



MARCH 26 ISSUE

# NURTURE

caring for you because you matter too

**FEATURED**  
your  
*ULTIMATE*  
uni guide

## LOCKDOWN BLUES!

*LET'S TALK  
ABOUT  
YOUR  
MENTAL  
HEALTH*

tips from a  
psychologist  
your new  
yoga future  
how you can  
self-reflect

## a young carer to a local ACTIVIST

*an all tell  
interview with  
ex youth  
MP Alicia Jones*

## HACKS FOR SHOPPING ON A BUDGET

*shopping  
tips and  
tasty af-  
fordable  
recipes*

**#SHOWYOU CARE**



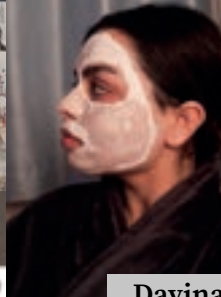
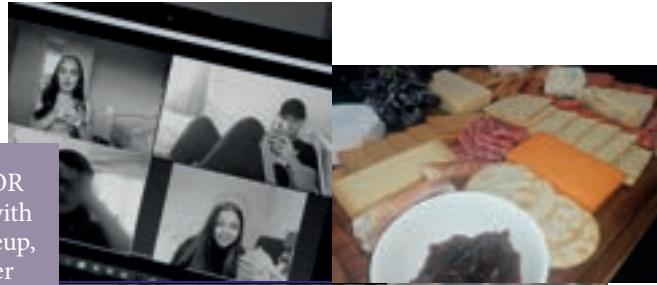


# The faces behind NURTURE

Some words and pics to explain a little about who we are and what we do

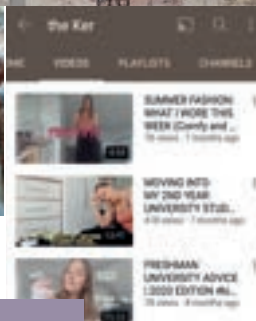
**MEDIA EDITOR**  
Never missees with the perfect makeup, quotes Summer Heights High a little too much and art skills so good Banksy fears her

**Halimah Khan**



**Davina Jethwa**

**EDITOR**  
A strong advocate of pampering to self care, zoom call drinks as a pub sub and making aesthetically pleasing cheesboards



**SUB EDITOR**  
Borderline tea addict, k-pop fanatic and aspiring beauty and lifestyle youtuber (gotta get the self promo in)

**Abby Lake**





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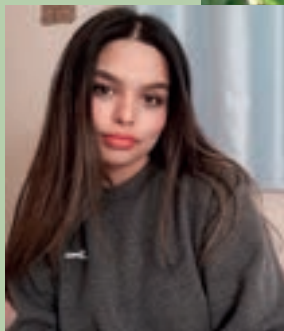




# from one young carer to another

I was just like you.

*At 36 my dad was diagnosed with early onset Parkinsons ...*



disease. At 44 he was told that with the progression of his incurable illness his chances of having another child were slim and my mum's hopes of having a daughter were crushed. At 45 his wife gave birth to a baby girl - me. A miracle child I like to call myself.

From being a kid to my now early adulthood I've cared for my dad. I understand the struggles of being a young carer because I've experienced them. In be-

ing one, I know that sometimes it can feel like you're carrying the weight of the world on your shoulders and no one quite seems to get it.

Nurture gets it though.

Whether you're freaking about finances, need a day of self care, just looking for an entertaining distraction or even just want to see a familiar face so you don't feel alone in your role, we at Nurture are here to be able to give that to you.

For so long, young carers have been forgotten about, pushed aside and neglected. Not anymore. I want to see the representation I so desperately wished I had as a teen. I want to be a part of a new, defining moment for young carers. I want to celebrate kind, resilient, powerful people like you and I.

*davina x*

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# SHOPPING ON A BUDGET

*Do you find it hard to resist the constant temptations and psychological tricks that supermarkets use to make you spend more? Well here are 4 key pieces of advice that you need to know about right now!*



Shopping at the supermarket. Photo: UnSplash

**By Abby Lake**

Shopping with a limited amount of money isn't always the easiest mission! However, it isn't unusual for young carers to face financial problems and it can be useful to know useful ways of saving money. So then, what can you do to save those coins?

## 1 ONLY BUY THE ESSENTIALS WHEN DOING A FOOD SHOP

Tyler Kennedy, a young carer for his mom, explained that he likes to only buy "the essentials" and look for the "cheaper things that will last for a couple of days".

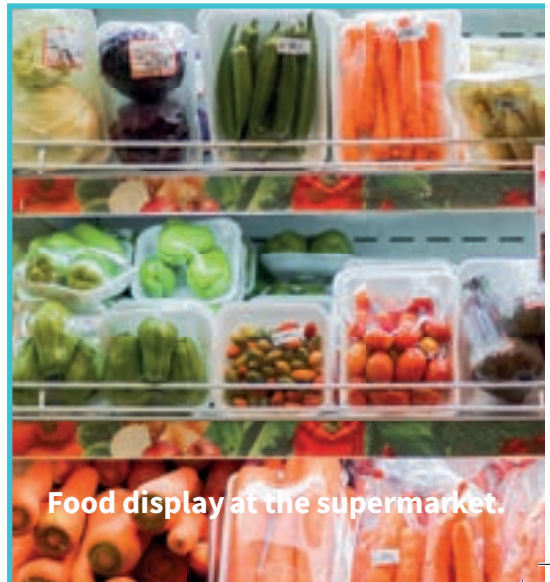
A quick to check what essentials you need is by writing out a shopping list before you leave. Check to see what you're running low on and foods that you use often that it might be worth stocking up on to save multiple shopping trips after a couple of days pass by.

