

Young Carers

Young Carers Service E-Bulletin bringing you updates during Covid19

carersuk.org

- What is the latest advice for carers?
- Do I need to stay away from the person I care for?
- How do I protect someone I care for?

These are some of the questions being asked and guidance is being produced which can be used to explain what the current situation means for carers. Check out the website for more info!

young carers

Help children who may be caring to understand safe hand washing, that it is okay to be worried and to keep talking about it. Most guidance is for adults, but it can be adapted for children too!



All about Carers!

By Rhupinder Kaur

Hi everyone!

Hope you've been keeping well! Last week we focused on tips and suggestions for staying healthy and having fun during this period.

This week we would like to focus more on you - our carers! You may be young, or even an adult - but this time is worrying for anyone that may have someone in their life who is vulnerable because of their health.

The Government may have also sent someone you care for a letter, and you may be wondering what this means. We don't have all the answers, but we hope this bulletin helps!

Children may not completely understand the current situation, it is important to maintain some level of normalcy for them but also answer any questions they have, in particular when they are caring for a vulnerable family member who is more at risk.

Carers Trust has some excellent information you may find useful which may help with some of those concerns or questions young carers may have: visit www.carers.org

'About Me'

We are still delivering our services remotely and all information can be found on our website www.youngcarerscoventry.com as well as our latest Easter Activity Pack!

We are also completing the 'About Me' assessments, if you feel your child is struggling right now and would benefit from this, please get in touch to arrange an appointment at youngcarers@carerstrusthofe.org.uk



Young Carers Coventry | Support | Carers Trust

The Carers Trust Young Carers Project can help you by listening to you when you want to talk, giving you information and advice, arrange trips and activities...



Information on Coronavirus (COVID-19) for young carers and young

Information on looking after yourself and the person you care for during the Coronavirus (COVID-19) situation if you are a young carer or young adult carer.

Prevent the spread of COVID-19 in 7 STEPS

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANISATION