

In partnership with *YourSide*

Invisible Capes: Young Carers Unmasked



Hero Highlights:

What's On in our Young Carers Super World

Surfing Lessons

Experience the thrill of riding the waves at our Learn to Surf day! Join us for an expert-guided lesson followed by a day of learning, laughter, and oceanic adventure.

⚠ Please note that you must be able to swim confidently to participate in all water activities.

Date: Saturday 9 December

Time: 9am - 3pm

Ages: 9 - 25

Location: Cronulla Beach



Taronga Zookeeper for a Day

Get the opportunity to explore behind the scenes of the infamous zoo and see a whole new side to Taronga. You will be teamed up with a senior keeper for the day to take the group to the magic behind the enclosures, including enrichment activities, food preparation for the animals and more. If you are exploring, working in the conservation field or just love animals, this is a day you will not want to miss!

Date: Saturday 9 December

Time: 9:00am - 3:00pm

Ages: 18 +

Location: Taronga Zoo



Festive Fun Day 1

Join us for a super exciting day of being crafty and getting into the holiday spirit! You will get to make your very own festive wreath to take home and then chill out with a classic holiday movie.

Date: Saturday 16 December

Time: 10:00am - 3:00pm

Ages: 6 - 25

Location: Hurstville



Raging Water

Raging Waters is Sydney's best family amusement and water park, featuring 25 hectares of family-friendly fun, including 42 water slides, rides, and attractions. It is not only for thrill-seekers, but the water park also offers a range of slides and rides as well.

Date: Wednesday 20 December

Time: 10:00am - 4:30pm

Ages: 11- 25

Location: Prospect



Festive Fun Day 2

Fun to make and delicious to eat, join us and decorate your very own gingerbread house! Afterwards, we'll decorate with some baubles for you to take home to put on your tree!

Date: Thursday 21 December

Time: 10:00am - 2:00pm

Ages: 6 - 25

Location: Hurstville



Imax Cinema Experience - Darling Harbour

Imax Cinema has reopened at Darling Harbour Sydney. Come join us for one of the biggest movie screen experiences in the Southern Hemisphere. Come meet other young carers and enjoy watching a movie with popcorn and drinks.

Date: Friday 5 January 2024

Time: TBC

Ages: 8 - 14

Location: Darling Harbour



IMAX Movie & Opera House Tour

This exclusive tour is a chance for young carers to explore the beauty and magic of the Opera House. Walk in the footsteps of world-class performers, and discover the secrets behind the scenes, sets and the orchestra. Breakfast in the green room. Then whiteness a movie in world-class cinema experience at Darling Harbour's Imax Cinema.

Date: Thursday 11 January

Time: 6:30am -2pm

Ages: 12+

Location: Sydney Opera House/ Darling Harbour



Young Carer Camp

Get back to nature by camping in a tent along the picturesque Shoalhaven River. Immerse yourself in 2.5km stretch of the stunning riverfront that attracts an extraordinary abundance of Australian wildlife. Enjoy activities like archery, canoeing and a slip-n-slide that has a landing spot entering the river.

Date: Tuesday 16 January - Friday 19 January

Ages: 12 - 25

Location: Buangla



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Location: Taronga Zoo

Time: 9:00am - 3:00pm

Date: Tuesday 23 January

Ages: 12 - 17



Manly E-bike

Explore the beauty of Manly Beach and its surrounds while local tour guides take you peddling through breathtaking lookouts and secluded beaches. This 2.5 hour E-bike tour starts and finishes in the heart of Manly and will conclude with lunch on Manly Wharf.

Date: Wednesday 24 January

Time: 10:00am - 2:00pm

Ages: 15+

Location: Manly



A Slice of Italy - Pizza Making Class for Kids

Discover your culinary genius in a young chef's paradise!! Step into a world of flavour and fun with our pizza cooking class where you won't just learn the secrets of the kitchen, but also cook mouthwatering creations to take home – your own edible masterpieces! Don't worry about bringing anything - we've got the ingredients, utensils, and talented instructors sorted.

