

# Spring Newsletter

Welcome to our Spring Newsletter where we will be letting you know what events are available to young carers and parents over the coming months and how to contact us for support.

## **Home-schooling**

We once again find ourselves in lockdown with many children being home-schooled which we know is very challenging especially for young carers. We hope that those families who have wanted their child to access and remain at school have been able to do so. Government guidance currently states that young carers are among those able to attend. If there are any families who would like support in communicating with schools please do let us know. Below is the link to the Government website with the relevant information in case this is useful.

<https://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision/guidance-for-schools-colleges-and-local-authorities-on-maintaining-educational-provision>

For anyone requiring increased data for students without broadband or who can't afford extra data please see the following link: <https://get-help-with-tech.education.gov.uk/internet-access>

## **Young Adult Carers Video Project**

There is currently a project for Young Adult Carers age 18-25. We are coming together to collaborate and create a small series of videos answering the common questions which many Young Adult Carers face. These range from how Young Adult Carers transition to life at University, how they might go about finding employment and what issues might they face, to what support can they expect to receive as a Young Adult Carer. If you have any questions yourself as a Young Carer coming up to 18 or if you are a Young Adult Carer aged 18-25 who wishes to be involved with the project, please feel free to contact Joanna Gregory at [jgregory@carersresource.org](mailto:jgregory@carersresource.org) The next virtual meeting is being held on Wednesday 10<sup>th</sup> February from 6.30pm-7.30pm. If you are aged between 18-25 and want to join the meeting please email for the invite link.

## Events for Parent Carers

As well as offering a service to young carers aged 7-18 the Carers' Resource also supports parents who care for children with additional needs throughout Craven, Harrogate and Bradford districts.

Whether you are a parent new to Carers' Resource or are already registered with us, if you would like to participate in any events please let us know. There is a 'private group' Parent Carer Facebook page for each location and in Craven there are upcoming virtual sessions where you can join Natalie Baxter (Locality Worker for Parent Carers, Craven and Harrogate) to ask her any questions and meet other parents. For dates/times please join the Facebook group (<https://www.facebook.com/groups/572692976091167> or type "Craven Parent Carers" into Facebook search) or contact Natalie on 07801 577196, email: [nbaxter@carersresource.org](mailto:nbaxter@carersresource.org)

Session	Date	Time	To book contact
Parent carer groups	Various		Natalie Baxter <a href="mailto:nbaxter@carersresource.org">nbaxter@carersresource.org</a>
DLA webinar	10 <sup>th</sup> February	10-11.30am	<a href="mailto:sbland@carersresource.org">sbland@carersresource.org</a>
Preparing for Adulthood webinar	10 <sup>th</sup> March	1-2.30pm	<a href="mailto:nbaxter@carersresource.org">nbaxter@carersresource.org</a>
PIP webinar	14 <sup>th</sup> April	1-2.30pm	<a href="mailto:nbaxter@carersresource.org">nbaxter@carersresource.org</a>

## February Half- Term Activities

As we once again find ourselves in lockdown we have planned the event with this in mind.

### **Wednesday 17<sup>th</sup> February at 11am – Pizza Making**

We have teamed up with Dough Baby to create a Pizza making activity for all ages. Each kit contains 2 pizzas and your child is welcome to join an online session at 11am to start creating their Pizza with a group, or they can choose to simply make the pizza with family at another time.

To register an interest in this activity please email [lives@carersresource.org](mailto:lives@carersresource.org) (by Mon 8<sup>th</sup> Feb) and confirm whether your child has any allergies/intolerances and whether they would like Margarita, Veggie or Pepperoni (see menu below). Each household will receive 1 kit containing 2 pizzas (payment can be made for more).

Payment: We know that many families are facing financial difficulties at the moment and we are happy to offer this activity free of charge. However, some families do like to contribute towards our activities and donations can be bank transferred to:

Account Name: Carers' Resource  
Sort Code: 30-93-91  
Account no: 00391580  
Reference: YCarers/Surname

## Ways we can help

Other ways we can help is:

- ✓ Regular video/telephone call support to young carers and parents
- ✓ Liaising with schools
- ✓ Researching grant applications
- ✓ Providing proof of caring letters and/or carer cards
- ✓ Signposting to other services

## News from other Organisations

open to all  
11-17s

**NHS** In partnership with  
North Yorkshire  
Clinical Commissioning Group

**NHS** In partnership with  
North Yorkshire  
County Council

# HAVE YOUR SAY




Be part of a one-off group session to review and give your view on the Mental Health support site The Go-To.

Help improve this service for young people who need support.

email: [alex.flowers@nhs.net](mailto:alex.flowers@nhs.net)  
to join

**WEDS 3RD FEB**  
**5-6PM ON ZOOM**



## Our Doorstep Delivery service is now available to anyone self-isolating.\*

Give us a call on 0345 611 6111 and select option 5 to place your grocery order, and we'll deliver it the very next day.

**Delivery Charges:**  
Elderly and Vulnerable: FREE  
Students: £2  
Standard: £4.50



## Menu

### Margarita

Fior di latte mozzarella, tomato sauce, parmesan, olive oil and basil.

Gluten, Milk

### Veggie

Fior di latte mozzarella, tomato sauce, bell peppers, red onion, marinated olives and basil. (V)

Gluten, Milk

### Pepperoni

Fior di latte mozzarella, tomato sauce, pepperoni, parmesan and basil.

Gluten, Milk, Mustard