

YOUNG CARER SUPPORT UPDATE



Love a good nerf war! It's great for indoors or outdoors!



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.

Young Carers ID Card

I look after someone who depends on me for care.

Name:

Telephone:

Card issued by Nottinghamshire Carers Hub

Telephone: 0115 824 8824



Nottinghamshire
County Council



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.

Good mental health for all



This website has a short guide that aims to outline the challenges schools and pupils are facing. It also provides practical advice, activities and support.

Use the link for the following support:

- Challenges facing schools and pupils
- How to support pupils returning to school
 - Tips for parents and caregivers
- How to support your own mental health as a teacher
 - Tips for school leaders

<https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown>

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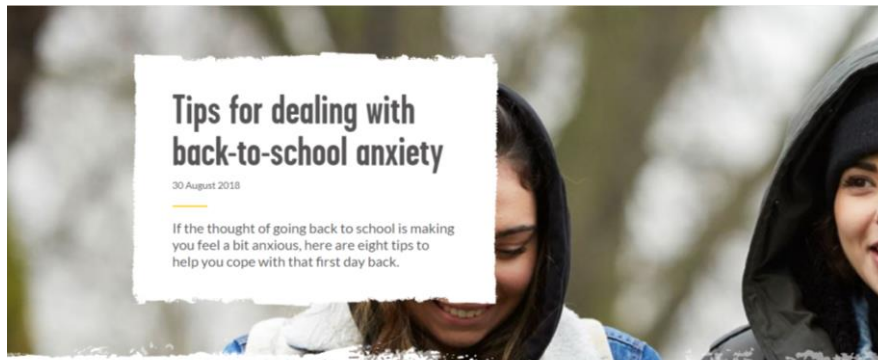
NOTTINGHAMSHIRE COUNTY

**young
carers**

#EMPOWER #SUPPORT #IDENTIFY #INVOLVE

YOUNGMINDS

fighting for young people's mental health



“ Everyone's school experience is different.”

Whether you're starting in a new form, school or college, there can be a lot of stress around this time. From worrying about making friends to having to sit exams, we all have our own issues and anxieties.

Here are our tips to help calm your nerves in preparation for the new term.

1. Be prepared

Organise your bag, uniform, books and everything else the night before so it isn't one big rush in the morning. You could also start to gather things together a few days before, just in case some things take a bit longer for you to find!

2. Get a good night's sleep

Getting plenty of sleep is great for clearing the mind, improving memory and ridding the body of toxins, to make you feel re-energised. It also aids concentration and helps to ease stress.

A few days before you go back to school, set your alarm to the time you'll need to get up for so your body can get used to waking up at that time again.

Click/Copy the link to read the rest of the tips...

<https://youngminds.org.uk/blog/tips-for-dealing-with-back-to-school-anxiety/>

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Online groups

To the winners of Guess the Letter game!!
Your **PRIZES** have been sent to you...
Well done everybody!



Connecting Carers Week Activities Up Next!

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 activity:

Thursday 10th September – Bingo! 5:00 – 6:00 pm

Friday 11th September – Virtual film night! 6:00pm – 7:30 pm

Saturday 12th September – Guess the tune! 10am – 10:45am

Sunday 13th September – Young carers competition! 5pm onwards

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With schools returning, we are looking to change the time of the young carer groups to suit you!
At your upcoming groups your support worker will be asking what time will work best for you...
Good luck on your first day back all!



Stay safe everyone

**From the
Young Carers Team**

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