Date: Saturday 3 February

Time: 12:00pm

Ages: Under 15

Location: Mecca Bah, Sydney



Expression of Interest: Women's Wellness Workshop

Retreat from everyday life and spend the weekend relaxing alongside your peers who get it! Over the 3 days you will get to enjoy intentional time spent rejuvenating through yoga, meditation, drumming, nature walks, swimming, and free time to relax and chat. All meals and accommodation included. Please be advised, all meals are vegetarian/vegan.

⚠ Please note that this event is for females only.

Date: Wednesday 7 - Friday 9 February

Ages: 18 - 25

Location: Wentworth Falls,
Blue Mountains





My Story, My Play - Day with a Director

Are you ready to embark on a unique and inspiring journey into the world of theater and creativity? Join us for “My Story, My Play”, an event that allows you to be part of the magic behind the young carer play “Two Worlds, One Heart”.

About the Event: “My Story, My Play” is an interactive and immersive experience that brings you closer to the heart of the young carer play, “Two Worlds, One Heart”. In this event, you’ll have the opportunity to do more than just watch a play – you’ll become a part of its creation.

Event Highlights:

1. Script Exploration
2. Choose Your Character
3. Script Writing
4. Brainstorm and Expand

Date: Saturday 10 February

Time: 10:00am - 2:00pm

Ages: All ages

Location: Dawes Point

Rock Climbing

Have you got the climbing bug? You’ve come to the right place. Climb Fit Kirrawee offers over 3500 square metres (about the area of a large mansion) of climbing fun, with state-of-the-art climbing and bouldering facilities. You’ll find easy climbing terrain for beginners and some of the toughest routes around for experienced climbers.

Date: Saturday 17 February

Time: 10:00am - 1:00pm

Ages: 12 - 18

Location: Climb Fit Kirrawee



Brain Games & Arcade

Welcome to “Brain Games Maze: A puzzle room experience” - where the challenges you face are not only puzzles but also reflections of the struggles and triumphs of the human mind. This mental health-themed exit game is designed to raise awareness and test your knowledge of mental health and wellbeing.

Put on your detective hats and step into a labyrinth of emotions, where each room represents a unique aspect of mental health. Participants will navigate through a series of puzzles and tasks with the aim to escape before time runs out. Followed by unlimited arcade games, lunch included.

Date: Saturday 24 February

Time: 9:30am - 2:30pm

Ages: 10+

Location: Chatswood



Passion for Pasta - Italian Cooking Masterclass

Discover your culinary genius in a young chef's paradise!! Step into a world of flavour and fun with our Italian cooking class where you won't just learn the secrets of the kitchen, but also cook mouthwatering creations to take home – your own edible masterpieces! Don't worry about bringing anything – we've got the ingredients, utensils, and talented instructors sorted.

Date: Saturday 2 March

Time: 10:30am - 1:30pm

Ages: 18+

Location: Vive Cooking School



First Aid Course

Do you feel like your first aid skills are up to date? Do you wish you felt more prepared for any emergency situations? You're invited to get a nationally recognised certificate for CPR and first aid. Get the chance to learn everything you need to know about how to respond in emergencies by providing CPR, basic emergency life support and first aid. You will get a hands-on chance to practice your training and get the skills you need to assist with a job search.

Date: Sunday 3 March

Time: 9:00am - 3:00pm

Ages: 15 - 25

Location: Sydney CBD



High Ropes at Tree Tops

Do you want to improve your aerial skills and feel like you are at the top of the world?

We have the high ropes and tree top course which will test your agility and fitness through zipping, swaying, and climbing through the trees. The tree ropes courses are made from wooden platforms nestled around tree trunks which do not affect the tree from its continuous growth.

Date: Saturday 9 March

Time: 9:00am - 4:00pm

Ages: 8+

Location: Abbotsbury



Kids Clay Day

Unleash your inner ceramic artist with a pottery class that includes the chance to take home not one, but two of your very own works of art! All materials, equipment and instructors are included. Come along and join the fun as we get creative whilst learning the pottery art of hand-building and wheel spinning. What masterpiece will you create?