## 2 UTILISE DISCOUNT VOUCHERS TO SAVE MONEY

Mary Mungai, a second-year university student, explained that one way she saves money as a student is by making use of discount vouchers and going to the most affordable shops for her.

"I always shop in Aldi and there's no shame in shopping in Poundland either," Mungai said. "If I do shop in Tesco and Asda, I find that vouchers make my food shop so much cheaper."

She also said that Tesco Club Card is a lifesaver for her because it can get her 50% off certain items and, once you build up to a certain amount of points, she is able to receive free items.



Food display at the supermarket.

**NURTURE**





### 3 MEAL PLAN AND COOK EVERYTHING FROM SCRATCH

Another way to save money, according to Money Aware UK, is to cook everything from scratch rather than ordering takeout.

“Not only is it often cheaper to cook your meals yourself, you’ll also get bigger portions for less money,” Money Aware explained in their article on shopping on a budget. “You can then freeze these extra portions to eat another time.”

Tyler Kennedy also said that he likes to look for cheaper items that will last a couple of days and recommends staying away from branded products which tend to be more expensive.



Girl shopping.

Photo: Pexels

### 4 DON'T FALL FOR SUPERMARKET TRICKS AND TACTICS

Finally, take in account the layout of supermarkets! Supermarkets use a number of tactics in order to rope you into spending more than you need.

Money Saving Expert, in their article Cheap Supermarket Shopping, explains that one of the supermarket tactics include placing treats and magazines by the till because they encourage “impulse” buying. They also explain how stores are structured in a way to make sure you walk the whole distance. “Regularly bought items tend to be spread around the store, so we need to pass many other tempting goodies to complete out shopping,” Money Saving Expert explain in their article.

To avoid these subtle tactics, you might find it helpful sticking inbetween the aisles in supermarkets and only reading the signs above each aisle to find where certain products are. If an aisle’s sign doesn’t have anything you need, don’t go up that aisle!



Photo: UnSplash

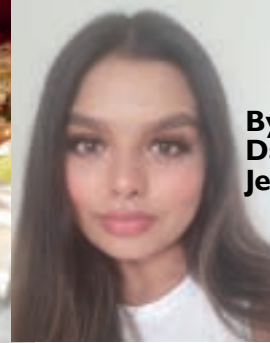
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**Rex Images: Oven roasting the tomatoes makes them super sweet**

# Feed 2 for £3



**By  
Davina  
Jethwa**

## **Ingredients:**

- 1 chicken breast
- 250g cherry tomatoes
- Half a packet of fajita seasoning
- 125g grated cheddar cheese
- tortilla wraps

## **Costing:**

- Half a packet of Tesco's 2 British chicken breast fillets  
£1.80 / 2 = £0.90
- One 250g bag of Nightingale Farms cherry tomatoes  
£0.48
- One packet of El Paso tomato and pepper fajita seasoning  
£1.00 / 2 = £0.50
- One 250g bag of Creamfields grated mature cheddar  
£1.49 / 2 = £0.75
- One pack of Neville's plain tortilla wraps  
£0.65 / 2 = £0.33
- TOTAL COST : £2.96**

## **Cheesy Chicken Quesadillas**

You've just come home from school. You had a gruelling maths lesson first period- it's been a very long day. You can't wait to make dinner but you're stuck. How are you supposed to make something that's cheap, filling, easy to make AND is quick enough to give you time to finish that homework that's due tomorrow?

I can proudly say that this recipe has answered all your prayers. These chicken quesadillas are the ultimate healthy

comfort food with little effort required. This dish not only tastes good but makes you feel good too and will soon become a weekly staple supper.

These crisp cheesy triangles of goodness cost just £2.96 to feed you and a loved one, leaving you both full for the evening. Make these quesadillas with ingredients you'll have around the home to make a delicious dinner with the perfect balance of protein, vegetables and carbs that will leave your body feeling good.

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## Method:

1. Preheat an oven at 180°C/ 160°C for fan.
2. Pour water in a pan and bring to boil. Slowly submerge the chicken breast into the water and allow to cook for 20 minutes.
3. Whilst the chicken cooks, take an oven tray and spread your tomatoes out onto it. Put the tray in the oven and allow to roast for 15 minutes.
4. When the chicken is cooked and is white throughout, remove the chicken and place on a

chopping board. 5. While the chicken cools, remove the tomatoes from the oven.

Using two forks shred the chicken breast until you are left with small string pieces.

6. Empty the cooked tomatoes into a bowl and mash with a fork gently. Add the chicken into the same bowl along with the fajita seasoning and mix well.

7. Place a tortilla wrap in a non-stick pan on a medium heat. Scoop a quarter of the chicken

and tomato mixture onto half of the wrap and add a quarter of the cheese.

8. After three minutes, fold the plain part of the wrap to the other half and then flip the entire thing over.

9. Cook for another three minutes or until the cheese has melted and the outer tortilla is browned and crisp.

10. Take the tortilla out of the pan and place on a plate. Cut it into half. Repeat the process until you are left with four delicious quesadillas.



Rex Images: Cheese and chicken, what more would you want?

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# YOUR ULTIMATE

A simple step by step guide to help you factor in

By Davina Jethwa

It's that time of year AGAIN. Mock exam season, UCAS application deadlines, every adult asking "so, any idea what you want to do when you finish school?"

lege choices remain. With everything going on from corona adding pressures to your care responsibilities and trying to meet deadlines, worrying about this is bound to happen.

This academic year has been weird for sure. September school sales, schools shut, schools re-open, exams on, exams cancelled: it's been exhausting. The pandemic has disrupted every aspect of our lives but unfortunately making your post A-level and col-

I've first handedly experienced, I've read up and I've talked to people who've been in the same position you are. I've done every bit of research you don't have the time to do, so I can help guide you in making choices that are the best for you.

