

# MYTIME YOUNG CARERS PROGRAMMES

MYTIME young carers offer free activities to give young carers a break and to connect with others just like them.

A child does not need to be registered with the local authority as a young carer to attend these events.

We run Making Memories events and two online youth groups: Zoom Youth Group (5-18 years) and TEMPO (14 years +)

## Zoom Youth Group

5-18 Years

Term time, weekly



Our sessions are on Mondays, Wednesdays and Thursdays and the activity is the same on each day. Activities vary from crafts, quizzes and wellbeing activities. There is a recommended age on each day but you can come to any session. Our Monday small group session is capped at 10 people only.

Once you have registered, you will receive a monthly invite with the schedule of activities and a booking link. You don't have to attend every session, just the ones you want to.

You need a laptop, tablet, or phone to join. There is no pressure to have your camera on, but we love it when we can see smiley faces!

## Making Memories

5-18 years

Holidays



During the holidays we run a range of activities from paddleboarding, water sports, adventure days and craft activities. These activities are completely free and a great chance for young carers to meet.

Once registered, you will receive 'expressions of interest forms' before each holiday of the upcoming events. The Making Memories Team will then be in contact to confirm places on events. Demand for our events is high and we work hard to ensure opportunities are fair.

To register for MYTIME programmes, parents/guardians need to complete a form.



[Press here](https://forms.office.com/e/YxLqakHSV2), scan the QR code or copy and paste this link:

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



For any questions or further information on Zoom Youth Group or Making Memories, please contact [MakingMemories@mytimeyoungcarers.org](mailto:MakingMemories@mytimeyoungcarers.org)

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## Employability Programme

14-25 years

Online and in-person courses run termly



The Employability Programme equips young carers with tools for entering higher education or the workplace. The course includes CV writing, interview skills, personality profiling and a day in the workplace experience. There are both online and in-person course opportunities delivered either over Zoom or in a school setting.

Once registered, you will be emailed about upcoming course dates and the programme details.

## Tempo

14-25 years

Term time, fortnightly

Graduates of the employability programme can access TEMPO. This is a supportive youth group where young carers can connect, make new friends and talk about their future aspirations.

Once completing the employability programme, you will be emailed details about TEMPO.

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For any questions or further information on Employability or TEMPO, please contact [Enquiries@mytimeyoungcarers.org](mailto:Enquiries@mytimeyoungcarers.org)