Date: Saturday 16 March

Time: 10:00am - 3:30pm

Age: All ages welcome

Location: Taren Point



Easter Show

The Sydney Royal Easter Show has returned bigger & better than ever! Join us for a fun day out of rides, exhibits and animals at one of Australia's largest events. The Easter Show is a celebration of Australian culture, from our rural traditions to our modern-day lifestyles, providing a unique experience for everyone. Limited spots so make sure to get in quick! Food, rides and show bags not included.

Date: Saturday 23 March

Time: 10:00am – 4:30pm

Ages: All ages welcome

FREE entry

Location: Sydney Showground



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.

Did you know they can be used to fund:

Tutoring

To support you receiving weekly tutoring for up to 4 terms. Tutoring can assist you catching up with the class, revising and studying for exams.

Driving Lessons

We can offer support with completing a portion of your logbook hours. Helping you to gain confidence or polishing test requirements. We understand in your caring role it may be hard to find the time, and parental focus when other caring factors are the priority.



James O'Keefe

Young Carer Consultant



Daniela Hernandez

Young Carer Team Facilitator



Ken Soe Han

Young Carer Consultant

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/Coaching

This can assist young carers in working towards goal setting, employment or balancing their caring role. Mentoring services can offer towards a collaborative goal.

Your Time Online

Come and join this free space every month to talk to other young carers or ask any questions to your facilitator. This will be a fantastic opportunity to add suggestions for future events and activities for young carers. It is your time to talk about anything you like, it can be music, gaming, movies, current trends, school/studies, photos or even share a funny joke or two. Anything that you like because it is YOUR TIME!

If you would like to know more, please reach out to our team at youngcarers@yourside.org.au

Astonishing Avengers: Competition & Quiz Central

Photo Competition

Email us a photo of something you have created. It can be art-based, a hobby, lego, baking... anything creative.

Have you attended a Carer Gateway paint or pottery workshop, or created something at home with your own two hands that you are proud of? Whether it's a piece of art, model building, or baked goods take a photo of your creation and send it to youngcarers@yourside.org.au with the Subject: Creator Space to enter.

Remember to also email us your name and a description of the photo.

Prize: \$100 gift card of your choice.



Superheroes:

Young Carers make Headlines!

During National Carers week two of our young carers – Ben and Cheryl were media superheroes.

Ben was interviewed on 2GB radio and their story below was shared in the Western Weekender, The Torch, Peninsula & North Shore Living Magazines and Hornsby Ku-ring-gai Post.

235,000 young people across Australia are carers for family members and friends. Carer Gateway can reduce the stress on our young carers and support them on their caring journey.

Cheryl is only nine years old, but she helps care for her mum who struggles with anxiety and her grandparents, both of whom have dementia. Cheryl does chores around the house, helps cook dinner and supports her grandparents with mobility. Despite the challenges, Cheryl finds comfort in helping those she loves. "When I was little, my grandparents cared for me, and now I am caring for them," Cheryl says. "It's just really nice to help people you love."

"My favourite young carer activity has been camping," Cheryl says. "The Carer Gateway is a gate to happiness, friendship, and support and I have made a lot of new friends. My family is really happy for me."



Your Side provides a range of services to help young carers who live in the Lower North Shore and the Northern Beaches. It offers tutoring and sends out study packs to establish good study habits and balance school with caring responsibilities, respite so young carers can get to work, university, TAFE or school and counselling. These supports, resources and services are available to school, TAFE and university students who are impacted by their caring role.

James O'Keefe, Young Carer Consultant at Carer Gateway, says: "While many young carers find fulfillment in their responsibilities, it's important to recognise that inadequate support can adversely affect their health and wellbeing, schooling, pathways to employment and the time they have to socialise with friends.

"Most young carers don't understand that they can get free support. We provide a one-hour assessment where the young carer tells us their needs. They may struggle to get to school or work on time or need help with things like respite, counselling or tutoring services.