When trying to figure out which five universities you want to apply to the best thing is to see what they can do for you



"You already have numerous doubts as to whether you will be able to manage and prioritise your studies. With the support of the KUCares team, I was not only able to be a valued member of the University but also of society," said Jordain Williams, who benefitted from Kingston's Fund.



Unsplash Images: Results day is the





# UNIVERSITY GUIDE

## your responsibilities into your higher education plans



is the only scary summer

Look at the distance: is the university close enough to commute to? Can you live away but and return quickly if a care emergency arrives? Is it somewhere that you would feel comfortable being at? Your time at uni is meant to be the best years of your life - you want to make sure that you're at one where you're enjoying this new adult life, not worrying the entire time about the care duties you can't carry out.

Look at the university's stance with you: do they acknowledge and offer support to young carers in particular? There is no doubt that your role goes unrepresented but so many uni's are keen to change that. Kingston University for example has been praised by The Guardian, The Times and even government ministers for its active role in backing young carers through financial, housing and specialist support.

### When writing your personal statement to apply for your chosen unis, use your position to your advantage

According to UCAS: "your personal statement is a great place to highlight the skills, strengths, and



positive attributes your caring responsibility has allowed you to develop." Whether your chosen course is competitive, you're striving for an unconditional offer or you're just dead set on getting into that uni, your personal statement is the most important bit of making you stand out as a future student. As a young carer, being different to those around you is a constant and inevitable feeling. As an applicant, alienation is your biggest blessing.







Alongside the worries and stresses of being a carer, you're in a position much more advanced than people your age. You have maturity, responsibility, a commitment and loyalty. In the hardest of times you persevere, in the best of times you excel.

Universities see the same kind of applicants every year. They see the same extracurriculars, the same hobbies and the same interests but what they want to see is experience, passion and a new perspective. With your role, you automatically assume all of these, use your own voice in your statement to show them that!



**When you accept a university place make sure the first thing you do is let them know about your position**

Getting that unconditional through your inbox or opening up your acceptance letter on results day is an equally exciting and nauseating feeling. It's easy to get caught up in the giddiness of it all but once you know the place that you will be attending in September, letting them know about your role as a young carer is what

you should do ASAP. To access the aid that you've researched from your chosen uni requires contact between outreach teams, a case by case understanding of your situation and assurance of your eligibility to get the extra support that you deserve. Organising this from the offset eases the process for both you and the

university and as UCAS says, "will help you make a smooth transition to university, and succeed in your ongoing studies."

"Go and find out what support you are eligible for. Ask for help when needed and accept help when given," advises Jordain to those of you whose position she too was once in.







## Before you begin in September consider the benefits of a carer's passport

This scheme gives a form of identification to young carers across institutions, including some universities. It allows you to access support easier, without having to explain the ins and outs of your caring responsibilities with every staff member who's path you cross.

even scare you from asking for it, even when you really need it. The carer passport helps to combat these fears and as the official website says, having one can also even "act as a gateway for students to access wider support."

Opening up about your situation can be a daunting feeling and having to do this with a new stranger every time you need to reach out for additional help can be overwhelming and perhaps

There's no doubt that it's worth looking into. All that is required is going to the official [www.carerpassport.uk/](http://www.carerpassport.uk/) and filling in your details to see what options you have and whether your university runs the scheme or one equivalent.

### CARERS TRUST

*"young adult carers may feel less able to access higher education due to their caring responsibilities at home and may require more support when they do engage, issues with lateness or absence, balancing caring responsibilities alongside academic commitments and a high prevalence of self-reported mental health problems."*

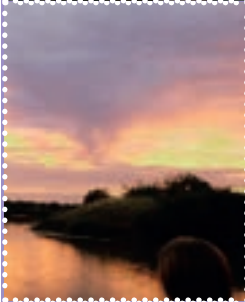


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# 5

## Yoga Poses to help focus on the now



We've heard it all before: a healthy lifestyle is a balance of diet and exercise blah blah. What you may not know though is that yoga could be a key practice to fit into your fitness regime with an array of physical and mental benefits. There's no need to go on a run at the crack of dawn before school starts or having to fit a gym membership into your budget to lift some weights; you can enjoy this exercise from the comfort of your bedroom floor. make a smooth transition to university, and succeed in your ongoing studies."

Yoga has long had links to increasing body strength, maintaining a healthy heart and improving flexibility but there are more perks that make it an ideal choice for a young carer in particular when wanting to better your personal well-being. According to [hopkinds-medicine.org](http://hopkinds-medicine.org), yoga can help you sleep better, stimulate energised and brighter moods, and manage stress. In fact, the exercise can promote a better general self-care which is essential when balancing so many duties.

"As a young carer you need to take time out to rest and

reflect on how incredible of a person you are as a young person with so much responsibility. Yoga will help to reduce overwhelming feelings of anxiety through testing times and enable you to build your self esteem to manage stressful situations and give a connection to yourselves and social interaction. It allows you to express yourselves in a safe and calm manner and creates an understanding within for your mental health and overall wellbeing," explains Essex based yoga teacher, Alexandra Reece-Ford.

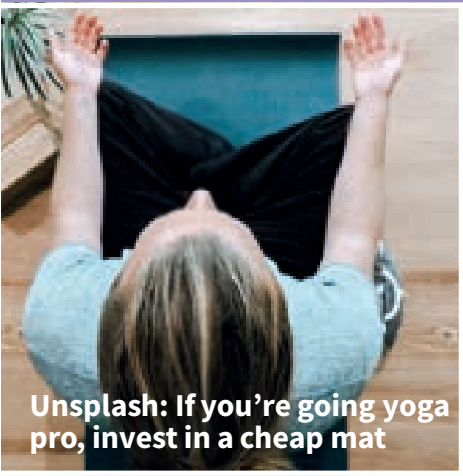
Alexandra began her yoga journey when she was diagnosed with two chronic conditions and the practice has allowed her to manage them and build on her strength. Since suffering with endometriosis and a pituitary brain tumour, her children took on caring roles for her which they have managed over the years using the tools Alexandra has implemented into their lives.

