

YOUNG CARERS COVENTRY

ACTIVITIES PACK

4



Message from Young Carers Team:

Everyone from the Young Carers team would like to make sure you are all staying safe and well!

To stay updated with more activity ideas and information please like our Facebook Page as well as our Instagram & Twitter.



www.facebook.com/YCCOV



[youngcarerscoventry](https://www.instagram.com/youngcarerscoventry)



[@YoungCarersCov](https://twitter.com/YoungCarersCov)



Mango Fool

'The following recipe has been sent to us by one of our young carers for you all to try!'

Ingredients:

1 Large Mango

**1-2 tbsp caster sugar
(optional)**

300ml double cream

Method:

Peel the Mango- carefully cut the flesh away from the stone. Cut a quarter into thin slices and set aside. Chop the rest of the mango into chunks

Whiz the Chunks- of mango to a smooth puree in blender or food processor, add the sugar for taste.

Whip the cream- until soft peaks, lightly fold in $\frac{3}{4}$ of the puree

Divide the fool- into bowls and spoon the rest of the puree on top. You can decorate with any remaining mango



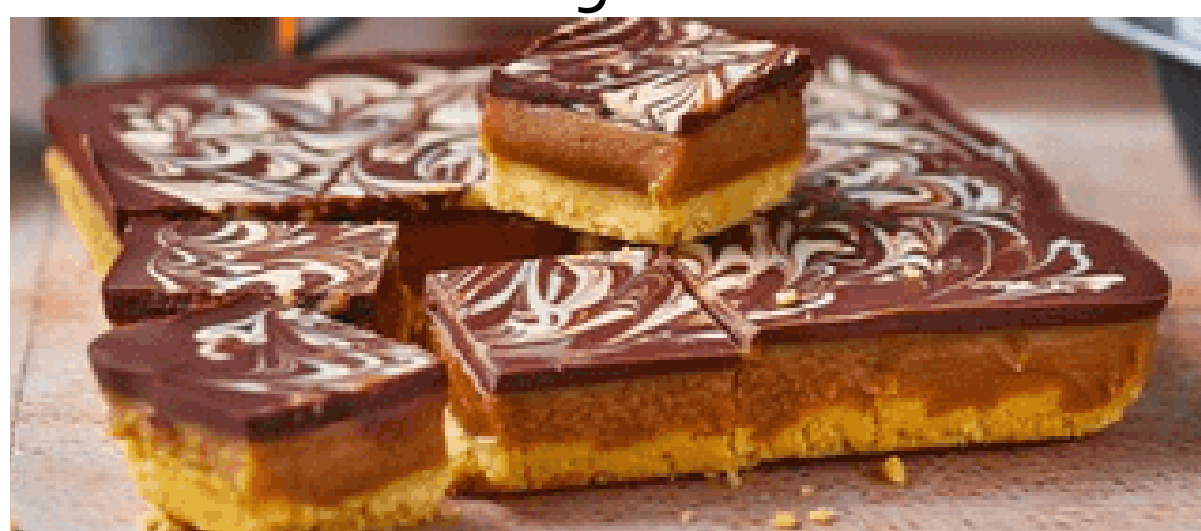
Millionaire Shortbread



Ingredients:

- 250g Shortbread Biscuits-crushed
- 55g butter- melted
- 150g dark brown soft sugar
- 150g butter
- 397g Carnation condensed milk
- 200g dark chocolate
- 55g White Chocolate
- 20cm brownie tin, lined with baking paper
leaving extra
overhanging the edges.

- Crush the biscuits into a bowl with the melted butter.
- Next, mix this well and press into the baking tin and leave to chill for 10 minutes.
- Heat the sugar and the rest of the butter in a non stick pan, stirring until melted.
Add the condensed milk and bring to the boil, cook until the filling has thickened.
- Pour the mixture (caramel) over the biscuit base, let cool and chill in fridge/freezer until set.
- Melt your chocolate, in two separate bowls and pour the dark chocolate over the caramel.
- Then spoon the white chocolate on top and swirl together to make a marbelling effect.
- Place back in the fridge again until fully set.
- Once set cut into squares and
ENJOY!



