**TEN Young Carers Autumn Activity Plan**

**Requesting an Activity**

On the below pages you will find a list of the activities we have planned for our Young Carer Autumn Programme. Please cross (x) the activities you are interested in and complete the relevant documents below. **PLEASE NOTE:** that by crossing you are interested in an activity **DOES NOT** guarantee your place, you will be contacted by a member of the team via text to let you know if and what activities your child(ren) have been awarded. The TEN Young Carers Team have over 250 Young Carers on our database, therefore we need to ensure that those Young Carers who request a space, are allocated at least one activity over the autumn programme. Please be mindful that the spaces are limited which means you may not get a space on everything you have chosen. Please do not text staff asking if you have been given a space on an activity as replying to these messages takes a significant amount of time . A member of the team will contact you should you receive a space.

**Confirming Attendance to an Activity Pack or Activity**

Should you be lucky enough to receive a space on one of our activities you will receive a text from one of the TEN Young Carers team letting you know. The text will ask if you would still like the space you requested. *“Hi your child(ren) have been allocated a space for ACTIVITY PACK NAME on DATE. Can you please text back to let us know you would still like the space? Thanks the TEN Young Carers Team”.* Please text back to this message say YES you would like the activity pack or NO you no longer require it so we can update our booking system and reallocate the pack/activity should you no longer wish to attend. Should you still want the activity pack/space the day before the activity you will receive a reminder text message of the pickup place or event details. You do not need to reply to this message unless your circumstances have changed and you can no longer attend. If you can no longer attend please let us know ASAP so we can reallocate the space to another Young Carer/family. It sounds simple and self-explanatory but these steps are really **IMPORTANT** as for Track and Trace as we need keep a detailed record of who will be attending our collection points and activities.

**Collection Point Information**

Collection point for all craft and cooking activity packs will be once a month at Temple Park Leisure Centre, South Shields, NE34 8QN, 5.00pm – 6.00pm. A member of the TEN Young Carers team will be there to hand over you craft pack should you have been allocated a space. Delivery will be available however this will only be available to those families **SHIELDING.** Please be mindful that due to the current pandemic we are running on a reduced team and so it may take a little longer for us to reply to our Facebook messages and texts. Please bear with us, we will get back to you ASAP ☺

**Social Distancing, Sanitation Station and Activities**

If you are displaying any COVID-19 symptoms please **DO NOT** attend an activity pack collection/activity. Please follow government guidelines and adhere to social distancing measures **AT ALL TIMES,** staying a minimum of 1 meter away but preferably 2 meters if possible. There will be a sanitation station at each collection point/activity. Please use the hand sanitiser provided, at the sanitation station, before approaching any staff member. **NO** physical contact with others, such as hand shaking. If attending an external venue please ensure you follow all relevant COVID-19 control measures. Staff will be keeping a record those attending activity collections/activities for track and trace purpose. If attending an activity families **MUST** stay in their own ‘bubble’ adhering to social distancing rules at all times. Where able to, staff will have designated coned areas (red cones) for each family to ensure safe distancing measures. Please **AT ALL TIMES** adhere to government guidelines.

**‘3 STRIKES AND YOUR OUT’ Rule**

We have over 250 Young Carers on our database who will be invited to attend our TEN Young Carers Activity programme. We understand that unexpected things crop up due the nature of caring responsibilities more now than ever with the current uncertain times due to the pandemic. We ask that if you have been allocated an activity pack/activity, by a member of the TEN Young Carers team, and are no longer able to make it, that you please let a member of the team know **ASAP** via text. This will allow YC staff to reallocate the activity pack/activity to another Young Carer/family ensuring all spaces are filled and everyone is given an opportunity to participate. Letting us know you can no longer attend, before the event, will help project staff manage our booking system and **WILL NOT** affect any future activity allocations (You **WILL** be considered for future events). Should you however be allocated an activity pack/activity and **NOT ATTEND** (without letting a team member know you can’t make it) this **WILL** affect future activity allocations (you may **NOT** be chosen for future activities) as we will now be operating a ‘3 STRIKES AND YOUR OUT’ rule. TEN Young Carers is a charity and relies on funding streams and fundraising to provide activities to Young Carers and their families. Events and support provided cost a significant amount of money and are usually paid for upfront before the event takes place. Not attending an event/activity pack collection, without letting a member of staff know prior, will stop another Young Carer/family being given the chance to attend and waste money. Please let us know ASAP if you cannot attend.