"For young carers looking to incorporate yoga in their lives, I would say you should be open minded, interpret it for yourselves - use yoga as a dance through your bodies and not feel scared of





# o you



**Unsplash: If you're going yoga pro, invest in a cheap mat**

what you feel yoga might be. Know you can do anything and don't worry- just go with it and see where it takes you, be creative with your minds and bodies," advises the yoga advocate.

There is no limit to how much or how little yoga you do. It could be something you put aside every half hour before you go to bed, it could be something you do in a quarter of an hour while dinner is cooking in the oven or it could even be something you squeeze in between homework breaks for five minutes. Whatever it may be Alexandra says: "To know you are doing it for even a few minutes a day can make a huge difference in how you feel."

## For young people, Alexandra says that these five poses are the best

1

**Mountain Pose**  
for grounding



2

**Rag Doll**  
for releasing emotion



3

**Downward Dog**  
for stretching the body



4

**Hero Pose**  
for feeling empowered



5

**Child's Pose**  
for resting the mind and restoring energy



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Girl relaxing on yoga mat. Photo: Pexels

# 6 WAYS YOU CAN TAKE CARE OF YOUR MENTAL HEALTH

**When things seem like too much, there's nothing worse than not knowing what to do. So here are some ways you can look after yourself.**

**By Abby Lake**

**B**eing a young carer means dealing with endless responsibilities and taking on duties that often surpass what any other person your age should deal with.

With the Coronavirus pandemic only throwing more challenges our way, mental health has been on the decline ever since. So what can you possibly do to keep your mental health in a

good place?

## **1 . Schedule in downtime for fun and distressing activities.**

Giving yourself time every day is vital in keeping your emotions in check.

Judy Norris, a Community Carer and ex-SEN Teaching Assistant, emphasises the importance of incorporating scheduled downtime breaks as a way

to reduce stress and anxiety.

"Students I worked with would identify an outlet which helped support them to decompress, such as listening to music, reading or gaming," Norris said. "This may be something they identified together with their Psychologist or SEN Coordinator."

"For example, a lady that I have supported in the community had a particular interest in art therapy where she would order the paint colours into tones and colour wheels."





According to charity organisation Help Guide in their article *Laughter in the Best Medicine*, laughter can help “strengthen your immune system, diminish pain” and can “protect you from the damaging effects of stress”.

## 2. Journal or draw as a way to assess your emotions.

Another method that Norris suggests trying out is downloading any free virtual diary app on your phone that you can find on the app store and take time to write down your thoughts and feelings.

Confidential multi-channel service The Mix also explains that the benefits of journaling is that it is “private and gives you a place to vent if you’re having a bad day or just want to have a good rant”.

Alternatively, Norris also found that the students she worked with would each day draw part of a flower.

“By doing this quick and easy task every day, or even every couple of days, it works as a reminder that any progress and growth you make takes time,” Norris explained. “Just like the way a flower makes often unseen small steps in growth every day.”

## 3. Learn to be present in the moment.

In the e-book *The Complete Guide to Preventing Caregiver Burnout and Finding Your Self-Care Routine* by Home Care Assistance, they explain that mindful breathing can help to reduce stress levels in your body, lower your heart rate and reduce the possibility of burnout for caregivers.

Lisa Jane, once a young carer who is now training to be a Nurse, said: “I’d definitely say journaling, colouring and breathing exercises are all wonderful things to help with stress.”

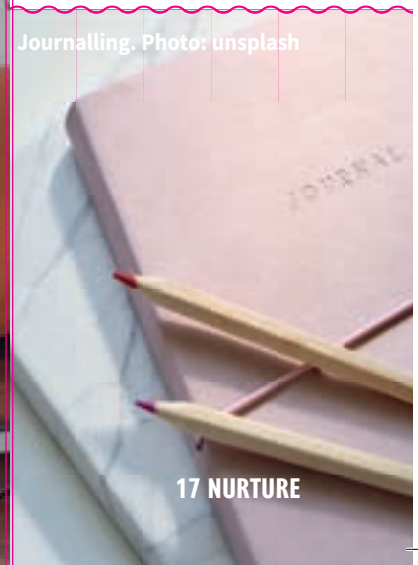
“The best part of mindfulness is that it can be done any time of the day: break time, lunch time, whenever you have a chance to sit down.”

Journalling. Photo: unsplash



Boy reading a book.

Photo: Unsplash



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If you don't know where to start, there are plenty of meditation and mindful breathing resources online that you may also find helpful when starting out, such as through videos on YouTube. Regardless of how you think you feel, practicing mindfulness can be useful in assessing your emotions.

## 4. Facetime friends and family.

Although the current lockdown means we cannot see anyone outside of our social bubble, you can still connect with loved ones through facetime.

Christine Branigan, a young carer ambassador, explained how she finds calling loved ones helpful for her mental health.

She said: "I think it's really important to have a good support system around you, especially for young carers. So us-

ing FaceTime or social media to connect with them is a great way to do this because young carers do not get a lot of time to themselves."

The simple act of connecting to others outside of your immediate household can also help to distract you from your responsibilities for a while, because it gives you the opportunity to talk about things other than your life as a young carer and have a chance to have and fun and laugh instead!

## 5. Disconnect from social media for a day or two.

Charity organisation Mental Health recommends being more intentional with social media and suggests deleting mobile apps and logging into desktop versions instead to avoid the habit of scrolling.

