

# Invisible Capes: Young Carers Unmasked

April 2024





Artwork: *Reaching & Supporting Many*  
Artist: Leah Cummins, Mayi woman

## Acknowledgement of Country

We acknowledge the First Nations peoples as the traditional owners of the land on which we work and reside. We honour their connection to land and waterways; their strong, rich culture and their enduring, deep community bonds. We pay our respect to all Aboriginal and Torres Strait Islander cultures; and to Elders past and present.



**James O'Keefe**  
Young Carer Consultant



**Yara Bloom**  
Senior Customer Care Consultant



**Ken Soe Han**  
Young Carer Consultant

## From the Editors

Thanks for all the positive feedback about our first issue of The Young Carers Unmasked Magazine. Have an idea of a way to make it even better? Drop us an email or come along to the Your Time Online program. You can see photos of what we've been up to in this edition and many more on our Facebook page and Instagram.

## Contents listing

Hero Highlights: What's coming up	Page 3
Caped Crusaders: Information HQ	Page 12
Astonishing Avengers: Competition & Quiz Central	Page 14
Guardians of Your Galaxy	Page 16
Super Snaps	Page 18

# Hero Highlights:

## What's On in our Young Carers Super World

### Ninja Gym Experience

Join us for a fun day out at the Ninja Gym. Navigate through a variety of exciting challenges, from swinging on ropes to conquering ninja walls, all while honing your agility and strength. Lunch will be provided on the day.

**Date:** Saturday 6th April 2024

**Time:** 11:30am – 1:30pm

**Ages:** All ages

**Location:** Gravity Gym, Warrawong



### Youth Week – Celebrating Young Carers!

Join us for a celebration of young carers, with games, escape rooms, and fun activities, plus a special lunch to honor you. Hosted by Your Side Carer Gateway with City of Ryde's support. Join other Young Carers to tackle one of three thrilling escape challenges: the haunted abandoned house, a mob family's hideout or a motel of madness!

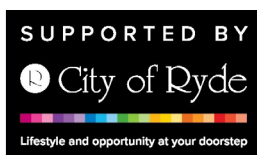
⚠ Please note that you must live, work or play in the Ryde Local Government Area.

**Date:** Monday 15th April 2024

**Time:** 9:00am – 1:00pm

**Ages:** 12+

**Location:** Lachlan's Line Park, Jarvis Circuit, Macquarie Park



### Defensive Driving Class

Rev up your skills and buckle up for an adventure in responsible road mastery! Young carers take the wheel at HART's private 2km track to accelerate your driving know-how. Register today for a smarter and safer driving experience.

⚠ This event is only for Young Carers who have their Learner driver license.

**Date:** Monday 22nd April 2024

**Time:** 9:00am – 3:00pm

**Ages:** 16+

**Location:** HART Driving School, St Ives



### The Shack - Aqua Golf and Arcade

The Penrith Aqua Golf driving range is the perfect activity where you'll get to enjoy spectacular views of the Blue Mountains while you tee off across the glistening water. Aqua Golf isn't just for fun, don't forget you can win plenty of prizes if you hit a target or get a hole in one. No golf experience necessary to have an amazing time, so why not come and have a swing? After we will stop in at Time Zone to smash out some new high scores in the action-packed arcade.

⚠ This event is created in partnership with The Shack Youth Services. Please note that it will be open to young carers and members of The Shack to attend

**Date:** Tuesday 23rd April 2024

**Time:** 11:00am – 3:00pm

**Ages:** 12 – 15

**Location:** Penrith Leagues Club



## Circus Trapeze Arts

Step right up! And come join the circus as we take on new skills that combine art and fitness. Learn juggling, pyramids, low aerials, hula hoops, tight-wire and our famous flying trapeze.

**Date:** Wednesday 24th April 2024

**Time:** 10:00am – 2:00pm

**Ages:** 8+

**Location:** Sydney Olympic Park



## Ghost Tour (18+)

Meet your peers for dinner before setting off on a spooky walking tour of The Rocks, where we will hear stories of paranormal experiences and learn about the dark history of the area.

The ghost tour lasts 1.5 hours, covering approximately 2km with stairs and hills. Moderate fitness is required.

**Date:** Friday 26th April 2024

**Time:** 5:30pm – 9:00pm

**Ages:** 18+

**Location:** The Rocks



## Your Time Online

Join us for a free chat with fellow young carers and facilitators. Share ideas for future events, discuss music, gaming, movies, trends, school, competitions, photos, and even crack a joke or two.

