

YOUNG CARERS CHAMPIONS IN SCHOOLS – WATCH THIS SPACE!

Young carers have told us that they would like:

- Someone they can go to for help (an identified person who can advocate for them).
- Someone to listen to them and for schools to understand what it is like to be a young carer.
- A group to go to where they can meet other young carers and get support.

SO FAR... Every secondary school in Wakefield has identified a *Young Carers Champion* who will raise the profile of young carers and implement a package of support specifically within schools. They will be available to listen and respond to the needs of all young carers, making sure they get the help that they need.

NEXT STEPS - All primary schools will also be asked to identify a *Young Carers Champion* to support all young carers who are under 11 years old.

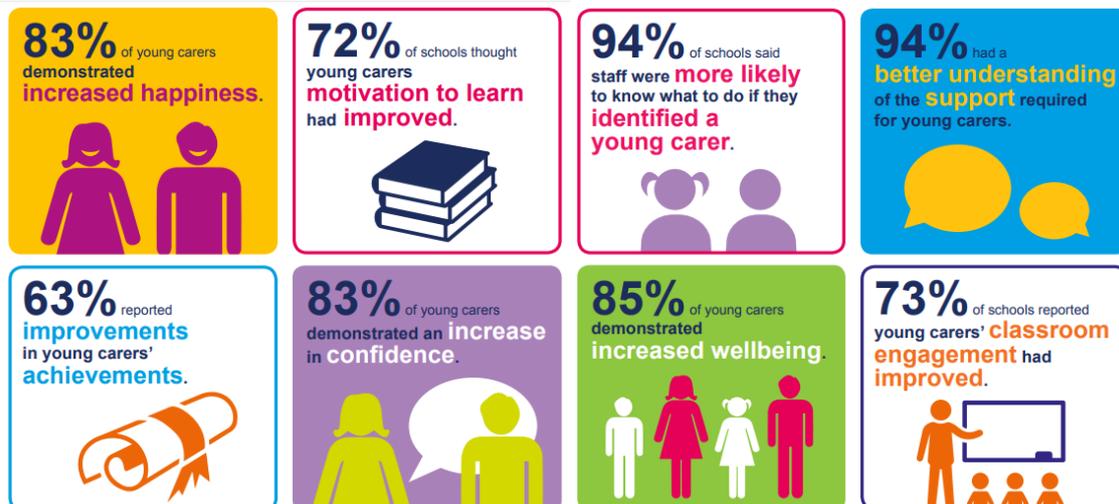
WHAT SHOULD PROFESSIONALS DO WHEN A YOUNG CARER IS IDENTIFIED?

- Please refer to the **Young Carers Pathway** for guidance – available in ‘Downloads’ on: www.wakefield.gov.uk/schools-and-children/early-help/young-carers?
- All identified young carers should be added to the **Early Help Register**.
- Consider a nomination to The Youth Work Team Young Carers Group for YCs (11+).
- Groups for YCs (U11) are due to be developed & delivered within a locality-based provision.

THE YOUNG CARERS IN SCHOOLS AWARD - is an exciting England-wide initiative that equips schools to identify and support young carers and awards good practice. The award:

- Demonstrates a school is meeting the needs of this vulnerable group, specifically mentioned in Ofsted’s Common Inspection Framework, introduced in September 2015.
- Is broken down into Bronze, Silver and Gold level, creating an easy to follow framework so that schools can easily prioritise what to do next to increase identification and improve outcomes for young carers.

WHAT SCHOOLS HAVE TOLD US ABOUT THE IMPACT OF THE PROGRAMME



HOW CAN A SCHOOLS GAIN A YOUNG CARERS IN SCHOOLS AWARD?

A range of support is available to make applying for and achieving an award as easy as possible.

Find out more information online – www.youngcarersinschools.com/the-award

Or contact Emma Newton to register your school’s interest and find out how to get started.