One Pot Chicken Fajita Pasta



Serves 4.

Ingredients:

- 3 tablespoons oil
- 3 chicken breasts, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 onion, sliced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 tablespoon garlic powder
- 1 ¼ litres milk
- 400g penne pasta
- Cheese of your choice

One Pot Chicken Fajita Pasta

Method:

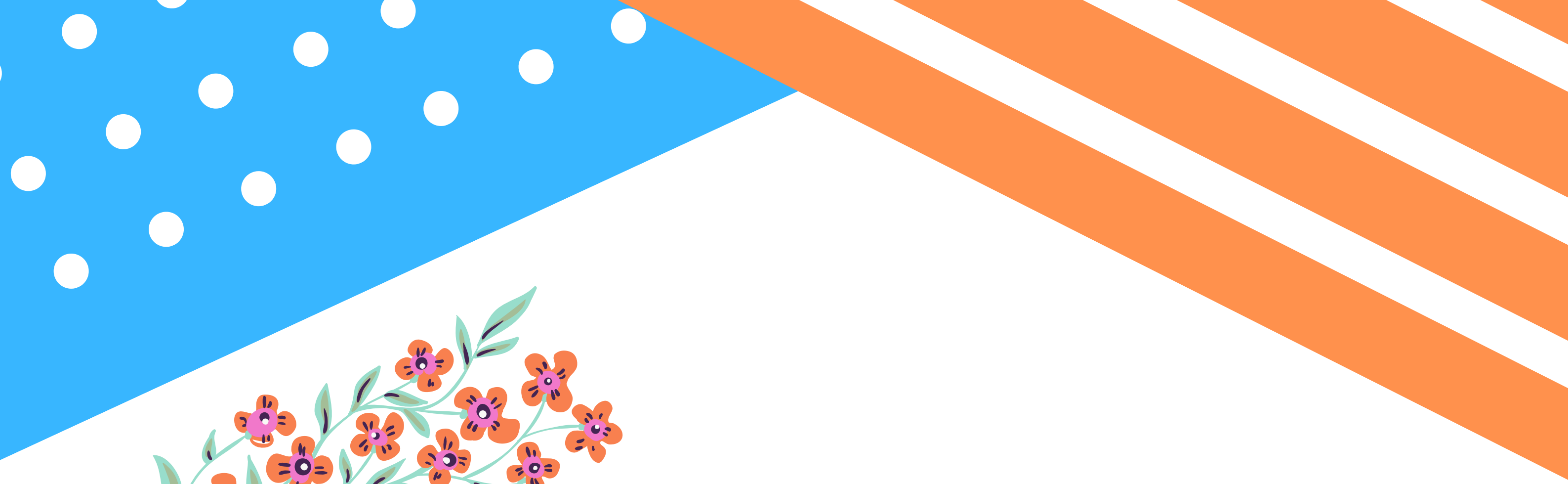
1. Heat oil in a large pot over high heat
2. Add chicken and cook until no pink is visible, about 5-6 minutes, then take the chicken out
3. Add the bell peppers and onion, cooking until the onion is translucent, about 6 minutes
4. Add the chicken back to the pot with salt, pepper, chili powder, cumin, and garlic powder, stirring until evenly coated, about 30 seconds.
5. Add the milk and the penne, stirring constantly to prevent any pasta from sticking
6. Cook for about 20 minutes until pasta is cooked and the milk has reduced to a thick sauce that coats the pasta. Add cheese and cook until melted

Over To You



**If you have followed any of the recipes
or chosen to create some new ones
don't forget to take photos and tag us
in them on Facebook or Instagram
using the hashtag #YCCOVRecipes**





Our friends at Garden Organic have sent us some activities for you all to get involved in!

If you take part in these activities don't forget to send us pictures so we can share with Garden Organic



Re-Grow Your Groceries



Did you know that you can grow fun plants, and often new food to eat from your kitchen scraps? Have a go yourself and share pictures of your food scrap gardens!

How to do it.

