

YOUNG CARER SUPPORT UPDATE



The young carers showing us how it's done at laser tag!



One on one phone/video call support available – please call/text your support worker for advice, support, referral to foodbanks or just a friendly chat 😊

Please call the hub on **0115 824 8824** to be put in contact with your support worker

Email: hub@carerstrustem.org

Tel: 0115 824 8824

Fax: 0115 962 3110

Web: www.carerstrustem.org/young-carer-project

Nottinghamshire Carers Hub | 19 Pelham Road | Sherwood | Nottingham | NG5 1AP

Funded by:



Charity registration number 1051649. East Midlands Crossroads – Caring for Carers is a company limited by guarantee registered in England & Wales, registration number 3128681.

Registered office 19 Pelham Road, Sherwood, Nottingham NG5 1AP.



Instagram

If you have Instagram go check out our Instagram page and give us a follow:

Nottinghamshire Young carers

If you have a picture of anything you've been proud of this lockdown send it through to us and we will post it for you!



If you enjoy reading and you have a library card number you can log in to this website and listen to audio books or read Ebooks for free! Try something new!

<https://www.inspireculture.org.uk/reading-information/reading/ereading/>



Now a few more of you are venturing out, why not try the couch to 5K? It's a fun way to improve your fitness and challenge yourself gradually!

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

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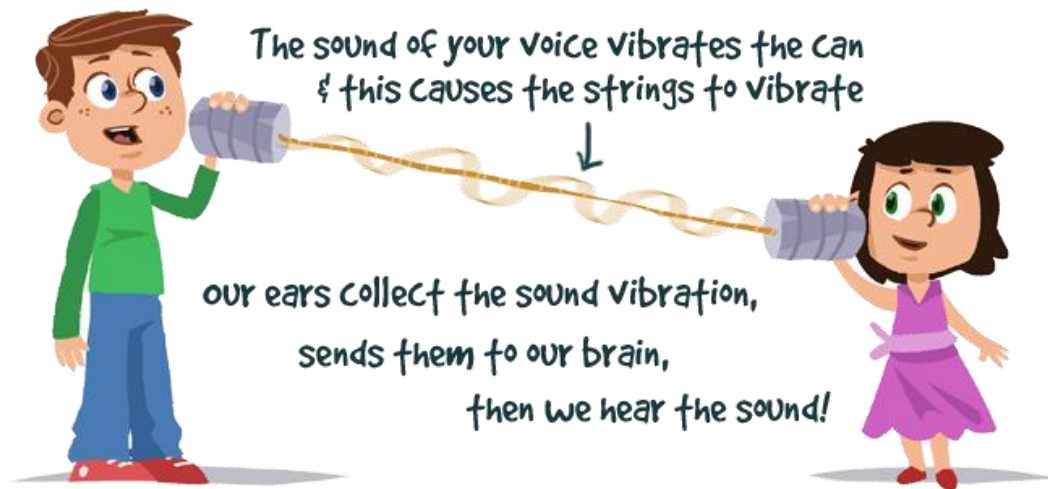
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Old School!

This never gets old! You just need:

- Paper or plastic Cups
- Empty Cans instead of cups
- String



1. Poke a hole in the bottom of each cup (get help if needed)
2. Decorate your cups with markers to customize your own personal cup telephone.
3. Cut the string, the shorter it is the more clearer you will hear, play around with lengths!
4. Thread each end of the string through the holes in the cups and tie knots in each end to prevent the string from pulling back through the cups.
5. Then, both you and your partner in crime begin walking away from each other until the string is tight (careful not to pull out!)

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Online groups

To the winners of Hangman!! - Your prizes have been sent to you...
Well done everybody!



What sound is that?!

On the **Zoom app** like usual
Ring/text your support worker or the Hub number to book on
0115 824 8824
We will send you a link closer to the time for you to join ☺

Days and times for each area:

Ashfield and Gedling activity and chat – Wednesday 19th August - 3:00-3:30pm
Newark & Sherwood / Mansfield chat – Tuesday 18th August – 3:00-3.30pm
Newark & Sherwood / Mansfield activity - Tuesday 18th August - 4:00-4.30pm
Broxtowe and Rushcliffe activity and chat – Wednesday 19th August - 4:00-4:30pm
Bassetlaw activities and chat – Tuesday 18th August – 3:00-3:30pm

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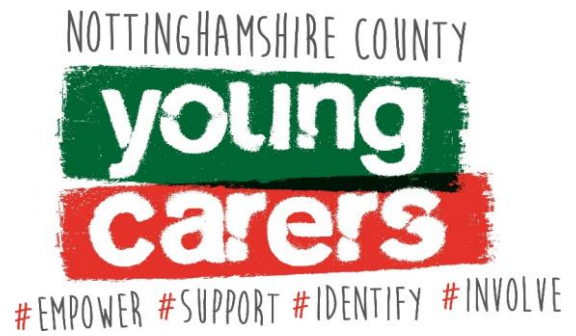
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For **parents** of the cared for - if you'd like a zoom call to discuss any matters of concern or for some advice, please let us know and we will be happy to assist

Stay safe everyone

**From the
Young Carers Team**

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