"The Carer Gateway can help relieve pressures at school with tutoring, stress at home with respite or in-home help and assist young carers on advice with career pathways."

Ben, 15, plays a crucial caring role for his older brother, who has a disability. It's a responsibility he's embraced for the last four years. Balancing his caregiving duties with school was challenging for Ben, impacting his academic performance and social life. However, he found support through the young carers program offered by the Carer Gateway. Ben now receives tutoring, leading to improved school performance, and participates in numerous young carer social events.

"My grades have got heaps better at school and I go to a lot of young carer events which is cool. I loved the pizza-making event we did the most. If you are a young carer, you should check it out," he says.

To check out Cheryl's video [CLICK HERE](#)

To check out Ben's video [CLICK HERE](#)

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

Beyond Blue Youth

Phone: 1300 22 4636

Website: <https://www.beyondblue.org.au/>

Catholic Care (Family, Youth and Children)

Phone: 13 18 19

Website: <https://www.catholiccare.org/>

Headspace, Counselling service (Chatswood)

Phone: (02) 8021 3668

Email: headspacechatswood@newhorizons.org.au

Headspace, Counselling service (Brookvale)

Phone: (02) 9937 6500

Email: headspacebrookvale@newhorizons.org.au

Website: <https://headspace.org.au/>

Kids Helpline

Phone: 1800 55 1800

Email: counsellor@kidshelpline.com.au

Website: <https://kidshelpline.com.au/>

Mental Health Line

Phone: Lifeline on 13 11 14

Website: <https://www.lifeline.org.au/>

Mission Australia (Case Management, Housing)

Phone: 1800 88 88 68

Website: <https://www.missionaustralia.co.au/>

Street Works (Mentoring)

Phone: (02) 9419 7559

Email: info@streetwork.org.au

Website: www.streetwork.org.au

Wesley Mission (Families and Children)

Phone: (02) 9263 5555

Email: wesley.mission@wesleymission.org.au

Website: <https://www.wesleymission.org.au/>



Super Snaps:

Photo Gallery

Winter Wonderland, Hunter Valley - 14th July

A Winter Wonderland in the Hunter Valley gardens. Our young carers got to experience ice skating, tobogganing, and sliding down a snow mountain. They built a Carers Gateway themed snowman and had a snowball fight, while exploring the gardens and sculptures.



Glenworth Gallop, Glide & Ride - 28th Oct

Our Glenworth Valley day out was a true delight! Not only did we get to gallop on horses, glide across the creek on kayaks, and ride around the site on quadbikes... we also got to enjoy the breathtaking nature of Glenworth Valley within each activity! One young carer in particular was raving about the event to his family! It was a wonderful day of new experiences, making new friends, and creating memories that will last each young carer a lifetime.



National Carers Week - Pamper Party 21st October

We had the ladies from A Touch of Glitz and Glam come and set up a nail, hair and make-up station, In the morning we had the 8-12 year old young carers. They brought high energy with karaoke, "Happy thoughts" drawing, yummy food and of course the pampering. The young girls enjoyed getting curls, manicures and make-up done.

After lunch we dialed back the energy with the 13-25 year olds with a more relaxed vibe. The make-up station was replaced with facials which even our consultants James and Daniella got to enjoy. Our Your Side mascot Fred "The Skeleton" also couldn't resist a pamper session.



Sydney Harbour Bridge Climb – 15th Oct

There is no better way to see Sydney in all its glory than from the very top of the Sydney Harbour Bridge!! This unique experience was a first for all our young carers, each of them having an incredible time climbing to the top of the esteemed landmark, taking in a magnificent panoramic view of Sydney City. Not only did they take home with them a fantastic new memory, but they were also gifted a Bridge Climb hat and certificate as a keepsake! To top off the extraordinary climb, we all enjoyed a meal together, getting to know one another better and making the most of the mini break from everyday life.





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carergateway.gov.au

1800 422 737 Monday–Friday 8am–5pm