

# Information Sheet

## \*\* Revised Young Carers Service during the Coronavirus Pandemic \*\*

### Young Carers Service – Nottinghamshire



A free, confidential and independent support service available for Young Carers, accessible via our Helpdesk on **0115 824 8824** or via email on [hub@carerstrustem.org](mailto:hub@carerstrustem.org) or visit our Facebook account at; <https://www.facebook.com/YCPCarersHub/>

#### The Young Carers Service can offer:

##### Information, Advice and Guidance

- Information, advice and guidance around your caring role
- Signposting to specialist organisations, advice on getting extra support

##### 1-2-1 Telephone Support

- Listening and emotional support
- Wellbeing and befriending calls to you and your family

##### Weekly bulletin

- With Facebook updates, useful links, details of upcoming weekly online support groups

##### Virtual 1-2-1 Support

- Face to face support with a support worker through various forms of online mediums and times to suit you (Zoom, Skype, GoTo Meeting etc)

##### Virtual Young Carer Support Groups

- A weekly chance to meet up online with other young carers, share your experiences, ask questions, peer support

##### Online Question & Answer Sessions (Q+A's) – launching in early May 2020

- A Facebook stream with guest speakers to offer answers to questions surrounding different subjects – like coping mechanisms
- Saved videos to access any time

##### Assistance to Collect Essential Items

- Support to access services that can help those who cannot get out to collect shopping and prescriptions
- Signposting to volunteer services, foodbanks

##### Notts Help Yourself - local information online

- Website, one stop shop for everything people need to know about services, advice, support, activities and events in Nottinghamshire [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

##### Stay engaged at Home – educational and fun

- Link to Website: [Helpful Links In Difficult Times - Nottinghamshire](#)



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County Council



April 2020

## Useful Numbers and links:

**Covid-19 Mutual Aid** - UK Facebook page to support to the most vulnerable and isolated during the Covid-19 outbreak - <https://www.facebook.com/CovidAidUK/>

**Young Carers:** to request an assessment call: **0300 500 80 80**

**Nottinghamshire County Council's Coronavirus Community Support Hub** – from food delivery to a friendly chat - <https://www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-coronavirus-community-support-hub>

## Young people and young carers:

### Mind

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

### Young minds (14 – 25 years)

Support for young people

<https://youngminds.org.uk/>

Coronavirus

<https://youngminds.org.uk/about-us/media-centre/press-releases/youngminds-publishes-advice-for-young-people-and-parents-on-mental-health-impact-of-coronavirus/>

### Shout

Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support. Text 'SHOUT' to '85258'

<https://www.giveusashout.org/>

### The Mix

Support for young people under 25 – includes young carers

<https://www.themix.org.uk/search/young+carer>

### Kooth – Nottinghamshire

<https://www.kooth.com/index.html>

Free, safe and anonymous online support for young people

### Health for Teens – Nottinghamshire

<https://www.healthforteens.co.uk/nottinghamshire/>

**What is Coronavirus?** - <https://www.healthforteens.co.uk/health/coronavirus/what-is-coronavirus/>

**How to stay up to date with schooling** - <https://www.healthforteens.co.uk/health/coronavirus/3-ways-to-stay-up-to-date-with-schooling/>

### Ways to deal with Coronavirus linked anxiety -

<https://www.healthforteens.co.uk/health/coronavirus/ways-to-deal-with-coronavirus-linked-anxiety/>

### Health for Kids

<https://www.healthforkids.co.uk/>

**What is Coronavirus?** <https://www.healthforkids.co.uk/staying-healthy/what-is-coronavirus/>



**Notts CC**

website <https://www.nottinghamshire.gov.uk/>

Twitter [twitter.com/nottsc](https://twitter.com/nottsc)

Facebook [facebook.com/nottinghamshire](https://facebook.com/nottinghamshire)

**Young adult carers and adult carers****Young minds (14 – 25 years)**

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**NHS Every Mind Matters**

<https://www.nhs.uk/oneyou/every-mind-matters/>

**NHS Mental Health and Wellbeing**

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

**MIND** (link being shared on NCC Twitter feed)

[https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm\\_medium=organic&utm\\_source=twitter&utm\\_campaign=info&utm\\_content=coronaviruswellbeing#collapsea2e6e](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=twitter&utm_campaign=info&utm_content=coronaviruswellbeing#collapsea2e6e)

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