



Summer Holiday activities 2023

It was great to see lots of young people join in over the summer, including new and also some young carers we hadn't seen for a while who re-engaged with the activities. The young carers experienced a variety of different physical activities including visits to adventure playgrounds and activity centres where they tried paddle boarding, learnt archery skills and played Lazer tag.

"I really enjoyed the paddleboarding and playing the games with the other young people on the water, (age 16)

A new young carer (age 12) who visited Playzone said "It was my first time going to young carers and I was scared and worried I wouldn't know anyone. I met the workers who were nice, and I knew one of them already as she had come and visited me and my mum. I had a good time and have decided to go the cinema now too as I won't be so nervous this time."





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Also, popular where the cultural activities including trips to museums, vintage bus rides and magic at the model village.

"The bus was really old but looked new. I've never had a chance to go on a bus like this before it was good fun" (young carer age 8)

Another young carer (age 10) said "I was able to race the Scalextric cars and trucks on the track, it was difficult at first and they fell of the trac or stopped but I got better with practice. "

Young carers who attended the creative art sessions said, "it was great to relax in a quieter place than my home which is very busy sometimes and meet other young carers."



The Learning Place

The Learning place, in Derby Road, North end provides a range of courses and qualifications for adults. See the attached brochure for more information.

They also offer a range of activities for parents and carers to take part in with their children and worked alongside us to provide some healthy family cooking sessions and arts & crafts workshops with a maths focus over the summer. We hope that they will be able to provide more during October half term. Have a go at cooking these yourself with the recipes at the end of the newsletter!

Here's a quote from one of the parents who took part: "Thank you so much. He really enjoyed himself and is now convinced he wants to cook it for dinner one evening. It was beautiful."

Family cooking and Art sessions delivered by the community learning service (Portsmouth city council) A Quote from a parent "Thank you so much. He really enjoyed himself and is now convinced he wants to cook it for dinner one evening. It was beautiful." 2 Young carers said - "I learnt skills in cutting onions and how to use a knife safely" and "it's nice to spend time with my mum."

The summer holidays ended with an inside Family picnic at Buckland family Hub. They had a chance to meet other families over lunch and enjoy some art activities together including painting sun catchers to take home. One young carer age 13 said - "I have never played dominoes before, but I liked it and played lots of games. It was nice to play it with my Grandad and one of the workers".



Saturday Group

One of our craft activities during the summer was to make flower headbands - a few of the Young Carers were attending festivals and parties and loved the idea that they could make their own personalised headbands to wear!

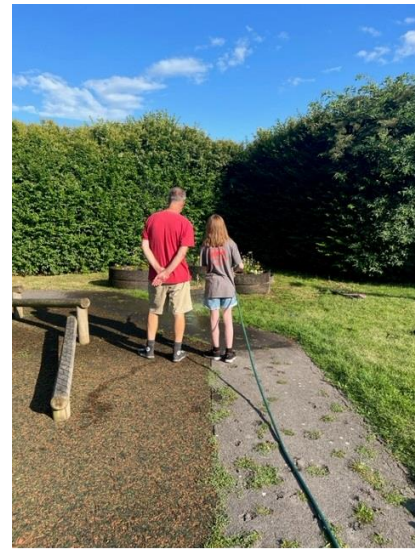


Wednesday group

Wednesday group had Hampshire and Isle of Wight Wildlife Trust come along to help them plant the planters in the garden and bring them back to life in time of the hub launch.

The team created a bug hotel in Somerstown and Paulsgrove hubs on the hub launch day. Check it out when you are next there!

As well as lots of fun gardening Wednesday group have been busy making towers and using the garden!



Summer of Love

Some of our team joined up with the LGBTQ youth service team and attended Homestart's summer of love family day where we spoke to lots of families and had a make your own flag table! It was a great day, and we were covered in lots of glitter.