"Social media wasn't as big in 2001!" Lisa Jane said. "I would say a break from social media could be helpful when

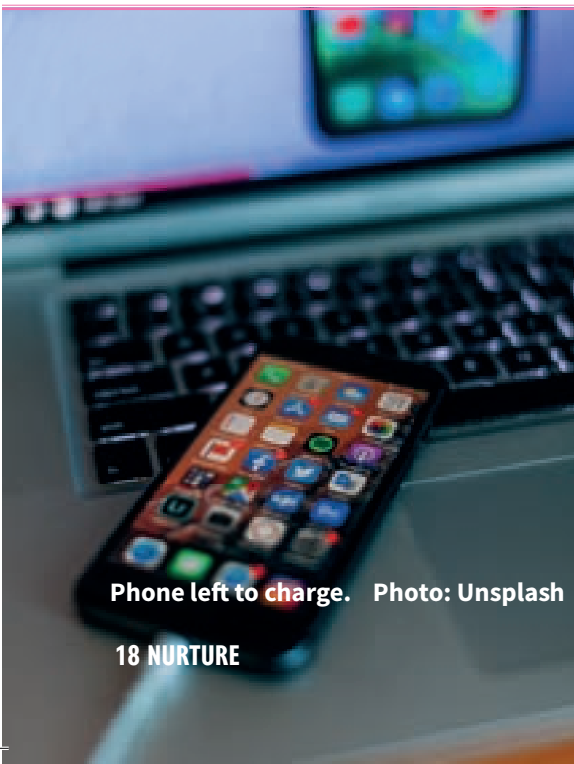
## 6. Let others know when you are struggling.

you're feeling overwhelmed, especially with all the bad news at the moment."

Being a young carer in a global pandemic is a huge challenge and sometimes it can be easy to forget that there are people you can speak to.

Christine emphasised the importance of never feeling like you have to struggle in silence and knowing that there is support out there for you.

"Remember it's okay to not be okay but don't suffer in silence," Christine said. "You're not alone and we are here to support you any way we can. You are amazing, strong and an incredible person. Be very proud of yourself."



Phone left to charge. Photo: Unsplash

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# Food Love Stories

**TESCO**

*Every little helps*

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Young Carer. Photo: pexels

# OUR YOUNG CARER OF THE MONTH

**This month we spoke to our chosen carer of the month Charlie Fiore to hear about his personal experiences as a young carer.**

By Abby Lake

What do you remember doing at the age of five? Perhaps you were playing outside in the sun with your brother and sister or perhaps you spent your days playing with your building blocks and Lego. Five years old. The world was so new and exciting back then right?

Well, for Charlie Fiore this was not the case.

Charlie first became a young carer at the age of five and he explains how he went from living a “normal life”

to suddenly becoming a young carer as his mum one day wakes up to find herself paralysed down one side.

“It was a very snap change,” Charlie says. “After some investigations it was determined she developed Multiple Sclerosis and that was just the beginning of it all.”

He uses “just the beginning” because not only was Charlie a carer for his mum but he also played a caring role for his father too, who was suffering mental illness difficulties at the time. Fortunately, Charlie did not have to suffer the burden alone because he had an older sister to help out.







“My sister took on a lot more of the physical responsibilities which I am ever so grateful for,” he tells me seriously. “I was primarily emotional support for a very long time and, without realising what I was doing at that age, I was monitoring my mum’s emotional wellbeing and psychological stability as well.”

**“I was lucky as I had a very supportive school when I was younger. But being separated from, more so my mum than my father, was very difficult.”**

Charlie’s mum naturally really struggled with her newfound way of life and he explained how she was “in essence, grieving for a life that she had lost”.

However, as Charlie got older he had to take on a lot more physical and medical roles. One of his responsibilities was administering his mum’s prescribed medication and he was even trained to give her the intramuscular injections that she had to take as well. Caring for his dad, thankfully, was a lot more simplistic because Charlie would only really have to monitor what was going on with him. However, if triggers were about to occur, Charlie would have to make sure to get his dad to a place where they couldn’t affect him or alternatively calm him down and bring him back to “a state of normalcy”.

As for how his mental health was impacted, Charlie was very open and honest about his struggles.

“I was lucky as I had a very supportive school when I was younger. But being separated from, more so my mum than my father, was very difficult,” he says. “Now a lot of people would assume that it was traditional childhood separation anxiety but in reality, my worry was what’s happening? Is she okay?”

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**“It’s beyond difficult to explain to teenage peers that it’s not that I don’t want to attend this event or do this thing, but that I can’t.”**

Will she end up back in hospital?”

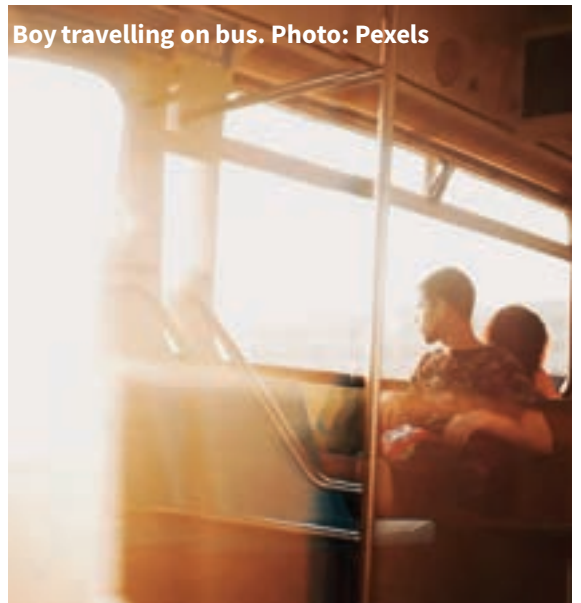
Due to the type of Multiple Sclerosis that his mum was diagnosed with, Charlie explains that it meant she could be fine for days, weeks, months and years even but the next she could be back in hospital with her symptoms massively worsened.

