

MYTIME PROGRAMMES INFORMATION SHEET

MYTIME young carers offer free activities to give young carers a break and connect with other young carers. Your child does not need to be registered with the local authority as a young carer to attend these events.

During the school holidays, we run Making Memories events for all young carers, and throughout term time, we run two online youth groups: Zoom Youth Group (5-18 years) and TEMPO (14 years+).

Information on the different groups can be found in this document.

If you are interested in signing your child (the young carer) up to Zoom Youth Group, Making Memories and/or TEMPO, please complete the following registration link to receive invitations to events.

REGISTRATION



<https://forms.office.com/e/YxLqakHSV2>

Schools engaging in the Level Up Programme will be invited to events during term time.

The school's Young Carer Champion will sign young carers up to the event and inform parents. These events are held four times a year.



MYTIME

YOUNG CARERS

ZOOM YOUTH GROUP

Zoom Youth Group is our regular online sessions for young carers aged 5-18 years old. We meet weekly on Zoom, and you need a laptop, tablet, or phone to join. Once you have registered, you will receive a monthly invite with the upcoming schedule of activities, which includes a booking link so that you can sign up to your preferred sessions. We run a range of activities; you can choose to attend every week or just drop in when you can. See below for information about the types of activities we do!



There is no pressure to have your camera on, but we love it when young carers engage in the sessions, and we can see their smiley faces!

We run our sessions Monday to Thursday between 5pm and 6pm, but you can choose a session which fits your schedule best. Monday, our small group session, is capped at 10 people only.

ACTIVITIES

WELLBEING

ARTS
AND
CRAFTS

GUEST
SPEAKERS

QUIZZES
AND
GAMES

FITNESS
AND
MOVEMENT

FOOD
AND
DECORATING

SHOW
AND
TELL

CREATIVE
WRITING

ADVANTAGES

Zoom Youth Group is great place to meet other young carers and to connect with people on a weekly basis. You can access Zoom from anywhere, so you don't need to leave home to join the community, and it doesn't matter if you can't make it every week.



FOR MORE INFORMATION VISIT :

ZOOM YOUTH GROUP

TO REGISTER FOR ZOOM YOUTH GROUP,
PARENTS/GUARDIANS COMPLETE THIS FORM :
<https://forms.office.com/e/YxLqakHSV2>

REGISTRATION



MYTIME

YOUNG CARERS

MAKING MEMORIES

Our Making Memories Programme does what it says on the tin: it's all about providing young carers with opportunities to make special memories with great friends. Through our fun and enriching activity days, residential retreats and online youth group sessions, young carers can take much-needed breaks from their caring responsibilities, to experience new things and to come together as a community with other young carers.

MAKING MEMORIES DAYS

Days out, adventures, skills, games, craft, you name it, we'll try it! Our annual calendar of Making Memories days run in term time through schools and in the holidays with individual young carers and the local authority teams.

RESIDENTIAL RETREATS

From time to time, we take small groups out to our R&R Centre in Worth Matravers for escapes in the Purbecks. Activities have included coastal walks, art courses, nature themed events and more. It also provides an escape to the beautiful Jurassic Coast!

MAKING MEMORIES EVENTS

Thanks to many friends and supporters, we can run awesome special partner events such as football sessions with AFC Bournemouth, theatre trips, scuba diving, pantomimes and surfing to give young carers opportunities beyond our wildest imagination. We were even lucky enough to take a group to the King's Coronation Concert in May 2023. In addition, we run our own online parties, magic shows, and days out for Young Carers Action Day, Carer's Rights Day, Carers Week, and the big summer transition between schools. Keep an eye out on our social media to learn more!



ADVANTAGES

A great Making Memories Day is one where everyone is a part of the adventure! Everyone should feel comfortable and included, can meet like-minded people, and be truly themselves. At MYTIME Young Carers, we want everyone to access safe and inclusive environments. Our Making Memories Days are a time to have fun, relax and try out new experiences. We can't wait to meet you there soon!

FOR MORE INFORMATION VISIT :

MAKING MEMORIES

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REGISTRATION





TEMPO

TEMPO is our fortnightly online Zoom session for young carers aged 14-25. It's a chance to meet other young carers in a safe online space.

TEMPO is a fun and supportive environment. Sessions vary from week-to-week and can include activities such as biscuit decorating, quizzes, and guess who, as well as the opportunity to chat and make new friends.

WHEN: Every other Tuesday (term-time)

TIME: 6.00-7.00pm

WHO CAN ATTEND: Young carers aged 14-25

HOW TO JOIN: When completing the registration form, select TEMPO. A member of the Employability Team will then be in touch with further information and links to the sessions.



TO REGISTER FOR TEMPO, COMPLETE THIS FORM:

REGISTRATION

ANY QUESTIONS, PLEASE CONTACT: enquiries@mytimeyoungcarers.org

FOR MORE INFORMATION VISIT: <https://www.mytimeyoungcarers.org>

TO REGISTER: <https://forms.office.com/e/YxLqakHSV2>