Allocated an activity pack – Cannot attend but lets a member of the team know – **STILL CONSIDERED FOR OTHER ACTIVITIES**

Allocated an activity pack/activity - Cannot attend and does not let a team member know – **STRIKE ONE,** Allocated an activity pack/activity - Cannot attend and does not let a team member know – **STRIKE TWO**, Allocated an activity pack/activity - Cannot attend and does not let a team member know – **STRIKE THREE,**

**WILL NOT BE CONSIDERED FOR FUTURE ACTIVITIES**

Frequently Asked Questions

***My child has a caring role but is not registered with the TEN Young Carers Project can they still attend?*** No your child must be registered with the TEN Young Carers Project in order to be eligible or attend an activity. If you would like to refer your child please contact a member of the team and they will help you with this.

***Where do I return the consent form?*** Return the completed consent form via email to [admin@styoungcarers.org.uk](mailto:admin@styoungcarers.org.uk). We expect to be receiving a lot of emails so please bare with us.

***I have more than one child who is a Young Carer; can I write their details all on the same form?*** No, please use a separate form per child to make all medical information clear. Please save this document as your child’s name and send via email to the following email address [admin@styoungcarers.org.uk](mailto:admin@styoungcarers.org.uk)

***I have missed the hand in date; can I still submit the consent form?*** Yes, however if the places have all been allocated your child will be put on the reserve list.

***My child does not attend the weekly youth clubs but would like an activity (pack), are they eligible?*** Yes they can still request a place, we offer a number of services. It is not obligatory to access all of them.

***How do I know if my child has been given a place?*** Do not assume you have a place you **WILL** be contacted by the Young Carers activity team prior to the event to let you know if your child has been allocated a place. This is usually done via text as explained above.

***Are the activities ‘first come first served’?*** No the places are allocated based on the need of the Young Carer and the impact of their caring role.

***Do we have to pay for the activities?*** No, they’re free! All activities are funded via the project and fundraising. The only time you will be asked to bring some money is if your child wants to buy a drink/ice cream or a souvenir however this is usually optional. Family events may require you to pay for lunch however staff will let you know if this is the case.

***We would like to come to a family day, who is eligible to go?*** Any of the family can attend these activities including the cared for person. Spaces are however limited to 3 per family including the Young Carer. If you have a large family and 3 spaces is not enough please let a member of staff know. We may be able to help however this is not guaranteed.

Young Carers Autumn 2020 Consent Form

**Young Carer (YC) Details:**

**When saving this document and sending to the email address provided please save the document as the name of your child.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Forename** |  | **Surname** |  | **Date of Birth** |  |
| **Age** |  | **Gender** |  | **Ethnicity** |  |
| **Religion** |  | **Address** |  | | |
| **Town** |  | **Postcode** |  | **Home Number** |  |
| **Mobile Number** |  | **Emergency Contact Name** |  | **Emergency Contact Relationship to YC** |  |
| **Emergency Contact Number:** |  | **School** (Include Primary/Secondary) |  | | |
| **Medical Information, Allergies, Medication** | \*Include Dietary Requirements | | | | |
| **Parent/Guardian Name** |  | | | **Relationship to YC** |  |
| **Email** |  | | | **Photo Consent** | Complete Page 13 |
| **Signature** (if completing online- just print your full name) |  | | | **Date** |  |



**Medal Mad: Trolls & Finding Nemo**

During our summer programme we have seen a lot of our families enjoying and succeeded in our amazing 5K challenges! Therefore for the next couple of months we are encouraging more people to get up and get active by taking part in more challenges. Each lucky attendee will be given a medal journal that's theirs's to fill in as they can document their 5k distance. You can run, jog, walk, skip or hop then write down your distance and information as complete it. Then please return your journal back to us where you will be rewarded your medal.

**Trolls 5K Medal Mad:** In September, you can have the chance of bagging yourself a pretty impressive "Trolls" 5K medal that you can show off with pride! Put in your headphones and have your very own troll party whilst on your walk by singing and dancing your way to your Medal.

**Finding Nemo 5K Medal Mad:** In October, you can have the chance to add to your collection a "Finding Nemo" 5K medal. Dude, first grab your exit buddy just like Marlin and Dory and just keep swimming but in our case just keep walking!

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| **Activity** | **Date of the Event** | **Activity Pack Collection Date (If Applicable)** | **Venue/Collection Point** | **Time** | **Please Cross** |
| **Trolls 5K Medal Mad** | September  14/09/20 – 28/09/20 | Medal Mad Journal available should you receive a space. | Collection of Medal will be discussed once you have completed you 5K | Not Applicate |  |
| **Finding Nemo 5K Medal Mad** | October  05/10/20 – 19/10/20 | Medal Mad Journal available should you receive a space. | Collection of Medal will be discussed once you have completed you 5K | Not Applicate |  |

**Week One: Alice in Wonderland**

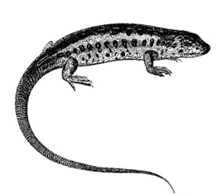
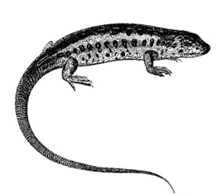
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| **Activity** | **Date of the Event** | **Activity Pack Collection Date (If Applicable)** | **Venue/Collection Point** | **Time** | **Please Cross** |
| **Mad Hatter Clocks** | Tuesday  15/09/20 | Thursday  10/09/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm - 6.00pm |  |
| **Stained Glass Alice Bands** | Tuesday  15/09/20 | Thursday  10/09/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm – 6.00pm |  |
| **Queen of Heart Cupcakes** | Wednesday  16/09/20 | Thursday  10/09/20 | Temple Park Leisure Centre  South Shields, NE34 8QN | 5.00pm – 6.00pm |  |

Welcome to Week 1, this week’s themed activities are asking you to step inside Wonderland which is full of adventures with some of Alice’s well known friends.

**Mad Hatter Clocks:** I’m late I’m late for a very important date, no time to say hello, goodbye. I’m Late, I’m Late, I’m Late! Get your hands on your own Clock so you are on time not like Mr Rabbit. You will be shown how to create and design your clock into a Mad Hatter looking crazy flower clock in our handy online tutorial, then it is all down to you to get painting, cutting and designing. You will be provided with all the materials, all you will need are scissors and colouring pens.

**Stained Glass Alice Bands**: Have you ever wished to have your very own Alice Band? This is your chance to create your own band and which is inspired by the magical place Wonderland. You can have a multi coloured one just like the Mad Hatter or have an elegant band just like the White Queen. We will be providing you with the Stained Glass band and the marker to get your crafting skills at the ready.

**Queen of Heart Cupcakes:** Our #baking activity for this week is to create your very own Queen of Heart Cupcakes! You'll be provided with all of your Cupcakes ingredients from the flour to the icing then all you need to do is get your chef hat on and create some amazing delicious cupcakes.

**Week Two: Animals & Insects**

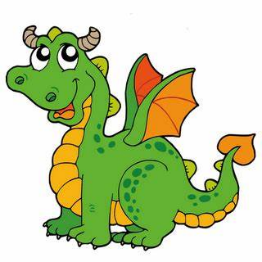
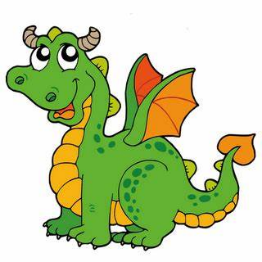
Welcome to Week 2, this week’s activities are all about different types of animals and insects that we are able to create and craft into our own very pet for us to enjoy and have fun!

**Sand Lizards:** Have you ever wanted a sand lizard for a pet? We are giving you the opportunity to create and craft a little friendly friend to keep you company. It can be the most colourful lizard we have ever seen or it could be in camouflage and we will never be able to see it! We will be providing you with the little lizard friend and all you need to have at the go are your colouring pens.

**Scratch Art:** We have a range of different types of sea life creatures for you all to enjoy. All you have to do it scratch away, then the unexpected surprise is what range of colour could be underneath! A whale could be pink, we will have to wait and see!

