

YOUNG CARER SUPPORT UPDATE



It's a strike! Ashfield young carers at the bowling alley!



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.

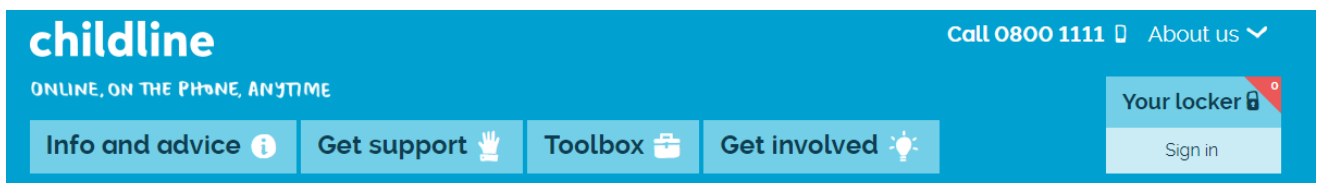
Registered office 19 Pelham Road, Sherwood, Nottingham NG5 1AP.



Would a Young carers ID card help you during this time? Let us know and we can issue one and get it sent out to you (any that have already requested one, they are currently being put together for you to be sent out)

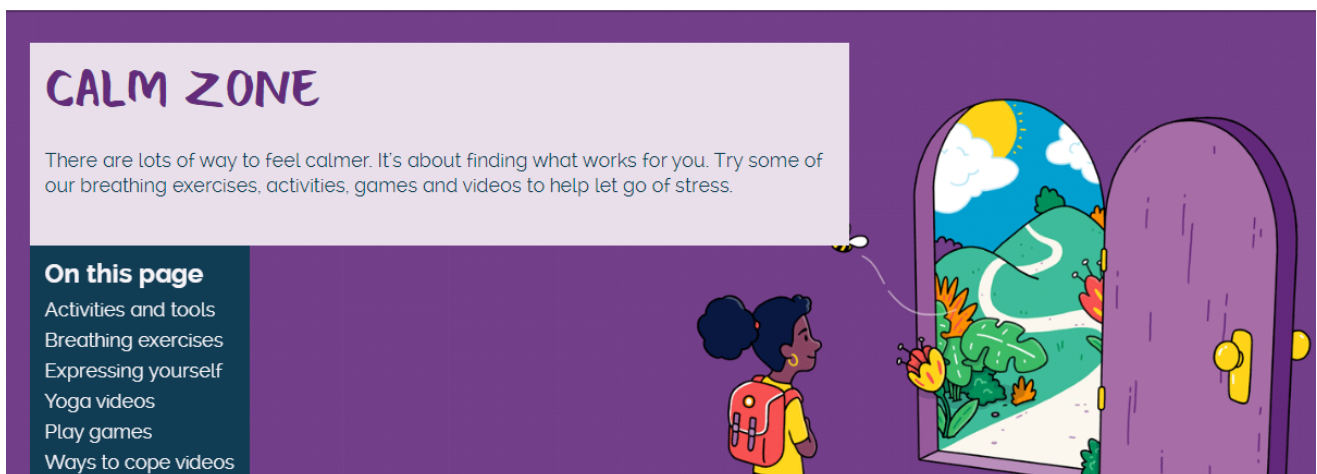
Childline have a [Calm Zone](https://www.childline.org.uk/toolbox/calm-zone/) which is a tool box page that offers lots of ways to feel calmer. It's about finding what works for you. They feature breathing exercises, activities, games and videos to help you let go of stress. They also have a page called [worries about the world](https://www.childline.org.uk/toolbox/calm-zone/) which can help you if you're feeling anxious about Coronavirus.

<https://www.childline.org.uk/toolbox/calm-zone/>



You are here / Home / Toolbox / [Calm zone](#)

[Search Childline_](#)



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.

NOTTINGHAMSHIRE COUNTY

**young
carers**

#EMPOWER #SUPPORT #IDENTIFY #INVOLVE

Pebble Art!



Pebble art has been quite a thing over recent years, with people decorating rocks and leaving them in parks and other places for people to find.

On your next walk go and find yourself a nice flat pebble to paint. The ones above are a good example of size!

Then choose what you'd like to decorate in - felt tip pens works on lighter rocks, but if you want them to last longer outside then best to use acrylic paint! You could even use varnish over the top once you've finished to make it last even longer!

Fun, happy designs are the best for people to find, you might just put a smile on someone's face!

Then when you next go for a walk choose your spot to hide your stone for some lucky person to find.

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.

Online groups

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



The Letter game!

On the **Zoom app** like usual
Ring/text your support worker or the Hub number to book on
[0115 824 8824](tel:01158248824)
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 2nd September - 3:00-3:30pm
Newark & Sherwood / Mansfield chat – Tuesday 1st September – 3:00-3.30pm
Newark & Sherwood / Mansfield activity - Tuesday 1st September - 4:00-4.30pm
Broxtowe and Rushcliffe activity and chat – Wednesday 2nd September - 4:00-4:30pm
Bassetlaw activities and chat – Tuesday 1st September – 3:00-3:30pm

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:





With schools returning, we are looking to change the time of the young carer groups to suit you all.
At your upcoming groups your support worker will be asking what time will work best for you 😊

Stay safe everyone

From the
Young Carers Team

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:

