

Spring Newsletter

Hello and welcome to your young carer newsletter. In this edition we will be looking at what support and resources are available during lockdown and how we as an organisation can help support our young carers and their families.

The overriding message that the nation has come to know and value during this very difficult and worrying time is that we are all in this together and we must help and support each other throughout this period and beyond.

Support from the Harrogate team

With very little warning and time to prepare the Carers' Resource has risen to the challenge of installing software and equipment and providing training so that staff can continue to work from home and we are very much open for business and are encouraging carers to ask for support if they need it.

Throughout the organisation caseworkers are contacting carers who have been in contact with the organisation over the last few years and the young carer team are in the process of contacting all of the families registered with us.

This contact could be in the form of a phone call, an email or in some cases a text if this is how a person prefers to be contacted. You may well have received some emails from the team already in the form of a 'group email' and we hope to follow up with calls as we work our way through.

As there are many families that are open cases to us we would encourage you to make contact with us if you need support and we haven't contacted you yet.

From the contact we have had with families so far and from our own personal experiences each day and each week can be different. Many young people and parents alike are finding this time to be isolating and many children are missing their friends.

How we can help?

Examples of how we have helped support people so far have included: mentoring sessions by phone or video call; emotional support for parents; liaising between students and schools where necessary, offering advice about food shopping and signposting to organisations, amongst other things.

Information and resources

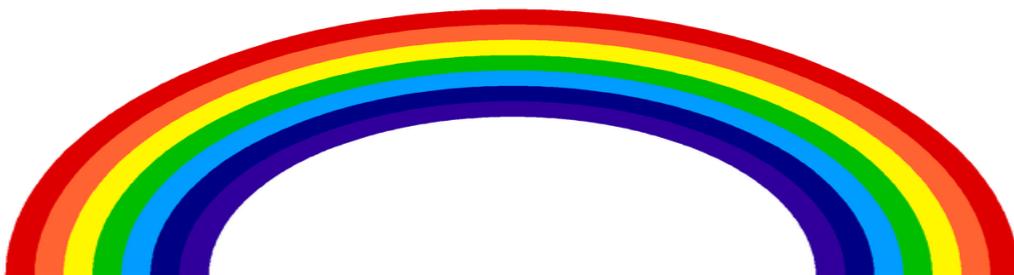
There has been a lot of information and advice across social media so we have compiled some of the links in to one place:

- www.youngcarersresource.org for regular updates
- Guidance for those requiring more exercise or those with learning disabilities:
<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do#can-i-exercise-more-than-once-a-day-if-i-need-to-due-to-a-significant-health-condition>
- CAMHS Resources <https://www.camhs-resources.co.uk/>
- Kooth; online 1:1 support for young people until 10pm <https://www.kooth.com/>
- The Mix: Free confidential support for those under 25 www.themix.org.uk
- Mental Health Crisis Support: Call First Response, 01423 553778
- For younger children: A new fictional book for children aims to help families understand COVID-19. This could be done as a book review project for your child as well. <https://www.unicef.org/coronavirus/my-hero-you>

Carers Week – June 8-14th June

To spread some colour and joy we are encouraging our young carers and their families to draw/paint a rainbow, take a picture and email it to us between now and the end of May so that we can upload it to our website and make a video montage. You are welcome to include a picture of your child holding the rainbow if you are happy for it to be published online, or simply a photo of the rainbow or perhaps your child holding it over their face if you would prefer.

Please email entries to: sbeard@carersresource.org or lhall@carersresource.org



Budz/UTime

As we are currently unsure how long social distancing measures may continue we are thinking of new ways which we could bring people together and are wanting to hear opinions on whether young carers would be interested in an online group session? We are hoping to get young carers together using WhatsApp (latest update allows 8 people on a video call). We could try quizzes and games. Ideas welcome!

We welcome your feedback at: sbeard@carersresource.org or lhall@carersresource.org

Social Media

We are putting information and things to make you smile on our social media. Look out for photos from past trips on our Throwback Thursdays!

Our Instagram is Young_carers and Facebook Harrogate Young Carers

Finally, during this time we hope you are safe and well and we would encourage anyone to seek support if they are feeling low, having an 'off day' or simply would like to chat to someone to break up your day.

To contact the Harrogate team please telephone or email:

Switchboard: 01423 500 555

Email: sbeard@carersresource.org or lhall@carersresource.org

We will respond as soon as we can.

Stay safe everyone,

Harrogate Young Carer Team