**Hedgehog Bread:** Our #baking activity for this week is to create your very own Hedgehog Bread for all of the family to enjoy with some jam or chocolate spread. We will be providing all of the virtual ingredients, so get your oven gloves at the read to knead your Hedgehog Friend from scratch!

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| **Activity** | **Date of the Event** | **Activity Pack Collection Date (If Applicable)** | **Venue/Collection Point** | **Time** | **Please Cross** |
| **Sand Lizards** | Tuesday  22/09/20 | Thursday  10/09/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm -6.00pm |  |
| **Scratch Art** | Tuesday  22/09/20 | Thursday  10/09/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm – 6.00pm |  |
| **Hedgehog Bread** | Wednesday  23/09/20 | Thursday  10/09/20 | Temple Park Leisure Centre  South Shields, NE34 8QN | 5.00pm – 6.00pm |  |

**Week 3: Myths**

Welcome to Week 3, this week’s activities are asking you to come into the world of dragons, mermaids, unicorns and much more! If you believe in this magical and mythical world you are in the right place!

**Ceramic Painting:** Let’s open up our imagination to the legendary tales of Glittering unicorns, fire breathing dragons and colourful mermaids. We have a range of ceramic shapes for you to step into the world of myth or legend. Some of the exciting things you could create are unicorns, mermaids, pirates and much more! There will be a helpful online tutorial, then it is all down to you to craft away to create your own mythical creature.

**Dragon Scone:** Our #baking activity for this week is to make your own fire breathing Dragon Scones. You will learning a variety of skills like measuring and moulding the dough into our not so friendly giants. We will be providing all of the important ingredients, so get your jam and cream at the ready!

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| **Activity** | **Date of the Event** | **Activity Pack Collection Date (If Applicable)** | **Venue/Collection Point** | **Time** | **Please Cross** |
| **Ceramic Painting** | Tuesday  29/09/20 | Thursday  10/09/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm -6.00pm |  |
| **Dragon Scones** | Wednesday 30/09/20 | Thursday  10/09/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm – 6.00pm |  |

**Week 4: Harry Potter Lessons Part 1**

Welcome to Week 4, this week’s activities are all inspired by Harry Potter to get us into the Halloween mood. So gets your trunks packed and let’s go to Platform 9 ¾ and step onto the Hogwarts express to meet some of Harry’s friends which have helped us organise some wizardry fun!

**Hedwig Boxes:** We all need a companion like Hedwig is to Harry Potter. So this is your chance to create your own snowy owl box for you to keep and put your personal own owl letters in. We will provide you with a virtual tutorial on how to make Hedwig, therefore the pack will have the owl box and all of the bits and bobs to create your own little companion. You will just need a black pen to finish off your design!

**Brownies:** Our #baking activities for this week is to get your British bake off on to make some delicious, glorious brownies for all of the family to enjoy. We will be providing all of the ingredients from the chocolate to the flour, so all you need is your oven at the ready for the amazing smell to circulate your home.

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| **Activity** | **Date of the Event** | **Activity Pack Collection Date (If Applicable)** | **Venue/Collection Point** | **Time** | **Please Cross** |
| **Hedwig Boxes** | Tuesday  06/10/20 | Thursday  01/10/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm -6.00pm |  |
| **Brownies** | Wednesday 07/10/20 | Thursday  01/10/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm – 6.00pm |  |

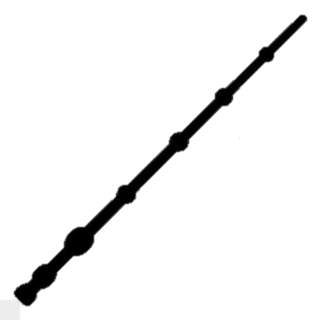
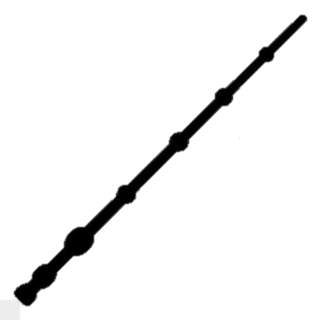
**Week 5: Harry Potter Lessons Part 2**

Welcome to Week 5, this week’s activities are asking you to fly yourself into the world of Hogwarts and have a lesson with Dumbledore about all things potions and broom sticks. Be prepared for the sorting hat to decide which house you could be in, the questions is are you a Slytherin or a Gryffindor?

