

Young Carers

A young carer is a child or young person who cares, unpaid, for a family member or friend who is mentally or physically ill, disabled or misuses drugs or alcohol. We are conscious that young people can have to take on new care roles, or greater care roles at any time; and this is particularly likely at the moment. As a young carer you might be feeling particularly worried because of all the news about Coronavirus (Covid 19) and what might happen if you or the person you care for gets the virus. There is a lot of information around and it can be difficult to understand at times, so Lincolnshire County Council Website, Twitter and Facebook pages are going to include links to the best information which will be helpful to you. We also have an email address that you can contact: youngcarers@lincolnshire.gov.uk. If you are scared or feel like you can't cope, please talk to someone in your family, or another trusted adult. As a young carer, you can still go to school, or talk to someone from school. If it is an emergency, please dial 999. See also What If (Emergency) Plans.

If you need to speak to someone straight away please try the following links.

<https://www.childline.org.uk/>

If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support.

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

Free, safe and anonymous online support for young people – Secondary School age.

<https://www.kooth.com/>

Free information and support for under 25s in the UK

<https://www.themix.org.uk/>

The Children's Society has links to information, advice and Apps.

<https://www.childrenssociety.org.uk/coronavirus-information-and-support>

Emergency or What If Plan

It would be helpful for you and your family to put together a list of Emergency Contacts – family, friends, neighbours who can help. Keep the list somewhere safe – it might never be needed – but just in case..... Talk to each other about what the Plan will be if someone needs to go into Hospital.

What if an adult in your home becomes really poorly.

If there is another adult you can talk to who is there – talk to them first. If there is no-one and you are really worried because the person is unconscious, has chest pain, problems with their breathing, severe bleeding that won't stop, really bad burns or scalds, is really confused, severe allergic reactions or having fits/seizures that aren't stopping, then you need to phone 999.

Calling from a landline means that your address can be seen by the people answering the phone – if you call from a mobile you need to be able to tell them your address, postcode and telephone number. It would be helpful to have these details somewhere easy to find – maybe stuck to the fridge?

Try not to be scared about phoning the Emergency Services. They are there to help you. Try to speak as clearly and calmly as you can to explain why you need their help. The person on the other end of the phone might need to ask you questions, so don't end the call until they say that's ok.

Remember, you might be sent the nearest Emergency Service – so don't worry if a fire engine turns up first – you haven't got it wrong and won't be in trouble!

Link to First Aid Information

<https://firstaidlearningforyoungpeople.redcross.org.uk/first-aid-skills/>

Link to how to phone 999 for young children.

<https://wmas.nhs.uk/advice-resources/campaigns/how-to-make-an-emergency-999-call/>

Some things to do:

Joe Wicks the Body Coach – free online PE lessons

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Link to David Walliams stories for free.

<https://www.worldofdavidwalliams.com/elevenses/>

Link to 100 things to do indoors – free download

<https://www.spreadthehappiness.co.uk/product/100-things-to-do-indoors/>

Free online dance class with Oti Mabuse from Strictly.

https://www.youtube.com/channel/UC58aowNEXHHnflR_5YtP4g

Keep up with Maths – ages 4-11

<https://www.themathsfactor.com/>

Learn to knit

<https://www.bing.com/videos/search?q=learn+to+knit+free+youtube+children&docid=608040808908459076&mid=196E81CCDA20E9CE7AC0196E81CCDA20E9CE7AC0&view=detail&FORM=VIRE>

Or Draw

<https://www.youtube.com/user/tgif38>

Cooking

<https://www.jamieoliver.com/features/category/get-kids-cooking/>

Yoga for children and young people:

<https://www.cosmickids.com/>

Online Tours that are available:

The Louvre - <https://www.louvre.fr/en/visites-en-ligne>

Yellowstone National Park -

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Edinburgh Zoo - <https://www.edinburghzoo.org.uk/webcams/panda-cam/>

Or even Mars - <https://nssdc.gsfc.nasa.gov/planetary/mars/marsview/marsview.html>

Link to free online Audio books:

<https://stories.audible.com/start-listen>

Links to YouTube Clips supporting relaxation and emotional regulation: For parents supporting children with anxiety. Helpful for Parent/Carers too.

<https://youtu.be/NAldSdx-jps>

<https://youtu.be/9XyxqWiqLk0>

<https://youtu.be/FbhUxg9eHDE>

<https://youtu.be/MHwiqovPrXY>

<https://youtu.be/e6z6TJ1wQDM>

<https://youtu.be/5Q-EoWSJQJg>

Lots of information for Young Carers:

<https://youngcarer.info/>

Keep a note of all the things you miss doing – so you have a list of things you'd like to do when things are back to normal again. Think how you might be able to keep in touch with family and friends by using Facetime or Skype for example.