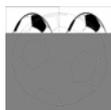


May Newsletter

Welcome to our latest edition 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.

Spring Bank Holiday Activities



With restrictions starting to lift we have the following events planned:

Primary age: Wednesday 2nd June 1pm **Pizza making lunch at 22 The Square, Cross Hills**

Secondary age: Wednesday 2nd June 10am **Pitch and Foot, Aireville Park, Skipton**

To register an interest in these events please email lives@carersresource.org by Monday 24th May and we will confirm whether spaces are available or whether we are using a reserve list by Tuesday 25th May. If your child has food allergies/intolerances please let us know in the email. Please note places are limited and a reserve list will be used if needed.

Young Adult Carers

In line with Carers Week in June the young adult carer support team have produced videos made by young adult carers themselves who are currently working or at university. The videos offer advice and support for other young carers who are thinking about getting a job or getting into university. They will help with what information you need to put on your CV or even what to put on your UCAS forms, but more importantly to help you understand what your rights are as a carer going into further employment/university. The series of videos will be released weekly from 7th June via our Facebook page 'Carers Resource' and then on our website at youngcarersresource.org

The Big Ask

The Children's Commissioner for England is asking for children and parents to complete an online survey to show the government what children need to live happier lives.

www.childrenscommissioner.gov.uk/thebigask/

Events for Parent Carers

As well as offering a service to young carers aged 7-18, 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 Popular events in the past have included workshops on topics such as benefits (DLA and PIP), SEND issues in schools or sleep etc.

Ways we can help

The past year has been hard for young carers and we are keen to support them to thrive and achieve their personal goals. One way we can do this is to help them access activities by finding funding streams to support their needs. This could be one-off grant applications for a whole range of activities and might include: sports kit, club subscriptions, music or extra-curricular lessons and activities, driving lessons, transport costs etc. If there is something that your child would like to access but household finances can't provide for then please let us know and we can look out for suitable funding. Small funding streams often come available at short notice and for limited periods so we always encourage you to contact us.

Other ways we can help are:

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

External Agency News

Big changes in our lives can be overwhelming at times.

Discover how the Kooth community can support your mental wellbeing today.



kooth

Sign up for free at [Kooth.com](https://www.kooth.com)

Qwell

Parents needing extra care?

Don't forget about your own self-care. Discover our supportive online mental wellbeing space for adults.



-  Chat online to qualified counsellors
-  Read and write articles
-  Get online support from the Qwell community
-  Set personal goals and record how you feel

[qwell.io](https://www.qwell.io)

Qwell

Struggling to attain a healthy work/life balance and feeling physically and emotionally drained?

You're not alone! Explore our supportive mental wellbeing community today.



-  Chat online to qualified counsellors
-  Read and write articles
-  Get online support from the Qwell community
-  Set personal goals and record how you feel

[qwell.io](https://www.qwell.io)



#DontDoltAlone

Kooth's new campaign for young people

[Watch Video](#)