Young Adult Carers

On Monday 11th September, the group spent the evening bowling and having a meal at Frankie and Bennie's. Funding for this was provided by Zurich Insurance. Everyone had a fantastic time catching up with each other and having some fun.

The young people were also able to discuss how they want the group and support for young adult carers in Portsmouth to move forward. This included a change of day for the group to a Wednesday evening from January 2024.

The group currently meets every Thursday evening between 6.15pm and 8.15pm at Portsmouth Carers Centre. If you'd like more information, please contact Mandy on 07464 529837.



Does your child's school know that they are a young carer?

With the start of the new academic year, it's worth letting or reminding your child's school that they are a young carer - with their agreement, of course. This will help the school to ensure that you're their needs are being met effectively. They can also tell you and your child know about the additional support that's available for young carers in school.

Schools are now asked to anonymously record the number of young carers who attend in their spring school census return, completed every January. The numbers of young carers recorded in the first count last year were very low in Portsmouth and across the country. By letting school know, you'll be helping us to build a much clearer picture of the numbers of young carers in the city and across England, which could in turn support additional funding and raise greater awareness of young carers and the amazing support they give.

Rock Cakes

Ingredients

225g/8oz self-raising flour

75g/2½oz caster sugar

1 tsp baking powder

125g/4½oz unsalted butter, cut into cubes

150g/5½oz dried fruit

1 free-range egg

1 tbsp milk

2 tsp vanilla extract



Method

1. Preheat the oven to 180C/160C Fan/Gas 4 and line a baking tray with baking parchment.
2. Mix the flour, sugar and baking powder in a bowl and rub in the cubed butter until the mixture looks like breadcrumbs, then mix in the dried fruit.
3. In a clean bowl, beat the egg and milk together with the vanilla extract.
4. Add the egg mixture to the dry ingredients and stir with a spoon until the mixture just comes together as a thick, lumpy dough. Add a teaspoon more milk if you need it to make the mixture stick together.
5. Place golf ball-sized spoons of the mixture onto the prepared baking tray. Leave space between them as they will flatten and spread out to double their size during baking.
6. Bake for 15–20 minutes, until golden-brown. Allow to cool for a couple of minutes, then turn them out onto a wire rack to cool



Chicken Pasta Salad

Ingredients:

4 Boneless Skinless Chicken Breasts

1½ Tbsp Olive Oil

4 Garlic Clove minced

Salt and ground black pepper

340g Dry Penne or Fusilli Pasta

2-3 Tbsp Chopped Fresh Thyme

2 Tbsp Fresh Chopped Oregano or dried

200g Cherry Tomatoes halved

1 Bell Pepper seeds removed, thinly sliced

1 medium Red Onion thickly sliced

30g Ground Parmesan Cheese

300g Packed Arugula roughly chopped

Dressing:

4 Tbsp Extra Virgin Olive Oil

2 Tbsp White Wine Vinegar

1 Tbsp Honey

1 Garlic Cloves pressed or minced

Pinch crushed red pepper flakes

Salt and ground black pepper

Method:

1. In a small bowl, add all the dressing ingredients and whisk until well combined. Set aside.
2. Meanwhile, cook the pasta in a pot of boiling salted water, according to the package directions. Drain, rinse with cold water and transfer to a large mixing bowl. Set aside.
3. While the pasta is cooking, prepare the chicken. Slice the chicken breasts crosswise to create long (0.5-inch thick) strips.
4. In a mixing bowl, combine 1 tablespoon olive oil with the thyme, oregano, garlic, and a pinch of salt and pepper.
5. Add in the chicken pieces and stir to coat. Heat a large non-stick pan over medium heat. Add the chicken in a single layer, and cook for 6-8 minutes, or until cooked through and golden on the sides.
6. Transfer the chicken along with any accumulated juices to the pasta bowl. Add the pepper and onion, cherry tomatoes, parmesan, and arugula.
7. Pour over the dressing and toss to combine. Season to taste with more salt and pepper, if necessary, and serve warm or chilled.

