



PortFest Mardis Gras

On Thursday 30th June, 10 of our young carers took part in Portsmouth's first Mardis Gras, opening PortFest's month of art, music, and drama events in the city.

In the build up to the parade, our young carers were involved in designing and making the costumes, deciding on music, and learning the dance that was created for them to perform as they paraded through the streets of Southsea with lots of other youth groups and organisations based in the city. They were joined by 3 of our young adult carers, who walked the route to support us... The photos say it all... a great time was had by everyone. 😊



Young Carers Festival

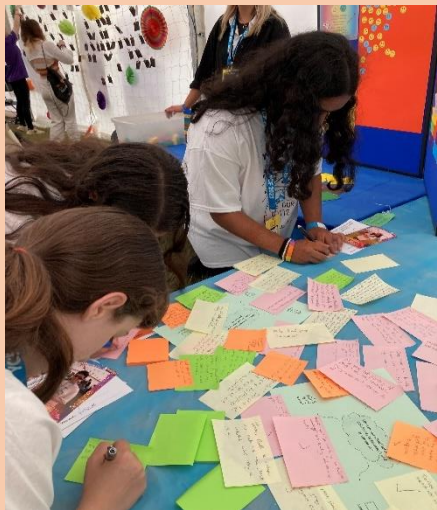
At the beginning of July 10 Portsmouth Young Carers attended Fairthorne Manor for the Young Carers Festival 2023. They joined around 800 other young carers from around the country, made new friends, had a chance for their voice to be heard and enjoy activities including disco and fairground rides. We had some young carers who were brave enough to do karaoke on stage.

"It was really good, an opportunity to make new friends and socialise" Kieran age 15

"I felt surprisingly calm" Ewan age 14

"The best things were the fireworks rides, free gifts and disco" 2 young carers age 15

Here is the official Young Carers festival video: <https://www.youtube.com/watch?v=iQ2dFct1zgY>



Wednesday group

During June, 10 young carers from the Wednesday Paulsgrove group took part in paddle boarding and kayaking sessions at the Andrew Simpson Centre. The group absolutely loved this opportunity, and they were a pleasure to be with. The sessions were funded as part of an 'EnergiseYou' bid - promoting and supporting positive mental and physical health and the promotion of community resources.



Saturday Group

PCSO's will be came along to promote summer safety with our young carers, including water safety, keeping yourself and your property safe. They then took a question-and-answer question and gave advise on a 1 2 1 With one YC over an issue they had with social media.



Click the image on the left to find out more about The Library Services pack that young people can get if they sign up to the Ready, Set, Read!

Looking for some free and low-cost activities in Portsmouth:

<https://www.portsmouth.gov.uk/services/benefits-and-support/cost-of-living-hub/low-cost-activities-and-entertainment/>

Young Adult Carers

In recent weeks we have been cooking, teaching each other new games, supporting the young carers at the Portsmouth Mardis Gras, and creating 'Calm' boxes.

These boxes are a great way to help a person to calm down and focus on positive things when they're starting to feel anxious, upset, or over-whelmed. Each box is individual to the person, who puts things in that they can use to help 'ground' themselves in those situations.

We've attached a leaflet with more information and ideas in case any of you would like to make one.



Summer Hub launch event

July 26th there will be a launch event at both Somerstown and Paulsgrove family hubs. There will be free activities for all ages and we will be there with a bug house building activity and a nature treasure hunt!

[Free family fun events in Portsmouth to launch new services at new city hubs | The News](#)

During July, we will have Wilder Portsmouth coming along to Wednesday group to prepare Paulsgrove Hub for their launch event.

Click the logo to find out more about their summer holiday activities!



Young Carers and the School Census

Young carers were included in the school census for the first time in the Spring. They will continue to be included in the Spring return each year now. This will help ensure that young carers and support for them is an important focus for schools in England.

It's estimated that 10% of young people are young carers... which means that there are 3 young carers in every class in every school.

The percentage that schools logged was much lower than that (0.6%), with 79% of schools in England recording no young carers on their return.

The results for Portsmouth were slightly higher at 0.7%.

This means that lots of young carers aren't getting the support they deserve from their school.

For more census information, follow this link: <https://carers.org/campaigning-for-change/young-carers-and-the-school-census>

What can you do to help your school identify more young carers... and ensure that you're getting the right help from them?

- Do they know that you're a young carer? If not, think about letting them know.
- Tell them about the free young carers training that Portsmouth Young Carers Service provides all schools and colleges in the city. If young carers aren't talked about in your school, then it's likely that they're not working with us.
- If school/college don't understand how being a young carer affects you, let us know and we can support you to help them understand.



SUMMER OF LOVE

FREE FAMILY FUN DAY

**SATURDAY 2ND SEPTEMBER
10AM - 4PM**

**VICTORIA PARK,
PORTSMOUTH**

**JOIN US FOR A FETE DAY FILLED WITH LOTS
OF FUN FOR YOUR LITTLE ONES**

KIDS ACTIVITIES

RAFFLE

KIDS ENTERTAINMENT

COMMUNITY STALLS

REFRESHMENTS

023 9273 4400

www.homestartportsmouth.org.uk

Home-Start Portsmouth is a charitable company limited by guarantee. Charity no. in England 1124943 Company no. 6636439.
Registered office: The Haven, 17 Lake Road, Portsmouth, PO1 4HA