

Newsletter



March 2025

Young Carers Action Day Wednesday, 12th March 2025

This year's theme was "Give Me A Break", focusing on the importance of rest and respite for young carers. The day explores two crucial areas of support young carers need.

First, young carers have so much responsibility on their shoulders that they often have little time for themselves and are at serious risk of burnout. They need a break. We know that young carers are significantly more likely to report severe psychological distress than their peers without a caring role. They need time out from their caring responsibilities to rest, recharge and focus on themselves – be it for a hobby, or just spending time with friends, like other people their age.

The 'Give Me A Break' theme also speaks to young carers' need for education professionals and employers to give them a break in life. This could be offering more support at school to young carers, recognising that their responsibilities at home can mean they often feel overwhelmed at having to juggle their caring responsibilities with their schoolwork. By trying to understand these pressures more fully, and helping young carers manage them, education professionals can give young carers the break they need to succeed at school and in further and higher education.

All young carers need is for schools, colleges, universities and employers to 'Give Them A Break'.

The Colne Community School were able to do this by bringing their Key Stage 3 Young Carers to St. Osyth Priory for an afternoon of fun with a Tractor Trailer tour to feed the deer, craft activities and hot chocolate. Feedback from the young people was really positive and we were thrilled to be able to give them the opportunity, supporting such an important cause and raising awareness of the challenges some of the children and young people in our community face.

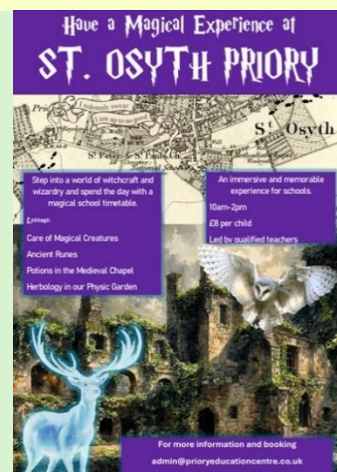
New Fun Day

Dear Schools,

We are pleased to inform you that you have been accepted to St. Osyth Priory School of Witchcraft and Wizardry.

As we look forward to the summer term we are aware that many schools are looking to offer their students a Fun Day at the end of the school year.

As a big Harry Potter fan I am very aware how well the Estate blends into J K Rowlings magical world. We would like to offer schools the opportunity to come in wizarding robes and follow a Hogwarts style timetable to have a fully immersive and memorable day. Suitable to Key Stage 2 and Key Stag 3 students for only £8 per pupil. At the moment these days are only available to schools but there might be a possibility of extending these amazing opportunities to public and family events.



Public Tours

The volunteers who run the public walking and tractor tours have been very busy getting ready for the summer season. We are expanding our offering and are pleased to be able offer 2 very special events.

13th May - Expert led guided tour focusing on the extensive bird life with Dr. Simon Cox. 10.30am-12.30pm.

20th May - Walking Tour of Parkland, including Nuns wood with a focus on the flora and fauna with expert **Bob Seago. 10.30am-12.30pm.**

Tickets £8 per person. Booking opening 10th April.

Helen Brown
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