

YOUNG CARERS SUPPORT UPDATE

You might be feeling lonely from spending more time online, and maybe not looking after your physical and mental health or from big changes in your life like the coronavirus pandemic - The Red Cross have put together some information and activities that could help you. I especially like the downloadable kindness pack which works by making you feel good by making others feel special.



In this pack, you will reflect on the power of kindness through fun activities you can do at home.

It also encourages you to do small acts of kindness each day to help your community, your family and yourself. Kindness can help us to cope with challenges and change. Being kind to others can help them cope better too.



<https://www.redcross.org.uk/get-help/get-help-with-loneliness/tackling-loneliness-in-young-people>

Draw with Rob - during lockdown he was doing draw alongs every Tuesdays and Thursdays, he even broke the world record when 45,611 participants joined him to draw a whale on the 21st May 2021!!! He still does online draw alongs on Saturday mornings at 10am or all his videos are online for you to follow and draw.



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

GROUPS

It was amazing to see some of you this week!



For the remaining areas your group will be next week!

Your support worker will contact you to let you know

There will be an online and another meet up next month

Take care all



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

