

Young Carer

Newsletter

January 2021 - Carers Northumberland



Hi, everyone. I hope you all enjoyed Christmas!

I know the news we got in January from Boris was not what we wanted.... another national lockdown. I understand some of you may be struggling but please don't struggle alone, if you need a chat, advice or information, I am here for you. Just get in touch!

You can contact me by:

Text or WhatsApp to 07500 886 319

Telephone at 01670 320025

Email: info@carersnorthumberland.org.uk

Take care *Anne-Marie*



Young Carer ID cards

During lockdown, many young people had to go into supermarkets and shops to make sure their family had supplies and were often stopped and asked why a child was in the store. We created Young Carer cards which you can hand out to people to identify yourself as a young carer as it can sometimes be hard to explain. You can use these anywhere, with teachers, social workers, in shops or even in your GP surgery. If you would like a supply of these cards, please contact me .

Are you struggling to get online?

Some mobile phone providers can give you extra data.

Who is eligible for the support?

THE support by the mobile network providers in collaboration with the Department for Education is available to disadvantaged kids.

To qualify, the following needs to apply to the children and their households:

- Do not have fixed broadband at home
- Cannot afford additional data for their devices
- Are experiencing disruption to their face-to-face education ■

If you think you may be eligible, please speak to your school as they need to apply for you.

Are you registered?

I may have written out to you with registration forms, if you haven't had a chance to complete these, don't worry!

You can do them online at

<https://tinyurl.com/yxj57dny>

Or Scan the QR code.



Young Carers Grants...

We offer grants to Young Carers so they can take a break.

Some of us find taking part in a hobby helps take our mind off everything, giving YOU a break!

We can't go on days out at the moment, but we can still do fun things at home! You can apply for a grant to buy a bike, a skateboard, computer games or even books and art supplies! Whatever you enjoy...

Our grants are not means tested (this just means we don't ask about your family money) regardless of your circumstances you can apply.

This small grant is available to all young carers and you can apply every 12 months! The grant is for up to £150, the average grant is around £100. If you would like to apply, get in touch.



thinkNinja

Are you feeling worried about coronavirus ?

ThinkNinja is an app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

The new COVID-19 content provides an opportunity to understand the following:

Fears relating to the virus

- Isolation struggles and how to stay connected to family and friends
- Worries about personal health and health of family members
- Mental strength
- Coping techniques to use during the crisis
- Plus many other helpful tips

To download the app, visit <https://www.healios.org.uk/services/thinkninja1>

DURING THE CORONAVIRUS, ThinkNinja IS FREELY AVAILABLE TO ALL

What Is a Foodbank?

A foodbank is a facility in the local community which takes donations of food and distributes them to people in crisis. Some foodbanks operate as warehouses or distribution centres – delivering food to smaller charities such as soup kitchens. Other foodbanks distribute packages of food directly to clients, who are usually referred by an agency such as social services.

Foodbanks can be run by churches, community groups or dedicated charities. They are usually mostly staffed by volunteers. If you or your family are struggling to buy food, please get in touch and we can help you access your local foodbank. This is nothing to be ashamed of and no one should go hungry. There is support available if you need it. There are other people who are in the same position and we are here to help.



Did you know?

You can access Google Classroom (and other online learning) through your Xbox or PlayStation. Below are the instructions...



1. Turn on PS4
2. Use your controller to scroll to the far right of the bar with games to *Library*
3. Select *Library* application
4. Within the library use the search bar to type in *Internet*
5. Select the *Internet Browser* app
6. Start Internet Browser and press the triangle button on the controller to search
7. Once on the internet, type in the search box *Google Classroom* and select the first link that comes up:
Classroom: manage teaching and learning Google for Education - link below'
<https://edu.google.com/products/classroom>
8. Select *Go to Classroom*. Then log in using student email and password.



XBOX

1. Go to Home Menu
2. Select *My Games and Apps*
3. Scroll down to Apps
4. Go to *Microsoft Edge* application
5. Type in a search for Google Classroom
6. Select *Go to Classroom*
7. You will need to log in using your student email address and password.

PIC•COLLAGE

Would you prefer this newsletter emailed to you? If you would please let me know, and I can add you to my mailing list.

Loan a Chromebook

Do you need to access your online school work but don't have access to your own computer?



Our friends at Northumberland County Council have access to some Chromebooks that can be used by Young Carers. This is completely free. If you would like a Chromebook delivered to you at home, please get in touch, be quick as there are limited numbers available!

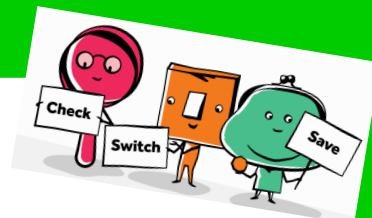
You can contact us by:

Text or WhatsApp to 07500 886 319

Telephone at 01670 320025

Email: info@carersnorthumberland.org.uk

Energy Savings Awareness Session



One for your parent or carers...

Worried about the cost of keeping your home warm in winter? We can help!

Tuesday 26th January at 10am-11am

Join our virtual energy event. To find out how you can start to make savings straight away.

This is an informal group event delivered by Citizens Advice Northumberland. We will discuss easy steps towards making savings on your household energy bills and offer information about ways that you can access additional free services and support.

Please contact us on **01670 320025** or email **info@carersnorthumberland.org.uk** to join in!



We now have a closed Facebook group. It's completely private and you have to request to join. I will be sharing information and available to have a chat too. If you would like to join please search:

Young Carers – Northumberland

We have some group rules, like no swearing or sharing outside of the group, but mostly BE KIND...

DID YOU KNOW?

Fun fact of the month...

It is illegal to stand within 90 metres of the Queen without socks on.

Don't worry though the law was created in 1562 and we don't enforce it... so your un-socked feet are safe near the queen 😂😂😂

Scouts  **BETA**

BORED....

The Scouts have come up with some great indoor activities. You can do them by yourself, or with your family.

Check out their website

<https://www.scouts.org.uk/the-great-indoors/>

#TheGreatIndoors

How to get in touch

Text or WhatsApp to 07500 886 319 / Telephone at 01670 320025

Email: info@carersnorthumberland.org.uk