Fortunately, he had a good support network around him at Primary School and his headmaster would let him call his parents during breaks so he could check in and make sure everything was okay. However, secondary school was an even bigger challenge as he had to balance his school work and social life on top of his caring duties.

“It’s beyond difficult to explain to teenage peers that it’s not that I don’t want to attend this event or do this thing, but that I can’t. I’ve got responsibilities that I simply cannot forsake for a day or whatever,” he said in regards to his social life.

As for his assignments, while most of

**Boy travelling on bus. Photo: Pexels**





his teachers were accommodating of his life at home and would give him extensions (usually only until the end of the day), he recalls how conversations with them was like a “negotiation”. In the end he would often sacrifice his sleep or breaks at

“What always swells my heart is that it’s not a choice they’ve made. They are doing what they do because it’s for someone they love. And I emphasise with that totally.”

school to catch up on work in order to not fail school.

Charlie was lucky though as he was able to join a young carer support group in his local community. Through this, he was able to make friends with fellow young carers who, as he puts it, were a lot more “understanding” and “enduring” because they wouldn’t see him as “flaking out” on plan; they could understand that something at a “personal level has happened.”

After reading this, you probably won’t be surprised to hear that Charlie is now a campaigner for young carers but this is something he had never imagined he’d be doing. In fact, he had actually started “studying forensics” before, one day, after attending an annual Young Carers Festival, everything changed. “It’s a two to three-day-long festival where young carers nationwide get together in the middle of Hampshire and have a weekend being teenagers,” he says. “It’s always had an activism spin to it. There are universities, members of Government



**Group of friends having fun! Photo: Unsplash**

departments, MPs that attend and they all congregate in a certain area and ask questions of and gather the views and experiences of young carers.”

At this event in particular though, the producers had come up with an idea to create a Young Carers Champion Programme. The idea was that they would find a group of young carers who would be specifically trained to be entirely self-sufficient as advocates.

“The role of these would be as a national voice for young carers,” Charlie explains and I can hear a new passion

## 22 NURTURE





Food stand at event. Photo: Unsplash

having to redo a year but it was worth it in all honesty. I found my place.” From that point on, he went on to university while continuing his campaigning work on the national stage, which he intends to continue for as long as he is able to.



Friends laughing. Photo: Unsplash

in his voice now.

Charlie had later been approached about being a part of the programme. Not thinking much of it, Charlie decided to give it a go because he had already been involved in some local change making for young carers.

“As the first couple of events and campaigns started to come off the ground, there was a real feeling of this is right. This is me. So I ended up changing all of the courses I was studying. It meant I ended up

As our talk comes to an end, I ask Charlie what he would say to anyone out there who is a young carer with the hope that, in turn, this might help one of you reading this. “For young carers of all ages and experiences, you’re not alone,” Charlie says empathetically. “We’re a lot easier to find than we once were and once you’ve found that support group be honest with it. We can only help with what we know is going on but everybody wants to help.” “What always swells my heart is that it’s not a choice they’ve made. They are doing what they do because it’s for someone they love. And I emphasise with that totally.”



# *HOW TO USE* **affirmations** to recognise and appreciate you

Mindfulness, meditation, manifestation, affirmation: we've all seen these words over TikTok and Insta. Spiritual techniques have trended like crazy over social media for the past year but what do they all actually mean? How do they work? How can we use them in our everyday lives?

By Davina Jethwa

Well, it turns out it all begins with knowing something that we have within us but might not know much about; auto-pilot. This is a part in our brain that all humans have and it plays a very vital function. In her book 'Mindfulness-Based Cognitive Therapy: Distinctive Features', Dr Rebecca Crane of Bangor University defines autopilot as a state of mind in which one acts without conscious intention or awareness of present-moment sensory perception. "In simpler words, our auto-pilot allows us to carry out multiple tasks at once. For example, perhaps you're completing a homework assignment but you also have another due tomorrow. Your

auto-pilot would tell you that you need to do that one too. When our auto-pilots become unmanaged however, it floods our system with concerns and unresolved matters. In her blog, 'mindfulnessmuse', Laura Schneck says: "the effects of automatic pilot become harmful when we go on autopilot to process our emotional experience." "When we're doing something routine like showering, boiling the kettle and having a cup of coffee, our autopilot detects this and knows how much attention you need to give that task and the rest of your attention pools out into your thoughts. You start thinking things like: what do I have in my past that was unresolved? What

was that conversation I had yesterday that was uncomfortable? Why is this situation happening? These are all undigested things in our system which it fishes out when we're doing everyday activities. When we practice mindfulness, we are actively tuning down the autopilot so it functions only to a level that it needs to and doesn't take over our whole system because otherwise it gets very exhausting," explains mindfulness and somatic practitioner, Raneesha Monoharan. Mindfulness is about bringing our focus into the present moment so we don't get caught up in the problem solving side of our brain. You're not in your head, you're not in





*“today I will be kinder to myself”*



the past, you're not in the future - you're just there and you're able to see things so clearly. It's a practice you can do anytime, anywhere. "Imagine that [our heads] as our mental home. It gets pretty stuffy in there, quite messy and cluttered even. Mindfulness is like taking a step out and realising there is an entire space outside of this. There are sights and sounds, there is perspective, and there is just a bigger world out there. From

there, you also get to look back and see what's going on inside. Is it messy? Is it too stuffy? Is there enough light in there? It's only when we can see it from here that we can start doing the decluttering inside ourselves," explains Raneesha. To go on autopilot to process our emotional experience. "When we're doing something routine like showering, boiling the kettle and having a cup of coffee, our autopilot detects this and

knows how much attention you need to give that task and the rest of your attention pools out into your thoughts. You start thinking things like: what do I have in my past that was unresolved? What was that conversation I had yesterday that was uncomfortable? Why is this situation happening? These are all undigested things in our system which it fishes out when we're doing everyday activities.

