.
It's your chance to share your ideas, influence local services, meet other Young Carers and help make a real difference across St Helens and beyond.



What We've Achieved Together



Meeting with other professionals and sharing our views!



Planned and designed Young Carer resources



Gained lifeskills through workshops

WHAT WE'VE BEEN UP TO...

Together we've...

- Helped create healthcare resources
- Designed posters for schools
- Shared our experiences with professionals
- Taken part in Public Speaking, CV Writing and Interview Skills workshops
- Planned future activities
- Represented Young Carers at meetings and events
- Helped improve support for Young Carers

JOIN CHATTIN' 4 ACTION!

Are you aged 13+?
Would you like to:



Share
your
ideas



Make
a difference



Help
shape our
service



Raise
awareness

Speak to a member of the Young Carers Team or pop us an email to find out more.
info@sthelenscarers.org.uk

WE GO OUT, WE SPREAD AWARENESS. WE SUPPORT.
Our Outreach Officer is out and about across St Helens helping more Young Carers find the support they deserve.

You may see us at:



Schools & Colleges



GP Surgeries & Healthcare Services



Local & Community Events

Our C4A Members said...

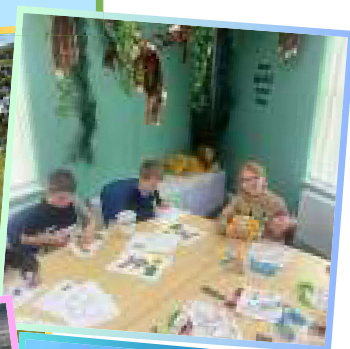
- "I feel listened to."
- "I've made new friends."
- "Being part of Chattin' 4' Action has given me a voice."
- "I feel more confident."



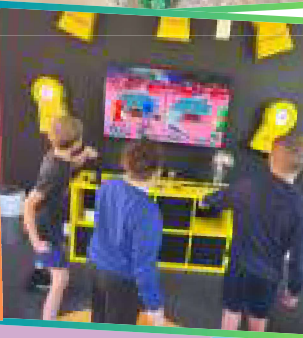
Check our social media for updates on where we've been recently!



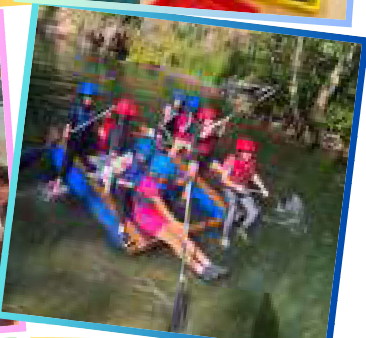
Young Carers in Action!



TAKE A LOOK



Young Carers In Action!



CAN YOU SPOT YOURSELF?





Looking After Your Wellbeing



Meet Libby

“Hi, I'm Libby. The new Wellbeing Officer for the Young Carers Team! I have a degree in Psychology and I'm passionate about improving mental health and wellbeing. When I'm not working I like to spend time with my friends, reading and taking my dog Liza for walks.”

WELCOME

BACK
SCHOOL

Are you feeling nervous about starting somewhere new this September?

It's okay to feel worried!

Starting a new school/college can feel scary, but it's completely normal to have worries. Speak to someone you trust if you're feeling unsure.



Talk to your friends!

Chances are, your friends are feeling the same way. Sharing your worries can help you feel supported and less alone.

Find someone you can talk to

Get to know your Young Carer Champion or another trusted member of staff. They're there to listen and support you.



Take it one day at a time

You don't have to figure everything out straight away. Give yourself time to settle in, try new things and ask for help when you need it.

Do you need a little extra support?

THRIVE brings together a range of mental health and wellbeing services for children and young people across St Helens. Whether you want advice, practical support or specialist help, THRIVE can help to find you the right service!

Website:

<https://thrivesthelens.my.canva.site>

THRIVE St Helens Children and Young People
Emotional Wellbeing and Mental Health Support Offer

Welcome Open Evenings

Our Open Evenings are a chance to:

- Meet the team
- Look around the centre
- Meet other Young Carers
- Find out more about what we offer

Come along and find out more about being a Young Carer!



Activities



Hey Young Carers!

Our new activity programme is here – packed with cool stuff like Halloween crafts, bonfire fun, cosy movie nights and Christmas parties!



Come chill, create and have fun with your friends!