**Date:** Thursdays 18th April, 23rd May and 27th June 2024

**Time:** 4:30pm – 5:30pm

**Ages:** All ages

**Location:** Online



## Game on! Arcade and Gaming Day

Experience an exhilarating day trip to Fortress, where gaming enthusiasts unite. Explore arcades, PC gaming, and board games within its walls.

**Date:** Saturday 4th May 2024

**Time:** 12:00pm – 3:00pm

**Ages:** All ages

**Location:** Fortress Sydney, Chippendale





## RSA/RCG Training

Are you interested in working in the Hospitality industry? Do you already work in Hospitality and want to upskill? These short courses are sure to come in handy and they look great on your resume.

We are pleased to be offering the Responsible Service of Alcohol and Responsible Gaming services certificates as a package through CBD College. To obtain your certificate, you will be required to attend BOTH training days and complete a short online Quiz at the end of training.

**Date:** Saturday 11th and 18th May 2024

**Ages:** 18+

**Location:** Haymarket



## Kayaking, fishing and bush-walking

Relax with a fun-filled day out. We will go kayaking, fishing and explore the bay and surrounds in Bobbin Head. Followed by an enjoyable light bushwalk on the Mangrove Boardwalk and up the rainforest track.

**Date:** Saturday 11th May 2024

**Time:** 9:00am – 4:00pm

**Ages:** All ages

**Location:** Bobbin Head



## Glenworth Valley Horse Riding and Quad Biking

Saddle up for a day of relaxing rides with a surge of adrenaline! Ride off-road through over 15km of spectacular wilderness trails. And then enjoy the tranquil mindfulness while you experience Australia's favorite horse-riding tour. A full day of fun at Glenworth Valley.

**Date:** Saturday 25th May 2024

**Time:** 8:00 am – 6:00pm

**Ages:** 12+

**Location:** Glenworth Valley



## Wild Ropes Taronga Zoo

Do you want to improve your coordination and balance and feel like you are on the top of the world?

We have the high ropes and tree top course which will test your fitness through zipping, swaying, swinging and climbing through the trees while looking at the animals from zipline.

**Date:** Saturday 8th June 2024

**Time:** 9:30am – 4:30pm

**Ages:** 11+

**Location:** Taronga Zoo, Sydney



## Young Carer Keeper for a Day

Do you want to improve your coordination and balance and feel like you are on the top of the world? We have the high ropes and tree top course which will test your fitness through zipping, swaying, swinging and climbing through the trees while looking at the animals from zipline.

After having a small lunch break, we are going to continue exploring the famous Taronga zoo and experience an exciting encounter with the fluffiest animals, cutest primates or tallest species.

**Date:** Saturday 15th June 2024

**Time:** 9:00am – 3:00pm

**Ages:** 12-17

**Location:** Taronga Zoo



## Dumpling Making Day

Have fun learning to make delicious dumplings. No experience needed. The amazing chefs will teach you the perfect recipe with just the right amount of herbs and spices. Teaching different styles and methods and how to fold the wrappers like a professional. Finishing the day with a meal featuring the delicious dumplings you made.



**Date:** Saturday 22nd June 2024

**Time:** 10:00am – 2:00pm

**Ages:** 17+

**Location:** Potts Point

## Young Carer Bursary Info Night

Learn about the scholarship of over \$3,700 available for young carers to support their education. Join our online info session to ask your questions and kickstart your application. Applications open from 18th July to 12th September.

**Date:** Thursday 27th June 2024

**Time:** 5:30pm – 6:30pm

**Ages:** All ages

**Location:** Online



## Art Activity

Unleash your creativity with expert-led painting lessons. All materials provided for an immersive experience. Discover your artistic flair in a relaxed setting and leave with your own masterpiece.

**Date:** Saturday 29th June 2024

**Time:** 11:00am – 1:30pm

**Ages:** All ages

**Location:** Pinot and Picasso, Miranda

### How to register:

Scan the QR code below to access the full events calendar on our website that is available to you at any time to access with all the Young Carer events coloured purple.



Scan the QR code  
below to register



## Caped Crusaders: Information HQ

Tailored Support Packages are financial support from the government to support areas of your life your caring role may be impacting.

They can be used to fund:

### Tutoring

To support you receiving weekly tutoring for up to four terms. Tutoring can assist you catching up with the class, revising and studying for exams.

### Driving Lessons

We understand that with caring responsibilities it can be hard to find the time to practise driving. We can offer support with completing a portion of your logbook hours, helping you to gain confidence or polish up on the test requirements.

