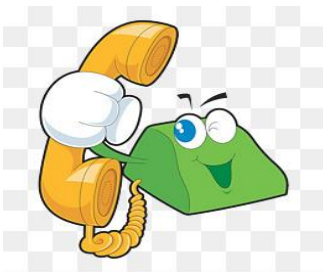


YOUNG CARER SUPPORT UPDATE



Team work makes the dream work!



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.

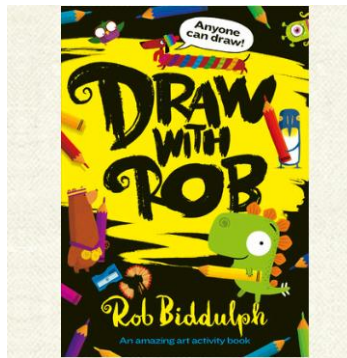


Instagram

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!



This is fantastic! Rob posts a draw-along video every Tuesday and Thursday at 10am BST that you can follow with or without your parents. They have proved very popular, garnering millions of views across the world. On 21 May 2020 they broke the Guinness World Record for the **largest online art lesson** when 45,611 participants drew a whale with him!! He has lots of videos on his page link below of follow his **facebook (robbiddulphauthor)** for live updates!

<http://www.robbiddulph.com/draw-with-rob>



On this page you can listen to a series of mental wellbeing audio guides to help you boost your mood.

You can listen to them privately, in your own time, to help you through feelings such as anxiety or a low mood.

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

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County Council**





Emotional problems are often the mind and body's way of saying that something needs to be changed in our life. This site is designed to help you think about emotional problems and work towards solving them. It has a range of self-help guides and tools relating to specific conditions or issues, including:

- Anger
- Anxiety
- Assertiveness
- Bereavement
- Chronic pain
- Depression
- Obsessions and compulsions
 - Panic
 - Phobias
- Post traumatic stress
- Shyness and social anxiety
 - Sleep problems
 - Stress

<https://www.moodjuice.scot.nhs.uk/>

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Online groups

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



Which movie character am I?!

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 26th August - 3:00-3:30pm
Newark & Sherwood / Mansfield chat – Tuesday 25th August – 3:00-3.30pm
Newark & Sherwood / Mansfield activity - Tuesday 25th August - 4:00-4.30pm
Broxtowe and Rushcliffe activity and chat – Wednesday 26th August - 4:00-4:30pm
Bassetlaw activities and chat – Tuesday 25th August – 3:00-3:30pm

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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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