This will work with lots of vegetables. For best results try with Carrots, Leeks, Cabbages, Beetroot, Lettuce, Parsnips, Celery, or Spring onions.

For best results you'll need a shallow tray with holes in the bottom, filled with a thin layer of compost. If you don't have these you can also have a go at re-growing just in water.

Make sure you trim your vegetables with enough root for them to regrow. About an inch is best. Add just enough water to make the compost damp, or to have a shallow puddle if you're just growing in water, and place them on a bright windowsill. Avoid full sun because this will be too hot and will just make the water green. Carefully add fresh water every few days if you need to and watch them sprout. Some could be growing within days, and in a few weeks you could be picking a harvest! Carrot tops (the green bits) can be added to salads, along with lettuce and beetroot leaves. Parsnip greens don't taste very nice, but do have beautiful leaves and flowers. Onion tops and spring onions can be finely chopped in eggs or on salads.



Houseplants from Vegetables.



Why not have a go at growing your own beautiful houseplants from vegetables?

It's so easy to do.

All you'll need is;

- A jar or glass,
- Some cocktail sticks,
- A sweet potato, onion and/or an avocado seed,
- And some water.

Carefully push three cocktail sticks into the avocado shell or sweet potato tuber. If your jar is the correct diameter for the sweet potato or onion you could just rest them in the top.

Make sure that the base of the vegetable is touching the water and leave it on a windowsill or other bright place. You may need to carefully change the water every 4 or 5 days if it becomes cloudy, just to keep it clean.

In a couple of weeks you'll start to see tiny shoots appearing (the avocado may take a bit longer so be patient!). Once the plant is growing well and has plenty of roots you can plant it up in a pot and grow it on.

The onion will produce a lovely flower, the sweet potato a trailing vine (but no potatoes, unless it has a large pot, lots of warmth and water!), and the avocado an attractive leafy houseplant.

Good luck!



Harvesting your own tomato seeds



Tomatoes are really tasty and easy to grow. Here's how to harvest your own seeds for free from a shop bought tomato! Why not have a go yourself.

You will need:

- A tomato
- A jar (or pot/mug)
- A spoon
- A sieve
- Some kitchen towel or newspaper



Cut open the tomato and squeeze (or scoop) the seeds into the jar.

Cover with water and stir round.

Leave it for 4 or 5 days.

You might notice a scum, or even some mould on the water- don't worry! This is bacteria breaking down the jelly like coating around the seed (this is what prevents the seed from germinating inside the tomato!).

Wash the seeds well in a sieve.

Spread the seeds out on some clean kitchen roll or tissue paper. Try to ensure that they aren't touching.

Once they're dry, they're ready to sow, or save them in an envelope until you're ready to get growing.





VE Day

8th May 2020

On Friday 8th May 2020 we will be celebrating the 75th anniversary of VE day, the day the guns fell silent to mark the end of war in Europe. The next few pages are some fun ways that you can get involved and celebrate.





