

# YOUNG CARERS SUPPORT UPDATE

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It's okay to feel anxious, it's a normal feeling that happens say when we're sitting an exam or waiting for a medical test. If you feel yourself getting anxious at times when you don't know what you're getting anxious about the children society have some really helpful tips on how to manage this.

**Positive activities:** Once you've worked out what makes you feel anxious you can take steps to prevent it or deal with it, such as:

- 🔥 **Self-care:** Be kind to yourself, connect with friends, do something fun just for yourself.
- 🔥 **Exercise, Relaxation/Meditation:** Some people find that exercise and activities such as meditation and breathing exercises are helpful.
- 🔥 **Eat and sleep well:** The better rested you are, the more able we are to cope with pressure.
- 🔥 **Talking therapy:** If you are finding it difficult to cope, consider meeting with someone trained to help; this might include your GP and/or having talking therapy.

<https://www.childrensociety.org.uk/information/young-people/well-being/resources/anxiety>

Check out some of the pottery the young carers have painted in February!  
We're still waiting on alot to be glazed but wow at these finished ones!



# GROUPS

## Bingo and Raffle!

It's Young carers awareness day and we have your favourite to celebrate!  
Let me hear you say Bingo!



**Wednesday 16<sup>th</sup> March 2022 - 4:30pm**

Stay on after for a raffle there's some awesome prizes to be won! (Only those who attend will be entered into the raffle this time)

**Please ask your support worker for any support you may need to get online to attend**

These are virtual groups and the zoom link will be sent closer to the time 😊

Keep a look out for the posters of upcoming events...

Take care all 😊

From the  
**Young Carers Team**



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