

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 Carers' Resource can help support you and your families.

The nation has come to know and value that we are all in it together during this difficult and worrying time, and we must support each other during this period and beyond.

Support from the Bradford Young Carers team

Carers' Resource is very much open for business and we encourage you to ask for support if you need it. We continue to work from home and we're just a phone call, email or message away.

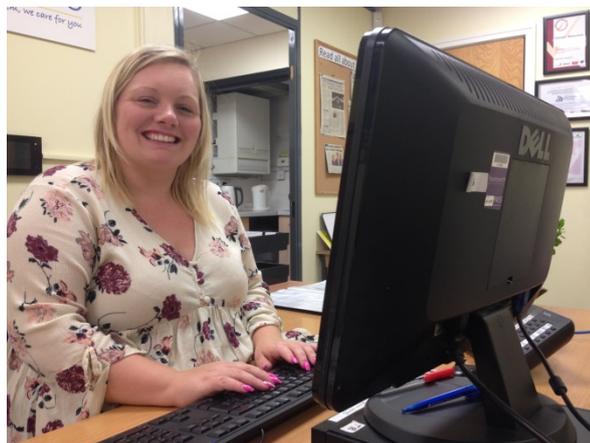
Throughout the organisation, caseworkers are contacting carers who have been in contact with us over the last few years and the young carer team is contacting all of the families registered with us.

You may 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 our lists. If we haven't contacted you personally yet and you need us, please do get in touch.

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 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, among other things.



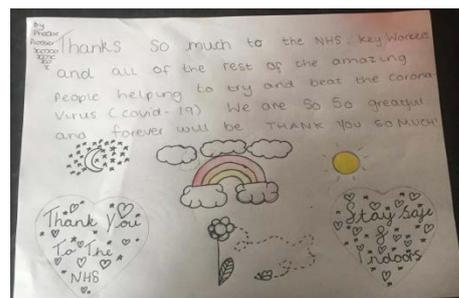
Information and resources

There has been a lot of information and advice across social media – here are some links that we think are especially useful:

- www.youngcarersresource.org for regular updates
- 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 under-25s: www.themix.org.uk
- Mental Health Crisis Support: Call First Response: 01274 221 181.
- A children's story book has been produced by Unicef to help younger children understand coronavirus: <https://www.unicef.org/coronavirus/my-hero-you>
- 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>
- Educational resources, including for children with additional needs, on our Carers' Resource Facebook page: https://www.facebook.com/carersresource/posts/3095386270520980?_tn_ =K-R
- www.childnet.com is a website for safety online and keeping safe.

Carers Week – 8-14 June

To spread some colour and joy we are encouraging 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: cwindsor@carersresource.org

Youth clubs

We are unsure how long social-distancing measures will continue, so we are using new ways to bring people together. We're having sessions of up to eight young people on WhatsApp video calling (please make sure you have updated the app and have the latest version installed – ask us if you need help with this). We chat, do quizzes and play games. Ideas welcome!

Mondays

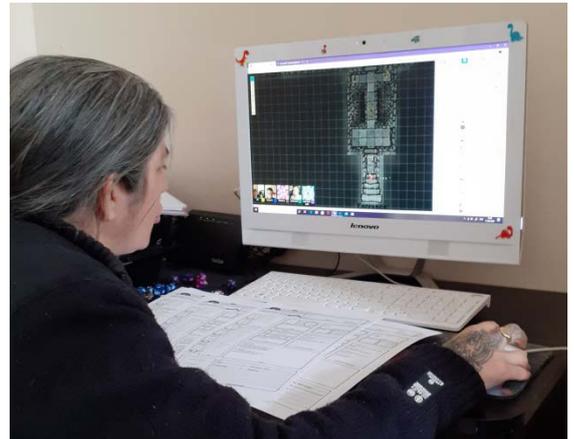
2-2.45pm (under-11s)

6.30-7.15pm (over-11s)

Thursdays

2pm-2.45pm (over-11s)

6.30-7.15pm (under-11s)



If you're are interested in these sessions, email cwindsor@carersresource.org

Social media

Head to Instagram and Facebook for information, fun things to make you smile, photos and stories of other young carers, and ideas for stuff to do. We've even trawled the archives of our BCB radio show so we can post clips of them online on Throwback Thursdays!

Search for us on Facebook, where our page is called 'Carers Resource – Bradford Young Carers' . On Instagram, we're 'BradfordYoungCarers' - which is for just our young carers.

Finally, we hope you are safe and well. If you're feeling low, having an off day or simply would like to chat to someone to break up your day, get in touch:

Switchboard: 01274 449 660

Email:

kdale@carersresource.org

cwindsor@carersresource.org

cbroadbent@carersresource.org

chaycock@carersresource.org

jarmstrong@carersresource.org

If it's out of hours or we're on to another young carer, we will respond to you as soon as we can.

Stay safe, everyone.

The Bradford Young Carer Team