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Mindfulness comes in many forms: meditations, affirmations and more. As a carer, it can be easy to feel overwhelmed with the business of your day to day lives. Healthline.com defines affirmations as “ a self-help strategy used to promote self-confidence and belief in your own abilities”. These expressions are an excellent way to be mindful and empower you during your struggles so how do you incorporate them into your lives?

Raneesha explains that: “It’s very important to choose an affirmation that feels right to you. If it doesn’t feel right, it’s not going to settle into the system. These affirmations will build with time. For example, if you’re saying I must be kind to myself, but it doesn’t feel right, that’s just not going to work for you. If you say I will treat myself with kindness today, and that feels achievable, then go with that.

“Affirmations are a bit like you’re on sea and you’re on board, there are strong winds everywhere which are like our situations and they’re just thrown all about. An affirmation is a bit like lowering an anchor so you have that one steady place and keep coming back to when things blow you off. You come back to your affirmation and say, ‘I will treat myself with kindness’ and you just sort of repeat it and repeat it so that it feels true to you. It becomes harmful when we go on autopilot to process our emotional experience.”


“When we’re doing something routine like showering, boiling the kettle and having a cup of coffee, our autopilot detects this and knows how much attention you need to give that task and the rest of your attention pools out into your thoughts.”

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Unsplash Image: Mindfulness is a new level of relaxation

***These affirmations are something that happens from the inside out.”***



# Raneesha's 7 step plan to be more mindful



1. Structure your day realistically: Being very realistic about what you're doing in your day and how many tasks you can manage is very important. Order what your natural pace is, how much you personally can do. It's important not to judge yourself here because when we honour our own pace, our energy levels start to work for us instead of against us.

2. Create small moments for yourself intermittently through the day: As carers, you probably give yourself a lot of tasks and it just can flood your entire day. Create little moments intermittently throughout your day, and use this time to track the good things about your day and what makes you feel good. Think about it as mental hydration.

3. Say yes to things that will fuel you: When caring for someone, there is so much adrenaline that runs through our system and what happens is we get tricked into thinking we absolutely need to do this task. It takes time for that to calm down, we don't get to see things clearly when we are in that state so what happens is, we end up saying no to things that will fuel us.

4. Have meaningful conversations: These are like food for the soul. Conversations offer the chance to open up, to be seen, to be heard and this really relieves our emotional body and relieves our nervous system. We feel safe, we go past our chaos and our anxieties. When we have painful conversations, we get to bring out the vulnerability that is deep down and once it comes out, it very naturally releases you and you're not holding onto these things in your system.

5. Look out for nonverbal affection: Sometimes you can end up really looking after someone but not receive anything in return. You might not receive that thank you or a 'you mean a lot to me' and this can really leave us feeling quite dry. So, non verbal affection is looking for that communicational way that the other person might be telling us thank you.

6. Set up your space, so that you're always in touch with your goodness: If our homes, our rooms, our personal space reflect bad memories, our brains will continuously fish these out. If they contain good memories, they remind you of your own kindness and something in your brain shifts. It's about working with how the brain works, so that is working for us and not against us.

7. Play: There is sometimes a lot of seriousness and a lot of difficulty that goes on and we forget to play. Play with the way you care, play with regulation, play with creating silly things, play with doing silly things: be a child and be okay with making mistakes. When we're playing, we're doing things so random that our internal system just goes wild and it resets.

# How to achieve self-empowerment

Start writing in a journal Photo: Unsplash



*Everyone talks about confidence and how it is meant to be good for you in many ways, from the way you carry yourself to the way you are perceived by others, but has anyone told you about the strength of self-empowerment?*

Self-empowerment means putting yourself first, focusing on personal goals, and achieving a positive mindset as an outcome of this. Although that can be seen as the generic definition, you are also able to put your own meaning behind it as it is all about

you and getting in touch with your feelings.

Having a diary or even a journal may seem childish but it is a great way to begin your self-empowerment journey. Noting things down can real-

ly help you find out who you are and what decisions best suit you. You can write about your day and trials that you had to overcome to realise that you are capable of overcoming challenges and that every day starts anew, allowing you to become a better version of yourself. You can also write down small goals that you would like to accomplish for yourself on that day, as a little reminder that although you have someone to take care of, you are also just as important. Talking to people about how you feel is also im-

portant as it allows you to share what they like to call “the load”, which is basically thoughts that are weighing heavy on your mind. You can share your feelings with whomever you feel comfortable with, as long as you trust them enough to keep it between the two of you. This is a way of acknowledging how you feel and gaining advice from other people that could potentially help you.

Another step that will get you closer to feeling self-empowered is completing activities that you may have been putting off due to your busy schedule or lack of confidence. Make time to do something that is out of your comfort zone, whether that be on your own or with someone for that extra support. This will enable you to find new skills and hidden talents that you have yet to discover. Accomplishing new things with friends or family some-



Be confident

Support bubble

Make time for YOU

You can do it

Learn to share your thoughts

T r u s t

times makes it easier as you don't have to take the first step alone. Sara Malik, a 15-year-old carer says that "Having the right support system can help you understand your self-worth." Knowing that you're not alone comforts the mind as you know there is always someone to rely on when you need a shoulder to lean on.

Acknowledging that you also having feelings that you need to consider, and goals that you want to achieve is just as important as taking care of your loved ones. Making small changes that remind you to remember yourself will encourage you to look at your life with a positive mindset.

By Halimah Khan

It's always good to take a breather Photo:Unsplash





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Scan  
Me!