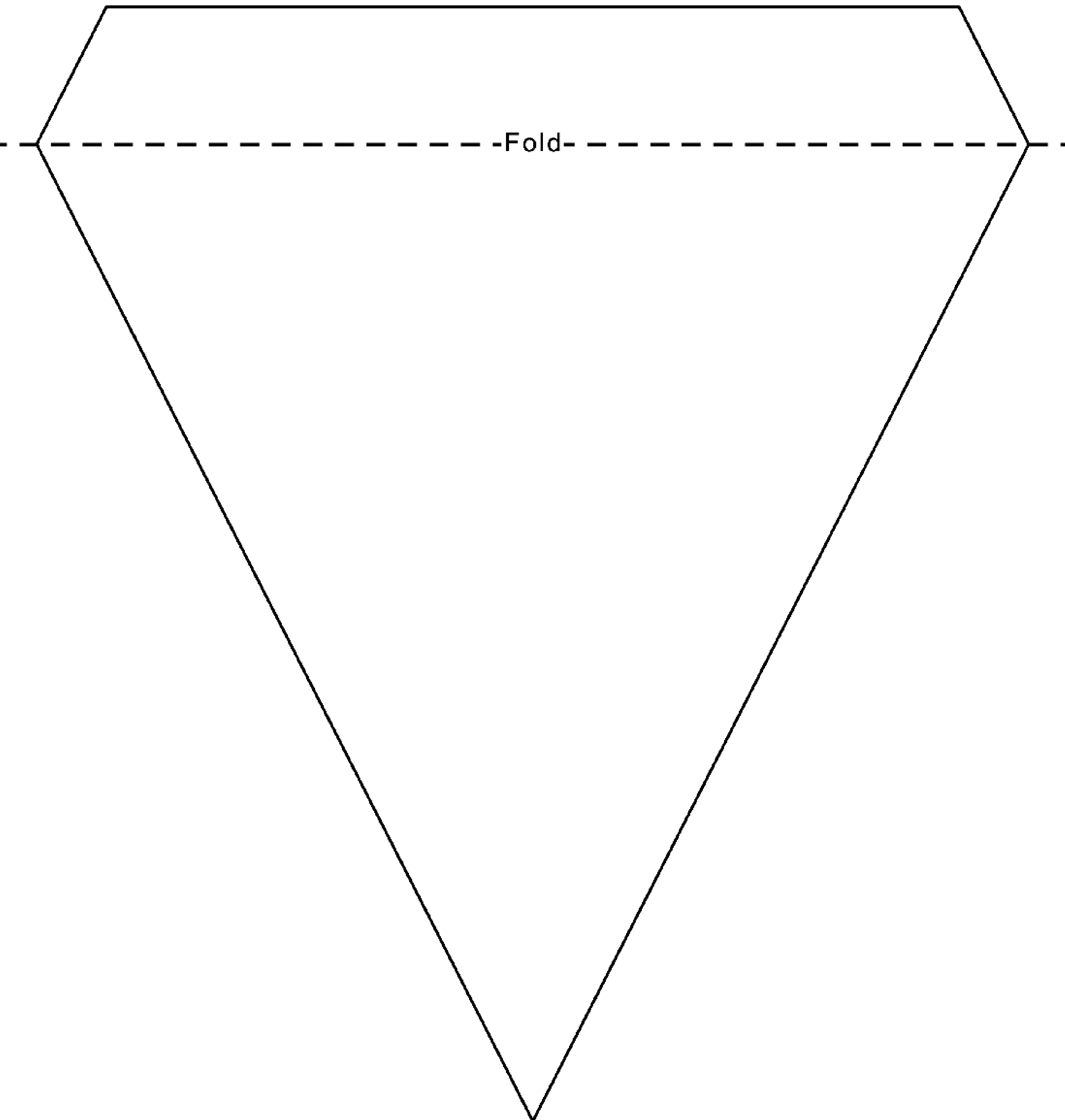
Bunting

You can make your own bunting by following these easy steps!

- **Take an A4 piece of paper long ways up (portrait)**
- **Fold over about 2cm at the top**
- **Fold the paper in half long ways**
- **Draw a line diagonally from the outside of the paper at the top to the fold in the middle at the bottom**
- **Cut along that line through both sides of the paper**
- **Unfold your paper**
- **Decorate however you would like.**

You can google VE day Bunting to get some more ideas.

