

Happy New Year!

Hello and Happy New Year to all our young carers and families! We are pleased to announce that we will be restarting our after-school groups this month with some exciting days out being planned for the February break! Please keep an eye out for information heading your way.

GO TEAM!

We have new staff to introduce this month! Erin and Mhairi as Support Workers and Ross as a Sessional Worker, all joined our team in December and are really looking forward to meeting you all soon!

Did you know?

The theme for **Young Carers Action Day** this year is **Isolation**.

March 16, 2022 – Save the date!

Keep an eye on our Facebook for more information.

Have Your Say!

Now that the team can start planning some activities again, we want to know what YOU want to do. Maybe there's a new activity you'd like to try, or maybe there is something you've done before that you'd like to do again. Either way, let us know! You can do this when you see us, via our Facebook page or using our contact information at the end of this Newsletter.

Free Bus Travel!

Did you know that as of 31st January all under 22's will be eligible for free bus travel around Scotland! If you're aged 5-15 a parent/guardian will need to apply on your behalf, 16+ can apply themselves. Visit the Transport Scotland website for more information [here](#).

We're Going Digital!

Do we have your email address?

Over the next few weeks, the team will be moving to email contact for keeping you up to date with groups, activities, newsletters and more!

Please make sure we have your current email address. If you'd rather have information posted to you, let us know.

Education Cards

If any Young Carer in S1 or above is waiting on a Young Carers Education Card or would like more information about one, please let us know!



Contact information

Crossroads Young Carers Cowal & Bute, Crossroads Caring for Carers Cowal & Bute SCIO.
61/63 Argyll Street, Dunoon, PA23 7HG and Bute Carers Centre, 12 Tower Street, Rothesay, Isle of Bute, PA20 0BZ

Christine – Centre Manager	christine@crossroadscowalandbute.org.uk	01369 707700
Eileen – Young Carers Support Worker	eileen@cyccb.org.uk	07884263588
Erin – Young Carers Support Worker	erin@cyccb.org.uk	07483322963
Lorna – Young Carers Support Worker	lorna@cyccb.org.uk	07388818265
Mhairi – Young Carers Support Worker	mhairi@cyccb.org.uk	07483323629
Morven – Admin Support	admin@cyccb.org.uk	

Useful information and Support.

Breathing Space	https://breathingspace.scot
CAMHs	https://www.camhs-resources.co.uk/apps-1
Childline	Tel. 0800 1111 https://www.childline.org.uk
Mental Health	https://www.mentalhealth.org.uk
Parent Talk	https://parents.actionforchildren.org.uk
Parent Zone	https://education.gov.scot/parentzone
Safe Hands Thinking Minds	http://www.safehandsthinkingminds.co.uk/
Young minds	http://youngminds.org.uk
Young Scot	Tel. 0808 801 0338 https://young.scot/ info@young.scot