TIPS ON POSITIVE WELLBEING & SELF-CARE IN LOCKDOWN

Everyone needs to look after their own health and wellbeing during these tough times – especially young carers who are looking after others. The TOP TIPS Newsletter (11+) is summarised below:

Take Time-Out (Me-Time)

Unplug from social media and unwind - whether it's a soak in the bath, reading, watching a film, or meditating. Taking time to relax and get some headspace can help with difficult emotions and improve our wellbeing. Some helpful resources for self-care can be found at:

www.camhs-resources.co.uk/ and www.annafreud.org/on-my-mind/self-care

Stay Connected With Others

Organise video catch-ups with friends and family, play interactive games (e.g. Houseparty) or build a virtual team and take part in an online pub quiz!

Maintaining relationships and staying connected is such a simple way to help our mental wellbeing. Remember, if you can't speak to someone you know there are plenty of helplines to try:

www.childrensociety.org.uk/coronavirus-information-and-support

Look After Your Body

Our physical health has a big impact on how we feel. Avoid falling into unhealthy habits and instead keep active. It could be a walk, run, or cycle (don't worry, it doesn't need to be strenuous!). If you can't go outside there's lots of home workouts you can access through YouTube – or just try dancing to your favourite tunes!

Make sure you also get a good night's sleep each night and try to eat mostly healthy, well-balanced meals - It will all go a long way to helping you feel good!

Keep Your Mind Active

Keep up with your hobbies (if you can still do them at home) or find something new to try!

Get creative with arts and crafts at <https://saturday-club.org/online>

Read, write stories, play games & puzzles - For inspiration: www.scouts.org.uk/the-great-indoors

Keep a Routine

Create and stick to a regular daily routine - it will help you feel focused and maintain a positive wellbeing. Make sure you take regular breaks from screen time – this includes social media, news, gaming, and Netflix!

WAKEFIELD YOUNG CARER'S – CORONAVIRUS BULLETIN (11+) - summarised below:

Food and Medication Support

Mutual Aid Groups - support families who need help with shopping or collecting prescriptions.

Find your local group by entering your postcode at www.covidmutualaid.org/local-groups/

NHS Responders - can help with shopping, a prescription collection, or offer a friendly chat.

To check if a family can qualify visit www.royalvoluntaryservice.org.uk/ or call 0808 196 3646.

ECHO Pharmacy App - coordinates medication deliveries.

Download ECHO Pharmacy App at www.nhs.uk/apps-library/echo

Foodbanks - To locate the nearest foodbank go to: www.trusselltrust.org/get-help/find-a-foodbank/

If someone is shielding - Extra support is available for vulnerable people.

Register at www.gov.uk/coronavirus-extremely-vulnerable (requires NHS number)

Money Support - Call Cash Wise on 01977 724651.

Free School Meals – Eligible families can receive a weekly £15 government voucher to help them purchase food. If families have not yet received these vouchers, they should contact the school.

Mental Health and Wellbeing Support

Face to Face – Young carers can contact their keyworker or social worker to ask for support.

Online – Speak to someone via the online *Drop In & Chat Service* on www.wf-i-can.co.uk

Useful Websites & Apps

- **www.themix.org.uk** - Designed to help children and young people (under 25) to take on any challenges they are facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free confidential helpline or counselling service.
- **www.giveusashout.org** – Shout is the UK’s first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It’s a place to go if you’re struggling to cope and you need immediate help.
- **Kooth** - a free, confidential, and anonymous online service for anyone 11-18 years. Access support from trained counsellors until 10pm, 365 days a year, as well as peer forums and a range of self-help resources. Visit www.kooth.com and download the App.
- **Meetwo** - an award winning, free, fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines.
- **Mind of my own One App** – designed and conscientiously co-produced with young people for young people. If young people find it hard to talk to a social worker, health professional or teacher, One App is a great way for them to put down their thoughts and send them to those who need to listen.
- **www.wf-i-can.org.uk** - Check out the full list of helpful sites dedicated to children and young people

Further Help

Latest Local Information - For services and support relating to coronavirus visit bit.ly/CoronaWFD

Wakefield Council Helpline on 0345 8 506 506 (choose option 3) for help.

NHS 111 - Offers direct guidance through online coronavirus helpline at 111.nhs.uk/covid-19/
Call 111 if a person’s symptoms become severe (children should tell them if they are a young carer).

If it is a medical emergency - Call 999 immediately.

Latest Government & NHS Guidance - can be found at www.gov.uk/coronavirus