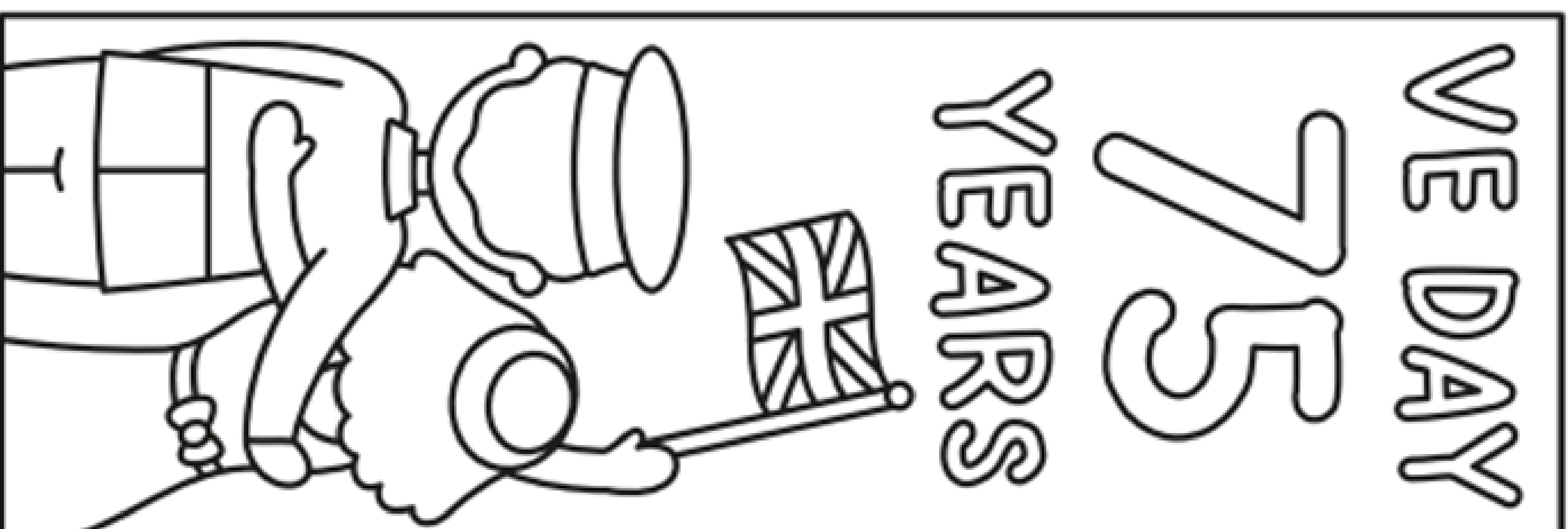
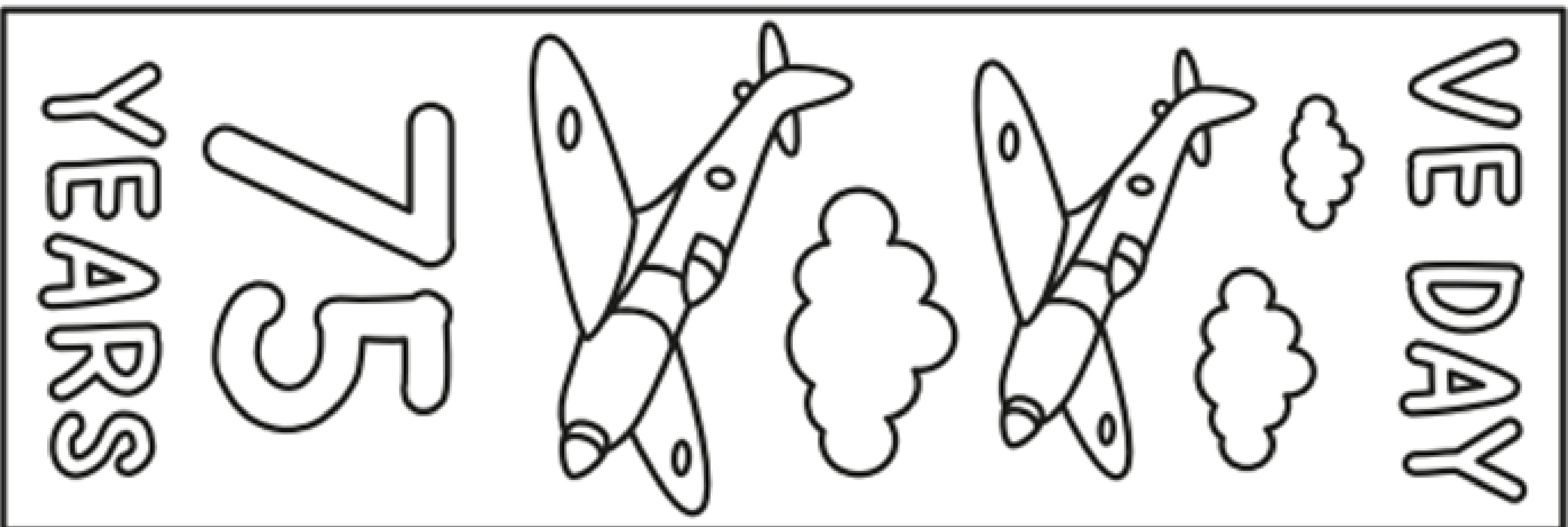
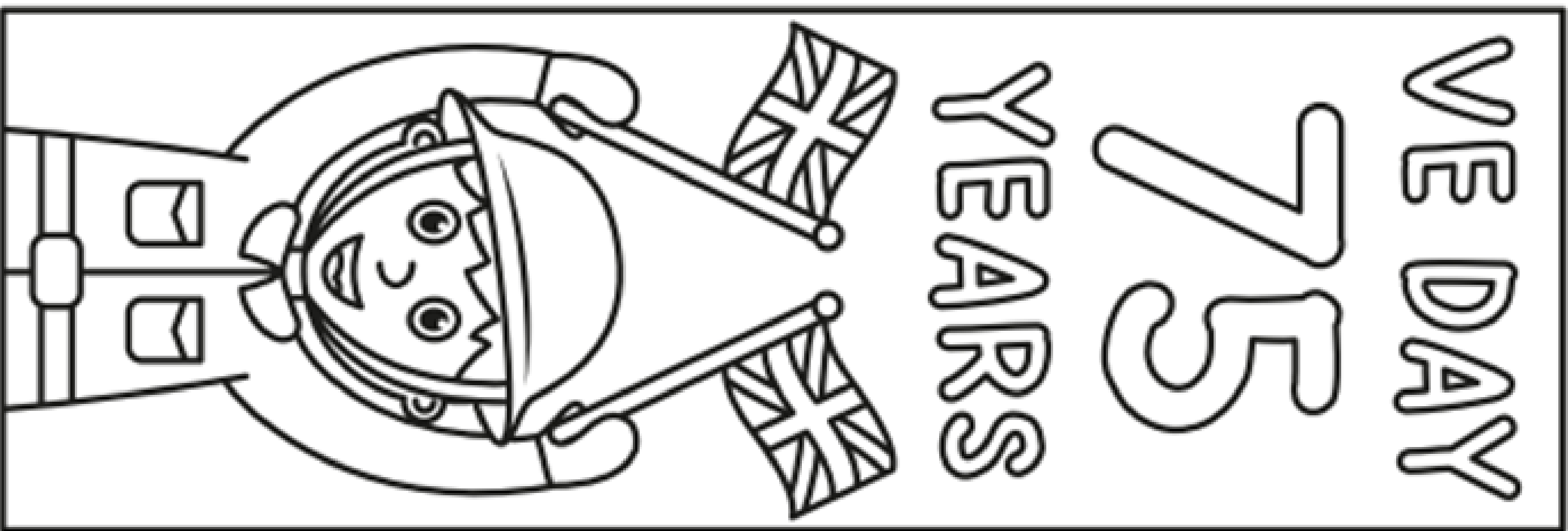
**Alternatively you can use the template
below to create and design your
bunting!**