**Broom Making:** You have a lesson with Madam Rolanda Hooch for our Broom Making Lesson. Once we have creating our personalised flying machine, we will be able to have a game of Guidditch against each other so grab ahold of your wizard hats. Look out for our useful online tutorial, then it is down to our muggles to design a broom. We will be providing with all of the bits and bobs, however they will need to go and collect some sticks and twigs to finish off your creation.

**Ginger Making Biscuits:** Our #baking activity for this week is to dust off your potion skills for measuring your ingredients and moulding your very own Ginger Biscuits. Get your rolling pin and flour out of your cupboards to start creating our mouthwatering biscuits.

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| **Activity** | **Date of the Event** | **Activity Pack Collection Date (If Applicable)** | **Venue/Collection Point** | **Time** | **Please Cross** |
| **Broom Making** | Tuesday  13/10/20 | Thursday  01/10/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm -6.00pm |  |
| **Ginger Baking Biscuits** | Wednesday 14/10/20 | Thursday  01/10/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm – 6.00pm |  |

**Week 6: Harry Potter Lessons Part 3**

Welcome to Week 6, this week’s activities are all inspired by the famous wizard Harry Potter to finish off our autumn program. We need to start defending ourselves from all the spooky Dementors and have our own Pantous to fight them off!

**Mandrake Making:** We will be making our not so quiet friend Mandrake. This is your opportunity to sculpt and mix a variety of different ingredients together to create a dough. Then it is your time to craft away your Mandrake plant but designing his face and body. Be prepared that these little plants have a nasty scream ☺

**Wands:** Expelliarmus!! Have you ever wanted to get into a dual with another witch or wizard? This is your week to design and create your very own personalised wand to fight of Voldemort and his Death Eaters. You will be provided with the magical object, and all you need is colouring pens so you are ready to fight for Hogwarts.

**Olivanders Chocolate Wands**: Our #baking activity for this week is the chance to make your own edible chocolate wand! Get your taste buds on the go, and hopefully you won’t yourself under a spell.

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| --- | --- | --- | --- | --- | --- |
| **Activity** | **Date of the Event** | **Activity Pack Collection Date (If Applicable)** | **Venue/Collection Point** | **Time** | **Please Cross** |
| **Mandrake Making** | Tuesday  20/10/20 | Thursday  01/10/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm -6.00pm |  |
| **Wands** | Tuesday 20/10/20 | Thursday  01/10/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm – 6.00pm |  |
| **Olivanders Chocolate Wands** | Wednesday  21/10/20 | Thursday  01/10/20 | Temple Park Leisure Centre South Shields, NE34 8QN | 5.00pm – 6.00pm |  |

Photo and Video Consent

Images of you and your child may be taken when attending the TEN Young Carers Project (TEN North East Limited) at our (not an exhaustive list); after school respite groups, school holiday activities, drop in sessions, awareness events, residential breaks, structured programs or workshops or any other event or activity organised by TEN South Tyneside Young Carers Project

I consent to images of my child being used for TEN South Tyneside Young Carer’s projects (TEN North East Limited) promotional literature, website and social media. TEN South Tyneside Young Carer’s Project may also send images of your children to organisations funding the activities/events as part of our feedback/evaluation (e.g. National Lottery and Children in Need). By selecting YES you consent to TEN South Tyneside Young Carers project using images of your child for the purposes outlined above.

**YES NO**

You can withdraw your consent to the following at any time by contacting:

FAO Levi Cosker

The Eco Centre  
Windmill Way  
Hebburn   
NE31 1SR

[levi@styoungcarers.org.uk](mailto:levi@styoungcarers.org.uk)

We will act upon your request without undue delay and at the latest within one month of receipt. We will inform you once the request is completed.

Although we can delete all photos we hold and remove your consent to ensure no more are taken, we cannot guarantee removal from the internet (including social media) or any materials produced using your image as these are distributed freely and will be available indefinitely.