Quick Booking Reminder

Before completing a booking form, **please check your child's Young Carers group and select the school year they will be starting in September.** This helps us ensure every Young Carer is booked onto the correct activities and avoids any confusion. Thank you!



 To book a place on our activities, visit www.sthelensyoungcarers.org/activities or scan the QR code!

 You can also call us on 01744 677279 to book your spot.



REMINDER

Would you like to come to one of our residentials? Don't forget to complete the residential interest form on our website!



Group A (School Years 1-4)

Date	Time/Location	Theme and Additional Information
Monday 14 th September 2026	5pm - 7pm Young Carers Centre	You Dessert The Best! Decorate your own delicious desserts.
Monday 28 th September 2026	5pm - 7pm Young Carers Centre	Sand Art Designs Use colourful sand to create bright and imaginative pictures, patterns, and unique works of art.
Monday 12 th October 2026	5pm - 7pm Young Carers Centre	Builders Club and Tote Bag Design Put your building skills to the test with creative construction challenges, then design and decorate your own personalised tote bag.
Monday 26 th October 2026	2pm - 4pm Young Carers Centre	Ghostly Games and Creepy Crafts Enjoy spooky-themed games and make fun Halloween-inspired crafts, decorations, and creepy creations.
Monday 9th November 2026	5pm - 7pm Young Carers Centre	Mini Masterpieces Explore different art techniques and create your own small but impressive masterpieces to take home.
Monday 23rd November 2026	5pm - 7pm Young Carers Centre	Bracelet Design and Film Night Design and make your own friendship bracelets before relaxing with a film and snacks for a cosy movie night.
Monday 7th December 2026	5pm - 7pm Young Carers Centre	Santa's Workshop Get into the festive spirit by making Christmas crafts, decorations, and holiday treats just like Santa's little helpers.
SUNDAY 20th December 2026	1:00pm - 3:30pm Mercure Hotel	Christmas Party Linkway West, St Helens, Merseyside, WA10 1NG, United Kingdom



Scan QR code to book on
to your group!



See Page 2
for more
exciting
details!

Group B (School Years 5-6)

Date	Time/Location	Theme and Additional Information
Monday 7th September 2026	5pm - 7pm Young Carers Centre	Etch Art Wild Animals Create amazing wild animal pictures using colourful etch art techniques and creative design skills.
Monday 21st September 2026	5pm - 7pm Young Carers Centre	Darts and Doughnuts Night Take part in friendly darts challenges and games while enjoying delicious doughnuts and snacks.
Monday 5th October 2026	5pm - 7pm Young Carers Centre	Bracelet Making and Cupcake Design Design and make your own bracelets before decorating cupcakes with colourful icing and sweet toppings.
Monday 19th October 2026	5pm - 7pm Young Carers Centre	Builders Club and S'mores Night Work together on exciting building challenges, then enjoy making and eating tasty s'mores.
Monday 2nd November 2026	5pm - 7pm Young Carers Centre	Firework Fun Create bright firework-themed artwork and enjoy colourful activities inspired by Bonfire Night celebrations.
Monday 16th November 2026	5pm - 7pm Young Carers Centre	Table Tennis and Tote Bags Design Play fun table tennis games and tournaments before designing and decorating your own personalised tote bag.
Monday 30th November 2026	5pm - 7pm Young Carers Centre	Christmas Crafts Make festive decorations, handmade gifts, and fun holiday crafts to celebrate the Christmas season.
THURSDAY 10th December 2026	5pm - 7pm Young Carers Centre	Christmas Movie and Hot Chocolate Night Relax with a festive Christmas film while enjoying a warm cup of hot chocolate and a cosy evening together.
SUNDAY 20th December 2026	1:00pm - 3:30pm Mercure Hotel	Christmas Party Linkway West, St Helens, Merseyside, WA10 1NG, United Kingdom



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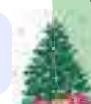
See Page 2
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Group C (School Years 7-9)