### Respite

Respite care is when someone else takes care of the person you care for so that you can have a break. A break can give you time to do everyday activities, deal with stress, and look after yourself.

### Counselling

The caring role can often impact emotional wellbeing and bring on stress, anxiety and increased pressure. We offer in-house counselling referrals for 16+ and external referrals and support links for our younger carers.

### Mentoring and Coaching

This can assist young carers in working towards goal setting, employment or balancing their caring role. Mentoring services can guide young carers to set and achieve goals.

## It Takes A Team: Youth Mentoring for young carers

**It Takes A Team** Youth Mentoring program is based on best practice youth development principles and puts the young person in control of their mentoring experience. Our aim is to support young carers through all stages of their carer journey, to help them thrive and continue caring in a supported environment. Our strengths-based approach supports them at every stage, helping them thrive in their caring role. Through practical, non-clinical sessions, we guide them in setting and achieving goals, providing ongoing support both in person and online.

Depending on the needs and goals of the young carer, our mentoring program may include:

- ★ Goal identification and development,
- ★ Skills and strategies to balance personal goals with carer duties,
- ★ Academic support and skill-building sessions ,
- ★ Exposure to opportunities and support services,
- ★ Support to understand and overcome challenges of their caring role,
- ★ Resource provision, and
- ★ Community building activities.

### Length of Sessions

Sessions are 1 - 1.5 hours each and usually spaced 2 weeks apart to ensure momentum and important time for reflection and implementation. Sessions can be held both in person and online. In-person sessions will be held in a public location accessible by public transport.

We will work with Your Side and the young carer (and their family if needed) to determine the best schedule for each young carer.



## Astonishing Avengers: Competition & Quiz Central Winner Announcement



### Abigail

#### First Position in Young Carer Creator Space Competition.

Meet Abigail, an 11-year-old with a passion for art. Abigail crafted a tag booklet for the advent season in 2023, where she decorated a tag each day leading up to Christmas. Some tags were interactive surprises, while others hid nods to her favorite movies, like Harry Potter, and Bible scriptures. From crafting tags to the entire booklet, she owned it all – a feat she once believed was beyond reach! **Congratulations, Abigail!**

#### Do you think you will win next?

Join the next competition and unleash your creative superpowers!





## Astonishing Avengers: Competition & Quiz Central

### Creator Space – Budding photographer

Send us a photo you have taken, whether it's a person, pet, or place.

It can be taken on your phone, polaroid or digital or manual camera (we would be impressed if you have a film camera!)

Email your photo to **[youngcarers@yourside.org.au](mailto:youngcarers@yourside.org.au)** with the subject line: **Creator Space**. Don't forget to include your name and a description of the photo and why you took it.

**Prize:** \$100 gift card of your choice.

## Guardians of Your Galaxy: Useful Contacts for Heroes-in-Training

### Ask for Health Project

Website: [www.beyondblue.org.au](http://www.beyondblue.org.au)

### Beyond Blue Youth

Phone: 1300 22 4636

Website: [www.beyondblue.org.au](http://www.beyondblue.org.au)

### Catholic Care (Family, Youth and Children)

Phone: 13 18 19

Website: [www.catholiccare.org](http://www.catholiccare.org)

### Headspace, Counselling service (Chatswood)

Phone: (02) 8021 3668

Email: [headspacechatswood@newhorizons.org.au](mailto:headspacechatswood@newhorizons.org.au)

### Headspace, Counselling service (Brookvale)

Phone: (02) 9937 6500

Email: [headspacebrookvale@newhorizons.org.au](mailto:headspacebrookvale@newhorizons.org.au)

Website: [www.headspace.org.au](http://www.headspace.org.au)

### Kids Helpline

Phone: 1800 55 1800

Email: [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)

Website: [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Mental Health Line

Phone: Lifeline on 13 11 14

Website: [www.lifeline.org.au](http://www.lifeline.org.au)

### **Mission Australia (Case Management, Housing)**

Phone: 1800 88 88 68

Website: [www.missionaustralia.com.au](http://www.missionaustralia.com.au)

### **Street Works (Mentoring)**

Phone: (02) 9419 7559

Email: [info@streetwork.org.au](mailto:info@streetwork.org.au)

Website: [www.streetwork.org.au](http://www.streetwork.org.au)

### **Wesley Mission (Families and Children)**

Phone: (02) 9263 5555

Email: [wesley.mission@wesleymission.org.au](mailto:wesley.mission@wesleymission.org.au)

Website: [www.wesleymission.org.au](http://www.wesleymission.org.au)



## **Super Snaps:**

### **Photo Gallery**

#### **Learn to Surf Day - 9th December**

At Kurnell Beach, our carers hit the waves with professional lessons to take them from grommets to seasoned shredders! We learned how to hang loose and avoid a wipe out on the surf. It was a totally radical day at the beach!