# Tune Into Our New Podcast



Welcome to Nurture a podcast brought to you by the three people who have been working on this magazine. Our podcast will be a space where you as a reader of Nurture magazine can come and interact with us by listening in on what we have to say and asking your questions to us via social media.

We will be able to discuss new topics weekly with your input as you as the listener come before anyone else. Our podcast will be a space for you to zone out the rest of the world and focus on doing something you want. However, it can also be listened to whilst you're completing your daily activities.

This week's topic will

be an introduction to our podcast and who we are as a team we hope you enjoy.

**Get ready to join us on our first podcast Photo:Unsplash**



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# Fun Things To Do With Your Family During The Easter Holidays

By Halimah Khan

**The easter holidays are just around the corner, and although this year hasn't gotten off to the greatest of starts, we should still be able to celebrate just like any other year. Even if we are only able to celebrate with people that we live with, it's worth it.**

## **Scavengerhunts:**

Seeing as Easter is in the Spring time, when the flowers are blossom-

ing and there's a cool breeze in the air, it's the perfect opportunity to plan a scavenger hunt, indoors or out. Scavenger hunts are the perfect easter activity as it involves everyone and the items used to create the hunt are very versatile. You can use chocolate eggs, hard boiled decorated eggs or easter related household items. Place any of these around the house, create a map and get started with your hunt. To make it extra fun, the winner could

receive a chocolate treat.

## **Keeping Active:**

Staying on the theme of doing a more physical activity, like the scavenger hunts, a good old egg and spoon race is also a traditional game to play around the Easter period, as it's amusing to watch your friends and family try to outrun, or more like speed walk each other with an egg in hand.

## **Cooking as a family:**

This time is a great excuse to spend quality







time with your nearest and dearest. Cooking your easter favourites whilst hanging out together can create a chaotic but enjoyable atmosphere. If you are struggling with recipe ideas or don't have any easter specials, there are plenty of budget friendly recipes to check out in Nurture's magazine.

**Supermarket finds:**

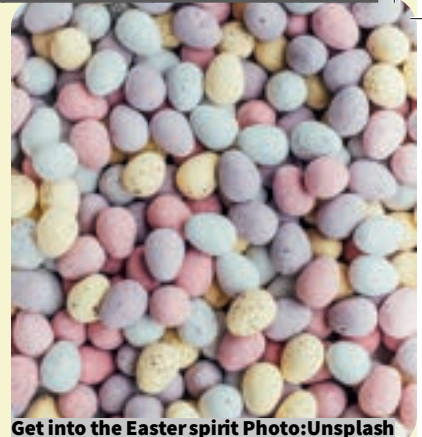
Supermarkets are always ready to go when there is a festive time coming around, so they will definitely be reliable when it comes to looking for things to do around the easter period. You will most likely be able to find some "decorate the easter egg/bunny" starter packs, these are enjoyable to do by yourself, as they are quite therapeutic or with someone and are quite convenient as all the components you need to decorate are in the box.

**Lockdown Easter:**

If you are unable to do an Easter egg hunt, there are also plenty of other activities to do. Depending on whether we will be allowed to see other members of fam-

ily or friends, you can arrange a time where you can video call your loved ones and play easter themed games. Charades is a perfect game to play over call as its interactive and can keep you entertained for hours on a nice easter afternoon.

Although this Easter may not be like all the others it can definitely be improved from Easter 2020, which was our first experience at a lockdown celebration, but now we enter Easter 2021 as experts on how to throw a party whilst following the guidelines set.



**Get into the Easter spirit Photo:Unsplash**



**Bake some goodies Photo:Unsplash**



**Get creative with your family Photo:Unsplash**



**Arts and crafts Photo:Unsplash**



# Self-Care Search

*Think you know your self care better than us? Read all our tips and tricks thoroughly? Incorporated them into your daily routine? Well then prove it and see if you can spot all fourteen words below.*



Manifestation  
Mindfulness  
Affirmation  
Breathe  
Improve

Fuel  
Positive  
Accomplishment  
Meditation  
Empowerment

Free  
Better  
System  
Declutter

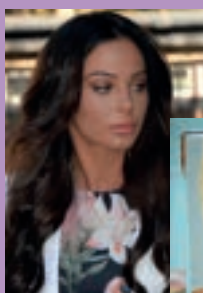
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# #BlastFromThePast: Childhood Celebs That Were Young Carers

*Whatever the 90s kids say, the 2000s were truly the primetime to grow up. As you get caught in the nostalgia of remembering MTV golden days or seeing if you remember every lyric of 'Wear My Kiss', take a second to realise that some of those celebs we idolised are just like you.*



Tulisa



You may remember her as the singer from the hip hop band N-Dubz, but before gaining worldwide fame with her cousin and childhood friend, Tulisa was a young carer herself. As her mum battled two mental illnesses, Tulisa began caring for her at the age of eleven. In her book she explains how the responsibility led her to some low points during her teenage years but since has overcome them and made a household name for herself!

Boyband heartthrob, Ortise from the band we all still love, JLS was also in fact a young carer. Like Tulisa, he took on the role at eleven years old as he cared for his mum who suffered from multiple sclerosis - a chronic condition that affects the brain and nerves. Even as an adult, Ortise still actively supports young carers, often meeting them back-stage at concerts as well as donating to charities to help find a cure for his mum's illness.

Oritse Williams



Jade Ewen



The Sugababes singer and Eurovision contestant grew up a young carer to both her parents who suffered from partial blindness and deafness. As their conditions worsened, Jade took on household chores whilst also taking her younger brother and sister under her wing. Despite having to balance her school life with her home responsibilities, Jade has not only established herself as a successful singer but also as an actress and has been seen walking the catwalk at London Fashion Week! a cure for his mum's illness.

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**YOUNG**MiNDS