Date	Time/Location	Theme and Additional Information
Tuesday 15th September 2026	5pm - 7pm Young Carers Centre	Minute To Win It Take on a series of quick, exciting challenges where teamwork, skill, and speed are put to the test.
Tuesday 29th September 2026	5pm - 7pm Young Carers Centre	Deal or No Deal YC Edition Play a fun Young Carers version of the classic game show, making choices and taking risks to win prizes.
Tuesday 13th October 2026	5pm - 7pm Young Carers Centre	Dough It Yourself - Pizza Night Create your own personalised pizza with a variety of tasty toppings before enjoying it together.
Tuesday 27th October 2026	2pm - 4pm Young Carers Centre	Pumpkin Carving & Halloween cookie Decorating Carve spooky pumpkins and decorate Halloween-themed cookies with colourful icing and sweet treats.
Tuesday 10th November 2026	5pm - 7pm Young Carers Centre	Table Tennis and Tote Bags Enjoy friendly table tennis games and tournaments before designing and decorating your own personalised tote bag.
Tuesday 24th November 2026	5pm - 7pm Young Carers Centre	Im A YC Get Me Out Of Here Take part in exciting jungle-inspired challenges, team games, and fun tasks to earn points and become the ultimate champion.
Tuesday 8th December 2026	5pm - 7pm Young Carers Centre	Christmas Movie and Hot Chocolate Night Relax with a festive Christmas film while enjoying a warm cup of hot chocolate and a cosy evening together.
SUNDAY 20th December 2026	5pm - 7:30pm Mercure Hotel	Christmas Party Linkway West, St Helens, Merseyside, WA10 1NG, United Kingdom



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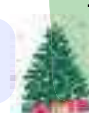
**See Page 2
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exciting
details!**

Group D (School Years 10- upto your 18th Birthday)

Date	Time/Location	Theme and Additional Information
Wednesday 9th September 2026	5pm - 7pm Young Carers Centre	Board Games and Cheeseboard Night Enjoy a relaxed evening of classic and modern board games while sharing a delicious cheeseboard and snacks together.
Wednesday 23rd September 2026	5pm - 7pm Young Carers Centre	Table Tennis and Tenable Night Compete in friendly table tennis matches before taking part in a fun quiz inspired by the TV game show Tenable.
Wednesday 7th October 2026	5pm - 7pm Young Carers Centre	Dylans Reptiles Meet a range of fascinating reptiles and learn interesting facts about snakes, lizards, and other exotic animals during this interactive session.
Wednesday 21st October 2026	5pm - 7pm Young Carers Centre	Dough It Yourself - Pizza Night Create your own personalised pizza with a variety of tasty toppings before enjoying it together.
Wednesday 4th November 2026	5pm - 7pm Young Carers Centre	Paint and Pop Fireworks Edition Create colourful firework-inspired artwork using fun painting techniques while enjoying games, music, and a festive Bonfire Night atmosphere.
Wednesday 18th November 2026	5pm - 7pm Young Carers Centre	Im A YC Get Me Out Of Here Take on exciting jungle-inspired challenges, teamwork tasks, and fun trials to earn points and become the ultimate champion.
Wednesday 2nd December 2026	5pm - 7pm Young Carers Centre	The Great Gingerbread Challenge Work individually or in teams to design, build, and decorate impressive gingerbread creations in a festive competition.
Wednesday 9th December 2026	5pm - 7pm Young Carers Centre	Christmas Movie and Hot Chocolate Night Relax with a festive Christmas film while enjoying a warm cup of hot chocolate and a cosy evening together.
SUNDAY 20th December 2026	5pm - 7:30pm Mercure Hotel	Christmas Party Linkway West, St Helens, Merseyside, WA10 1NG, United Kingdom



**Scan QR code to book on
to your group!**



**See Page 2
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exciting
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Contact Us

If you would like to speak to a member of our team, please don't hesitate to get in touch! Our team is dedicated to providing support to all of our Young Carers and their families.



Opening Times:
Monday - Thursday
9:30am - 4:30pm
Friday
9:30am - 4:00pm



**St Helens
Young Carers Centre**

FOLLOW US Stay Connected!

Be the first to hear about events, support & stories from other Young Carers!



sthelenscarerscentre



sthelenscarerscentre



sth.yc



Contact Details

01744 677279

info@sthelenscarers.org.uk

www.sthelensyoungcarers.org

How to find us:

St Helens Young Carers
Centre
1st Floor, Fishwick House
18 Cotham Street
St Helens
WA10 1SJ
(Opposite the
St Helens Town Hall)

SCAN ME
TO VISIT THE
WEBSITE



St Helens Young Carers is part of St Helens Carers Centre which is a registered charity in England and Wales (No. 1089663) registered as a company limited by guarantee in England & Wales (4203210)

Registered office: 31-35 Baldwin Street, St Helens, WA10 2RS.