

YOUNG CARERS SUPPORT UPDATE

We are still offering social distanced walks
Call the hub on **0115 824 8824** to be put in contact with your support worker.

🗣️ | The Big Ask is a chance for children & young people all over England to have their say...

Why you should take part?

This is your chance to have your say on the things that matter to you. You can tell us what your life is like, what you want in the future, and anything you think is holding you back.

We'll use what you say to tell the people who run the country or your local area what you think needs to change to make your life better.

Spread the word - the survey is open until 19 May ↓

https://www.childrenscommissioner.gov.uk/thebigask/?utm_source=Twitter&utm_medium=social&utm_campaign=Orlo

Young Carer CASE STUDY
Linden Beasley

I'm Linden Beasley and I'm a young carer for my brother who has Autism and dyspraxia. I've been involved with young carers hub for about 5 years and young carers have helped in many ways. I've taken part in lots of activities that I would never have done without them and I could be myself and have fun. At the groups I met other young carers which made me realise I'm not alone. The support workers were always there if I needed any support or a chat.

My dream is dance and musical theatre, so I used some of my carers grant towards dance lessons. These lessons helped with my auditions to secure a place on a BA Honours degree in professional dance and musical theatre.

I auditioned at musical theatre colleges in London with nowhere near the experience of most other people auditioning, as I mainly focused on ballroom and latin. However, I was offered BA honours degree places at two of the top musical theatre colleges in London and was also offered a fully funded scholarship at another local musical theatre college.

I am proud to say I'm living my dream as a first year at Rind College studying a BA Honours degree in professional dance and musical theatre thanks to the help of young carers among many others.

One thing I would tell other young carers is to never give up on your goals and always strive for the best possible outcome no matter how dim you think your chances may be. As long as you be yourself through and through, you will end up where you're meant to be, even if it isn't where you thought you'd be.

Do you provide care for a friend or family member in Nottinghamshire?

The Nottinghamshire Young Carers Service provides information, advice and support and chances to catch up with other local young carers

get in touch
0115 824 8824 (Mon-Fri, 10am-5pm)
@nottinghamshireyoungcarers
nottinghamshirehub@tuvia.org

online support groups for young carers:

- derbyshirecarers.co.uk/young-carers-services
- www.tuvia.org/nottinghamyoungcarers
- www.nottinghamshire.gov.uk/education/young-carers/your-people-services
- www.carershubderbyshire.co.uk/young-carers
- ayrnottingham.co.uk

Don't worry be 'Appy
Apps to support your mental health and wellbeing

By Carol Hutchings, Young Carers Support Worker, Nottinghamshire Carers Hub, Tuvia

Catch It
Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

Calm
An app for sleep, meditation and relaxation.

Chill Panda
Fun games and calming activities.

Feeling Good
Audios to help you sleep better and feel better.

Decisionz 36 37

Check us out in the Decisionz magazine, this goes out to all year 11's - if you receive one we are on page 36 - 37. There is an amazing case study from a young carer who has gone on to do some amazing things.

<http://magazine.decisionz.co.uk/books/sodp/#p=37>

ONLINE GROUPS

About me...



Tuesday 11th May 2021 @ 4:30PM

We'd love everyone to bring something that really means something to them...
It could be a book, a game, a photograph...
You will all have chance to chat about your item and we can get to know each other more

The Zoom link will be sent out next Tuesday



From the
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TuVida is formerly known as Carers Trust East Midlands. We are a Carers Trust Network Partner.



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