

Young Carer Newsletter

June 2022



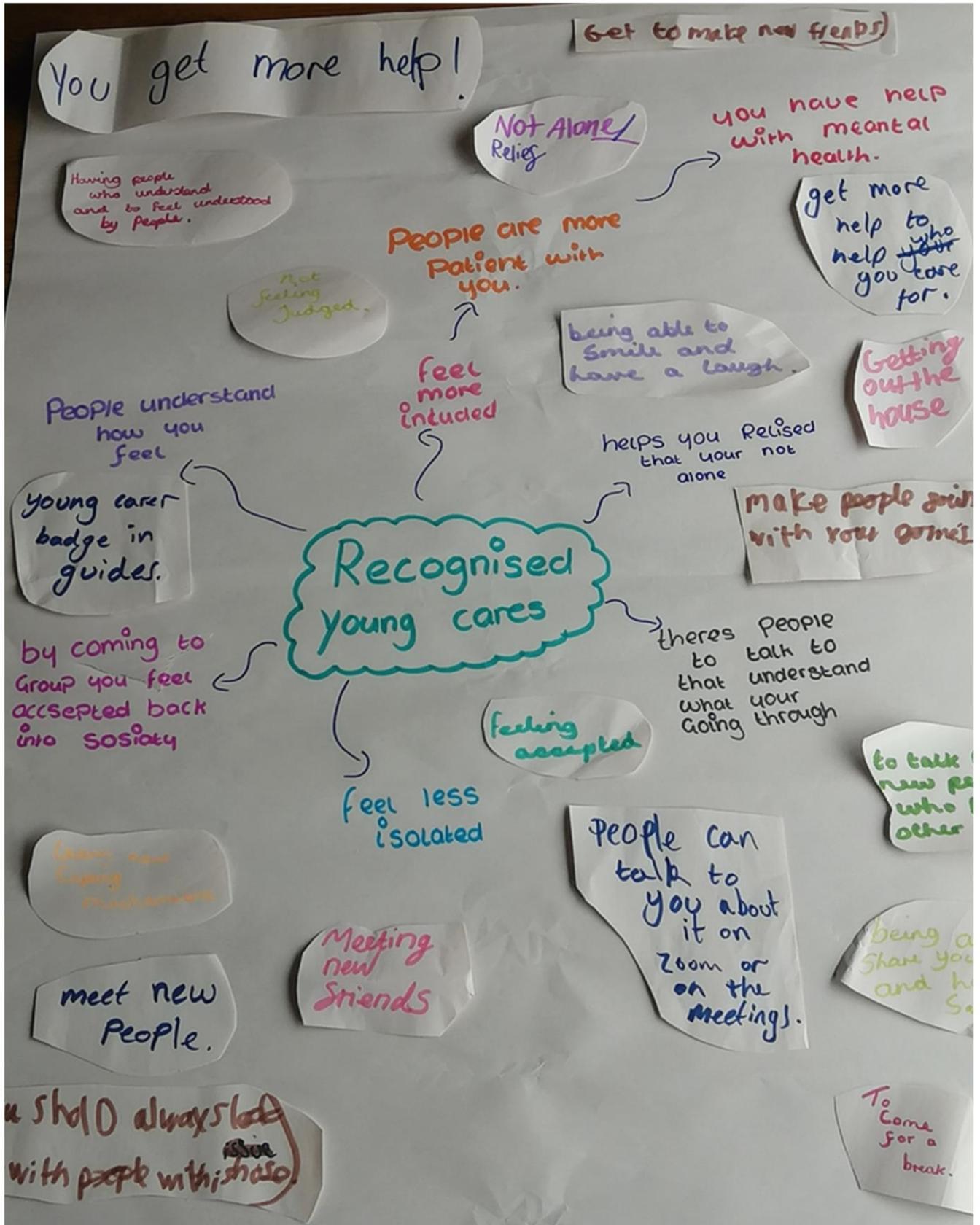
We have re-launched the **Young Carers Participation Group** – currently pending a vote for a ‘snappier’ name. During May half-term we looked at the difference it makes when a young person is recognised for the help and support they give as opposed to when this has been missed or overlooked.

The picture below is a piece of work that was completed by a young person who had a significant caring role for quite some time yet was never identified as a young carer and they have shared their feelings and what they would like us to know!



