

Rhodri and Zoe went on an outward bound adventure week to Bala thanks to Torfaen Young Carers Project. Rhodri wrote the following about the trip.

We've been in Glanllyn for a week or so now,
We've been wet and cold and had sweat on our brow.
One day the food made us go to the loo...
thank God for the toilets because of the pool!
Wet, cold, thank God the life belts did hold,
Thank you Glanllyn for taking us in and we'll see you the next time we're here.
The rope course and spirits were both high in regard
but getting some up pants glan was quite hard.

Going up the road for white water boating
was quite good fun but left some people floating.
Now doctors and X-rays are all in the past
we hope the memories we have gained will last.
Thank you to the leaders who are now deadbeat
but thanks to their efforts our time has been sweet.
All's left for me to say is thanks and goodbye so
take care, keep in touch and call me some time.
Upon leaving this great lake, many memories in our wake.
We have ad a real good time, I'll really miss you friends of mine.
We have made a real good trade, shared friendships:

Bonds have been made
Now the week is at an end I hope the broken hearts will mend
Staff and young carers alike, it's all over, its a long hike.
It's a long way home across the tall green mountain,
The Bala lake has been our fountain.
There must be something in the water,
bonds been made like bricks and mortar.
Now we're on our long way home, it's alright we're not alone.
As the fields and trees go by, my friends we can now breathe a sigh thoughts and feelings in memory lie.
Now its hard to stay awake, all that exertion by the lake.

Rhodri

TAKE PART IN A STUDY EXAMINING THE EFFECTS OF EXPRESSIVE WRITING ON HEALTH

I am a PhD student looking for carers to take part in a study investigating the effects of written expression on health.

The study builds upon new research, which has suggested that brief periods of writing can have beneficial effects. For example, writing about various topics for just 20 minutes a day for 3 days has been found to improve people's

mood, stress management and even immune functioning. Taking part in the study involves completing some questionnaires, writing on an assigned topic for 20 minutes on each of 3 days, and then completing some further questionnaires. This takes approximately 2 hours of time in total - spread over a 6 month period. NO TRAVEL IS REQUIRED. Materials will be posted to carers to

complete in their own time at home and returned in freepost envelopes. All carers who take part will be entered into a prize draw to win £250. Please contact Laura Ashley at Leeds University for more information.
Tel: 0113 343 6694
E-mail: carerstudy@leeds.ac.uk
Post: Institute of Psychological Sciences, University of Leeds, LS2 9JT

Bits and Pieces from M

I hope everyone is clear about the arrangements for Llandrindod and Knighton Young Carers groups because I recently sent out a list of dates so we all know what's going on when! Hopefully!

Likewise for school lunchtime drop-ins I will now be in Llandrindod High School's OASIS room on the first and third Tuesday of the month, and in Built Wells High School on the second and fourth Tuesday. For John Beddoes School watch this space!

Llandrindod and Knighton groups enjoyed a combined trip to Quackers at the end of March - no one ever seems to tire of going there! It was fascinating to see people perfecting different individual styles on the drop-slide!
We had two good days at CARAD during the spring half-term. It was good to see so many of you there. This time we split the age groups and had one day for under-11's and one for over-11's.
Everyone enjoyed the circus skills with

Professor Panic and we had some expert plate-spinners, jugglers and stilt-walkers by the end of the day. There were also some very original clay models, which incidentally we have to go back and paint.
The activities for the older children included recording CDs, drama workshops, digital photography and enamelling, which is a fascinating if fiddly process. I know you can never please everyone all the time, and splitting the age groups did create a different feel to