## IMAX Movie & Opera House Tour - 11th January

Our young carers explored the beauty and magic of the Opera House. They walked in the footsteps of world-class performers, and discovered the secrets behind the scenes, sets and the orchestra. This was followed by breakfast in the green room. Then we took in a movie with the world-class cinema experience of the Darling Harbour IMAX Cinema.



## Taronga Zoo Keeper for a Day - 23rd January

Our young carers visited Sydney's iconic Taronga Zoo and were treated to a behind the scenes experience. Guided by a Senior Zoo-keeper, we could observe and participate in enrichment activities, food preparation and interact with the animals behind the enclosures.





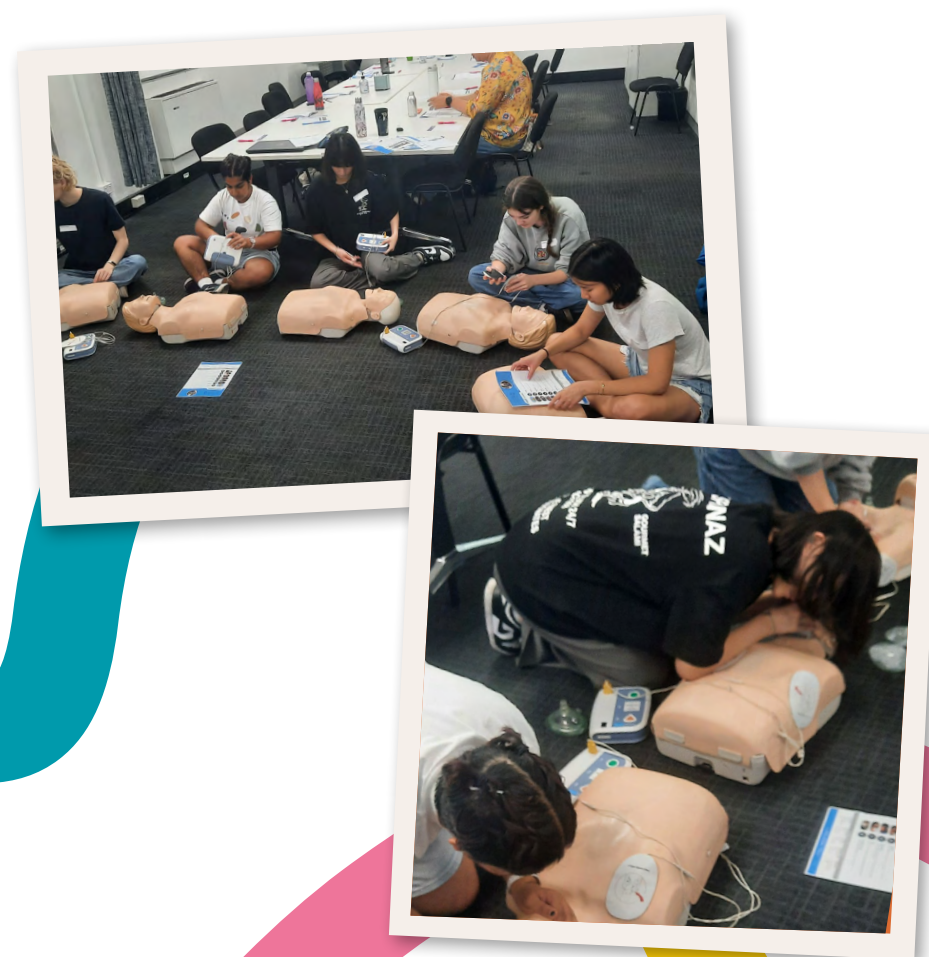
## Brain Games & Arcade - 24th February

Our young carers put on their detective hats and stepped into a labyrinth of emotions, where each room represented a unique aspect of mental health. Participants navigated a series of puzzles and tasks with the aim to escape before time ran out. After the challenge we had lunch and unlimited game time in the arcade.



## First Aid Course - 3rd March

Our young carers received a nationally recognised certificate for CPR and first aid in our First Aid course. They got to learn about how to respond in emergencies by providing CPR, basic emergency life support and first aid.







In partnership with *YourSide*

**[carergateway.gov.au](https://carergateway.gov.au)**

**1800 422 737** Monday–Friday 8am–5pm