Make your own poppies





VICTORY





**We would love to see your
designs and pictures. We
have more ideas on our
pintrest board.**

**You can view these by
following**

<https://pin.it/7lvDefb>

**Dont forget to tag/send us
the things you make!!**

Signposting!

Young Carers Coventry.

We are still here to support carers and young carers and are continuing to offer 1:1 support however this will be done by telephone or email. We also have support in place using online messaging services such as Facebook messenger and Whatsapp which can be used for text messaging, calls and video calling.

Please rest assured that if you are in self-isolation and need someone to talk to, our team will be available on our Young Carers helpline: **024 7663 2972.**

We are working on some family activity packs to enable young carers and their families to have some fun and will also be posting daily games and competitions for young carers on our social media platforms and website.

Our 'About Me' assessments are still taking place, this assessment looks into Young Carers caring role. If you would like more information about this head over to our [Assessment](#) tab of our website.

Website: www.youngcarerscoventry.com/

Facebook: www.facebook.com/YCCOV

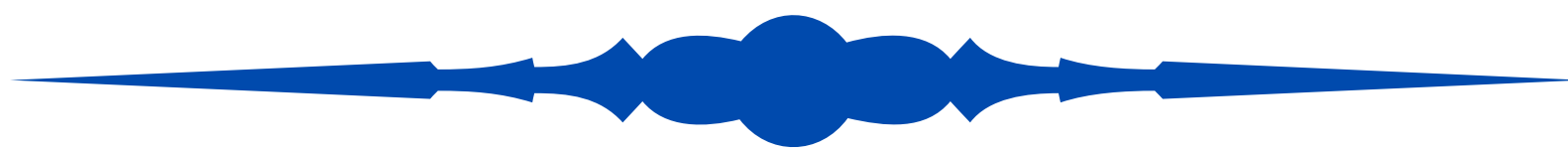
Instagram: [@youngcarerscoventry](https://www.instagram.com/youngcarerscoventry)

NHS Mental Health Crisis Service:

Telephone Number: 0300 303 3664 (Hours of operation: 24 hours a day, seven days a week).

Description: This crisis service is aligned to our home treatment team, and when you contact us we will explore with you the nature of your crisis and assess with you if we need to come and visit you at your home.

This service is operated by a range of experienced NHS staff and clinicians with specific expertise in crisis and de-escalation interventions. If you call us we will be able to guide you the opportunity service offers available to you across Coventry and Warwickshire.



Specific Information for: Children and Young People Crisis Service:

Telephone Number: 024 7674 1799 (Hours of operation: 8am to 8pm, seven days a week).

Telephone Number: 0300 303 3664 (Hours of operation: 8pm to 8am, seven days a week).

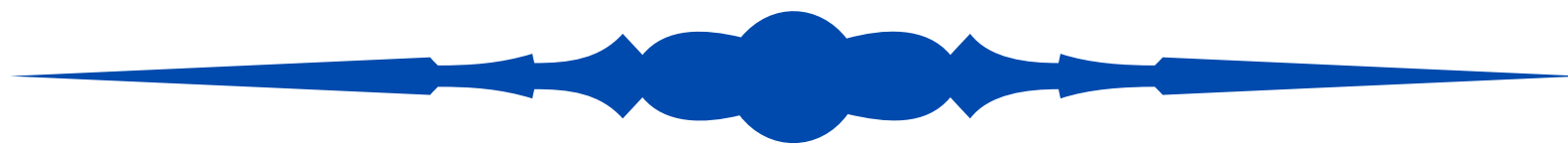
Description: This crisis service is aligned to home treatment, and we will discuss with you, your parent or carer the nature of your difficulties and assess whether a member of our team will come and see you at your home. Between 8pm and 8am, please use the generic trust crisis line, and we will assess your need with an on-call specialist.

Voluntary and Community Sector Support Helpline provided by Mental Health Matters in Coventry and Warwickshire

Telephone Number: 0800 616 171 (Hours of Operation: 24 hours a day, seven days a week).

Website Link: <https://www.mhm.org.uk/coventry-warwickshire-helpline>

Description: This confidential helpline provides emotional support to residents in Coventry and Warwickshire and connects you with highly skilled, trained and compassionate staff that can offer you a listening ear and can connect you with a wider network of support provided by the voluntary sector in collaboration with the trust. This service also provides a webchat functionality if you feel speaking with someone over the phone is too difficult.



Information on Coronavirus (COVID-19) for young carers and young adult carers

www.carers.org/help-and-info/introduction

Carers Trust National provide a wealth of information for carers. They also have a section for young carers and young adult carers.

Carers Trust Heart Of England

You can also head over to Carers Trust Heart of England website to find out about information and services local to Coventry & Warwickshire, or head over to our facebook page for daily updates.

www.facebook.com/CarersTrustHeartofEngland

**Keep an eye out for more
activities and challenges on
our facebook page to get
involved in! If you have any
questions regarding
activities do not hesitate to
contact Peighton!**



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