Young Carers – Newsletter June 2022

The Participation Group also looked at how it felt personally to them when someone had recognised their role and why it matters. If you would like to join the group please email youngcarers@lincolnshire.gov.uk, or speak to your Young Carer Group Leader



Young Carers – Newsletter June 2022

What does your school do currently to support young carers? If you'd like to do something more or different, would you like to be included in our **Community of Practice Sessions**? We are going to hold regular sessions for schools – Primary and Secondary separately where good ideas and practice can be reflected on and we can share what has worked well in settings, what some of the barriers may be and how these may be overcome. If you are not already attending a session in June and would like to be included, please email youngcarers@lincolnshire.gov.uk and we will make sure you are invited to the next one.

Some schools have asked for some ideas about activities to do with the Groups they run. If you have some that have worked for you that you would like to share – we'd love to hear about them. Some ideas we have had:

Icebreakers

Would you rather game....

Would you rather – have a monkey or a robot?

Would you rather – be the worst player on a Team that always wins or the best player on a Team that always loses?

Would you rather – have 1 eye in the middle of your forehead or 2 noses?

Would you rather have a switch that makes your brothers and sisters quiet or one that makes your parents quiet?

Would you rather go into the past to speak with your younger self or go into the future to speak to your future self?

Would you rather lick a stinky armpit or chew a rotten yellow toenail.

Would you rather have no elbows or no knees?

Weather Symbol check in – which are you today?

Who would you give your last Rolo to?

What skills have you developed because you are a young carer? Design a poster to highlight these.

Employers for Carers Scheme - a network of forward-thinking employers who recognise the benefits of supporting employees with caring responsibilities. The members' platform offers access to a range of dedicated resources and practical information and advice. As an employer, to sign up to benefit from these free resources, please go to www.efcdigital.org and sign up using the membership code EFC1946.

A reminder that the **HAF** scheme now includes ALL young carers known to Lincolnshire County Council at no cost. Details of schemes will be circulated closer to summer break. For more information, please visit their page <https://www.lincolnshire.gov.uk/school-pupil-support/holiday-activities-food-programme>

Or email haf@lincolnshire.gov.uk

The video below only shows a tiny snapshot of the amazing activities which took place over Christmas. It is an amazing programme.

<https://youtu.be/KxhYYidq7B0>

Lincolnshire County Council has teamed up with Carers UK to offer free access to their Digital Resource for Carers. You can access this using the code below: Jointly is a mobile and online application created by carers for carers. It is designed to make caring a little easier, less stressful and more organised. Get free access to the digital resource, use the access code: **DGTL1946**

Jointly App

Young Carers – Newsletter June 2022

Young Carers Week 6th July 2022



Visible, valued and supported

The theme for Carers Week 2022 is 'Make caring visible, valued and supported'. We believe that unpaid carers and the challenges of caring should be recognised in all areas of life, caring should be valued and respected by everyone in our society, and carers should have access to the information and support they need, where and when they need it.

Young Adult Carers

If you are an Adult providing care and support for someone – it may be helpful to contact the Carers Service - The Lincolnshire Carers Service may be able to give you further advice. If you need to talk to someone about your caring role, call 01522 782224 (8am to 6pm, Monday to Friday). To find out what help and support is available, email carersservice@lincolnshire.gov.uk

The Carers Service can help you with a Carers Emergency Response Plan – if you are unexpectedly unable to provide care and how to get a carer's emergency card.

[Emergency planning for carers – Lincolnshire County Council](#)

Young Carers Facebook Page

This is a Private Group for Young Carers aged 13 and over and their parents. Professionals who are supporting Young Carers can also join. We share information and resources for families and some of the fun things happening in our Groups. If you want to share some good info or just have a message you would like to share with other Young Carers – please feel free to put together a post.

<https://en-gb.facebook.com/groups/298427744493375/about/>

Useful Links

www.kooth.com – online mental wellbeing community

www.Youngsibs.org.uk - online support service for children and Young people who have a disabled brother or sister.

www.Youngminds.org.uk - a mental health charity for children, Young people and their parents, making sure all Young people can get the mental health support they need

Young Carers Card

A Young Carers Card can be a helpful way to help your school understand that you are a Young Carer. It can also be useful if you are going to a doctor or hospital appointment, it will help the professionals understand what you do to help the person you care for. Its free and you can apply for your Young Carers card here

<https://www.lincolnshire.gov.uk/xfp/form/481>



If you are a young carer and need some help or a professional supporting a young carer and need some guidance, please contact either Sally Stanfield directly at sally.stanfield@lincolnshire.gov.uk or Rachel Stokes at youngcarers@lincolnshire.gov.uk